

Digitized by Google
Original from
HARVARD UNIVERSITY

F 7151

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

HARVARD UNIVERSITY LIBRARY

Digitized by Google

Original from HARVARD UNIVERSITY

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google

Original from HARVARD UNIVERSITY

LIFE SCIENCE.

Part One—Aims and Objects.

One object of part one, and also of the remaining fifty-one parts of this series, is to give the secret of success—to awaken within the student a new consciousness— to open up to him a new and greater world of realities which lies within his grasp—to introduce him to himself—to his real self—to his best self—to his powerful, practical, prosperous, progressive, popular, attractive, influential, wise, happy, healthful, harmonious and perfect self—to his whole self—to his source of health, power, opulence, wisdom and virtue—to his "Kingdom of Heaven" which is within.

In the words "Know Thyself" is concentrated the accumulated wisdom of the Sages of all historic ages. But history fails to record any instance wherein Saint or Sage really found The Philosopher's Stone—the Elixir of Life—the Law of Vibration—the Theory of Nature which, as Emerson truly said, it is the object of all Science to ascertain and unfold. This course of instruction clearly and completely unfolds that law in all its general workings and in its practical applications to all things which concern man. As the law of vibration is the Theory of All Nature, it is necessarily the one and only basic Scientific Principle of Life upon which a complete and comprehensive system of philosophy or of Life Science can be founded. Any real thinker will readily understand why. It is therefore true and but just to proclaim that in these fifty-two lessons is concentrated a deeper, more comprehensive and more practical exposition of real Life Science than the Philosophers and Sages of the ages have, so far as is known, been able to offer. This sweeping statement may prejudice narrow minds against the course, but its absolute truth must be its own defense until time can demonstrate by results what these great truths may mean to all earnest persons.

"The Magic Self" does not undertake to give the law of vibration, but it points to the fact that within each soul is that great Law, or Marvellous Power, which, when recognized and duly developed, will insure the complete success of any legitimate undertaking and multipily the usefulness, blessings and satisfactions of the life. Each of the remaining fifty-one lessons likewise contains a real message.

Digitized by Google
Original from HARVARD UNIVERSITY

THE MAGIC SELF

AND HOW TO DEVELOP ITS POWERS.

Copyright 1904 by Ernest Yates Loomis.

To the aspiring nature, man invisible or the Magic Self is ever the subject of supreme interest and importance. It represents the concentrated essence of his own future and unknown and is therefore the irresistible magnet toward which his footsteps are ever tending even though he himself be quite oblivious to the fact.

The imponderable is the powerful and the real.

The external, or visible, self represents mainly the concrete, crystallized, surface vibrations or spent activities of the Magic Self. Is it not the latest dictum of modern science that "Matter is retarded motion" or but "a rate of vibration?" Then what is the body but an easily sloughed off "Coat of skin" or passing shadow and solidified sediment of previous soul-activities, the essence or residue of which constitutes the present character of hisever-growing individuality? Are not all organisms, including man, made up of these volatile forces or potencies, which, throughout the universe, ever act and react upon each other and in ways that should be but are not generally understood?

The invisible self and its methods of organic unfoldment are the permanent facts throughout all creation and are man's most fruitful subjects of inquiry. All else, being but transitory, is, comparatively speak-

Digitized by Google
Original from HARVARD UNIVERSITY

ing, an illusion of the senses, though by no means unworthy of careful thought. It should be known for what it is rather than thoughtlessly accepted for what it is not.

All subjects of human interest have a common basis in the Principles of Being and relate directly or indirectly to the unfoldment of those principles within the soul of man. Around this infinite lodestone and immortal spark or center of unimpeded vibration, attraction and activity within the self will gradually cluster all in this or other lives that is of interest and value, and reaching out to a new infinity on every side.

The soul that has consciously established itself within this citadel of power is beyond the disturbing elements of time and space and may then open for itself perennial channels of opulence through which may, without effort, be obtained all that heaven or earth can offer, in fact, all that is within range of the exhaustless thought-currents of the Infinite Good.

Man must, to a degree, renounce worldly interests if he would become entirely secure in their permanent possession and enjoyment.

The man of power loses his power if he dawdles by the wayside in the cheap and ignorant attempt to reap increased sensual enjoyments from the acquired material or spiritual results of past soul-activities He would thus pickle his life forces in the briny deep of a dead past and thereby absorb the lethargy of its death-like inertia.

Life means change, activity, advancement and

Digitized by Google Original from HARVARD UNIVERSITY

progress. Self-knowledge and self-improvement are the watchwords and spirit of all substantial progress.

He that would lose his life for the sake of Truth and progress shall find it, because Truth is the indestructible and eternal magnet which forms the basis of its powers and permanency.

Strange as it may seem to the uninitiated, the greatest wonder in this age of wonders is transpiring silently and unobserved, though before our very eyes. If asked to give reasons or describe the spectacle in definite terms it might be difficult to satisfactorily answer or give more than a vague hint here and there, because it pertains mainly to the invisible and to a silent influence, gradually pervading the hearts of men, which must be felt to be clearly understood.

Its holy mission is to so transform the inner consciousness of man that he may then express in thoughts, acts, words and deeds the immeasurable Divinity within, thus aiding to embody throughout the world that heavenly condition which has been desired and prayed for by all who have earnestly thought or said "Thy kingdom come Thy will be done in earth as it is in Heaven."

The awakening of the new and universal consciousness, or the Magic Self, must first come mainly to the Chosen Few whose minds are untrammeled by mistaken self-conceptions and dogmatic traditions which belong to the realm of ignorance and self-delusion. Their stage of soul-evolution must permit sufficient independence for them to stand free and temporarily

Digitized by Google Original from HARVARD UNIVERSITY

alone in a complete reliance upon the powers and revelations of the Higher Self.

Each individual who is born into the world possesses the two distinct selves, but it is only the few who know how weak, timid, hesitating, vacillating, unhappy and invariably unsuccessful is the one except when duly combined and dominated by the other—the Magic Self—which is by nature the very reverse.

To develop and wisely employ the powers of the Magic Self is to become truly successful in all things. By one's present and past life-results it may be known to what extent he has awakened and is manifesting the powers and graces of the Magic Self.

The great study of mankind is man, but as the externalized man represents little more than his surface vibrations or exhausted magnetisms a study of that alone, though interesting, would be necessarily superficial, unsatisfactory and, perhaps, misleading.

This system of instruction is intended as a help to those who would awaken the Magic Self and thus multiply their present powers, possibilities and capacities for enjoyment and usefulness.

It undertakes to clearly outline the whole general philosophy of life and the character, qualities and peculiarities of man visible and invisible, thus showing his proper relations to his fellowmen, to the external world and to the Infinite life, making plain the pathway of duty, of evolution and of permanent power.

These helps can hardly be duly appreciated except

Digitized by Google Original from HARVARD UNIVERSITY

by those whose developed consciousness and thought powers enable them to discern that the most abstract Principles of Being likewise become the most practical when it is understood just how they unfold within the individual soul.

The most thoughtless person is able to desire benefits and increased power: and by observing even the simplest of the Life Science rules and steps in self-unfoldment he will gradually acquire the ability to absorb and comprehend its deeper conceptions, and to then apply its more complex methods and practices.

The little self is by nature a "doubting Thomas" and will perhaps hoot at the very suggestion that these and other important benefits can be so easily derived through study and thought. The Magic Self instinctively recognizes the fact.

The little self makes hard work of everything and regards that as about the only virtue. The Magic Self regards work as a blessed "curse" (?) placed upon man to teach him to think and thereby understandingly conform to the laws of God, that being the true standard of virtue.

The little self fears to live on other than a two-by-four cheap-John cheese-paring plan. The Magic Self realizes that this is unnecessary, absurd and unworthy of the opulence of the Infinite supply.

The little self quakes at the seeming extravagance of any expenditures for ideas or for anything beyond its most urgent material necessities. The Magic Self understands the commercial value of the ideal, is

Digitized by Google Original from HARVARD UNIVERSITY

ever on the alert for new ideas, and never begrudges the time, the effort or even the money that may be required to find and follow the easier way of doing things.

The little self judges of values exclusively by the standard of avoirdupois. The Magic Self is ready to accept the proved fact that a ton of radium can sometimes be sold for more than a million loads of anthracite.

The little self is satisfied with cast-off clothing—the gift of charity—and with wormy morsels pilfered from back-yard garbage cans. The Magic Self believes that the very best of foods and clothing are none too good for any man and that God's wonderful firmament, which clothes itself in the fairest and most brilliant hues and combinations of color that heaven can offer, thus gives hints of an infinite opulence that is likewise native to each soul.

The little self is inclined to believe in that, only, which it can see, hear, feel, taste or smell, and its vision of trifles blinds it to the greater things that are but a step beyond. The Magic Self does not ignore the things of time and sense, as these are an essential part of the great plan, but comprehends that the imponderable is the permanent and that all so-called "empty space" is literally filled with living, electric and pulsating realities, the greatest and best of which are of the invisible and eternal. It is upon these that it centers its main interests.

The little self mis-employs the imagination to conjure up difficulties and obstacles that throw it into

Digitized by Google Original from HARVARD UNIVERSITY

senseless spasms of fear, conniption fits of despondency and a veritable St. Vitus dance of semi-hysteria and uncertainty, thus paralyzing even the possibility of positive pleasures or of successful effort so long as this delirium of negativeness is ignorantly allowed to hold sway. The Magic Self is conscious of the power to possess and enjoy all things that are rightfully attainable, hence is incapable of fear or failure.

The consciousness of power is victory organized. It is "the substance of things hoped for and the evidence of things not yet seen." It is the fore-runner of success and the instigator of all positive effort and enjoyment.

The Magic Self has the Infinity of Truth as its backing, and is therefore capable of endowing the humblest mind with true conceptions of its own inherent greatness and with this coveted consciousness of power through which it can gain unceasing revelations, concerning all human interests, direct from this its fountain head within the self.

When this consciousness of power is once awakened it will tell its own entrancing story, and make the way to all accomplishment comparatively easy Its message includes all lesser messages. Its sphere embraces all matters of practical and transcendent utility. Its powers are the infinite powers of Truth which must find uninterrupted passage through each individual before he can completely fulfill his inevitable destiny of becoming, in fact, the image and likeness or reflection and manifestation of the Infinite

Digitized by Google Original from HARVARD UNIVERSITY

life. Therefore who can truthfully say "these teachings are not for me and mine?"

It is ever a source of strength to know how greater strength, sufficient for one's growing needs, may be generated and made available in practical ways.

It is an unfailing source of comfort and power to know, to a certainty, and be able to invariably demonstrate that the supply is always equal to the demand.

The permanent consciousness of strength is strength. It is the lack of this faith and all-sufficient consciousness of power that invites shadows of dread and allows one to be bullied into meek subjection, even when mere bug-a-boos and petty difficulties appear on the distant horizon. Time repeatedly proves that the most of these are comparatively insignificant, if not entirely imaginary.

When the mind dispels its unfaith and the senseless illusions of personal weakness, the greatest of necessary obstacles will demand but little if any more than a normal and pleasant exercise of acquired power.

It is not difficulties that are dreaded but the self-imposed lack of courage and strength to meet them. It is not the disagreeable interview that palls, but fear due to a lack of the consciousness of the presence of the Infinite Power.

The origin of hate is weakness and fear and these are twin-bastards of ignorance or self-delusion. The Magic Self is actuated by an all-consuming love for the spiritual essence of all things and therefore sees

Digitized by Google Original from HARVARD UNIVERSITY

nothing to hate or fear. It cannot dread that which requires only a pleasurable exercise of strength to meet and overcome.

The uncertainties of life may bring innumerable little surprises and obstacles, but these only add to its charm when bravely met and conquered.

The soul, or Magic Self, is a natural born conqueror. Its goal is a complete manifestation of its infinite powers and resources. Its best forces are still-born. Silence marks its majestic pathway and is the soul of its best inspirations.

Each individual should learn the secret of silence and how to become quiet at will. It is the key to self-realization, power, health, happiness and true success, all of which are native properties and resources of the Magic Self.

It is when the senses are hushed and the consciousness is drawn deeply within, that the mind can explore its own depths and imbibe the rapturous peace, harmony and power of that heavenly interior city of God where absolute silence reigns supreme.

How soothing to the troubled heart to know through experience that by definite thought methods it can thus ally the consciousness and its fortunes to the universal Soul-Principle of all Being and to the multitudinous force-currents or supply of the Infinite Power and Goodness.

This soul of the soul is an indestructible germ of immortality which belongs to the eternities. It is the Infinite essence of the Magic Self from which it derives its powers. It is one's twin-soul with which

Digitized by Google Original from HARVARD UNIVERSITY

he may unite in pure love relationships without depolarization or the necessity of rashly breaking away from proper conventional standards.

Some have believed that one's twin-soul is necessarily of the opposite sex and that to unite bodies as well is an object of transcendent importance, but the resultant experiences of those who perhaps risk all to do so, form a record which is far from inspiring, and it is safe to recommend that one's love be centered upon the ideal or Magic Self and the Infinite Power which forever gives it inspiration and Being.

"I, the imperfect, worship my own Perfect" as a means of satisfying the cravings for love and power of both body and mind. I, the impure, thus draw vibratory sustenance—my daily bread—from a source that is ever pure. I, the finite, thereby tap resources that are infinite and consequently become more and more an image and reflection of the Infinite. I, the ignorant, thus consult Private Oracles from which only infallible revelations and true inspirations can come. I, the turbulent, thus gain entrance, daily, to the Kingdom of Heaven which is within, to that peace which passeth understanding, to the sacred companionship of ever-living and holy angels and to eternal communion with the "Father which art in Heaven."

When I withdraw my mind-forces from this hallowed sphere of heavenly interior influences, need it seem strange or extraordinary if I am thus enabled to carry with me at least a few slight mementos and benedictions of love that will help to smooth and

Digitized by Google Original from HARVARD UNIVERSITY

harmonize whatever relations and associations with my fellowmen that the day may bring? Need it provoke surprise, if, to an increased extent, love influences and instincts then dominate all I think, say and do? If I thus go daily to the heart of Truth will it not increase my power to discern the truth in all daily affairs even though deliberate attempts be made to falsify and deceive? Perfect judgment and discernment are primary attributes of the Magic Self.

He who for love relies upon this imminent avenue of connection with the Divine love can, through thougnt and the silence, relate his consciousness and all its environments with the very soul-forces and controlling powers of all persons who do likewise, thus forming invisible connections, which, if maintained by the same process, must finally embody themselves in external companionships with the choicest souls that inhabit the earth.

These are ties which are now forming the Elect into a Brotherhood of Love which will subsequently become an example for all mankind. These are influences which will solve all vital questions of the day and neutralize all disturbing elements to the degree that they gain access to the hearts of men, hence, if you begin with yourself you will attract opportunities to the degree that you thus become worthy of better things.

No one but yourself can exclude you from this growing Brotherhood of Consecrated Lives. You join by the mere act of becoming fit to enter. You exclude yourself to the extent that you sever con-

Digitized by Google Original from HARVARD UNIVERSITY

scious connections with the Magic Self.

Bring the practical question home to yourself. Can you not believe and clearly understand that the "Kingdom of Heaven is within you" and that, when consciously found, places at your command exhaustless resources and Infinite power to use but not to abuse?

If others likewise seek this kingdom would not your likeness of method in attaining it set up forces in this fluidic universe which would tend to bring you together in responsive and mutually helpful companionships and associations?

If these powers can bring friends what is to prevent their bringing all else that is desirable or needful?

Would you not like to become a helpful example, to your fellowmen, of these powers of God thus working through you in all that you do and say?

Would you gladly gain continual revelations direct from the Magic Self or from an infinite fountain of wisdom and truth within the self?

Would you awaken the spirit of deepest discernment and the power to intelligently meet all trying situations and the innumerable exigencies of life which may come to you?

Would you leave the benign impress of your Best Self upon all mankind and upon future generations that may arise to call you blessed?

Then learn how to develop and use the powers of the Magic Self and thereby live for your best—for things permanent.

Digitized by Google
Original from HARVARD UNIVERSITY

Power is yours to the extent of your self-realization. Increased powers may be yours through the awakening of the soul-consciousness. "Greater works than these shall ye do and not only ye but as many as hear my words" was the language of the Christ in speaking to his disciples who were composed largely of simple fishermen.

The key to inspiration is likewise the key to power, health, happiness and true success, because it is from the same primal source within that they have their perennial supply.

Teachers and books may suggest the way or offer you the key to your kingdom, but cannot compel you to use it, therefore the responsibility of choosing and acting rests upon you and you alone.

All powers that are possible to any man are likewise the common inheritance of all, because they are but the product of unfolding laws which are inherently complete in each separate particle of all space. Being inherent in everything they must subsequently unfold completely in this or other lives of each soul-life, as is their unchangeable tendency.

The bar of iron derives its power from cohesive forces that are invisible. Its outward form gradually changes even if left to itself, showing that life is there and that life or force is its essence and essential factor.

Then the world is not what it seems to be, but rather the limited expression of an invisible world of force-elements of which each soul is likewise a center and an expression.

Digitized by Google Original from HARVARD UNIVERSITY

The most fruitful field of inquiry necessarily pertains to the invisible realm of real action wherein man invisible or the soul—the Magic Self—is the dominant factor of greatest interest and importance.

Life itself is but the impulse of happiness, through the search for power. To give happiness through the rightful exercise of power was perhaps the dominating principle of the Infinite life. Permanent happiness is the true measure of the usefulness of a life.

The infinite principle within may well be taken as our standard and model in all things. We learn of that principle through silent prayer which is a species of absorption. It is an absorption of its qualities, which come first as self-realization or the consciousness of power. Its best quality is love. When we learn that the Infinite Principle of Love is all, and within all, here and everywhere, now and forever, we find in every person, circumstance and thing this one supreme quality, and finally it becomes our all-absorbing passion. Our hearts become fired with a passion to know more and more of it and to express infinitely more in our contact with the world. Opportunities for its increased expression arise continually and on every hand. Our faith in its power becomes such that we are absorbed in its pursuit. We imbibe the consciousness that our largest institutions of to-day must crumble beneath its power if found incompatible with its all-inclusive spirit.

But, as stated before, it must first pervade the hearts of men as a silent influence direct from God;

Digitized by Google Original from HARVARD UNIVERSITY

and our uppermost thought will be how to learn all it has to offer, how to imbibe more of its divine elixir and how best to lead others to its sacred shrine within the self. It is a power which, being at one with Truth, can be made intelligible to the mind of man, but upon the one condition of open-mindedness. "Except ye become as little children" in your receptivity to the Truth "ye can in no wise enter the Kingdom of Heaven."

Heaven is a condition, rather than a place. It is a soul condition, therefore almost purely a personal matter with each individual ego. The Principles of Being form its basis. The Magic Self is the instrument of mind through which it may express perfectly; and that, too, without regard to the things of time and space. The world is its estate. The Magic Self is its divinely appointed executor, armed with full authority to administer its powers through the execution of its laws. It is the essence of law and order. Its mission is to bring order out of chaos and the dark. Its province is everywhere and all-inclusive. It can make its way and set up its authority even in the depths of hell.

Hell, also, is a condition. It is the disturbed nightmare of ignorance and of limited self-consciousness. It is the distorted vision of a sleep-walker or somnambulist. It is the drunken revelry of idiocy gone on a spree. It is a prodigal son strayed from the Father's house where there is bread enough and to spare. It is the half-dying convulsions of that son as he feeds upon its husks. Its husks are the retarded and spent

Digitized by Google Original from HARVARD UNIVERSITY

activities or surface vibrations of the mere personality, which is, comparatively speaking, a thing of but yesterday, and which will be gone to-morrow like the snakes-in-the-boots of an inebriate. Its basis is self-delusion and an ignorant disregard of the heavenly laws of God. Its remedy is self-knowledge and a developed soul-consciousness which drives away its dreams and the phantasmagoria of ignorant self-created illusions and delusions.

The Magic Self is a guardian angel which indulgently watches over these periods of delirium of its prodigal son, and with each approach of real sanity and seriousness projects visions of home comforts that may be ever obtained on the easy condition of discarding the husks, and a due acknowledgment of its true relations to the Father Principle of Life.

You are, perhaps, that prodigal. If so, you are living too much upon the surface rather than within the heavenly interior home of the Magic Self. If you are ever ill, or weak, or lonely, or unhappy, or unsuccessful, it is because you have not come into full self-consciousness and the complete possession of your rightful inheritance of power. It is because your Magic Self is allowed to slumber while the surging waves and the sea threaten to engulf you.

This is a call to the power in you which is able to say to the waves and the sea "Peace, be still." It is a call to you to live for your best. It is a demand that you, the visible, step aside and allow your Magic Self to rule in your life. It is to tempt you to partake freely of all the good things which that self is

Digitized by Google Original from HARVARD UNIVERSITY

able to rightfully bring to you. It is a demand of your spirit to "seek first the kingdom of Heaven and its righteousness that all these things may be added unto you." Its righteousness is but a conformity to the laws or principles and methods of organic unfoldment which govern the Magic Self. Such conformity requires earnest and intelligent thought, or a study of the principles and rules which these publications undertake to teach.

If you herein find evidence that I have a real grasp of this broad subject, then you have found something that is comparatively rare, and that should be treasured, in that it may mean a real message, unceasing revelations, new-born powers and realized ambitions for you.

Since I am from the country and as my topic is "The Magic Self and How to Develop its Powers," it is perhaps my privilege, if not my duty, to temporarily set personality aside and speak as frankly, positively and unreservedly as I would if speaking of a stranger. I will state what I think and leave you to discern its truth and reality, or not, as the case may be.

The facts are these: I am what is ordinarily called an uneducated man, whose early training consisted largely of severe physical labor upon a farm, interspersed with a few months at school each year, and at the age of sixteen, a short but successful turn at teaching a public school.

I then left home and met with a variety of experiences, mainly in the publishing business, building

Digitized by Google Original from HARVARD UNIVERSITY

etc., in which I made and lost three small fortunes before the age of thirty.

I also lost my reputation and have felt reasonably secure ever since, partly because I have nothing, except health, left that would, if lost, disturb my peace of mind.

About seven years ago, at the age of thirty-three, I began the publication of a small magazine, which to a large extent, represented my soul and my life passion, *viz.*: these Life Science principles and their application in all daily affairs.

The publication was successful from the first. Readers sprang up, as if by magic, in this and other countries, although practically no advertising was done. except through the publication itself. These results were in themselves regarded as a practical demonstration of the principles therein taught. Within two years from its beginning, while writing upon the relations of the self to the Infinite life, a condition of peculiar exaltation and a new consciousness was reached, through which was accidentally (?) obtained what is believed to be the self-evident key to great mysteries of life and death which the great thinkers of all historic ages have tried but failed to completely grasp.

It is likewise the key to all evolutionary enigmas, to the powers of God as expressed through man and the universe, and to the mysteries of heaven and hell, including all the intermediate states or conditions.

It is the message and permanent reliance of Him

Digitized by Google Original from HARVARD UNIVERSITY

who will lead and inspire those who are to teach the fundamental Principles of a coming Social Order, and demonstrate to the world the powers which will establish on earth a Kingdom of Righteousness with these the proved Principles of Being as its secure basis, or King and Ruler. It is thus that God will become, in fact, the Ruler of all mankind, as He is, now and always, in essence. It was essential that the world should first work out these its problems of universal relationship.

It is believed, that in settlement of existing questions, a time of deep tribulation, or of "general housecleaning," so to speak, is near at hand, and that through the evolution of human knowledge and the grave necessities of the occasion a Brotherhood of Consecrated Lives will almost immediately arise to teach, lead and finally rule the world. In doing this they will be but acting as the ripened instruments of the ever-unfolding Infinite Laws. Their power to rule will be derived through their definite intellectual and spiritual methods of obtaining direct and ever-improving revelations and inspirations from within or through a development of the Magic Self.

The need of truly consecrated rulers will inevitably become more and more fully manifest as time goes on. The masses will subsequently realize the folly of being governed by "grafters" or by those who betray them into the merciless, vulture-like fangs of an all-absorbing financial system. It will become an object of reproach for any able-bodied human being to be a consumer but not, in at least some measure,

Digitized by Google Original from HARVARD UNIVERSITY

a producer, or to live in million-dollar houses which one alone can enjoy, or be waited upon by a retinue of cringing, tip-soliciting flunkies and others who are encouraged to degrade themselves in their own estimation and otherwise surrender their rightful independence and self-respect.

It will be regarded as ignoble and a mark of degeneracy to gamble in human life and human ills, sport upon the weakness and degradation of those who are willing to sell themselves perhaps for want of the very necessities of life, play "sweethearts poker" for large stakes plundered from the pockets of unsuspecting patrons in the name of "business," waste the y bread of life unconsciously plucked from the hungry mouths of countless multitudes, revel in ill-gotten luxuries and amid the pitiful, heart-rending wails of pauperized ones who have fallen and been ground beneath the merciless and unjust wheels of organized commercialism, feast like cannibals or semi-human hogs upon the swill of other people's miseries, misfortunes and despair, play the disgraceful role of financial high-binder and desperado or otherwise prey upon the weak, and wallow in the mire of spurious respectability, sensuality and self indulgence.

Even the most stupid person will at length foresee the logical outcome of present-day tendencies and perceive the urgent importance of true consecration and that it is a prime requisite in those who are to command the Ship of State.

It is conceded that it requires a stretch of the ordi-

Digitized by Google Original from HARVARD UNIVERSITY

nary imagination to believe that such strides will take place in our day and age. But let it be remembered that this is a rapid age, in which even steam power is gradually giving place for finer forces, and that nature's finest force is the spiritual power of thought, which, through the increase of knowledge, is magically filtering into the minds and hearts of men, thus becoming a motive power which will change every external thing to correspond.

Man has believed himself to be a weak and depraved "worm of the dust," and, through ignorance, has builded institutions of selfishness to correspond to his "wormy theory," but he now knows that he is inherently divine, that all things visible are composed of self-acting but inter-related and ever-reacting forces, and that at the heart of Being, all things are so closely related, that the great principles of Brotherhood and of Love must build altars to the Divine love.

Our present-day institutions will be remodeled or molded into such altars, even though they first fall, and the Brotherhood of Consecrated Lives will take the lead in building altars and in worshiping at their shrine. Their methods will be an appeal to the heart, through the understanding, thereby casting out all fear, which, in turn, will disarm all opposition to their majestic march of progress. The world will become famished for the knowledge which. at present, they alone can offer, and will deign to accept it even from rough and ungloved hands. The 400 of society will become more and more ridiculous in

Digitized by Google Original from HARVARD UNIVERSITY

their Pharisaical habits of exclusiveness, and will, perhaps, exclude themselves from the real Elect until tribulation brings them to the altar of love that is being founded by those whom they now affect to despise. They will then stand abashed in the presence of these uncrowned Kings, who have no desire for cheap crowns, but whose great desire is to crown others with the condition of self-realization which constitutes their own kingship. Their every appeal is a call up higher, and to that which is King of all, *viz.*, Love—the divine Principle of Love—which is the essence of all, both small and great.

These and other greater things are to be in our day and age. There is a burden of recognized authorities and of other evidences to that effect, which may be obtained, if your own heart fails to tell you so. Allow your spirit of discernment to judge of these things. It will judge truly, and lead you unerringly to a charmed life of inner realities where harm and mishaps cannot enter. Behold, it now stands at the door of your consciousness and knocks. Upon it I cast the responsibility of leading you to that which you have it within you to be and of doing that which you should do and which will bring you the most benefits and satisfactions here and hereafter.

The truth, as herein expressed, has an invisible stamp which will be recognized by those who live the charmed life. It is mine to speak as one having authority to the degree that I give passage to the friendly beams of truth. It is mine to denounce the shams and falsities of existing conditions to the extent that I have the Principles of Truth as my

Digitized by Google Original from HARVARD UNIVERSITY

backing. It is mine to speak of the coming Kingdom of Love to the extent that I am actuated by love instincts and by the wisdom principles of love and service.

The principles of love have universal Truth as their backing. That is ever dear to the heart of man and must find an echo in his soul to the degree that it is recognized.

Man is the standard of all things. In building the ideal Jerusalem "that shall not pass away," all things will be arranged according to the standard of a man Man invisible is the standard. The power to think and the Truth is its essence. The discovery of the deepest Truth is but self-recognition. It is the Magic Self which, alone, speaks with real authority It is the increased recognition of the truth or of the Magic Self which distinguishes man from the animals

To wallow in the mire of self-indulgence and sensuality is not only ignoble, but becomes almost a crime when done at the expense of toiling millions, who, through the defects of a false system of living are thus bled and bullied into paying tribute to such beastliness. The growing intelligence and independence of spirit which comes through self-recognition will quickly break the bonds of such slavery and lift the soul to better things.

The time is, perhaps, near at hand when great wealth, if unconsecrated, will become a burden as well as a snare; when it will be regarded as a mark of disgrace and when its possessors will gladly throw it in the streets to save becoming a target for mobs.

Digitized by Google Original from HARVARD UNIVERSITY

We have already witnessed in our streets the spectacle of stones showered on those, male or female, old or young, who happen to ride in automobiles The condition of anarchy which has prevailed in Colorado for nearly two years has passed into history. The growth of trusts, wherein the wealth of the world is being separated from its uses, thus making the rich richer and the poor poorer, and where the very necessities of life can be withheld from multitudes at the capricious will of a few, is also a matter of record. The battle of the giants has begun. The rights of private ownership are already at the judgment seat, and God, or the laws of life as enthroned in the hearts of men, must be the final judge. Those who fail to learn those laws will find obstructions to personal progress on every hand.

This is, indeed, a day of judgment. Old things are rapidly passing away. Behold, all things must become new and in keeping with the spirit of love which is the guiding star of all ages, since God is Love.

How will it be with you and yours? There is open for you a door of opportunity which you must enter as a condition of continued peace and prosperity New business methods must come into vogue, new diseases, new spiritual remedies, wars, pestilences and famines, and a famine for knowledge of life-principles, which alone are safe and secure as a reliance for all time.

The recent discovery of an electrical process by which the baser metals can be transmuted into gold

Digitized by Google Original from HARVARD UNIVERSITY

may demonetize gold, and, as a standard of exchange make it as unreliable as water, because a dollar in silver could then be changed into gold, simply by thus changing the orbit of its molecules or forces. The smaller orbit of the gold molecules is what increases its density, changes its color, reduces its size, and so increases its vibratory intensity that it becomes impervious to acids, rust and decay. The vibrations of acids, though penetrating, are too slow to injure or disintegrate the more rapid vibrations of gold molecules.

Color, form and size are but attributes of the different rates and quantities of vibratory organisms, and as all things are but rates of vibration, it is undeniably true that their rates are interchangeable and that the transmutation of metals is possible; but the financial methods of our Kings of "High Finance" enable them to create money from nothing, thus making the transmutation of metals look almost as insignificant as the proverbial "thirty cents." If our present monetary system should be thus, or for other reasons, upset, and it isclaimed by a noted inventor, having hundreds of successful inventions to his credit, that he has been and is transmuting silver into gold, then what will be allowed to permanently take its place? The Socialists, the Anarchists, the Populists and all the different classes, which are perhaps about equal in strength, would each clamor and try to enthrone their ideas; but each, in turn, will fail unless those ideas duly represent the underlying love principles of the individual Fatherhood of God

Digitized by Google Original from HARVARD UNIVERSITY

and the Brotherhood of Man, thus recognizing personal rights and co-relative duty.

When all else has been tried and found wanting, these Life Science principles will be in universal demand. Until then they rest in the keeping of the discerning few, who, being untrammeled by the dogmas and traditions of the past, are able to take them upon their merits and recognize their real worth. The outcome is absolutely secure, simply because they are helpful and true. That is my reliance.

There is something deathless in man that would rather do right than wrong and that throughout all earthly experience will finally lead to the right, for it is through intelligent co-operation with the truth that all the rewards of heaven and earth are offered to man.

The instinct of happiness is a desire for rewards. When duly educated, this instinct learns to rely implicitly upon actual merit as the sure way of obtaining benefits, and that he who would become truly great in the eyes of men must know and obey the native bias and instincts of his own soul and then place his every talent, revelation and inspiration upon the altar of service to humanity.

Digitized by Google
Original from HARVARD UNIVERSITY

LIFE SCIENCE.

Part One—Test Questions.

1. Is the self dual in its principles and tendencies?
2. Has each individual a more powerful self than he is at present expressing?
3. If so, is it desirable that he should recognize or believe in that self—the higher self?
4. Why?
5. State what are the powers and possibilities of the higher self?
6. What constitutes a truly successful life?
7. What are the main reasons why some are more successful than others?
8. To what extent, if any, and how can thought or study be made to increase one's success?
9. What do you think of the principles herein given?
10. Is there a law of success, or is success but a matter of "chance"?
11. Are all things governed by exact laws?
12. Can the success problem be advantageously studied from the standpoint of principles?
13. Why?
14. What are some of the main causes of failure?
15. Is the divine plan of life such that each individual will reap success rewards to the degree that he earns them by setting up the right causes?
16. What, if any, are the main evidences that this is true?

It is our special purpose to make these studies decidedly helpful as well as interesting and entertaining, and for this reason they should, so far as is consistently possible, be made distinctly personal. Each student has his own individual problem—his life problem—with which he must deal in actual fact, wisely or otherwise; and if wisely it will be because he brings such helps as these right home to himself and applies them in his every-day affairs. The real work is for him to do. But if he gets to a point where more help is needed, he is invited to briefly state his life problem, whatever it may be, and, if special steps seem necessary, we will try to indicate to him what those steps should be. In most instances it will be found that these, his special needs, are already provided for in the instructions, drills, practices, etc., which are given later on in this series.

Digitized by Google
Original from HARVARD UNIVERSITY

Digitized by Google

Original from
HARVARD UNIVERSITY



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

Send Orders to
DAVID W. DOUGHERTY,
66 Ann St., Newburg, N. Y.

2

Digitized by Google

Original from
HARVARD UNIVERSITY

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from HARVARD UNIVERSITY

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE. It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google

Original from HARVARD UNIVERSITY

Digitized by Google

Original from
HARVARD UNIVERSITY

LIFE SCIENCE.

Part Two—Aims and Objects.

The Life Science fraternity which this publication represents, invites readers to join them in the daily observance of the life practices herein formulated and explained.

It is a proved fact, now backed by modern science, that all power is inherent in every heart, and that all growth comes by the development of such powers. Do you question it? Has not modern science been forced to concede the life principle that "thought goes in waves," and, therefore, that it generates and controls vibration? Is not vibration the essence of all manifestation, and the agent of thought in all creation?

He who has learned the laws of thought, and gained thought control by observing the necessary life practices, can gratify his every desire through the magic of a wish. Life Science, if truly understood, opens for man the door to almost unlimited power. The connection between business results and thought, and between man's thought and its omnipotent source, is so intimate that success is the sure result of certain moods of mind, or ways of thinking. An effort has herein been made to show what those moods are, and to formulate rules by which they may be produced at will and maintained. Man's surroundings are vibratory pulsations which have solidified into the forms and moulds produced by his undercurrents of thought. The life practices herein given are for the purpose of changing those undercurrents into ideal forms. To produce such ideal thought forms, is to manufacture vacuums of ideal circum-

Digitized by Google
Original from HARVARD UNIVERSITY

stances and surroundings into which their corresponding vibratory power is bound to flow and solidify. Thus, it is held, that all practical affairs, such as business undertakings, mental and social accomplishments, matters of health, etc., as well as questions of morality and spiritual growth, can best be dealt with by going direct to vibratory causes within, and by mental methods. This publication aims to show how to connect at will with the omnipotent vibrations of those etheric love atoms within the inner chambers of the heart, which, being the essence of man's Divinity and cause of his immortality, are the exhaustless source of his life powers. To awaken them within, enables one to awaken them in others.

An effort has been made to lift the veils which have shrouded life's mysteries for so long, and to reduce their principles to simple and practical rules which all may follow in the development of their life powers. The rules, though simple, have deeply esoteric meanings which will be appreciated by those who are esoteric students. Those who are not esoteric students are invited to apply the rules in their practical every day affairs, and, then measure their value by the results so obtained. If true, the rules can be outwardly demonstrated; but, such demonstrations will be perfect only to the extent that they are fully and faithfully applied. The demonstrations need not be complete to be convincing even to the most skeptical minds. To the degree that they are complete, will life take on new and higher meanings. As all power is within man so all development of those inherent powers must come along the line of increased self-

Digitized by Google
Original from HARVARD UNIVERSITY

knowledge, which is the line connecting man with his Infinite source. True self-knowledge, therefore, can come only as we approach the fundamental principles of that science which is truly deep because fully representative of first principles and Infinity. Physical science proves that the atom has, within itself, some mysterious power which enables it to evolutionize, but, as physical science fails to include certain important connecting links, it leaves man in the dark—in the shadow of materialism. These connecting links are dealt with in this publication. Physical science is formulated from the comparatively few evolutionary facts which have been collected from observations covering a period of only a few thousand years; therefore, it cannot approach in completeness, that more basic science which pertains to eternity and the entire evolutionary history of the soul, and offers proofs and demonstrations of its principles, which, though different, are even more convincing, and are superior to those regarded as sufficient by physical scientists. True Life Science deals extensively with that principle of Love, or, Truth, which is the essence of Divinity, the cause of thought, the life of man, and the vibratory backing from which he derives his life powers. Love is that complicated organism which we call the Universe, and it is only when we understand its science, or the true laws, meanings and relations of each part, that we can make use of its combined powers within ourselves. Of what use are the scattered parts of the most complicated machine to one who has no way of getting them together. Man should spare no pains or expense in learning to understand his powers,

Digitized by Google
Original from HARVARD UNIVERSITY

that he may use them to enrich his own life, and to benefit others.

This publication aims to outline the esoteric principles of human nature, with sufficient clearness to satisfy reason and the head; but, its better lessons are to teach the heart its own inherent potentialities and Divinity, thus enabling man to answer his true relations to all created things. It places in man's hands the possibilities of great powers and great success, which involves, on his part, the responsibility of using such knowledge and powers in loving service to his fellowmen. It shows why the life undercurrents which now control civilization are such that laws and rules which have been known only to the few who were prepared for them, are now safe in the hands of the many. In fact, such knowledge is their only safety. The powers of darkness, which have had almost full sway, now see in the diffusion of such knowledge, the dawn of a new cycle which will wrench from their grasp the victims of their malign, hypnotic influences. It is only natural, therefore, that they should with the vigor of a death struggle, seek, as their prey, the defenseless ones who neglect to so arm themselves with such knowledge. This warning is something more than a false alarm, as many will learn to their sorrow. The misuse of one's powers would result in great disaster and misery to the one misusing them. This work deals chiefly with the question of circumstances and the practical needs of life in all its relations. It holds that the mystery of the tiniest flower, if fully explained, would also explain the laws of the universe; and that man's practical needs are so closely related to questions of ethics and immortality, that to wisely perform the duty of each hour, is the best way to "build a mansion in the skies."

Digitized by Google
Original from HARVARD UNIVERSITY

Powers of Silent Co-operative Thought to Produce Results in all Business and Art.

COPYRIGHTED, 1896, BY MORRIS LOCKE.

"Thoughts are things." Your body *seems* to be a solid, but in reality is only a *rate of vibration*, a mode of motion.

Your atoms are quivering at such a rate of speed that they seem to be stationary, but are ever changing to the poles of thought. Ask any scientist if it isn't so.

Then do you ask if thought is powerful? Yes; so powerful that a thought of fear will sometimes turn a person's hair gray, even though the fear afterwards proves to be groundless.

One object of this publication is to teach some of the laws of thought so that you can accomplish without effort, in an hour, results that would otherwise cost a struggle of perhaps weeks or months. Do you know all about thought and the powers latent in man? If so, you can dissolve or disintegrate this earth in an instant. You have every power at your command. You already know all I intend to say. Some single ideas regarding this great power thought are worth thousands of dollars. I have learned some, the value of which I cannot compute by any cash standard. I hope to give many such in this publication and also to show ways of putting

Digitized by Google
Original from HARVARD UNIVERSITY

them into practice. Farther on in this number is an extended explanation of one, and the means of putting it into immediate practice. Briefly stated, it is this: Each day at the noon hour by dismissing all thought except a desire for the good of others you will draw and acquire power that will help you in all your needs. Do you know why it will so help you?

A large and ever increasing number of persons who have taken the opportunity to learn something about this great power thought are, with as much intelligence as possible devoting that hour to the generating of such thought forces as will best help those who need help. For every mite of thought and good-will you contribute to that general fund you will receive many returns of principal and compound interest. The ones who thus give the most for the benefit of others will receive in return the greatest increase of power from the combined thought. All the work of the world in time will be based on this emulative plan where each strives to *give* the most, but before competition can be done away with great changes must first occur. I will deal with this subject in later issues.

Your surroundings are your magnetisms, the fruit of your character, and always governed by law.

Knowledge—and particularly knowledge of such laws—is *power*. Yes, power to make of yourself whatever you please, simply by finding out these governing laws, and *applying* them.

Only the Scientist can fully comprehend the tremendous importance and mutual advantages to be derived from co-operative thought. Among students of [illegible] there has been a demand for the

Digitized by Google Original from HARVARD UNIVERSITY

carrying out of this plan to more thoroughly unite not only themselves but others who might also desire to draw, for their individual needs, on the harmonious forces, and increased strength so generated. We are surrounded with materialistic thought, and burdened with dangerous, insidious unseen forces, which we are sure to absorb unless always in a warlike, positive mental attitude. To many of us such an attitude is neither easy or agreeable.

The frequent, though perhaps needless moods of despondency, discouragement, petulance, hurry, anxiety and bodily weakness which come to us partly from the above causes, are continually reminding us that we need this hour of silent thought—this proposed "church of silent prayer," which will clear the atmosphere and be to us a source of daily strength, companionship and inspiration.

To the scientist it seems deplorable to see the almost universal waste of force shown in the face and character of nearly every person with whom he comes in contact. He cannot pass persons on the street or see them in crowds, even in the most casual way, without noticing it. Successful business men, whose very success blinds them to the realization of these wastes, often point to their so-called success as evidence that the opposite is true and forget that there were grander heights, a broader success which they failed to reach.

Is it not possible that they are the ones who have the longer road to travel in correcting their faults and making the most of themselves, for until we realize our needs we are not likely to make much progress toward supplying them.

Digitized by Google
Original from HARVARD UNIVERSITY

It is the purpose of the author in this series of publications to furnish keys of knowledge that will unlock some of the unrealized latent powers and potencies that lie slumbering in the character of each reader.

When the apple is ripe it falls. Those who are ripe for improvement and an enlargement of power, capacity and fortune will easily find, in this line of thought, clues that will be of great service. If it is ground they have covered they will be the first to see the advantage of joining in the practical co-operative thought plans suggested. In its review they may also find new ideas.

The term Life Science embraces most every branch of knowledge or science, but is here used chiefly with reference to the study of man and his improvement.

Behind every branch of classified facts, which we label with the name of some of the sciences, it is easy to see there is a mystery, and therefore to the hidden or secret must we turn for the true science of things. This is especially true in our study of that greatest of all subjects, *man*. His body is a mere mask, as the word person signifies, behind which the real deathless and eternal man acts much as a true actor would masquerade in the clothing or "make up" best suited to the character or part taken.

It is easy to see that if there is such a thing as getting behind these outside appearances to the real hidden unseenfacts or "generalizations" that such a field would, if explored, be most fruitful in results.

The real essence of things lies below the surface, and when we reach their very center we find ourselves

Digitized by Google Original from HARVARD UNIVERSITY

in a new and radiant world with most everything changed. Our power increases and can only be measured by our degrees of such knowledge.

Electricity is powerful in the hands of an Edison, but not so just previous to the time of Benjamin Franklin. It is a proved fact that man has within himself latent powers greater than electricity, a knowledge of the laws of which would place in his possession great possibilities of usefulness to himself and to others. He now works his mental batteries the wrong way, He acts on the principle that his *body* is doing the work. and therefore in his struggle hustles and hurries it about to the point of exhaustion. Yes, exhaustion of its *real* force—thought. How can a person put out his thought so it will accomplish results even far from his body when he is on the dead run all the time. His very efforts are driving farther from him the things he seeks. A little knowledge of the laws of thought will teach him to *reverse* this process and accomplish much more without struggle or effort.

Such knowledge will give great power over ones health because it enables one to deal with causes. The so-called science of medicine is based too much on the false assumption that man's *body* originates disease. The learned men in the time of Harvey strenuously denied the theory of the circulation of the blood and he was almost mobbed for advocating the idea. In these days of rapid progress we should think for ourselves and remember that the man was nearly mobbed who carried the first umbrella. It is difficult for learned men to unlearn their few fragments of facts, many of which time is proving to be fictions. Twenty years

Digitized by Google
Original from HARVARD UNIVERSITY

ago nearly all physicians denied the principles of hypnotism, and to-day are exhibiting relatively the same ignorance by simply nibbling at that little fragment instead of delving deeper to the *law* on which hypnotism is based.

Orthodox Christians have had many of the rea teachings of Christ written in their hearts, otherwise Christianity could not have survived a theology founded on the doctrine of hell and depravity of man. Many still believe in the depravity of man, but even this fragment of an obsolete theology is destined to crumble beneath the power of Christ's words, "the kingdom of Heaven is *within you*."

To Life Science belongs the distinction of proving why these things are so, which is the first step in their attainment, and is the search-light which will make luminous the truths contained in every book of the Bible. If orthodox persons care more for the truths of that sacred book than they do for the glaring absurdities they have blindly built from it into their crumbling structure they will welcome this search-light and our teachings all the more because thus proved to be the real teachings of the Christ.

Scientists have long known that these would be years of great awakening when such truths would rapidly come to light, and bring in their train great changes and readjustments that would sweep away great fortunes, great humbugs, and the general *de-bris* which has resulted from our blindness and materialism. This is according to the great law of cycles shown throughout nature. A great 5,000 year cycle ends next year, and now is the time to learn how to readjust

Digitized by Google Original from HARVARD UNIVERSITY

ones various relations in life to suit the new conditions that are at our very thresholds.

It is not my desire or purpose to shroud this subject in needless mystery or to claim supernatural, adept powers in these hidden mysteries, but to prove and *demonstrate* to the understanding that they are *not* supernatural, but founded on natural laws, which, for good reasons, have been hidden in this materialistic age except to a few in whose hands they were safe.

The very nature of these ideas is in many respects so unlike our old methods of thought and action that they will necessarily seem marvelous, and they carry with them possibilities no less marvelous.

Many of these ideas also seem dangerous in their possibilities, and are so in the hands of certain unprincipled persons, so is fire dangerous, but the time has come when general knowledge on the subject is the greatest safeguard against that danger.

Another wonder in our Creator's wisdom is that such knowledge carries within *itself* a peculiar safeguard. This safeguard is that it is impossible for a person to go far or deep into this subject until it is safe for him to do so. In other words, he cannot understand or believe in certain of its basic principles until he has the purity and morality making them safe in his hands. It farthermore teaches a code of morals that is *sublime*, and offers rewards for obedience that are almost irresistable. Does this seem strange? Have you never thought of it while studying these subjects? If you haven't studied that far please note it in the future. After all it is about what we should expect from *Infinite* wisdom.

Digitized by Google
Original from HARVARD UNIVERSITY

This subject has an important bearing on ones health, his business, and every relation he sustains to the world. If he studies simply its outer forms so that he may, through hypnotic influence, bend some one to his will for some selfish purpose, or wreck vengeance on his enemies through the use of unseen forces, he will find the way barred to more important and practical knowledge, and will be sure to reap for himself in so doing a rich harvest of retribution instead of its normal fruit, which is the extreme opposite. As the acquirement of wealth carries with it a corresponding responsibility for its proper use toward others, so the acquirement of this order of knowledge correspondingly increases ones responsibility for its proper use. This responsibility in regard to the use of wealth does not seem to cool the ardor of many people. They pursue it just as vigorously, and seem to almost "spoil" for an opportunity to show that they would be equal to such a responsibility. In the pursuit of the knowledge in question, the inducements are much greater. Although its code of morals is as strict as our ten commandments, one need not fear that its strictness would hamper them or make them unhappy, on the contrary, it opens up that "place of peace which passeth all understanding." "The kingdom of heaven within." Do you ask why? It is because it shows *why* you greatly enhance your business success by making it *honest to the core*. *Why* you can't do a wrong to another in *any* way without doing a greater one to yourself. Do you fear that this would interfere with your present business and abridge a degree of its success for which you have perhaps struggled for years? This is

Digitized by Google
Original from HARVARD UNIVERSITY

not probable, but if so it will bring in its stead a *greater* success in business that you will attain *without effort* or struggle. Has not the depletion of your life forces, caused by that senseless struggle for wealth or position, led you many times to join in that silent cry for "*rest*"—"*rest of the soul*"—which goes up unheard from the hearts of countless thousands? Then do not let your lack of faith bar you from that rest which a little knowledge will silently and noiselessly bring to you.

Thought is a very high rate of vibration which is capable of dissolving or changing all lower rates. Every solid in the universe being only a rate of vibration is ready to become fluid to any higher vibration. Your body is already ninety-four per cent. fluid (as any physician will acknowledge), and is easily ready to become one complete little ocean of harmony, if properly acted upon by your thought vibrations. A little knowledge of life Science will show you *how* to so act upon it. Read the above paragraph over twice, and see if it can be successfully disputed. Then is life Science *practical* in its bearing on your health? Yes, intensely so. What would any dying man give to add even ten years to his life? One man offered $1,000,000 to have his life prolonged fifteen minutes in order that he might give the remainder of his fortune away to charity. One would at least be willing to study and learn. Why not give that study and thought to this subject previous to your deathbed. Your entire environment, your friendships, your every surrounding is your magnetism and ever changing to the poles of your thought.

Digitized by Google
Original from HARVARD UNIVERSITY

Figure this out and see if it isn't the most practical lesson you ever learned. It is not our purpose to disintegrate this planet. It is designed and run with too much wisdom and knowledge to make such a thing desirable or possible to us at present. It is, however, our purpose to unite in thought and dissolve many of the obstacles to our progress, to harmonize many of the needless discords in the lives of some of the members of our brotherhood and to deal unitedly and therefore with ever-increasing knowledge and power with some of the unseen and inharmonious forces which surround us and mar our peace, our health, prosperity and advancement.

All space is filled with living realities. The cross vibrations surrounding us continually affect us for evil and are all the more dangerous because insidious, subtle, unseen and unrecognized.

Scientists know and Physicians will agree that bodily disease consists in *cross vibrations* and that health consists in harmony—harmonious vibrations—harmony in the life currents. Likewise harmony—harmonious vibrations in our surroundings and social conditions are the things we most need.

Can you not catch a clue to our methods? We propose to deal with causes. Instead of doctoring effects, which is like damming the Mississippi, we leave the circumference of things and go to their center, the unseen underlying causes. We look to intelligent and united thought as the harmonizing power to help our discordant chaotic conditions—our cross vibrations. There is no readily available way of dealing with them that is more practical than our Home Silent

Digitized by Google
Original from HARVARD UNIVERSITY

Thought Brotherhood, which is divided into twelve degrees (thus providing for the different stages of knowledge and other requisite qualifications).

The first degree is to include all persons who have needs. (who has not?) Each and every reader of this publication is invited to be silent and dismiss during part or all of each noon hour all thought except a desire for good, first to themselves and also to others. Each person will so acquire power simply because they place themselves in a condition to receive it through their co-operative and harmonious thought vibrations, which includes the more powerful vibrations of those of the other degrees who have more complete knowledge and training.

The second degree includes all yearly subscribers of this publication, whose continued interest is thus reasonably assured. To them will be given a subject for daily contemplation, which will throw them more distinctly en rapport with the higher currents of vibration generated during the noon hour.

The third degree includes such persons as pay a fee of $1.00 each, for which they will receive a book giving further instructions as to how such forces and currents can be still farther drawn on for their individual needs.

The fees for the fourth degree are $2.00 each. The member thus admitted will be given a written delineation of his character for his use, pointing out to him the characteristics he will need to give special cultivation in his more advanced studies along this line, with instructions as to such cultivation.

Members of the fifth degree will be given extended

Digitized by Google
Original from HARVARD UNIVERSITY

astrological and other calculations concerning their past, present and future. This will determine their eligibility to farther degrees.

By special care and strictness at this point we are enabled to avoid inharmonious elements in our more inner and powerful circles and keep out all who use such powers simply for selfish motives. Such members are given further instructions for their use and improvement.

Persons who are really bad at heart are not likely to be drawn to us, but if they are so drawn we admit them to the outer degrees and do them all the good we can. They are the very ones who most need help. After the fifth degree all members are especially instructed in the absolute *necessity* of basing all such work on the everlasting principles of RIGHT, JUSTICE and GOODWILL. A special hour daily is also given to individualize all co-operative thought currents with such principles, so that any discordant or impure elements that might enter into the outer circles are thus neutralized and spiritualized.

You will therefore see that we are amply fortified against the dangers of impurity to an extent that would be hardly possible in a co-operative society of only one degree, and are thus enabled to add to our numbers and the cumulative force that could be safely acquired in no other way.

The work and purpose of the sixth degree is partly explained from the above. They are also given special instruction and help in reference to the acquirement of perfect health, and the proper use of thought force in trouble or in business matters.

Digitized by Google Original from HARVARD UNIVERSITY

The seventh is the last of the exoteric degrees. Members are given extended instructions through books and otherwise, and the personal help of esoteric members in case of sickness or other *real* need.

Membership fees for the fifth degree are $3.00 per year, $4.00 for the sixth degree and $5.00 for the seventh.

The five esoteric degrees are at present given to only those who thus devote their entire lives to the service of mankind. It includes extended instruction and practices, the aim of which, in the language of Swami Vivekananda, is "to open to us the door to almost unlimited power, to be used to help those who need help." It is the desire and ambition of students of the esoteric degrees in time to establish a great school of philosophy that would be almost unlimited in its influence and powers for good. In the future some of these esoteric degrees may be given to other than those who devote their lives to the work, but always under rules so exacting and rigid as to exclude all inharmony and those whose purpose it would be to use the knowledge and powers so obtained for selfish purposes or show. These deeper instructions are within the reach of all, but with few exceptions can only be safely learned by direct contact with a teacher.

If the first seven degrees and helps awaken the necessary qualifications and a true desire for same the teacher and opportunity will not be wanting. We do not for our various degrees desire or solicit very large or promiscuous classes. The purpose is rather to unite those of similar mental calibre for their mutual benefit, development and instruction. Force and instruction is

Digitized by Google
Original from HARVARD UNIVERSITY

always more easily gained through a harmonious unity of minds who think alike, and not by argument for the sake of argument.

Without desiring at present to make special claims of giving you that force, we simply say it will come to you because you thus place yourself in the best condition for receiving it. You can, if you choose, make for yourself similar conditions in other places. As to our charges, we would say they are much too high if you fail to see the end in view. If you do see our intents and motives, you will see also that the gain to you in power to be acquired cannot be measured by dollars.

We desire that you should utilize these helps in the above and other ways that will from time to time come to you. Supposing you have a business perplexity that is worrying you. At the noon hour, by placing yourself in a receptive state, you become en rapport with harmonizing vibrations. (Later you will understand why). These vibrations reach out far and near in the unseen, and help to *harmonize* the *very vibratory forces* and *causes underlying* such perplexities. Sometimes it will come in the shape of a new idea, which will prove to be the right one. At other times you will, when you actually come to the difficulty feared, find that for some mysterious reason it has disappeared. Or you may, without knowing it, simply drift to the right act. Have you ever noticed how easily the warm noon-day sun can level the most uneven surface of snow and cause it to disappear? Heat as easily expands a bar of solid steel twenty feet thick. What mere physical force could do the same? When we get a force like

Digitized by Google
Original from HARVARD UNIVERSITY

heat or thought that can deal with the various rates of vibration of things we get into the region of power where work is not effort or struggle.

By drawing on such infinite forces, a part of which we are, we will sometimes find that at the noon hour the ache or pain we had, passes away, or the misunderstanding we had with a friend or other person has been cleared up as easily and noiselessly as the July sun melts ice, and not through any hypnotic power but by the power of harmonious thought vibrations of many minds with motives based on the Eternal laws of *right, justice* and love (or sympathy). These are examples of how the Home Silent Thought Brotherhood can be utilized in every affair of life. Does this seem marvelous in its simplicity? See if a thorough trial will not prove it true, and as marvelous in its power for your good.

We do not call this a "cause," but a *business.* We place a certain value on our ideas and the helps to be rendered as we would on any merchantable commodity. As we receive that value we are placed above the temptation or error of soliciting favors or donations for doing a good work or even for our proposed School of Philosophy. We think ours is a good work and think it is all the better for making it support itself as it goes along. In its growing success we are proving the very principle and laws we teach. Can we do you a greater favor than to show you a law for the attainment of success, which is as much your property to use as it is ours.

One of our basic principles is that "thoughts are things." Good thoughts are constructive. Evil

Digitized by Google Original from HARVARD UNIVERSITY

thoughts are destructive. The earnest desire to do right carries with it great power. Right and justice carries with it a rate of vibration that is immortal. Thought vibrations are intense and powerful in proportion to their approach to right, purity and the Eternal. High motives and purity are thoughts of great power for good to yourself and to others. I am not trying to preach but to demonstrate *why* a business founded on absolute justice and right is the one most apt to succeed. People say, "Oh, yes, honesty is the best policy," but seem afraid to *trust* it and *stand by* it in the little things when they get in a corner and fear the loss of even an insignificant sale. Honesty just for the sake of policy is not the *genuine* article. It does not carry with it the high rate of vibration. Do you realize the importance to you (in dollars) of this very demonstration? Do you realize how satisfying and strengthening it would be to KNOW to a *certainty* that even from the standpoint of business success *alone* that you could *always* and under *all* circumstances, great or small, afford to stand right by the truth and make your business honest to the *core*? You cannot afford to do anything less than that. It is the most valuable precept you can entertain, and increases in value to you until you reach the point where you lose *entire* confidence in *lies* or the *powers of deception*. Do you see what this one principle will do for you?

First. It will get your business thoughts into the region of high and powerful vibrations (where they belong), and appeal to that in others. These powerful thoughts will go out far and near, even while you sleep, and gradually saturate and mingle with the minds of

Digitized by Google Original from HARVARD UNIVERSITY

people you are in the future to deal with, and will form thought links, or invisible wires connecting them with you, and will help influence them to come and deal with you.

It is said, "a man must have his thoughts centered on his business in order to succeed." This is the philosophy of it and these are the invisible wires that will lead customers to you.

Second. Thoughts with high and pure motives will connect with the best in people and will attract chiefly persons of character and mental calibre, who are the very ones most likely to have money to buy your goods, and even if you credit them with their purchases they are the ones least apt to cheat you. Tricky thought would bring to you tricksters, who in time would in some way injure you, even if it was only to speak ill of you.

Third. Such thoughts of right and goodwill, being *constructive*, will inspire your customers with the same spirit of goodwill, which is also vibratory power that will do you good, even though they never speak it in words. The opposite would do you harm.

Fourth. These very principles will in time show forth in your countenance, in every curl of your lip. In your very *attitude*. Your confidence and strength will increase as you learn by the many proofs that will come to you that this law is *correct* and *absolute*, and in time you will be perfectly serene, even though failure stares you in the face.

Fifth. These principles are harmonious by nature, and otherwise could not be *eternal*, for reasons that are apparent. They will tend to bring harmony into your

Digitized by Google
Original from HARVARD UNIVERSITY

life and surroundings, also friends or others to your rescue, who are able and willing to help you if trouble comes. The very instincts of such friends will tell them that you can be relied on, even if they have not had actual proofs.

The thief little knows of the real unseen forces that attract him to his chosen victim and perhaps carry him right by places and persons he could rob with more ease and success.

How little we realize that some species of dishonesty or deception and even the reading of theft, murder, scandal and burglary in the morning papers—perhaps at breakfast, when we are (or should be) in a negative absorbing mood—will connect us with the thought current that is apt to bring the thief or trickster to us.

Sixth. Principles of honesty in your business will tend to bring you honest helpers, who won't watch every chance to "stab you in the back," or take advantage of you should you be absent or other opportunities occur.

Seventh. Fear, hurry and anxiety are thought forces that are destructive to your business and to your ability to manage it. Honest principles relieve anxiety and fear, thus giving the cool head to act wisely in a business crisis.

Eighth. Thoughts produce actions. Any species of dishonesty will lead to dishonest acts, and to an attitude that will create suspicion in people and cause them to avoid you, even though they themselves do not realize the reason why. Our common proverbs, such as "Honesty is the best policy," "A man is known by the company he keeps," "It takes a rogue

Digitized by Google Original from HARVARD UNIVERSITY

to catch a rogue," are all founded on universal experience.

The experiences of others, however, without understanding the principles, are not sufficient to give you that *supreme* confidence in "honesty," which takes away *all* fear and causes you to unfalteringly trust it when under the severest tests. What percentage of Chicago Lawyers or their Clients would really be willing in trying *every* case to fearlessly uncover every point, and earnestly and unreservedly try to get at the true right of the case regardless of which side the truth might hit? This *should* be the attitude of Lawyer and Client as it is of the true Judge, and it would insure more satisfactory results to the majority concerned.

These facts show how shallow and hypocritical is the pretended confidence in the proverb, "Honesty is the best policy." I repeat that universal experience is insufficient to inspire UNLIMITED confidence in this proverb, and to actually *demonstrate* its truth from first principles and show the *laws* on which it is based, is of great value to every business man, as its practice will prove.

Our aim is to suggest how you can use your spiritual powers to the best purpose, so they will bring first to yourself and also to others the greatest returns in both material results and happiness.

A spiritual power that is always available is your *thought.* The greatest power you have available is the *combined* thought of yourself and others working unitedly and in sympathy for a common result—your mutual good. Money represents value and gives power to obtain many desirable things. If the ready cash of the world was laid at your feet, with an invitation to

Digitized by Google
Original from HARVARD UNIVERSITY

help yourself, and you could do so without injury to others, would you not lay in a good supply without waiting to be teased?

The power of money to bring happiness is indirect. Common sense and study will make of your thought a power to bring happiness DIRECT, and money as well, with the additional safeguard that you can always rely on it to make more money if that you thus gain is taken away. Such powers, unlike money, can never be taken away from you, and you will learn that so long as you stay in the direct thought current of Infinite good that all things needful will come to you without struggle or effort.

The powers of the sunlight give life to vegetation without struggle or effort. Yet a maiden can intercept that sunlight with an umbrella. Let us learn how *not* to intercept the sunlight of God's forces, which were planted within us to use for his eternal purposes. Such forces come gently and noiselessly from within. Do you ask for proofs? Are you one who cannot believe in the reality of anything that isn't heralded by trumpet blasts? Study the principles, if that is not sufficient, apply them as directed, and proofs will then be forthcoming as they are needed.

Within yourself are powers capable *now* of bringing results and happiness greater than you have ever dreamed of or even read about. Results which would revolutionize your life and methods of action—yet a peaceful, noiseless revolution from an unlooked for source, as is usual with the coming of spiritual powers and light. These principles teach that by your hurry and over-activity you are driving *away* the very things

Digitized by Google
Original from HARVARD UNIVERSITY

you seek, and show a way to accomplish infinitely more and without effort.

Look at the mania for labor-saving devices. Look intelligently within yourself and you will find one greater than all you have known.

The kingdom of heaven is a kingdom of *power* as well as one of harmony and peace. After nearly 1900 years of failure to find it *without*, isn't it about time to take the word of the Christ that it is "within you" and then search for it in that direction?

It would take *much* longer to give even a "bird's-eye view" of this subject or to enumerate the many practical bearings it has on life. The subject is Infinity and therefore Infinite. In describing things that are Infinite we can do little more than to say Infinite, and then let the mind grapple with it and bewilderingly try to comprehend. To try to do more is like trying to give a separate name to each drop in the ocean—a hopeless task.

In the next issue I shall try to show how this mysterious spiritual law which binds all humanity together will, through the powers of co-operative thought, bring to us very wonderful companionships and friends, and how they will aid us. I hope to at least interest even those who still think that co-operation is impossible unless you bring people's bodies together.

Digitized by Google
Original from HARVARD UNIVERSITY

Part Two—Test Questions.

17. Is thought powerful ?
18. Why ?
19. Are there easier than the usual business methods?
20. Do you believe in the so-called "strenuous life"?
21. Why ?
22. Is real power visible, or invisible ?
23. What is meant by the Fatherhood of God ?
24. Is that a fundamental principle of all individual life ?
25. Are Love and the Brotherhood of Man equally fundamental?
26. Why?
27. Is Brotherhood a mental or spiritual reality?
28. Can the Spirit of Brotherhood be fostered by any thought process?
29. Why?
30. What are the advantages of co-operative thought?
31. Is honesty the best policy?
32. Why?

It is desired that a practical test be given to each of the thought practices herein outlined. "The proof of the pudding is in the eating." Most minds are so constituted that they must appropriate any given idea or principle in their own personal experience before they can fully believe in it. It is desirable that we should subject new truths to such tests, however great may be our faith, for "faith without works is dead." Actual results are what all students should work for. Be sure that you give these principles a fair and thorough test, and then report your personal progress that we may, if possible, suggest added helps.

There is but one subject and that is life. There is but one Science and that is Life Science. There is but one thing worth while and that is to understand and apply the principles of life and thereby convey and reap all the blessings and satisfactions which life can offer. That each student of this course may do this is earnestly desired.

Digitized by Google
Original from HARVARD UNIVERSITY

Digitized by Google

Original from
HARVARD UNIVERSITY

Digitized by Google

Original from
HARVARD UNIVERSITY

170
L87e
NO.3

Mary D Michner

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

CONDUCTED BY
ERNEST YATES LOOMIS,
INWOOD-ON-HUDSON, NEW YORK CITY.

3

52 PARTS

THE LIBRARY OF THE UNIVERSITY OF ILLINOIS LIBRARY, AT URBANA-CHAMPAIGN

Digitized by Google

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 19[illegible]

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.3-12

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

28Fe25

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Three—Aims And Objects.

The countless billions of atomic forces which comprise the human constitution are drawn and held together through the attractive power of Love. Love is the life principle. There are thousands of things which man should know about it. A few such things are herein given. They are suggestive rather than argumentative. They are designed to provoke thought in receptive minds rather than to exhaust the subject. In fact no sane person could reasonably exepect to say the last word concerning the subject, because it is infinite and therefore exhaustless. But that is only another reason Love should be given supreme importance in the life. Love is life. Man should love as the Infinite loves, for thus only can he become infinite in wisdom, power and goodness. Love is the only motive which has genuine merit. Let this lesson be regarded as a step in the love-life which is the life of power. Other similar steps will be developed later in their due order in the course. The language of the Christ may be applied to Love, viz: "Love is the fulfilling of the law." "God is love." "Live the life and you will know the doctrine." Practice these principles that the love life may unfold naturally within you.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Love is Power.

COPYRIGHTED.

"Do not love. *Be* love." Cease in thought to cling to the *unreal* "friends" which come to you through the accident of circumstance. You will thus pave the way to you for your *real* friends. Shut out in thought even "*Angels*" if they do not belong to you, so that your *own Archangels* may come in For every "friend" you lose for truth you will gain a better. It is not in the order of nature or "good for man to be alone." The law of love will take care of that. Your real friends are the ones who are on your line of march. Their proper selection is too important to be left to the uncertainties of outward condition. There is a higher law which, if fairly understood and faithfully applied, will bring them to you with unerring certainty. Silent co-operative thought will, through the law of affinity, bring you the aid, comfort, companionship and inspiration of real friends.

It is only reasonable and natural that the chemical powers of co-operative thought should act with perfect freedom in the unseen and bring together persons of like motive and mental calibre, with the same degree of scientific accuracy which would under proper and foreseen conditions attract into a perfect crystal the various elements of its chemical compound.

The chemical powers of love are so exact that they attract into a unit the countless millions of worlds and systems of worlds which make up the universe.

Man has that entire power latent in his heart. The law of love applies to the atom the same as to the uni-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

verse and is the power within the atom which makes its evolution possible. To master the secret of your heart is to open the door to your omnipotence and place within your easy reach the accomplishment of your every undertaking.

Books then become of no further use to you because you have in your awakened intuition the correct answer to every question through a direct channel to your fountain of omniscience in your heart. It brings you face to face with that something within which can never be destroyed because eternally pure and perfect.

Misery becomes impossible, because misery always arises from fear or unsatisfied desire.

Sickness and sorrow is banished because the soul settles down to its normal condition of power, joy and perfect bliss.

Your life forces are powerful in proportion to their approach to the purity, perfection and eternity of genuine love and right. You will never find happiness or satisfaction so long as you look outside of yourself for it. You will never learn the secret of real life power to accomplish great results in business and art until you find it in the exhaustless resources of your own heart. Life forces without limit are within your easy reach as soon as you really learn the greatness of your own nature. You must reverse your present methods of education which chain useless crowbars of facts to your mentality and shut off the flow from within. The word education means to evolve, educe or draw out. The nature of man is such that a time comes when it needs no outward pumps to draw soul from its fountain and through its instrument

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the body. All you have to learn is how to turn on its spigot, through silence, calmness and introspection. The forces of soul are already generated and only too glad to flow into all your relations of life.

Look at the multiplied uses of electricity. The question *was* how to harness it. The question to-day is how to harness the much greater and invisible forces of thought and love so that the lives of ourselves and others may be made *full* with the joy and happiness that will follow in its train as its result.

Knowledge of your real nature is the natural fore runner of great results. It enables you to properly re adjust your selfishness, fear, pride, sexpassion or any other quality in your character that may be now dominant as a blind leader.

Your power is always evolved from within—from the heart. It finds an outlet chiefly through the avenues of brain and thought.

Intellectual cultivation with many has been carried to the point of "mental leprosy." Our schools are scourged with such tendencies and with the tendency to scatter thought forces which is one of our national defects. Education should cultivate the art of calmness, repose, deliberation and concentration.

There is a certain consciousness of strength which springs from ignorance.

How frequently do we see exhibitions of it in the unmeant gallantries of our "Lords of Creation" who think they *compliment* woman when they say that she is *man's equal.*

Woman is rapidly demonstrating that many such words spoken in ignorance as well as in jest, are truths.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Woman is the real leader of a peaceful, noiseless revolution which will reconstruct society from the foundations up. Life Science proves that her wisdom of the intuitions and heart is better than his bruto-intellectual wisdom which is based on the already crumbling assumption that "man is his body" and that the body and intellect are "the whole thing" as the boys would say.

If he should lose an arm or a leg would he thus lose any part of the *real* man? Would it necessarily imply a loss of any part of his *manhood* or of his soul, which is eternal?

Man's body will continue to die until Life Science unlocks the latent potencies of his heart and soul. Such knowledge will enable him to *fully* represent and manifest his *real deathless nature* in a body which will thus become deathless also.

The "tree of knowledge" so planted in his "garden of Eden"—the heart—thus becomes a "tree of life." Re-read the first chapter of Genesis with this as a key. It may give a clue that will illuminate the story of man's spiritual creation and the history of the soul. Science has upset many absurd theological interpretations of a sacred book, the truths of which Life Science will again make luminous.

Intellect is good as a servant, not as a leader. Intellectual knowledge by *itself*, UNAIDED, is a tree which yields nothing better than mouth puckering green persimmons and other bitter and poisonous fruit which is fit food only for a cynic or pessemist who wants to supply vitality to his misery.

Society must have something more substantial for

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

its heart starved multitude than froth and frappe or the husks and dead fruit on which they have been "brousing" for so long.

Is it surprising that it has been lead to the feet of Life Science and that royalty and the nobility in Europe and exclusive society circles of New York, Boston and other American cites should now consider theEsoteric Philosophers and Scientis ssuchdesirab e acquisitions as factors in some of their entertainments?

The Infinite has thus caused that tyrant Fashion to meekly "let down its bars" that a multitude of good but commonplace people who have not the courage of their convictions and who consider it "better to be out of the world than out of fashion" may receive these truths.

When society thus instructed becomes truly representative of the affections and heart and gives its members the pleasures and satisfactions of its warm, sympathetic life-giving heart currents of real love they will never again be satisfied with the hollow mockery of its soulless shell and base counterfeit.

When society learns that the body is only a medium or instrument through which the soul may act it will have the power to become a grand orchestra of a million pieces capable of bringing forth one Divine harmony and its deep inspirations from the truly musical, the notes of which each individual member is a contributor.

The magical vibratory powers of the calm reposeful loving co-operative thought currents, which at the noon hour go from the Home Silent Thought Brotherhood, out into the unseen, are forces which work night

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and day for the good of each member, and are sure to come home to him freighted with the rich blessings of health, business results, loving companionships, inspiration and happiness.

To depend on your shrewdness, to overreach your neighbor, to hustle and hurry your body about until it is fagged out, and to generate the damaging and discordant cross vibrations of hateful, cynical, impatient, anxious, fearful, selfish or hopeless thought is to shut off the currents of helpful force and drive successful results farther away.

"Thoughts are things" which produce results in all business and art. Co-operative thought in connection with the Home Silent Thought Brotherhood is the collective force which *multiplies* such results, because "many hands make light work."

If the earth was covered with ten feet of snow and you had to get rid of it would you prefer the slow process of shoveling it to the rapid process of melting it by a July sun? The mental density which would choose the shovel is little better than that which will cling to man's present harsh, noisy, lumbering body straining antiquated methods of business after better methods are offered and also the easy means to carry them out. Thought is an ever ready power which is always available.

An investigation of its laws at once leads to the all inclusive basic law of love which is a fundamental "generalization."

Love is the power which binds all humanity together whether they know it or not.

"Nature abhors weakness." Love is power. Love

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is the mother of nature, therefore for nature to love power is only to show the proper instincts of offspring. The created should love its creator and conform to the laws of its ever evolving nature. We may have implicit trust that, to follow obediently, the leadings and tendencies of our constitution will bring us out safe at last through open or winding passage to a fulfillment of our destiny according to our creator's intention. God is love and cannot make mistakes.

People prosper in proportion to their ability to make of themselves an unobstructed channel for the optimistic forces and higher laws of thought and nature.

"The world is founded on the optimistic, self-acting and all inclusive law of love. This law can be safely *trusted*, even though its limited manifestation appears in the form of selfishness, hate, cruelty and all that is brutal or that which we call evil. I wish to show the connection of all these things so that we may lie with childlike trust in the motherly lap of nature and give an uninterrupted passage to her life-giving currents, thus becoming strong with her strength.

It is impossible for us to successfully resist the currents of nature and we interfere with them at our peril.

She teaches with calm superiority that "there is a higher law than that of our will, which regulates events," and governs every atom of the universe.

That law is the law of love. To fully trust it will reverse our present slow, bungling, and convulsive methods of business and make our lives not only more successful, but easier.

We can well afford to trust our intuitive impulses. The theology, which represents man as degraded and de-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

praved, and life as a great, though hopeless struggle against the forces of nature, is rapidly becoming obsolete. Life Science, which is the coming theology, represents man as Divine by nature. It shows the uselessness and injury of his frantic struggles, despairs, and gnashing of teeth against the relentless and invincible laws of nature which manifest in lower forms as brute and brutal man, but gradually grows on the slow tree of cause and effect until man is taught that *all persons* and *all things* are *related* and that he cannot do a *wrong* to *another* in *any* way without doing a *greater* wrong to himself.

His very instincts of self preservation will then cause him to throw a loving and helpful arm of protection around the weak and lowly ones who are traveling in ignorance the long road from which he shall have then evolved. He will then no longer hang men for their so-called crimes any more than a loving mother would hang a helpless child that might awkwardly pull her hair in an effort to caress her.

He will not take away the life he cannot give, even from a brute, for purposes of food, when he learns the destiny of that brute, its relatedness to him, and that he cannot even indirectly so interfere with its evolution or cause it pain without suffering its reaction on himself. Meat is not the natural food of man. Fullness of life and all it implies can come only when he obtains the strength-giving powers of his natural food.

If he eats other food the narrower limitations of its life-giving powers will recoil on his head and the further penalty of discordant cross vibrations will, in some way, enter into his life as a consequence, as surely as effect is tied to cause.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"Love is the fulfilling of the law." Do you *presume to think* that the Almighty has *failed* to provide the *certain means* of *fulfilling* his law? The very idea is *absurd* in the face of the unity displayed in his works.

You are not an exception to this rule. Your nature is also founded on the law of love and its law will be *fulfilled* beyond question, in spite of any frantic, senseless and purile efforts you may make to govern things by your own intellect or will.

The Almighty will in time claim you as his own and you cannot prevent it no matter how much you try.

Does this fact give you license to sensuality and all that is brutal? No. It says that you *cannot* break the law of love (your higher nature) without suffering its self-acting and inevitable penalty. There is no uncertainty about that.

The very instincts of selfishness would guard you against invoking these penalties, and would therefore become the pathway to the practice of virtue.

Some physicians practically preach and recommend to young men the accursed doctrine of polygamy under the name of "physical necessity" on the ground that "nature is always right." Why don't physicians recommend it to their own daughters.

Man's real nature is "The image of God" and not that of brute and he should not follow the example of animals in "Polygamy" after he has outgrown the elementary stages of his brutehood.

The Divinity in him is *ever* calling, however feebly, to cast aside the waists and dresses of infancy and ignorance and wear the suspenders and pantaloons of true manhood and his higher nature.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Infinite love, life, wisdom, and power are *always* ready to act through the most lowly person as its instrument.

There are etheric atoms in every heart which represent and are capable through freedom, knowledge and self-trust of giving expression to all the powers of the universe in their flow through the faculties of brain and body. We need not fear our tendencies toward selfishness.

The untaught, childlike, selfishness which snatches a toy from another, gradually expands through knowledge and experience into the ever widening relations to family, friends, state, and nation, until man learns his relation to *all* persons and things, and the fact that to injure others is to do the greater injury to himself.

Not until then is his business likely to be honest to the *core*.

The restraining power of conscience is over estimated, nor is it strange when we enquire the cause and its nature. Your present conscience is built from the accumulated sediment of the knowledge and experience gained in your past lives. About one-fifth of the people of the world believe in an endless future, but not in an endless past, or in other words an infinite future from a finite beginning. The other four-fifths believe also in an endless future, but see that as a logical necessity a thing which has one end must have another.

The logic of this is that an endless future necessarily implies an endless past. Thus the seeming injustice of the wide inequalities of condition and circumstance, and many other theological enigmas are cleared up by

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

this evolutionary theory which will be dealt with in later issues.

We need not fear but what the Infinite wisdom will evolve our dominant selfishness into aspiration and up the long pathway to perfection—until it lisps the all inclusive commandment "love thy God (or law of thy nature) with all thy heart and thy neighbor as thyself." Let us not loiter to malign or make faces at selfishness or its creator, but trust ourselves unflinchingly to the strong and faithful arms of Infinite good thus getting in line with the forces of the universe, as did Napoleon, "the man of destiny," whose imperfect following of the law strongly biased the current by the imperfections of his dominating character.

Let us abandon lies and apologies and the rank hypocrisy which skulks and dodges like horse thief or charity boy every time the word selfishness is spoken, and always remember that the perfect law which created us can never make mistakes and can be trusted to answer for our preservation and the fulfillment of our destiny.

One cannot teach the True laws of thought, as applied to business success and art, without thus preaching a most convincing code of morals and ethics. It will be found that the inducements of material success will win followers for the laws of thought and love and for these ethical teachings where mere preaching will not.

Every heart vibrates to whatever teaches its own omnipotence. Imagine a space within your heart filled with the ever living fires of your immortal soul. Then imagine another space, within that space, the etheric

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

atoms of which represent the omnipotence of God's love. This soul of your soul, and life of your eternal life, cannot be dealt with from the love- standpoint, without meeting with some response through the vibrations of the heart's atoms.

You may, by your actions and ignorance bury it so deeply that only the brute in you will manifest.

Your body whose human form then belies humanity will hang on but a tender thread, having outlived its usefulness.

How can I help to kindle the fires and revive the dying embers of such souls and bring to light the divine "image of God?"

Has the "negative" of that image become too faint and indistinct? Its many coverings of darkness can be torn away only by the miracle of knowledge.

Even though only one atom remains, it contains the essence and a solution of the mystery of life, the love, which is God, the thought power, which is godlike in omnipotence, and the kingdom of peace and harmony which is your heaven. This remaining atom represents all the powers of the universe.

Does it seem impossible? Pollywog and whale are of equal dimensions in the sight of God.

That atom in your heart is real love, but not the base counterfeit which passes current at par in our boasted civilization. It is ever calling, however feebly, for you to recognize its powers and sweetness. To recognize it will enable you to manifest it.

When you see a woman's face that is as sad, haggard, despairing, forlorn, and ghastly as that of the man in the moon, you may generally calculate that she has

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

been the reaper of a matrimonial harvest of disappointed love which shattered the pure and beautiful ideals of her girlhood.

She is too apt to become in her hopelessness and disappointment like a certain kind of fish which, if washed up on the bank of the sea, will lie there and suffer an undying death, even though only a foot from the water.

The activities of society or the household may bring forgetfulness as would business to a man, but only knowledge can bring her back into true relations with her own soul and restore her ideals.

The sun always shows its willingness to shine and lighten the dark places of earth, yet it is very easy to intercept its light. Self-conscious of its powers and worth, it seems quite satisfied to shine, and shine, and shine. Equally godlike in dignity, gentleness, persistence, and reserve force is that misunderstood and misused love principle which dwells in our hearts and is the essence of our lives, the seat of all our powers.

It allows intellect to usurp its rightful throne and parade its reflection in its sacred name.

Its counterfeit is of the brain, true love is of the heart. The brain is to the heart what the moon is to the sun, viz.: its reflection and satellite. Unreal love bears a like relation to real love.

The key of knowledge is always ready to unlock the chains of ignorance which tie us to our imaginary hitching posts, but like the horse which has more than sufficient strength to break his tie strap, we fail to realize our powers and remain tied, continually looking in the wrong direction viz.: outside of ourselves for our deliverance.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"As a man thinketh in his heart, so is he." It is to the invisible forces of our thought and heart that we must look for freedom and power. Love is the elixir of everlasting life, which gives our souls immortality. Thought is its willing servant. Love is a clock which will run forever without being wound. Its eternal vibration of perfect bliss is the solved mystery of perpetual motion.

Its perfection would enable you to create a universe from the most lowly atom, to get the joy of perfect companionship even from rocks and trees, to command perfect truthfulness toward you from the biggest liar in the world, to obtain the willing co-operation and help of every person who lives, to place around you or yours a charm of protection that would make you safe in fire, earthquake, contagion, or in a den of the wildest animals. All persons have within themselves these omnipotent potencies but in different degrees of manifestation. All are seeking happiness and bound for the same goal. Proper appeals, in the true language of love to the love faculty in others, will invariably meet with a response. Effect is always tied to cause. It is not the mere words or beauty of expression which gives force and power to the language of a writer. It is what there is behind his words.

To awaken the love principle in yourself is the only true and unfailing way to awaken it in others. We are on the verge of an upward impulse. Great currents of invisible force, are now being turned on the world for its good. The ending next year of a great 5000 year cycle marks the ending of an epoch in our history and the beginning of a greater epoch.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Cyclic Karma has already begun its readjustments and the near future will bring greater changes.

The rumbling of consequences has been heard for some time by those whose ears have been attuned.

All have heard the rumbling but few have understood what there was behind it. The dim light which is breaking is already exposing the corpses of our dead materiality and the pale ghost-like faces of men and women who have wandered far from the sunlight of truth in their worship of the idols of sense.

The might of right and love is needed in the varied changes and readjustments which are to come. Teachers of Life Science will be in great demand, because all will need its evolutionizing and revolutionizing truths as a guide for the readjustment of their affairs to suit the new conditions which are coming. A harvest of satisfaction is waiting for those who forsake the ebb tide of the past with its worship of the things of time and sense, and mount this great incoming wave, which is to *sweep* from our planet the *de-bris* of the past and its stifling carcasses. This will be a forerunner of the little golden age which is at hand and which will make character building more prominent in our lives. This is a prophecy founded on knowledge which many readers will understand.

Do you ask what are the first and most important steps in character-building? The answer is, *true knowledge.* Lord Buddha said after long meditation, that "the cause of all misery is IGNORANCE." The Christ said "the kingdom of heaven is within you," indicating thereby what the sages of all ages have

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

agreed; viz., that to "know thyself" is at once the essence of *wisdom*, *peace*, *happiness* and *power*, therefore no matter *what* your aim and purposes in life may be to "know thyself" is the short road to their accomplishment.

Self-knowledge at once *withdraws vitality* from your misery and ill-fortune, causing it to wither and die. Nature thus steps in and says "I hate a vacuum and therefore will fill with the optimism of truth and success, the place made vacant in your dear heart by the death of your misery and ill luck." The result is *happiness* all around.

Then do you see the value of the fourth and fifth degrees of the Home Silent Thought Brotherhood? Benjamin Franklin said, "a single idea is sometimes worth thousands of dollars." Do you see how character delineations, conscientiously made from a *thoroughly understood* and strictly *scientific* basis would yield many ideas relating to that "self knowledge" which is the essence of all wisdom? This is partly in answer to a flood of inquiries which have been made in reference to the purposes of these degrees.

The next number will aim to throw a few "X rays" on the true nature of God's crowning work, woman.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Three—Test Questions.

33. What is Love? Give your own definition, and without consulting authorities.
34. Is Love power?
35. Why?
36. Is there any method of Love or of worship through which man may draw upon and then express the Infinite Love?
37. If so, what?
38. Where is the Infinite?
39. Is "The Kingdom of Heaven within," and can man find the Infinite Love there?
40. Why?
41. Is it literally true that "the Infinite is all and within all"—the essence or principle of all things?
42. Is the Infinite Perfection inherent in all things?
43. Is that Perfection the essence of your own perfect self?
44. Is it possible to perceive and love the Infinite Perfection in all people, however great may be their present limitations or surface imperfections?
45. Is that a desirable love method?
46. Is it capable of great expansion in one's life?
47. Why?
48. Does such love, by an attractive process, give power over the thing loved?

Test these principles and methods as best you can, and let us know the result. Cultivate the habit of being judicial or impartial in your judgments concerning your own thought processes. You will thus gradually become known as a person of good judgment; and as you progress in applying these principles of love you will become a love magnet of ever increasing power. Do you realize what that may mean to you and to others?

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY

In placing before students this enlarged course of two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87e
No. 4

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 4

52 PARTS

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87L
no.4

LIFE SCIENCE.

Part Four—Aims And Objects.

Everything in life and every expression of life has its genius and its use. It is by entering in sympathy into its genius that it may be understood. It is only by viewing it from its own standpoint and in the light of the Infinite Purpose that it can be seen justly and its true genius be duly appreciated.

Power is always precious. It is of God. It cannot be inherently bad. It can, however, be temporarily misdirected. It is the province of Life Science to teach what are the true sources of power and how to properly develop and wisely direct it.

Woman's power is a mystery, even to herself. She possesses a wealth of power which if rightly understood could be made to multiply her own enjoyments and become a greatly increased blessing to all who come within the radius of her wide sphere of influence.

Try to discover, in this lesson, some one way of improving yourself and your opportunities. You need not hesitate to "keep a weather eye" on the matter of personal benefits because you must first receive before you can truly give. An educated selfishness gradually merges into the life of love as one perceives how intimately all are related and that an injury to another is no less an injury to the self. Understand woman for what she is as a means of appreciating her as the crowning work of Infinite Love.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Woman's Secret Powers.

COPYRIGHT 1896 BY ERNEST LOOMIS.

Man's higher powers are born of calmness and repose. Important forces have slumbered in the world's readjusting pot until fermentation has at last aroused the first drowsy symptoms of the coming awakening. Life Scientists can see in recent facts the "star of Bethlehem" which points to our beloved American "cradle of liberty" as the "manger" in which the gentle oriental child of true wisdom is to be born. American womanhood is the honored "Virgin Mary" of this "Immaculate Conception." Our occidental civilized savagery, by according to woman a position of relative freedom, and for other reasons, has earned for itself a right to the refining and helpful influence of this oriental infant which is being "born of woman." Great cities like Chicago, New York and London are centres for the generation of individualized spiritual strength. The real history of such cities reaches back to prehistoric times.

Chicago, for instance, was a focusing point for important forces long before the Indians killed skunks on what are now its principle streets. The negative condition of its soil is adapted to the transmission of high potencies. As a force-centre an inland city is desirable in order that its electric currents may uninterruptedly perform complete circuits.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

All things transpire in the spiritual before they take outward form in act or event. Did you ever ask yourself what it is that draws together the forceful souls which make up a great city? It is not geography alone. "Thoughts are things." The invisible becomes interlaced with a network of great currents of force compared with which the ocean tides and electric currents are as nothing.

The future of Chicago is already known by true Seers who could have foretold its present known history long before it transpired outwardly.

The real Seer is one who has passed beyond the stage which would be tempted to use such knowledge merely for the sake of stock jobbing or real estate speculation. He does not have to worry about his winter's coal.

Deeply hidden knowledge cannot come to one until it is safe in his hands.

It takes but *little* knowledge to show the desirability of readjusting our God given "selfishness" so it will be in true relations with the basic principle of love, thus making deeper mysteries safe in our hands. We cannot hope to accomplish great results in business or art until we do so. "His strength is as the strength of ten who has his quarrel just" because he thus gets into the region of morals and high vibrations which is to draw on the omnipotence within.

The scientific calculations of the Scientist enable him to foresee many coming events and therefore he can be of great service to those who listen instead of scoff.

Until the year 1914 persons living on the purely material plane will be subject to unusual fits of depression. Suicides will multiply. Surprises will be in order for

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the unawakened, and frequent jars of the "spinal vertebra" come to those who are not already in right relations with the soul.

In foreshadowing a mild harvest of retribution and disaster, I wish also to show the causes which underlie a greater upward impulse, and thus be rather the hopeful herald of coming prosperity, and a little golden age, the beginning of which many of us will live to see, instead of a pessemistic advance howler of coming calamities.

A dose of the physic of disaster may be very wholesome in relieving us from the impurities of a clogged liver of materialism and selfishness.

Love is the only true basis of happiness. We may profoundly venerate the ancient and benevolent Physician of cause and effect, who kindly administers the Divine metaphysics which bring temporary sacrifices and readjustments, but in its train a wealth of more permanent peace, power, wisdom and happiness.

"Thoughts are things." It is only reasonable that the humid heat of uninstructed selfish thought should generate an occasional thunderstorm, if not a cyclone, of cross vibrations of discord, and that its lightning should strike here and there; but how refreshing is the atmosphere afterwards.

The straying traveler should not whine, even if it takes a shower or drenching to induce him to seek shelter of the only farmer who can put him on the right road.

Can we not have the foresight to take our dose of metaphysics now, and bid a kindly, but advance adieu, to the worn-out materialism, which has served its pur-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pose, and is about to be washed away by a spiritual thunderstorm? Must we blindly wait until we experience the actual pain in the stomach, and financial chemicalization?

Woman's opportunity is at hand. Great souls inhabit the brains of woman as well as of man. The construction of woman's brain demonstrates scientifically that her "wisdom faculties" are a nursery for the training of silent forces, and a natural outlet for the coming outpouring. Man is made up chiefly of angles instead of curves. Woman's acoustics give an easier flow to the musical vibrations of love and silent power.

Thought vibrations easily become harmonious and musical, when slightly touched by the magic wand of love. Perfect love is the deathless principle in man, and is the perfection of music to all who understand the art of listening. We never need to be without music, any more than a woman needs to be without beauty. Beauty is the sure result of a rythmic flow of love's vibrations. To interrupt its rythm, is to produce angles, instead of beautiful curves and outlines; harmonious thought currents quickly show forth in beauty of form and feature. Let woman learn from Life Science, how *not* to break love's electric circuits. Until then, her appearance will tell tales on her angry, hating, envious, jealous, anxious or other disagreeable thoughts, and their accompanying cross vibrations and inharmonious currents.

A loving woman, who understands her power, can play a beautiful symphony on the heartstrings of the densest man, even though he has never before been favored with anything more musical than a frightened

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cat could produce, by promenading the keyboard of a boarding house piano.

The true standard of womanhood is an easily understood, scientific mirror, which reveals the secret of woman's charms and powers, enables her to correct her faults, and opens the door to her almost unlimited possibilities.

She is the natural ruler of love's paradise, and should know how to perform the trust with the grace, tenderness, fidelity, wisdom and dignity which its sacredness should inspire.

It is my desire to reduce life's deepest hidden mysteries to a few, simple, unerring and self-evident rules of conduct, which all may acquire and apply in crossing the bridges of today and forever, and leave the vague, visionary and winding paths of metaphysical speculations to those who have time to waste on side tracks at way stations.

The last number gives the keynote to woman's greatness, and shows *why* her heart is a "Closet of God," from which we discover the causes which relate her to all persons and things, and from which we easily foresee her destiny, and foretell the events which will follow her as slow effects.

To abandon a position at the circumference and get into the channel of that inner lighthouse, which gives an uninterrupted flow to the rays of Divine love and knowledge, at once opens up the subject without the use of words, and throws a piercing searchlight on its obscure relations and inter-relations. Words seem almost profane, after seeing by the inner eye those

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sublimely transcendent visions, which thus cast a faint advance shadow of man's approaching greatness.

Rules, therefore, should refer chiefly to the opening of that third eye, or wisdom faculty, which sees through walls and obstructions and at great distances, which medical science knows as the pineal gland, and which soon will be generally known and better understood.

Rules should also show how to use that inner spiritual power, which, without effort, goes out from the body even while it sleeps, and deals with the *causes* or *rates* of *vibration* which control outward events and enable one to accomplish more in an *hour* than they now do in days or weeks.

Let suffering humanity thus learn how to deal successfully with their present practical needs, such a poverty, distress, want, discord, unhappiness, sickness or old age, and they will find that the duty of the hour thus performed will gradually build for them their "mansion in the skies."

The Creator of man did not forget to relate his needs to morals and immortality, and instilled into his *very constitution* that precept of faith and trust, "Sufficient unto the day is the evil thereof."

Let him thus become that "wise man" who "rules the stars," even though he is now the "ignorant man" who "is ruled by them." Man's lifeboat of ignorance will be tossed and buffeted about on the ocean of fate until self-knowledge awakens his latent forces, or that "Christ within" which is *able* to say to the troubled waters: "Peace; be still."

We little realize the creative power of our thought.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is tremendous, it is unlimited. All creation is through thought. Man's power to think is infinite and eternal. To him there is nothing unthinkable, nothing unknowable, nothing he cannot in time do if he sets about it right.

In using thought force, the difficulty is that, even after we understand its power, and that every thought creation, whether in the form of desire, hope, imagination, faith, aspiration, or direct thought, is building for us the thing desired, and actually bringing it nearer; still, we cannot banish our fears, our anxieties, our moods of hopelessness and discouragement, all of which are thought forces, but which send the thing desired farther away. Sometimes it thus becomes a case of one step forward and two steps backward. Control your moods and you will in time control your environments. Stop, now, and *break* the chains of your imaginary servitude and slavery. You have forged them for yourself. Slavery is not your natural heritage. God, the principle of all truth, endowed you with the inherent right to *think*, of all truth, and thus, by the power of creative thought, draw on the exhaustless resources of His omnipotence for the accomplishment of your every undertaking. Who can say of what you shall think, and, therefore, create?

In that respect you are absolutely free *now*. Exercise this Divine prerogative with royal freedom. Set no limitations on your possibilities. Your thought has power to do for you whatever you want to do. Your strength is in proportion to your courage, knowledge and faith. Your starting point is yourself. By understanding yourself, you will understand all

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

that exists, have command of all power, and get on that indestructible line which connects you with God Almighty. Spiritual liberation may be yours *now*. That deathless something within will cry for liberation until its cry is satisfied, by an *outward manifestation*, through *you*, of that perfection and omnipotence which it represents, and that, too, no matter *how* lowly may be your *present* condition or circumstance.

It is true of the drunkard in the gutter, or even the atom, as well as of the Prince or Saint. One man might cast a million shadows, each of which would be a complete reflection and image of himself.

Each man, in his infinite power to think, is the *complete* image of the One God—truth. Mankind is the million individualized images, each representing the same thing—God—and, truly seen, they are indissolubly related by ties (of a common nature and origin) too deep for anything to put asunder.

May this knowledge awaken in man that universal charity and love which will at least do justice to the meanest, weakest and most defenseless of his fellowmen.

As all are actually related, self-preservation demands that he should so act.

Before man can do unjust acts he must first generate deeply harmful thought vibrations within himself. It is easy to see that they would thus play havoc with his very life centers, even though they exhausted their force, vitality and velocity before reaching their victim.

It is suicidal to bathe in thought currents of hate and injustice, because "Curses come home to roost."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Generate thoughts of truth, right, justice and good will to all, and you will throw around yourself the only safe armor of protection against the shafts of such insidious and invisible thought currents of hate, and will thus get into the current of harmony, strength, and Infinite good.

Right is might. Get on the track of its omnipotent thought vibrations and all things at once become easier.

Woman cannot long remain in the gutter of helplessness, when she substitutes thought "Castles in Spain," or in love's ideal paradise, for the thought gutter of aimlessness, and hopelessness.

Love, thought, vibration, sound and form, are interrelated. The human brain and "face Divine" are mirrors of the mind, because *built* by the mind.

The form, size, and quality of the brain corresponds to and determines the power of the mind. The brain undergoes various changes, from childhood to old age, because the *mind* changes. Every event is first a thought, and is registered in the astral light. It can be read long before it transpires in the material, by one who has a cultivated clairvoyant or wisdom faculty. The clairvoyant faculty, or third eye, is a veritable reality, and was discovered in the human brain, many years before the Rochester rappings of 1844, which was the beginning of modern spiritualism. The author has several books published long before that time, which clearly describe the faculty, and its functions, fully covering the ground which modern science has since been forced to concede, and the wider range of facts, which the developments of psycic phenomena, have proved, all of which The Few knew, for *ages*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

before. This third eye should be cultivated, until it can get truth at first hands, by seeing the God within, face to face.

Its cultivation, will go hand in hand with the cultivation of life power. Life power should be cultivated until by the power of that deathless something within, "death is swallowed up in that victory" which manifests a deathless body. *Then* man is *able* to say "Oh, grave, where is thy victory." By simply realizing *why* that something within is already deathless, he should *now* be able to say, "Oh, death, where is thy sting." The death of the body does *not* signify the death of the *real* man, but the throwing off of a worn out envelope, which has paid its debt of usefulness to the higher self. It has contributed its brick of service and experience to the superstructure of that castle of character which builds for eternity.

It is a waste of time to build for time, or sense, or for other than eternity.

Construct of plastic thought an ideal body, an ideal business, an ideal home, ideal friends, ideal surroundings and an ideal character. Live the ideal life. You are not restricted in material or cost. Thought has power to draw on the Infinite reservoir of primordial matter. Select ideals that won't have to be changed. Be sure to build in a way that will do credit to the generous giver of omnipotent thought, who thus placed Infinite resources at your disposal. To have one ideal today, another tomorrow and still another, next week, or next year, is to waste precious force on a crumbling foundation of sand and can only result in a meaningless and chaotic conglomeration of wasted

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

material, which is an insult to your dignity and your Creator.

It is all important that man should understand *how* to harness his spiritual dynamite to the electric wires, of an understoo d thought system. He has been self-hypnotized by the unsound belief that he is a weak, fallen, depraved, and degraded "worm of the dust." Orthodoxy has nursed that "wormy theory," until most people accept it, without even questioning its truth.

Life Science teaches the art of tapping the springs of omnipotence within, so that by the power of creative thought, man can do whatever he sets out to do. It offers special opportunities to woman, who is relatively restricted, in her choice of a field for accomplishment. She may choose the subjects of her *thought* and *follow* them with absolute freedom. It is her special province. Her faith is thought power. Her love, morality, fidelity, and purity, are wombs where life forces are safely generated. Her intuitions offer an easy channel for their outward flow.

The law of evolution shows why we should have a kindly fellow feeling for the "worms of the dust," but with equal force shows why we, as thinking beings, should not allow them to "set the pace" for our progress.

The flashlight of creative thought has power to bridge the chasms of eternity's cycles, and quickly reach that final goal for all, which is the outward manifestation of truth's omnipotence.

When man learns that an instructed woman can by the aid of an inner sight, or wisdom faculty, foresee

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

dangers, and weak spots in his business, he will be only too glad, to avail himself of her loving help. When he learns that if trained in concentration, she can turn the X rays and silent forces, of her higher self, on to the causes which produce business results, he will be only too glad to have her loving thought permeate every nook and crevice of his business relations, and thus be for him the helpful organizer of great results.

We will suppose that he has a dangerous lawsuit, or an important undertaking on his hands, involving thousands, or even millions. Can she not by centering her consciousness within, to that higher self, which knows no mistakes, or weakness, send thoughts to him, which will connect *him* with *his* higher self also, and in turn cause him to deal with that higher self of each and everyone with whom he comes in contact? Thus *everyone* concerned is lead to do the right thing at the right time and in the right place. The natural and necessary result is that each one, even down to the least important, does whatever is necessary to produce one great, harmonious, and successful result. That which may have been feared, drops into its proper place when the time comes, and that too without the slightest strain, or effort.

This is the true way to accomplish great business results. At night when you retire, instruct your higher self to teach you during sleep. This will assist in leading you to the right act the coming day.

Instruct your higher self to permeate every detail of your business life with the power, and harmony, that will bring a righteous success. The quiet of the sleeping body gives its spiritual forces even more free-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

dom to act, than they would have if biased by the intense desires aroused by what your mere reason might deem wise.

Instruct your higher self to give the body that rest which will renew its power to accomplish results the following day, without strain or effort. In the morning, before beginning business, instruct your higher self to gird you with the right thought, the right speech, the right act, then dismiss all fear and anxiety as to results, and follow obediently, leaving to the sure revelation of time, the solution of all riddles, and the adjustment of all difficulties and obstacles.

In every act during the day, at least in every important act, realize that it is your *higher* self that is doing the work, and that it has the *power* to penetrate *behind* the *outer* shells of every person or thing with which it deals, and affiliate with the *souls* of persons and things, or that in them which *cannot* make *mistakes.*

The silent words of that deathless something within, are *words* of *power.* Thus business is made as easy as it would be to close a large deal which was controlled by some millionaire, who, without the asking, would say, "No further words are necessary, please step into my private office and I will give you the check, and wind the matter up."

The higher selves of persons, and things, are always the "millionaires" who control all business situations, and the millionaire within yourself always has an irrevokable entree to their "400." The question is, how to awaken this force within, how to use it, how to reach it in others.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

This is the higher power which is inter-related with morals and all the deepest mysteries of life. Its fathomless resources make it unnecessary to cheat or steal, or to break any of the commandments. There is something within man, which would *always* rather do right, than wrong. That is it. There is something within, that would *always* rather do good, than harm, to others. That is it. Its power cannot be utilized until it is safe in your hands; until your selfishness merges into love. Let me tell you that which will bring that safety period to you now, viz: Do you not understand how the life of justice and love greatly increases your power to gratify normally *everything* your nature craves? How it enables you to obtain much more money, better friends, better surroundings, fame, and happiness? Selfishness is founded on the idea of doing things exclusively with reference to self. The question then arises, *what is* your true self. It is that God of power within, which is indissolubly related to all persons and things by ties so deep that to do injury to another is simply to do injury to a *part* of yourself and the penalty for infringement cannot be escaped any more than could be the penalty for cutting off your finger or head or the infringement of any other natural law. I do not say disobey the laws of your constitution. I say *obey them*, and that to *disobey* is the *only* wrong. The questionis, what are those laws? One is the "law of necessity," or selfishness. Follow it obediently, but not blindly. Every instinct of selfishness demands that you study deeply the laws of thought, and of man's nature, for otherwise you cannot make the most of your practical situations in life.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Begin by so learning how to improve your health, or circumstances, and you will soon see that the life of justice and love, offers selfish and material rewards for obedience that are almost irresistable. A truly instructed selfishness needs no restraints. Does this seem too good to be true? I know it is quite contrary to the usual teachings of the churches, which are, to "be unselfish," "sacrifice yourself for others," etc., and which may lead a few persons to sacrifice *present pleasures* for the *still selfish* hope of *greater* pleasures "bye and bye," but it cannot alter *man's constitution* or the universal *law* which says that "nature is always right." We interfere with these laws at our peril, and if we could attain the vantage ground of complete knowledge and universal experience we would see that this much abused world is not out of joint after all, and that seeming evils are only the prods and pokes of necessity, which assist in bringing man into true relations with nature and the soul. If we will banish the darkness of ignorance by the light of knowledge, the illusions of so-called evil will vanish and selfishness take care of itself. There is no reason why man should not surround himself with all that would gratify his finer tastes. God is no beggar, and man is endowed with the power to draw on the exhaustless resources of Infinity for the gratification of his every want.

That *man* is given this unlimited power to think, and thus create, does not signify that the Infinite intended that we should live like skulking tramps or vagabonds. Do you ask if the Christ did not so live? If the Christ had the conscious spiritual power to create and instantly draw on the bank of the Infinite for all

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

material needs, was it not a *very* good reason why he should *not* lug them around with him all the time? Would you chain a dozen crowbars to your feet for fear you might need them sometime, especially if you could get them whenever wanted? If you *knew*, to an absolute certainty, that the ready cash of the world was at your immediate command, would you care to load your pockets with gold?

Let man demonstrate by *actual experience* the ability to draw, through the power of thought, on Infinity for an *abundant* supply of money and all it implies, He will then no longer care for vast accumulations, knowing they would be only a useless care and burden, nor will he withhold such needed help to his fellowman, as he may have the impulse to render, or try to do less than justice to all in his every transaction.

Spiritual liberation is to come, not by stifling selfishness, but by the development of that omnipotent power within which can *afford* to be generous. Courage and generosity generally arise from a consciousness of superior strength. Learn how to develop your inherent spiritual strength and spiritual liberation will take care of itself.

"God helps him who helps himself." Man should help his fellowmen to help themselves and not regard them as helpless, forlorn or unfortunate, or to cry with them for company. By first attaining equilibrium of soul, or spiritual strength, and the abundance incidental thereto, he will thus be able to show others into right relations with their own fountains of strength and supply and to give them outward help on all proper occasions.

That sickly, helpless "sympathy," which says:

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"Poor, unfortunate Jones!" even if it does also give of money, generally does more harm than good. Poor Jones is already suffering through failure to realize his own inherent strength and your thought images of helplessness are *powerful* to forge even stronger chains, or thought currents, which load him with greater misfortunes. Is it *kind* to render such a morbid pleasure and injury, when you have the power, perhaps, even without the electric shock of *seeming* coldness, to look *behind* the *outer* shell, which is temporarily weak, to *that within* him, which is so *strong* that it *lives forever*? A *flash* of recognition of his higher self may bring to him, from it, a bright idea or some seemingly unimportant event, help or person which will take him out of his "slough of despond." and then *keep* him out. Much of the help which simply stuffs the mouth of the beggar only induces him to come gaping for more. It is not the true way of helping. True help is spiritual help. True strength is spiritual strength, which can and should be applied to practical needs and everyday duty—that true line of the soul's advancement.

Let us keep out of thought currents of misfortune, knowing that true help to ourselves and others is of the affirmative kind, which constantly enlarges the stream of Infinite good, and wins followers by thus demonstrating the beauty and poetry of a life of such rapid, effortless advancement, along the direct line of our connection with the Creator of all.

The influence of a thought reaches to the ends of the universe, therefore, the main thing is to *live* the *life*, looking not to the fruits of action, knowing that life or action and its fruits are one and inseparable.

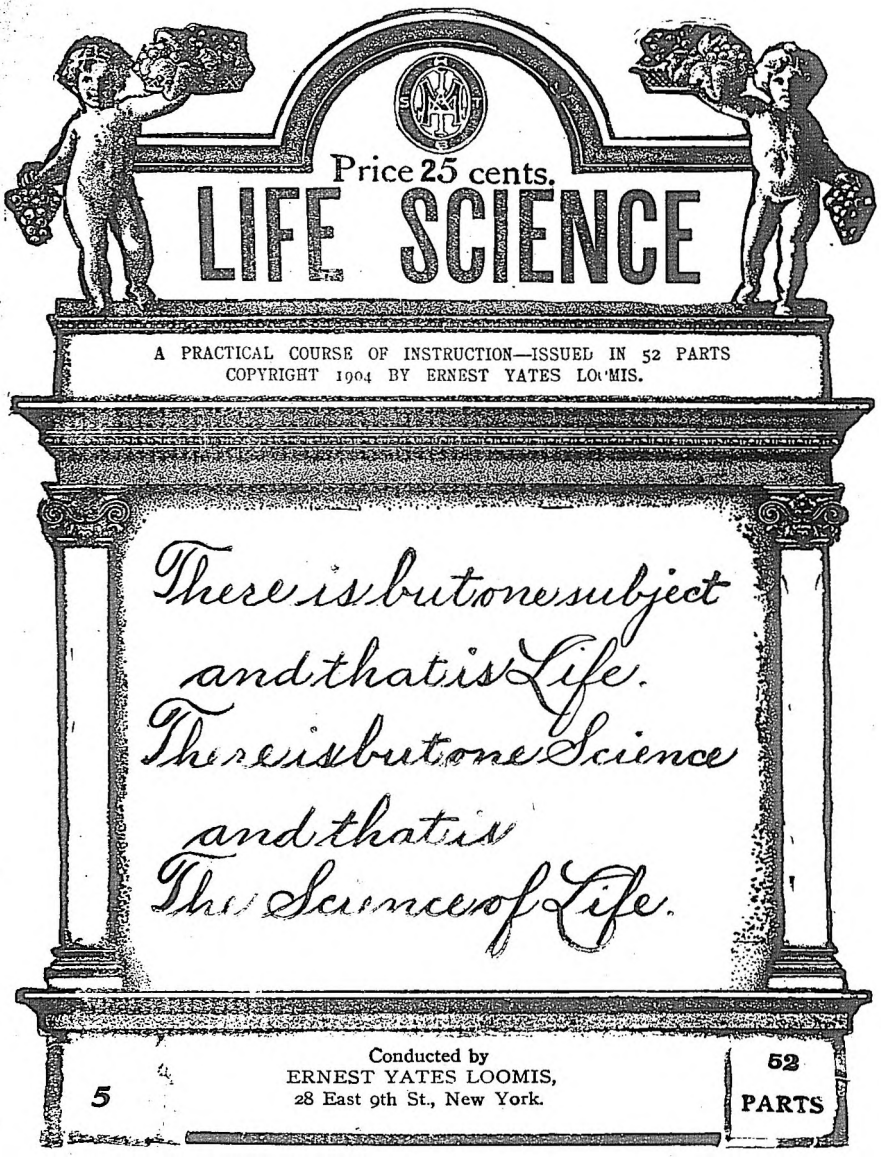
Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Four—Test Questions.

49. Are woman's forces magnetic, or are they electric in character?
50. What are her strongest traits and virtues?
51. What, if any, are her points of weakness?
52. In what does her best powers consist?
53. What is her true sphere?
54. What is the character of her influence over men?
55. How may her influence for good be increased?
56. In what respects, if any, do her tendencies need restraint?
57. How can man become more truly a friend to woman?
58. What are the essential traits of the ideal woman?
59. To what extent is the coming type of woman likely to embody those traits?
60. What traits in woman's character do men admire most?
61. Why?
62. What traits in men do women admire most?
63. What is the true type of manhood?
64. In what respects, if any, does the typical man fall short of that standard?

Give this lesson full opportunity to awaken aspirations for a better life. If that is done its message will carry. Read into it the best that you are, as a means of gleaning from it something that will help you to become all that you ought to be—all that you inherently are. Learn and practice the art of study—the art of absorbing knowledge and of connecting with the true inner source of knowledge and wisdom—with the inner teacher. All true teaching is self-teaching. All true help is self-help. "God—the Infinite Spirit within—helps him who thus helps himself." The Infinite Wisdom is latently yours.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN


Price 25 cents.
LIFE SCIENCE
A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.
There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.
Conducted by
ERNEST YATES LOOMIS,
28 East 9th St., New York.
5
52
PARTS

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental powers

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE. It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

LIFE SCIENCE.

Part Five—Aims And Objects.

The aim in this lesson is to offer helps in the attainment of self mastery and in the use of the forces..

It is believed that "he that ruleth his own spirit is greater than him that taketh a city," and that to rule the spirit is the necessary preliminary of accomplishing anything that is really worth while.

The parent or teacher must maintain his self-control if he would control a child or pupil. The orator must control himself and his audience, or his audience will control him. The business man must be master of himself and of his business if he would be saved from panic, loss and disaster. In fact every individual must exercise a vigilant command over his own forces as a primary condition of liberty, peace, prosperity and happiness. He must control his moods if he would attract harmonious conditions and circumstances.

There is great happiness in learning and practicing the art of success—the art of so controlling your frames of mind that your every undertaking must and will in time prove successful as a natural consequence. We are in a world which is composed entirely of forces which are under the control of the developed and rightly directed will.

How to Rule Your Kingdom.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Have you a wish or cherished ambition which lies very near your heart?

It is within your power to gratify it. An effort will here be made to show how. The purpose is first to briefly show the omnipotence of thought by showing the close connection between business results and thought and between man's thought and its omnipotent source.

Second, to show that success is the sure result of certain moods of mind or ways of thinking, and

Third, to show what those moods are and how they may be produced at will and maintained.

The power to think has evolved you from the most lowly atom. That power is the deathless principle within, which will never leave you until it makes of you a God in power and perfection. The universe is your natural kingdom. As an atom you simply desired food. That desire was thought, an individualized thought organism, which created for you a stomach and the ability to gratify it.

With each step it created a new want or thought and also the power to gratify it, and will continue to do so until you have dominion over all that is. Where do you stand now? What sort of a kingdom are you ruling today? To the extent that it is less than the universe, to that extent do you need self-knowledge.

Your permanent thought forms (moods) solidify.

As the power to rule is within yourself, so are the barriers which prevent the present demonstration of that power. Those barriers are self-ignorance. The unlimited power to think is the link which connects you with your omniscient source. The laws of thought is that *self-knowledge* which will enable you to demonstrate the omnipotence of thought and its source.

As omnipresent *truth* itself is God, so is man its co-existing "power to think" of truth, which is all that is. That power is God's method of demonstrating through man (and every man) the omnipotence of truth.

Truth itself is the eternal vibration which originates the vibratory powers of thought. Modern science proves that every *solid* is only a rate of vibration, or mode of motion and the Roetgen X rays give doubters an opportunity to occularly demonstrate that fact. Then every solid is only solidified thought, and therefore the manifestation of truth or God. Nature is God manifest. If truth itself is God, it is easy to believe in its omnipresence and omniscience and that each atom is omnipotent potentially. If man is the power to think, it is easy to believe in the omnipotence of thought. It would, of course, be as omnipotent as its source, for the power to think of one thing implies the power to think of any other. As thought is vibration, and truth its co-existent source, it is easy to see the connection and oneness between God, man and so-called matter, which science proves is only a rate of vibration. The theory of evolution is thus cleared up to him who will follow the reasoning closely. It is plain why the slightest power to think, or vibrate, as is shown in the atom's desire for food, would *live* and

Matter is "a rate of vibration" or solidified thought.

grow into manhood and Godhood. Man's power to think is Infinite and eternal. It is the soul. Man then has that power within him now. It is no more unreasonable to believe that his thought vibrations can, with knowledge, create, and so manifest and control, or even *dissolve* forms and solids, than it is to believe that the sun can dissolve ice, or expand the largest bar of solid steel by acting on its rate of vibration through the same vibratory law.

The purpose here is not only to show you that you can realize your fondest ambitions and accomplish seemingly impossible business results through the power of thought, but also to break down entirely your belief in limitations, so you will generate new ambitions along eternal lines. You will thus begin the conscious thought constructions, which will hasten their fulfillment.

If you can but fully comprehend the absolute truth of thoughts omnipotence, you will be able to destroy entirely the belief in your limitations and drive away all fear and other negative and destructive thought forces which constantly work against you. In its place will come the calm assurance that your every undertaking must in time be successful. That is the mood of success. Thus you take one long stride toward the goal of thought control, which means the control of thoughts creations, the mastery of surrounding conditions and rulership of man's kingdom, which is the universe.

Man's surroundings are his vibratory thought magnetisms, the fruits of his character, and governed by the laws of thought.

Your permanent thought forms (moods) solidify.

The ties between certain thought moods and business success are so intimate that to live permanently in such moods is to produce permanent success as its legitimate and necessary sequence.

Most every earnest student has asked himself the important question, Is it possible to produce those moods at will, and if so, how? It is desired to here outline plans which will enable students to answer that question for themselves in the affirmative, and by following simple directions demonstrate their value by the actual proofs of successful experience.

There are various avenues of the brain through which thought forces can function, and the effort will be to outline a definite, systematic and thorough plan which may be used to organize these thought forces so that better co-operation, proper distribution of duties, proper modes of mutual assistance between them, and the best direction of their united energies will be maintained.

In other words, the effort will be to show how each faculty may be made to contribute its quota of thought power to the combined current which will produce the success of any proper effort or undertaking.

The dynamic power of thought is so great that most any person can be very successful if he goes about it right and holds to the successful mood with sufficient persistence.

The trouble is that ones thought forces are usually so lacking in organization that moods of success are quickly followed by moods of discouragement, worry, anxiety and fear, which are the moods of failure.

Little success will come until it is learned how to

produce at will and maintain those moods of mind which cause and control success.

The choice of a plan and purpose is important. Many worthy enterprises fail for lack of properly chosen ways and means. It is essential that every faculty of judgment, intellect, intuition, conscience, ambition and inclination should have its full say before a plan is chosen, because any faculty that does not approve of the plan chosen is likely to afterwards balk and become worse than a dead weight.

"First know you are right and then go ahead." But how? According to the laws of thought. By controlling your moods.

When successful moods become permanent, success is a certainty.

If your thoughts of determination today are counteracted by thoughts of discouragement tomorrow and by worries and anxieties *all* the time, little progress is likely to be made. After such an experiment a person is likely to say, "Don't talk to me about the power of thought. I have *tried* it and find there is nothing in it whatever." "It is only a humbug." It is not claimed that the constructive power of *one* thought of determination is greater than the destructive power of *ten* thoughts of discouragement, indecision or worry.

It *is* claimed that permanent moods of calm determination to accomplish a just purpose, if backed by thoughts of unwavering hope, faith, trust, goodwill, desire, aspiration, ambition, imagination, expectation, and based on a thorough understanding of this law, will *command* success in the accomplishment of that

Your permanent thought forms (moods) solidify.

purpose, because they are the underlying *causes* of which success is only the fruit and slow effect. They are the creative vibratory forces which work night and day in the unseen, and form currents into which results are bound to flow.

The universe is the vacuum, thought is the mould, and its vibrations are the *essence* which is ever ready to solidify if the mood is held to. It always corresponds to the thought form. As is the business thought, so is the business result. All real action is of the thought world and its accompanying result is only its material correspondence. Faithfulness in producing favorable thought causes will ever bring new proofs that they and their material fruits are one and inseparable.

It is a law of philosophy that darkness is merely the absence of light. It is a spiritual law that if your surroundings are disagreeable it is because you have failed to fill your surrounding vacuum with the right kind of thought forms.

If your successful moods are not permanent their thought moulds will be neutralized and perhaps destroyed by negative moods in which you manufacture other thought moulds of fear, anxiety, worry and discouragement.

It is as easy to fill your surrounding vacuum with what you want as it is with what you don't want. There are no walls or intersections in the universe which are able to bar permanent thought forms or moods from their material correspondences. Man's nature, however, is such that he cannot hold permanently to a mood or thought mould that is not in harmony with absolute truth and the

Matter is "a state of vibration" or solidified thought.

eternal laws. No question is ever settled until it is settled right. The laws of thought are as relentlessly invincible as truth itself, which is their source. If you choose plans and purposes that are not based on right you will have the omnipotent and eternal vibrations of truth to contend against and your plans are bound in time to get the worst of it. If, on the other hand, you *do* base your plans on justice and good will you thus avail yourself of the helpful powers of universal currents and therefore have nothing to fear, no matter how dark are outward appearances.

You have nothing to do with temporary appearances, as your work is to deal with *causes* in the unfaltering faith, that as is the cause so will be the result even though sometimes slow to follow.

In laying your plans it is therefore of great importance that they do not oppose the vibratory tides of universal justice.

In maintaining the successful mood your *chief* business will be to keep at bay the destructive and opposing forces of fear, anger and their satellites. Rules should be outlined with that purpose in view.

You may know as an absolute certainty that there is no power to so keep them at bay equal to that consciousness of strength which comes from knowledge of the laws of thought and the sincere conviction that your "cause is right and must prevail."

Thought vibrations are rapid and powerful to produce success in proportion to their approach to the eternal principles of morals and love.

Evil desires carry with them only low rates of thought vibration, because not backed by the accumu-

lated velocity of an eternity. That power which would be required to start a large balance wheel if constantly applied to it for an eternity would increase its velocity to an incomprehensible rate of speed.

If your cause is unjust you can nevertheless accomplish results, but they will be but temporary, and in time will have to be torn down and built over again.

Life is continuous, and as Longfellow writes, "The grave is not the goal, dust thou art and to dust returneth, was not written of the soul," which is the power to think.

Unjust plans are the product of evil desires, and as they produce discordant vibrations are necessarily and to that extent self-destructive.

You can never *really* build until you build right. To try to do less is just so much waste of time.

Your inherent desire to do right may be temporarily dormant, but its never ending vibrations will balk and interfere with any unjust plans as surely as breathing will continue during sleep.

The thought that a just cause must in time succeed and that it is noble to temporarily fail, or even die for it, should be sufficient to quiet your fears, drive away all other destructive thoughts and sustain you in the darkest hours.

"Where there is a will there is a way." The laws of thought show *why*, that if the *will* is maintained it will *make* the way, even though it has to reach to the [illegible] *of the earth*, as it is able to do, for aiding forces. It is able to form roads or currents from your "Rome," in every direction to the ideas, persons, opportunities and events that can best aid you in carrying out your plans.

Matter is "[illegible] of vibration" or solidified thought.

Whenever things look gloomy and discouraging, spend the time in *rejoicing* that *behind* the scenes your mood can make them as calm, serene and bright as the most beautiful summer day.

Always remember that the spiritual or thought world is that "behind the scenes," where events really occur, and that it is ever your privilege to so deal with *causes*, and snap your fingers at any temporary *appearances*.

Never get frightened at the rockings of the boat of fate or results, so long as you have power to "walk on the waters" of spiritual causation. Be faithful in sowing the thought seeds of success in perfect trust that the sun will not cease to shine and bring a generous harvest in due season.

It is not necessary that your mind should ever be in a positive mood. You must first *receive* force before you can give it out. Receiving force necessarily implies the negative mood. When in the negative or receptive mood, to be calm, serene, hopeful and determined is to so *polarize* your mind toward success that the new pulsations of life so received will reach throughout every link and avenue of your previous thought moulds or thought constructions.

In time you will be as cheerful, joyful and calm in such moods, even though appearances look dark, as is a thirsty cow when given the opportunity to drink. If your mind is polarized toward success while in a positive mood, your progress will be none the less rapid during your negative moods. It is during the moods of bodily inactivity that the mind is most free to connect with the new idea, or the new opportunity which

Your permanent thought forms (moods) solidify.

you are seeking. During positive moods your thought vibrations are kept chiefly in the channels of previous thought moulds.

The negative mood is the one where the intuitions are most active; the thought is then not given a positive direction by an effort of will or intellect.

Reason is very inaccurate in the selection of suitable persons and opportunities to carry out its plans. That work should at least have the entire *approval* of the intuitions.

During negative moods thought acts according to the law of affinity or natural selection, and of coarse goes unerringly to those who are in the same thought currents.

That is why it is so important to form thought currents or moulds of success. Such currents are formed by constantly maintaining the mood of success.

The present methods of business actually drive success away by its worries, anxieties and overactivity.

Bodily overactivity is founded on worry and anxiety. Worry and anxiety form thought moulds which bring failure. When man thoroughly learns the thought laws by which all business results are produced he will rest in the calm assurance that he is actually making more progress during restful sleep than he could by the most intense and anxious bodily overactivity.

During sleep the mind acts with perfect freedom in the unseen, and has a wide range of material from which to draw for aiding forces in carrying out its plans.

Thousands of miles are as one mile to thought vibrations and its law of affinity. Your body should have

Matter is "a rate of vibration" or solidified thought.

an easy time of it. It should act only when prompted to do so by your intuitions or higher self.

When you fully trust thought forces to do your work, and daily demand more faith in its laws, you will be lead right and your business results will multiply.

There is another method which can be used successfully in the better organization of your thought forces and in obtaining thought control. That method is something as follows, viz.: When you are unable to control your fears and depend fully on thought forces, and during periods when things seem to be at a standstill, give each thought faculty a cheering word of encouragement. Say to your faculty of determination, something as follows, viz.: Do not falter or be afraid, for in addition to your own thoughts of determination I have an army of brave thought soldiers ever working in secret in undermining the very *causes* of these unfavorable appearances and you will soon see a more encouraging outlook, so work steadily on without the least concern as to the final outcome. If it is your hope that is weak, give it the same helpful words of encouragement, and the same can be done in bracing up your thoughts of desire, conscience, aspiration, imagination, ambition, expectation, understanding, faith, trust, assurance, order and every faculty through which your thought forces can function

If you are discouraged, undecided, anxious, angry or worried it is a sure sign that some of these natural helpers are off duty or perhaps working for the enemy. You can also talk to your caution something as follows, viz.: You need not feel in the least excited, I have a strong and thoroughly deciplined army at my

command and we are *sure* of victory. You have been a noble sentry during my long period of unconscious growth, but as I have recently received the strong reinforcements of new ideas and am now consciously backed by the omnipotence of Infinity, there is no longer any possibility of danger. I will not need your further help for the present. In fact your fears really interfere with our success. You can take a long and much needed sleep and dismiss every fear as I am more than able to fight the battle, and will be sure to call on you if you are needed again.

In these and other ways the powers of mind can be specifically dealt with and soon become so thoroughly organized that the mood of cheerfulness, trust and success will become chronic and fear a thing of the past. Then the successful mood will not need to be produced or maintained by an effort of will.

Perfect understanding of the laws of thought is, of course, the short and main road to perfect manifestation of its powers, but until that time comes the smallest help should not be despised. More complete self-knowledge is the road to perfect understanding of such laws and should be the main dependence, but that should be backed up by thorough and constant training in all the details that go to make up perfect thought control.

The living, far-reaching, vibratory pulsations of the "*I can and I will*" needs the support of that concentrated mood which is able to eat, walk or do the easiest act, and think of *nothing else* but that act at the time. Do you ask if your entire thought should be concentrated on such an unimportant act as walking?

Matter is "a rate of vibration" or solidified thought.

Yes, it *should*, unless you dismiss *all* thought, for while walking may be unimportant the *mood* is *all important*, and if you have your mind on something else during your *unimportant* acts, you will form a habit which will make it impossible to concentrate when the *important* acts come, and the chances are that your faculties will otherwise organize into squadrons, which means to *disorganize* and perhaps get into trouble.

Supposing the thought faculty of caution, which knows nothing except to *fear*, should get excited during such unguarded moments and call a meeting of other non-combative thought faculties, such as reason, memory and observation. After a little private conference they call on imagination for the purpose of enlisting its assistance, which they easily do. They then decide to call on determination with the view of getting it to change its purpose. They naturally present their tale of woe something as follows, viz.: Observation is the first spokesman and tells how gloomy and doleful is the outlook. Memory chimes in and says that no one ever before succeeded in such a crazy, unheard of way.

Reason is in a very serious judicial frame of mind and says, I of course know nothing about the facts except what observation and memory have told you, but from these facts I hardly see how it is possible to succeed by such methods. Imagination then jumps up and gets the floor, immediately beginning to tell of its visions of failure, which so excites caution that it at once makes a very earnest and abject appeal to determination, to change its plans and go back to old methods. It explains how at least a *living* is thus

assured. Memory interrupts by saying, "Yes, that is so, as past experience proves," and gradually the excitement increases and intensifies until a regular panic is created and caution goes into a genuine epileptic fit.

Do you presume to think that such a meeting would have no effect in undermining the purpose of determination? It is a case of five against one, so of *course* it would have its effect.

The chances are that determination would be completely won over, and they would in turn present the same doleful case to hope, and each other faculty, and get reinforcements at each step. Of course combativeness is not afraid, but combativeness is an executive faculty and therefore is not there to defend the thought plan chosen, as it is busy WALKING (as *all* the faculties should be, *however* unimportant the act *seems*). The act *may* be unimportant, but the mood is NOT, and by concentrating the entire mind on even unimportant acts the mood of success is maintained and the calamity of fragmentary groups avoided.

In considering plans EVERY faculty should be present, but how CAN they be when some are busy "walking." Plans should not be reconsidered unless all the faculties are again given a full hearing. If you try to do two things at a time, negative and destructive thought forces will thus creep in, therefore to avoid that by a constant habit of concentration is all important.

The way then is to concentrate all the faculties on every act, no matter how small. "Whatever is worth doing is worth doing well." It is much better for

caution, memory, imagination, observation and reason to walk or even tie shoe strings than it is to traitorously try to undermine determination and its thought constructions.

You may depend on it that to let the mind wander while you are doing small things will get you into mischief and make it impossible to concentrate on the important act when its turn comes.

Your thought does not cease to work while you are doing the small act, because it is the *mood* of mind that wins success and not the direct thought alone. So long as the successful mood is maintained its vibratory pulsations will continue.

Training for concentration will increase your happiness. If your whole mind is without effort concentrated in walking or eating, you will forget the past misery which might otherwise make you unhappy. Power and happiness therefore mean about the same thing. In order to insure the constant presence of your higher self or overshadowing soul you must make of your body a fit habitation and environment for it. No habitation is fit for it except the mood of happiness and cultivated faculty, for that is also the mood of health and success. The presence of your higher self insures the success of your every undertaking, because it is *that* self which has the unlimited power to succeed in every undertaking.

A time will come to you when your every wish will be gratified and when you will have only to think of a thing in order to have it come to pass. It is a spiritual law that the desire to do necessarily implies the ability to do.

Your permanent thought forms (moods) solidify.

Many persons have an absent look which has its beginning in the habit of sending thought in advance of the present act. In that way the body becomes an unfit temple for the indwelling of the higher self.

Matter is "a rate of vibration" or solidified thought.

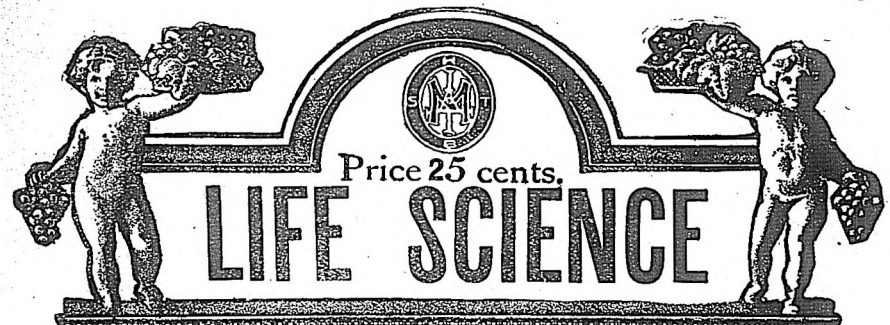
Part Five—Test Questions.

65. What is meant by the words "your Kingdom"?
66. Is it possible or desirable to rule it?
67. Why?
68. Is the power to rule derived from the supreme laws?
69. Why?
70. If so, are those laws inherent within you?
71. Can one truly rule without at least a subconscious understanding of the laws of life?
72. Why?
73. How is subconscious knowledge and power acquired?
74. Is success dependent upon knowledge and the consequent spiritual power?
75. Why?
76. Is success a matter of applied causes?
77. Why?
78. Are all causes primarily mental or spiritual?
79. Why?
80. Are you sure to reap all the consequences of the causes you set up?

The student is privileged to relate to what extent he is ruling his kingdom, the obstacles interior or exterior which prevent him from completely ruling it and the directions, if any, in which he would like to extend the dimensions of his Kingdom or sphere of personal influence.

These lessons in Life Science may be regarded as steps in self-culture. It is well for the student to enter into a searching self-examination and freely write the complete results, so at least he may see how it looks on paper and may then devise the natural means of improvement and the opportunities for a fuller expression of his inherited and acquired powers. It is our object to help earnest students in whatever ways we consistently can.

25



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

Conducted by
ERNEST YATES LOOMIS,
28 East 9th St., New York.

6

52
PARTS

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing [illegible]

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your [illegible]

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A TALE OF LIFE. It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Part Six—Aims And Objects.

Before this course of study is completed, an effort will be made to outline the exact process of building brains and of adding power to the entire organism.

"Life is a search for power." Power is developed through use. The Science of Life is learned by practice fully as much or more than by precept. The two should go hand in hand. When one learns the basic principles of life he should ponder over them, and thus allow them to unfold, as ideas in his mind, until they represent the complete system of relationships, methods and applications of those basic principles which comprise Life Science as a whole. This may take time and patience, but as the mind becomes quiet and poised in contemplation, these thought processes will bring joy—the joy of continual discovery and the newness of life which results therefrom. That is true soul-building. There is much to be gained by the practice of Life Science which means "the practice of the presence of God." It is only through knowledge and practice that the individual may become a true reflection of the Divine Ideal or of the Infinite Laws which are within him. These laws constitute true Life Science. The practice of these laws constitute the Perfect Life as was exemplified by the Christ of Judea.

Useful Life Practices

COPYRIGHTED 1897, BY ERNEST LOOMIS.

The fairy story of "Alladin's Lamp," which accomplished such wonderful things for him, only illustrates the true principle that man has within, a power which, if understood, would enable him to gratify his every desire through the magic of a wish and entirely without effort or strain.

If your world does not entirely satisfy the deepest longings of your nature, it is time you learned how to manufacture a world that will.

The practices herein formulated being founded on the laws of your "Alladin's Lamp," will bring proofs to you of its existence and powers, and will also bring from within the priceless knowledge of how best to use it in so manufacturing such a world for yourself. The effort is not to give a large number of practices at present, but to give practical ones that can be easily applied. The rules are so simple that many will doubt their efficacy, but perhaps will be led to try the equally simple methods of obtaining proofs, viz.: by practicing them.

This publication undertakes to prove that man is born to be rich, that his constitution in its varied and expensive tastes implies larger demands on nature than a mere subsistence. A narrow philosophy and nar-

rower religion may try to argue these wants down, but man will continue to want until his desire to know is satisfied by that complete knowledge which is Infinite, and as Infinite in power. It would be the height of cruelty for the Infinite to create wants that could not be satisfied.

The Infinite is eternal and could not be cruel for the reason that cruelty is discordant vibration and self-destructive.

Did it ever occur to you that man's *desire* for and *hope* of immortality is for the above reason almost unanswerable proof that he *is* immortal?

Man's principle of immortality or *soul* is his power to think, and its counterpart is truth, or God, which is the irresistable magnet that will keep the soul alive as long as truth exists, which is forever.

Man's indestructible power to think implies constant growth until he has acquired the complete knowledge and experience which will enable him to demonstrate the complete mastery and co-existing immortality of himself and his source. "Knowledge is power." God's method of manifestation is through man.

Limited observation is sufficient to teach that nature's relentless law of necessity taunts and insults man with the pains of cold, hunger and starvation until he is forced to learn how to supply himself with food, but at each step, with each thought, a new want is created; and so will it ever be, until he answers his true, intimate and unlimited relations to all persons and things.

Every instinct in man is a thought, and as such, contains within itself the indestructible power to gradually satisfy its wants.

Painful experiences in the early stages of evolution only awaken that sympathy, which will never rest satisfied until it is able to minister to and relieve the wants of *all* other sufferers.

It is a good thing for philosophers and religionists to argue that man's real wants are few, and that he should not allow his selfishness to conflict with the rights of others, for their arguments substantiate the fact of his non-separateness from his fellowmen, and also unknowingly confirm the very principles of a deeper philosophy, viz.: that man's constitution and non-separateness from others implies *sympathy* and the loving desire to *serve* them, and *that* in turn implies the strength and power to do so, which only comes from widened and ever-widening relations.

To give, implies that we first receive. Self-help necessarily precedes true help to others, and self-knowledge precedes self-help. Man's very soul is his power to think, and therefore helpful life practices are necessarily founded on the laws of thought.

Vibration through the vibratory power of thought, being the essence of all created things, is the "Alladin's Lamp" which is always available in accomplishing results in business or art.

Do you not see how? If vibration is the essence of things and thought the power which generates and controls *vibration* then is it not easy to deal with the essence or vibrations of things at a *distance*, and thus control them by the power of trained thought?

Do you not see how you can manufacture a world to suit yourself?

True thought training leads to the development of

an interior method of thinking, which enables one to awaken the higher vibrations of thought and thus accomplish undertakings seemingly impossible. That interior method of thinking is best attained by observing the law of silence, which is a species of thought training.

The real origin and essence of vibration is that something within which transcends thought and which uses thought only as its medium or agent.

Its depths can best be reached by that profound silence which comes only when the mind is perfectly steady and to produce which we should observe the mentalpractice of silence.

Silent thought is more potent than spoken words. Speech interferes with the focusing power of the mind by drawing the attention without. "Matter is retarded motion." Words likewise retard the vibrations of thought.

A word when hitched to the vibrations of a thought for the purpose of expressing it, first acts as a dead weight, but gradually gains momentum and velocity as its use is thus repeated, but it never can attain the velocity of the thought itself, which is the thing it but weakly and imperfectly represents, and is also the *cause* of its increasing momentum.

When a word is bandied about with a variety of conceptions regarding its meaning it gradually attaches to itself an increasing load of inharmonious vibrations.

For this reason the word God, or any other word which is used chiefly with sacred intent should never be used in criticism or blasphemy.

Sacred words are sacred because they refer to things

permanent and thus acquire correspondingly high rates of speed or vibration.

Profane persons little realize the disastrous vibrations they invoke on themselves by thus attaching discordant and destructive thoughts to the high vibratory currents of truth, which makes their harmful effects that much greater.

Such punishments are not vindictive, but come from the infringement of a natural law. If man will trifle with vibratory causes he cannot dodge the reaping of the legitimate consequences.

Persons should abstain from the use of disagreeable words as well as disagreeable thoughts.

To use a disagreeable word even on the printed page of a book will generate discordant vibrations which build themselves into the "aura" of the book as well as into the character of each reader. Each reader will increase the unpleasant vibration by his thought, for all of the associations of the word will partake more or less of its character. To merely think of it necessarily repeats its vibration.

The mere presence of a good book adds to a room the helpfulness of its vibratory charm.

To use words involves a greater responsibility than people realize, and should be done with great care.

Wise "speech is silver." "Silence is golden." Even thought is retarded motion when compared with that which it represents, viz.: omnipresent truth itself.

When thought becomes so silent and interior as to be supersensuous, its powers will be correspondingly greater. Many have asked on what laws the life practices of the Home Silent Thought Brotherhood are

founded. As its name implies, it is founded on the laws of *silence*, *thought*, and *help from within*, and at a *place* where all should find it ever available for their daily needs, viz.: at *home*. The deepest life scientists are the quiet ones, who realize that to run around for truth is an unnecessary dissipation, because it can be found at home and from within by the proper observation of a few fundamental laws of thought. It is the purpose of this society to enable its members, without expense, to avail themselves of the wonderful powers of thought in all their affairs, under the best possible conditions, and in co-operation with others of similar motive and the best mental calibre.

The brotherhood of man is as fundamental in man's constitution as is the fatherhood of God, and is the basis of all religious teachings, therefore no one will wish to dispute the fact that better results are obtained by organization and harmonious co-operation, providing it is along sound lines.

Students of Life Science will of course realize that it is unnecessary that people's bodies should be together in order that they may co-operate in thought. On the other hand, distance overcomes the usual outward distractions and acts as the greatest of all safeguards in the maintenance of that harmony which is all-important.

A helpful practice which each reader of this publication is invited to join this Brotherhood in observing, is to dismiss all outward thought and be silent during part or all of each noon hour, in order to draw for each individual need, on the harmonious thought-currents so generated by their united efforts.

"Co-operative thought generates power."

By simply dismissing all thought at that time except a desire for the good of yourself and others will help to connect the personality with the higher self, which is able to live forever and equally capable of accomplishing all results in business and art when so brought into use.

A successful, just and righteous business is not beneath the dignity of any soul. The soul's closer connection with the outer self can be secured by this easy and natural process of silent thought. Thought-helps to others should always be by thus helping them to help themselves.

The subscribers to this publication whose continued interest is thus indicated, are each given our special subject for daily contemplation at the noon hour which it is believed will add to the helpfulness of the noon observance by throwing the person still more *en-rapport* with the combined current.

Those who desire it can also obtain from us two very inexpensive books (50 cents each) which are especially connected with the vibration of this current, and which in themselves are particularly helpful and strengthgiving whenever used (because vitalized by the vibrations of deep truths). In other words, these books are especially impregnated with the blessing of kindly thought vibrations.

The most simple ring can by such a process be made more valuable than would be the most expensive necklace of diamonds if given in hate. People fail to comprehend the opportunities they have for dispensing helpful blessings in their every act, even with every piece of money they pay out and in everything

they do "Bread" thus "cast on the waters" is sure to "return after many days," and will ever do so as long as there is such a thing as natural law.

Each book thus given out is accompanied with special directions for its use during part of each noon hour.

All development and power comes through interior unfoldment, and the Brotherhood's other methods of helping members to help themselves are based on the laws of man's constitution and are along the line of giving them special individual self-knowledge from the best and most scientific and reliable sources we know, the character of which sources previous numbers indicate.

It is suggested that those who unite in the daily noon hour observance should, so far as is possible, use the same room each day in order that it may become a focusing point for helpful forces. If so used it will in time become more and more saturated with helpful thought vibrations, and if used *exclusively* for such purposes will thus become a church or silent prayer or "holy of holies" that will be ever available. Daily needs can thus be answered by a daily supply of strength for character building and the accomplishment of all proper undertakings. Those who observe this hour regularly find that the vibration soon becomes a daily sentinel which announces the hour of noon with the regularity of a clock.

Beware that you do not let the essence of your thought vibrations ooze out through words or overactivity and habits of hurry. Power is too precious to be wasted. It should be husbanded.

The law of vibration explains the esoteric signifi-

cance of words and explains why mere literary genius is freezing cold and insignificant when compared with any expression of truth however awkward, which comes direct from the fires of life in the heart. The significance of words should always be measured by the degree of soul they express.

Silent daily meditation, if subject to proper methods, opens up a channel which enables one to dish up truth red hot, from the ever living flame of its original source within.

Do you ask what the noon hour observance will enable a person to do?

It will assist him in doing for himself whatever he wants to do. It will furnish the attractive power which will bring on the wires of co-operative thought, one's *real* friends. That class of friends which are too great to feel sore whenever he fails to do that which they want him to do. It will enable him to be a better friend to them in return.

It will enable a person to build up a righteous and more successful business as well as to strengthen every good quality and supply every need.

Success is based on character or the vibratory powers of thought and is best attained by asking for wisdom and qualities instead of for the things themselves. It is the permanent mood of mind, which sends out the vibratory thought causes which solidify into material success.

At the noon hour a person should first demand wisdom, to know his real needs and the best methods of supplying them. One may safely ask for more faith in the powers of thought, quicker intuitions, true

dignity and self-confidence, freedom from the tyranny of other minds, a higher and broader sense of justice, including justice to self, the power to be truthful at all times, more strength, better health, more courage, love, thoroughness, exactness, precision, deliberation, freedom from fear, worry, anxiety, anger and anything that would produce cross vibrations and discordant conditions, greater powers of concentration, power to make more money and to use it where it will do the most good to the greatest number. In fact there is no quality or need which is not helped by daily renewing one's hold on the higher self. There is a place of peace in the soul and to find it is to shower its blessings into one's every relation in life by thus connecting its vibratory currents direct with the fountain head of vibration.

New thought and new idea is the essence of success, growth and happiness.

This simple noon hour observance has power to manufacture that attitude which will ever look forward to, and not dread, the coming day, because it will supply the strength that makes the difficult circumstance pleasant exercise instead of painful effort.

The heart and pulsations of the body vibrate to the tune of your thoughts, and your attitude, gait, health and surrounding conditions are only the correspondences of your permanent moods. By changing your moods your environments quickly change to correspond.

The laws of vibration explain more of life's enigmas than would at first appear.

The cat's eye is a rate of vibration which, because of the cat's needs and thought desires, has adjusted

itself to the lower vibrations of light so it can see better at night than by daylight, but as the cat changes its desires through the knowledge that there is better food than mice, so does its eyes likewise gradually change to suit the better conditions of daylight.

The microscope deals with vibratory law when it reveals to us worlds within worlds. The Roetgen X rays likewise show that to higher rates of vibration, flesh, which is "matter," becomes invisible, thus strongly suggesting, if not proving, that still beyond, in the still higher rates, is a world to which *our* entire world is an illusion, and that "matter" does not really exist.

It is only another way of showing that the microcosm and macrocosm are one, and that God exists in every so-called atom. Yes, and that his omnipotence is not only latent, but may be manifested in every man.

At another time it will be shown how reasonable is this theory that God is truth itself (therefore omnipresent, omniscient and omnipotent) and man its co-existent power to think ("his image"), therefore having power to *create* through thought, and thus manifest all the beauties of truth's omnipotence. Life Scientists know that the atom is an illusion and based on the false theory that a particle (having magnitude) can exist without having parts. Any intelligent scientist or materialist will frankly acknowledge that the "atom" is only a *theory*, and that matter is a rate of vibration. No microscope exists which is sufficiently powerful to make the atom visible to the human eye. The microscope, on the other hand, *explodes* the atomic theory by showing that no two particles of matter actually touch each other, and that all particles are divisible and

porous. The gradual improvements in microscopes have as gradually proved that the law of divisibility and porousity of all particles forever prevails, and that a particle cannot exist as an independent entity, because it would mean to be capable of sustaining itself *if separated* from the laws of adhesion, cohesion and gravitation, which are laws of *vibration* or *thought*, and not of matter. *That* it is clearly impossible for any known particle to do.

In other words, vibration or the *laws themselves* are the *reality* which manifest through thought and have their origin in truth, which is God, the eternal vibration. "In the beginning was the word, and the word was God." All is vibration, and thought is the power which moulds it at will.

If "atoms" exist they must be indivisible or non-porous. In other words they must be like a geometrical figure, without parts or magnitude, and therefore if multiplied even an infinite number of times, would never make something having parts. How many zeros would it take to make the number 1? Anything without parts can never make something having parts.

God or truth is the one "atom" which is indivisible and without parts, and so long as man believes in his separateness from that source or from all of its other manifestations, just so long will he separate himself from the satisfaction and happiness of the complete manifestation of that atom's omnipotence.

Man enlarges his relations and happiness by getting in line with the currents of nature's highest vibrations. It is possible for him to call up thunderbolts of power by simply tapping the currents of high vibrations. The

only line of high vibration which really offers lasting power and happiness is the line which best enables man to answer his true relations of loving service to his fellowmen. The law of life is so perfect that each "atom" of the universe is perfectly able to take care of itself. It is a great mistake to think that the world needs our help. What we need is the ability to help ourselves. The only law which could produce perfect unity among an infinite number of parts is the law of love, where each person best helps himself by rendering loving service to others. That is the law of our life, and therefore that is the only life which will permanently satisfy us. Loving thought attracts of its kind. It is life and life-giving.

Loving thought service to others is not sacrifice; it is the only way we can truly help ourselves, and therefore the only true selfishness. It manufactures for us the only world that will ever satisfy. The world does not need our help, but we need to help the world in order to truly help ourselves. Love is the law of life, which originates the fires of eternity in man's heart. Its vibratory motion is the only "friction" which can produce the true fire of life and bring us into contact with the bright things of the world. When we are able to minister to *every* living being, then only will we reap the blessings of perfect happiness, by thus coming in contact with *all* the bright things of the world.

The scientist has means of knowing that the next few years will be very trying to unawakened souls. Nature will find methods of making such people think, and fortunate are they who turn to the spiritual side of life without waiting for nature's strong hints. With

many the pressure will become so great that they will commit suicide. Such efforts to escape will, however, prove worse than futile. Man may kill his body, but his appetites, passions, etc., will remain as a thought organism until the *natural* period of death, when it will then partially disorganize for a time.

Hunger and thirst will remain, but not the same power to gratify it through the body. Suicides act as vampires, and so partially gratify their desires through the bodies of others.

Criminals who are executed when hate is in their hearts thus become more dangerous dead than alive.

The invisible is filled with living realities, and people little realize to what diabolical influences they expose themselves by certain habits which have their origin in corresponding moods of mind. It is no wonder that Shakespeare's "Hamlet" thought it "better to suffer the ills we have than to flee to others that we know not of." The laws of nature tend to equalize all varieties in condition. "Reaction is equal to action and in the opposite direction." For five thousand years the pendulum of nature has been swinging along the lines of materialism, ignorance and unbelief. Scientists know that its present halt signifies the beginning of its backward swing into the daylight of higher spirituality. Great financial changes, earthquakes, extremes of heat, suicides, etc., will be frequent and certain during the present period of readjustment. Those who are not ready to adopt new thought methods will suddenly find themselves confronted with unexpected obstacles. Business methods that have been successful will no longer apply to the changed and changing con-

ditions, and will become worse and worse as the materialistic wave recedes. It is like suddenly *opposing* a strong wind and tide that have been at your *back*.

Astronomy strongly supports these assertions by showing that a complete change of the equinoxes, which occurs only once in 2,140 years, will occur this year. It also shows that several of the planetary influences get into the same "sign," or house, of the Zodiac, and it is only natural that they should be disturbed by the same difficulty in adjusting their vibrations that a dozen willful persons would experience who tried to live in one ordinary room. Many families whose members love each other very much when at a distance, begin at once to quarrel when they get in the same house.

Do you ask what are the necessary steps to take in meeting the changed conditions? Change your mental polarity. Obtain spiritual self-knowledge. Observe life practices that will repolarize your "atoms" in accordance with the true laws of your constitution. Adjust your business methods to the laws of thought. Learn thought-control, so that you may keep the mind steady and maintain permanent moods of success.

Do not expect materialistic methods to be successful in the future any more than you would expect the boy's child-voice to remain the same after he had passed the age of puberty. These subjects will be dealt with in future issues.

"Co-operative thought generates power."

Part Six—Test Questions.

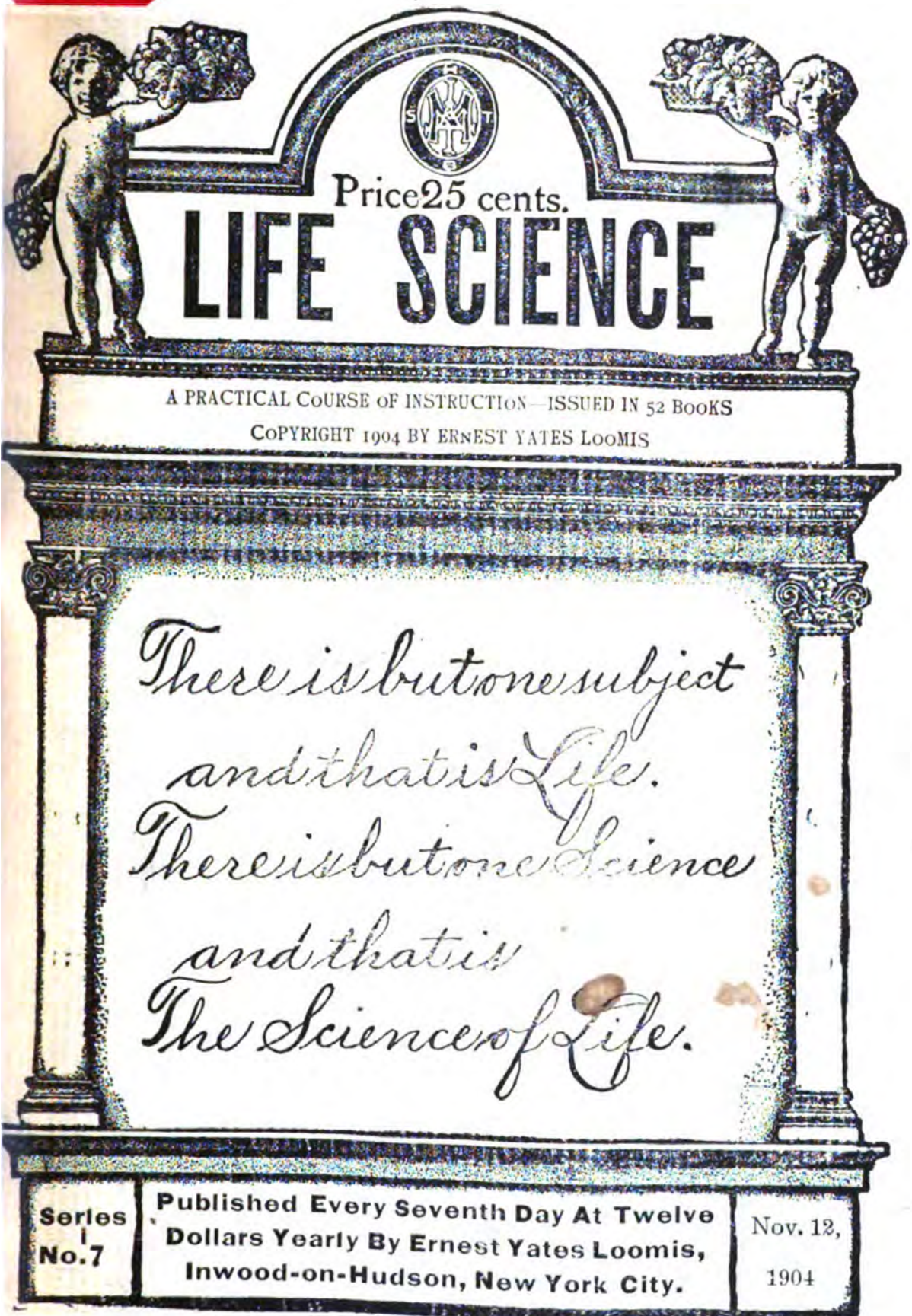
81. Name at least three important life principles?
82. Name as many important life practices?
83. What is silence?
84. What are your sensations as your senses become hushed and consciousness is drawn deeply within?
85. What is the cause?
86. From what law is the power of silence derived?
87. Is it desirable that the mind be given periods of quiet at regular daily intervals?
88. Why?
89. Describe the action of the thought forces during such periods?
90. Can one's thought forces act as an attractive power upon persons or things at a distance?
91. Why?
92. If so, is it desirable?
93. Is it possible for thought to become dangerous?
94. Why?
95. Would the misuse of the thought forces result in great harm to the sender?
96. Why?

The whole of human life consists in dealing with the forces which comprise all life. These have their origin in the power of thought. To think and to live involves a responsibility. To live truly implies that understanding of life principles which places man in the realm of high potencies. The responsibilities for their right use are then correspondingly increased. Motive, understanding, premeditation and deliberation are recognized factors even in the administration of legal justice.

A comprehensive understanding of Life Science and of Nature's self-acting rewards and punishments necessarily strengthens the desire to do right and one's faith, consideration and general instincts of virtue, for rewards will ever be regarded as more desirable than punishments. **Rewards are the sure results of knowledge and obedience.**

HQ
L87L
No.7

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 BOOKS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS

There is but one subject and that is Life.
There is but one Science and that is
The Science of Life.

Series I No. 7

Published Every Seventh Day At Twelve Dollars Yearly By Ernest Yates Loomis, Inwood-on-Hudson, New York City.

Nov. 12, 1904

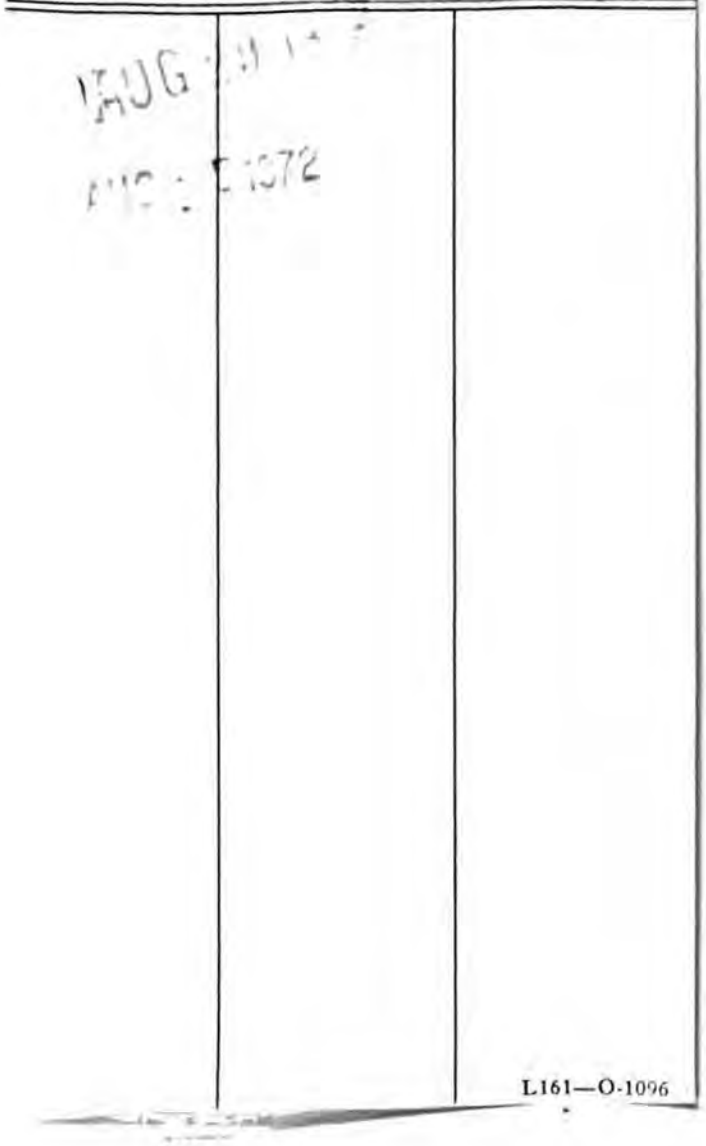
Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN



L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L37L
no.7

A Practical System Of Instruction In

LIFE SCIENCE

Series One---Issued in Fifty-two Books or Parts

Which Contain 832 Test-Questions for Review

Price Twelve Dollars Cash, or One Dollar Down and One Dollar Monthly for Twelve Months.

Brief Synopsis of Contents.

Book 1. The Magic Story; Six secrets of success; Is a powerful awakener.

2. Power of Thought; Shows how to accomplish results in all business and art through silent mind-powers.

3. Love is Power; Shows how to cultivate the love life and what the results will be.

4. Woman's Secret Powers; Gives secret of woman's virtues and powers; shows how to improve them.

5. How to Rule Your Kingdom; Shows how to master the self and control circumstances.

6. Useful Practices; Shows how to develop and use your powers by unusual methods.

7. Esoteric Laws of Happiness; Shows how permanent happiness may be insured and the results.

8. Mental Helps; Gives practical methods of developing and using special talents.

9. Life Science in a Nutshell; One of the most powerful, practical and popular of the series.

10. Marriage; Explains cause and remedies of matrimonial inharmonies. All should study it.

11. How to Create Opportunities; Is all the subject implies—Has helped many to get out of ruts.

12. Your Talents; Shows how not to waste opportunities; gives clues to hidden personal powers.

13. Health; Explains philosophy of health; shows why ordinary health methods fail.

14. Health Recipes; Gives practical health methods that all may apply; explains healing power of love.

15. Methods of Using Your Powers; Shows how to apply Life Science to produce any useful result.

16. Methods of Self-Help.

17. Self-Help Through Self-Trust; Gives law of vibration; deepest of the series; should be studied.

18. Self-Help Through Self-Knowledge; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

19. Self-Help Through Self-Culture; Shows advantages and methods of self-culture, also defects in present educational system; explains reincarnation.

20. Plan of Self-Culture and Self-Help; This plan has proven helpful to many.

21. Helps; Much needed by average thinkers; Opens up a new world; constructively critical.

22. Sex Forces; Shows importance, powers and processes of regenerate life and cure of insanity.

23. Power of Integrity; Shows why honesty pays and how to disarm obstructions to success and virtue.

24. Law of Attraction; Gives secret of personal influence; shows how to attract friends and success.

25. Life Science Helps; Shows how special benefits may be derived, and why "knowledge is power."

26. Thought-Laws and Methods Condensed; Shows how to increase and use mental endowments.

27. Thought-Laws and Methods Continued; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

28. The Coming Church; Shows bearing of science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

29. Soul of Beauty; Shows influence of ideals and how they become embodied, also art of dress.

30. Soul of Fortune; Shows why some are always fortunate; Valuable hints to money-makers.

31. Soul of the Future; Discloses secret causes and influences now at work and foretells results. Valuable helps in management of practical affairs.

32. Soul of Love; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

33. Soul of Surroundings; Shows influence of surroundings and how to attract ideal environments.

34. Soul of Health; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

35 to 46 inclusive. **Concentration;** Drills and self-culture helps for each day of the year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed, are worth the price of the entire course if faithfully applied.

47. Secret of Personal Power; 48. Rules of Life; 49. Way to Wealth; 50. Art of Living; 51. Sources of Happiness; 52. A Plan of Life.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Seven—Aims And Objects.

Permanent happiness may be obtained upon comparatively easy conditions. It is but slightly dependent upon external circumstances and environments. It seems almost pitiful that the average person finds it difficult to even believe that this is true. But suffering has its important uses which only the truly enlightened can afford to forego. It helps to drive one to the Infinite resources within himself. These resources are all-sufficient as a source of true enlightenment and as a supply for every need. It is through silence that they may be drawn upon.

Life is placed upon a basis of increased happiness, security and prosperity the moment one obtains the real key to silence. The silent soul condition is an ever-available haven of rest, of joy and of power. It is a veritable "Kingdom of Heaven," and, necessarily of power, which "is within you." All the ills of life that may come to you are but the result of your becoming at least partially disconnected from the interior forces which spring eternally from that perennial source. All ills may be remedied through the power of silence to connect you with that source of universal supply. All have access to that source.

All may obtain the true cosmic or universal consciousness which brings "That peace which passeth understanding." Joy is the natural condition of the soul. Unhappiness is a crime in that it signifies the infringement of Divine Laws. Get knowledge and understanding if you would permanently avoid thus being a criminal.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

ESOTERIC LAWS OF HAPPINESS.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

All sensations of pleasure arise from the harmonious action of vibratory forces within, and all pain from the *inharmonious* action of those same vibratory forces.

Are you living the life of harmony and happiness, or of discord and misery? Are you able under all circumstances to maintain the mood of happiness, which is also the mood of success? Thought is the ever available power which is able to mould vibratory forces into harmony, happiness and success.

You have slowly manufactured thought moulds during a long period of evolution, and your present capacity for happiness and present stage of evolution is represented by the sum total of your previous thought moulds.

Happiness has ever been the goal of your previous lives along the slow road of evolution; and likewise, happiness will *always* be the irrisistable magnet and goal toward which your thought efforts will polarize according to your soul's best light and your ever growing knowledge and experience.

All material things down to the "atom" are magnets of varying degrees of intensity, according to their various stages of evolution.

A magnet is organized vibration. You are a magnet and thought is your organizing power. Every lov-

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ing and harmonious thought helps to harmonize the vibratory energies which lie slumbering in your constitution, and promotes your happiness to the extent of its harmony and intensity. Thoughts of fear, worry, anger or discord as quickly mould your vibratory energies into inharmony and misery.

Every thought has a magnetic effect in proportion to its inherent power and intensity, and sinks down into your unconscious mind as a sediment, and thus builds, according to its kind, to the strength of your vibratory power.

What kind of thoughts are you thinking today? Can wealth increase your happiness when you allow it to breed anxious cares or fears of its loss?

The universe, in all its parts, is overshadowed by that perfect and eternal organization—God, the principle of truth—which gives every person the impulse to *think*, and which will thus *compel* him to continue to so organize until he "*knows*," and thus becomes at one with the source of thought. Not until then will the purposes of man's constitution be fulfilled. No law of the Infinite can miscarry. Sooner or later you will be forced, by your nature, to co-operate with the perfect law of happiness, until its purposes are fulfilled through you.

Your thought will, in time, so mould and diffuse the vibratory energies of your body that they will be unable to hold its forces together, and it will die; but this will only give your soul a much needed breathing spell, similar to sleep, in which it will collect its scattered vibratory forces, thus create a new body (magnet), and again renew its work of organization, or character building, under circumstances more advantageous,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

because more in keeping with its advancing condition.

As the body is only a magnet, made up from your vibratory energies, it is easy for your thought to mould new bodies from time to time (as the old ones disappear) that will be more truly representative of your growing thought.

Death, like sleep, gives the soul an opportunity to concentrate its diffused thought forces, and life, as we know it, like wakefulness, is that process of diffusion which makes such concentration necessary.

The esoteric laws of happiness necessarily relate to the laws of thought because they are both the laws of man's constitution.

These laws cause the never ceasing impulse to outwardly manifest and as persistently to strive to burst forth in a heavenly melody of human happiness. It is only a question of learning how to touch the proper keys within.

To polarize your thought to the true basic principles of your constitution, is to so touch those keys; because you thus touch the inner vibratory chords of that song of life which is joy and perfect bliss and the natural condition of the soul. The song of happiness is the true song of life. The human constitution is perfect from eternity to eternity.

Its purposes are bound to be fulfilled.

Are you looking for happiness from without? You are looking in the wrong direction, and in vain, unless you first learn how to find it from its only true source within. A wise and gentle Nazarene once told where to look for the "kingdom of heaven:" viz: from within. You may be his disciple.

What, except self ignorance, is to hinder you, a

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thinking being, from conforming *now* to the perfect laws of happiness. Ignorance is surmountable. Your power to think implies the power to know. Who shall say of what you shall think? The power to think of, and know one thing, implies the power to know all things. "Knowledge is power." Complete knowledge is omnipotence. There is a process of interior thought, which, when properly trained, enables the thinker to get, from within, complete knowledge concerning any subject, though he has never heard of it before.

This process of thought is closely allied to the esoteric laws of happiness, and to the life power which is able to deal with things at a distance, by thus dealing with their vibrations. Perfect concentration on the highest plane is at one with perfect organization, perfect vibration, perfect happiness, perfect knowledge and omnipotent power. To attain one of these objects is to attain all of them. The daily noon hour observance of the Home Silent Thought Brotherhood is thus helpful.

It is one process of following along that inner line of connection which ties man to his source. Man is the power to think. Happiness, as well as all other objects and attainments, can only be found from some process of thought, and from *within*, instead of from without.

To think new thought is life and happiness, therefore, thought is that eternal reality which will feed the quenchless flames of hope in the human heart, until its every hope of happiness is fully realized. Hope is a species of thought. By looking without for happiness man is forever running away from its true source, which is from within, and which comes by a process of thought which arranges into perfect harmony the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

vibratory currents of his organization. Looking with out is a diffusive and disorganizing process, which springs from ignorance and from the impulse to remedy ignorance by knowledge.

Looking without for happiness and knowledge, through experience, is the slow evolutionary method of remedying ignorance, therefore that impulse was not created in vain. The creator made no mistake in adopting that method for the early stages of evolution any more than he did by creating reason and other human and spiritual faculties which enables man to adopt a quicker method after he has reached a certain point in his evolution. Have you reached that point now? Do you realize what it means to be a human being? Do you understand how limitless are the possibilities it implies? Do you comprehend its unspeakable powers of happiness? Ignorance must be banished before perfect happiness is possible, and your nature will force you to look without and thus obtain knowledge of your own nature, through the slow evolutionary method of experience, until you come to your higher senses long enough to learn how to find such knowledge from within.

Man is that organized thinking power, which, from the smallest beginnings has evolved his present conditions; and, as his *Divine* nature, which ever leads him on, is related to all persons and things by ties too deep to ever be severed, he must continue to evolve until he outwardly mainifests in full those inherent relations and possibilities.

Life means thought. Thought is ever an organizing power. Organization necessarily implies fidelity to the organizing power. The power to think is the self, and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

fidelity to that power, though seemingly selfish, is not depravity or evil, as some religious teachers would have us believe.

Is it evil, if it is the sure and only road to that greatest of all goods, the life of love, as taught in precept and example by the Christ? Fidelity to the self will ever prevent man from receiving the teachings of the Christ, until he is shown that to live the life of love is only a higher fidelity to self in its never ceasing search for happiness.

The horrors of hell is ceasing to be an adequate "scarecrow," and the time has come when man must be taught plainly and explicitly the truth that his nature is Divine, and therefore so intimately related to all persons and things, that to live the life of love is the only true selfishness or fidelity to the *real* or *higher* self.

Is it true fidelity to self to in any way injure another when it is found that to do so is to injure a part of the higher self?

One cannot teach the esoteric laws of happiness, or of business, according to the laws of thought, without thus teaching a code of morals and ethics, which is more convincing than the scarecrow of a million orthodox hells.

Man nas outgrown the stages of fright, infancy and ignorance, and will no longer choose to skulk into the back door of an undeserved heaven after he is given the privilege of erectly walking in at the front door in all the majesty and dignity due to his inherent Divinity.

When will man learn to accept the teachings of the Christ that heaven is not a place or locality, but a con-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

dition within, and that its happiness may be found now by observing those esoteric laws of thought which bring into harmony the vibratory energies of his constitution.

Man's constitution is based on the principle of love. Love means organization, because organization means perfect adjustment of each and every part. Could love leave out any part and still be harmonious?

Man's early stages of knowledge are inclined through ignorance to leave out many parts. Love, which is the principle of his being, cries out against this, and thus originates the impulse to diffuse or reach out. That is why man looks without for happiness. This impulse to diffuse or reach out tends to disorganization, and therefore thus attacks another primary and vital principle of love, which is organization. The one is a centrifugal force and the other centripetal, both as necessary to evolution and the rounded out character as they are to the rounded out globe.

To send out thoughts is to diffuse, as it sends out thoughts vibratory energy. As diffusion tends to disorganization, when man has diffused until he can't hold his body together, it naturally and properly drops away.

When it drops away, concentration, which means to collect scattered forces, follows, as a necessary sequence and when fully collected, the impulse to diffuse again comes, because love, which is the principle of man's life, will not allow any of its principles to be permanently violated, and therefore will persistently refuse to leave out any part to which it is related. As it is related to *all* parts it will not rest satisfied with anything less than complete evolution.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It can be seen how beautifully this law of evolution is adjusted, and how the birth, growth, death and re-birth of man in continuous rounds over and over again, has in each step a definite purpose, which relates to the gradual expansion of man's outward life in the way of character building, and always along the line of cause and effect.

The diffusion or scattering of man's vibratory thought forces causes death of the body because it loosens the soul's grasp on it, but the soul cannot die, therefore, then passes into a period of rest, in which it has time to collect its scattered vibratory forces and build into its organism, by that process of assimilation, the essence of its experiences in its previous earth life. After this process of concentration and rest, the basic law of man's constitution, which is the law of *love*, again gives him the impulse to reach out or diffuse and thus come into active outward relation with its other parts. The law of cause and effect then outwardly embodies or re-incarnates the soul in surroundings which result from the vibratory thought energies previously generated, and which are modified by the thoughts and experiences of its last earth life, and to that extent different. This process of growth through re-birth or evolution goes on until man outwardly manifests his true relations to all things in the universe. Then comes a long period of involution or non-manifestation, but, the original impulse to evolutionize or outwardly manifest, though for the time latent, will again burst forth in its very maximum of power, which will lead, according to cyclic law, which is the law of vibration, to a repetition of this long process; but I will not now attempt to deal with that logical absurdity

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which says the principle of evolution signifies constant improvement in species but never perfection.

If man devotes his entire thought to money making or other selfish ends he thus generates causes which may tie his lower principles to earth, but having no body through which to adequately manifest, they soon tire of the purposeless role of ghost or spook, of obsessing the bodies of mediumistic persons of similar tendency, or of pretenses of giving spiritual instruction to the living.

Even the unnatural stimulous afforded by parading in the name of "George Washington," "Abraham Lincoln" or some big "Indian," as is sometimes done, is insufficient to withstand the counteracting influence of the soul's higher principles which never entirely relax their hold on the lower principles, and which by rest and concentration are gradually able to withdraw the force of such energies from such nonsensical pursuits. It is no doubt also possible for higher principles of the soul for a time after death to communicate with the living.

The selfish habits of a lifetime are insufficient to permanently alter the soul in its course towards that perfection and happiness which is its natural and eternal polarity.

Thought forces always generate vibratory organisms and they will live until their energies are exhausted. To think involves a correspondingly great responsibility. To think is to generate vibratory seed. To continue the thought is to sow the seed and furnish it with a backing of fertile soil, air, sunshine and other conditions which make its reaping a foregone conclusion and absolute necessity. This power can be used to bring

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

success and happiness as well as to bring a rich harvest of retribution.

What are your present ideals? Where have you set your stakes of limitation regarding your future happiness?

What kind of thought seeds are you sowing for immediate or future reaping? Are you by your thought moulding your inherent vibratory energies into currents of harmony, or of discord?

Have you joined that army of deluded persons who think that "happiness is not of this world," but who continue to chase the "will-o'-the-wisp," which postpones it to an indefinite time in the future?

If so, then halt! "Right about face."

Eternity is now. "The kingdom of heaven is within you."

If your every moment is not the perfection of bliss it is because you have failed to fully comprehend the esoteric laws of happiness.

The deepest philosophy teaches that joy and perfect bliss is the natural condition of the soul, that man's constitution is *perfectly* adapted to its attainment, and that enjoyment or happiness is the only legitimate function of every organ of the body, every faculty of the mind and every element of man's entire nature.

Yet how few do we find whose lives make even a distant approach to the attainment of its perfection. It is a significant fact that the vast majority of people absolutely fail in this the proper and *sole object* of their pursuit.

In casting a scrutinizing eye abroad we are easily convinced that such failures are not for lack of effort. In fact the ones who give themselves the greatest

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pains and penalties in pursuit of means for subsequent enjoyment, are, as a rule, the very ones who most signally fail in attaining it.

It is not the fault of man's nature, or of his intentions, or of any innate depravity in his constitution, for happiness is the only legitimate and normal function of his every faculty. It is because through ignorance he seeks wrong methods. Misery is an illegitimate child, a child of ignorance, for which man should blush with shame. To glory in misery is not to honor the creator by obeying his laws, but to glory in shame as do some abandoned women. To be unhappy is to justly suffer the judgments of infringed natural law. The din and clatter of man's mad search for happiness from without will drown the music of that eternal slumber song within, until self-knowledge pays the debt of ignorance by setting up a thought polarity which will rearrange the vibratory forces within into equilibrium harmony, peace and happiness.

Happiness can come only from the normal activity of faculties already possessed. Man's nature cannot yield happiness to itself from anything outside of that nature. That principle is self-evident and therefore needs not the backing of dogma authority or experience. Even every breath we draw, and every movement of the body, is calculated to produce happiness but not when the body is covered with boils or the nerves tied into knots of anxiety and worry. Harmonious vibration of forces within is happiness, and thought is the power which makes their harmony possible.

Until the mind is right, property, titles, honors, fashions and other worldly ends cannot contribute materially to enjoyment, for not until then can man

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

assume their accompanying cares and responsibilities without worry and anxiety.

Thoughts of worry, anxiety and selfishness produce discordant vibrations, and tend to turn the pleasures of worldly possessions into gall and bitterness.

The power to think enables man to set up conditions which will keep him in close touch with the higher self. This is the secret of happiness and long life and is also the law of success. On that point we have the authority of the Christ who said "Seek ye first the kingdom of God;" which is the kingdom of heaven and within "and all these things will be added to you."

That promise is literally true because founded on an unvarying law.

Business statistics show that only about one person in twenty actually succeeds in business. Observation teaches that a still smaller percentage attain real happiness. The Christ method is in harmony with the laws of thought and man's constitution, and will be always successful to the extent that it is faithfully applied. True success and happiness mean about the same thing, viz: the mood of harmony and equilibrium which is able to drive away every worry or trouble. Life, health, ability, equilibrium; beauty, music, morality, harmony, happiness and success are all children of one vibratory father or cause and thought and self knowledge is the "Moses" which is able to lead man out of the wilderness of misery into the "Canaan" of their perfection. Happiness is the God which the human heart always loves and worships with unwavering fidelity. It is an unvarying law of thought that whatever the human heart earnestly and permanently craves that it will in time get in all of its fullness. It is be-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cause every hope is a species of thought, and thought is the only creative power.

The esoteric laws of happiness are the esoteric laws of business, morality, and every good thing in life. The best method to obtain any one of them is the best method of obtaining all the rest because like the rays of an electric light they all spring from the same center.

To pursue one thing to the exclusion of everything else is to run away from the opportunity to most easily obtain that very thing.

Life and its ideas should be rounded out. To truly see one thing is to truly see the universe. If we can truly learn the mystery of a rose or an atom we will understand God and all his works.

It is from the most interior vibrations of thought that man attaches himself to the perfection of harmony and happiness.

A pig may be relatively harmonious and happy but as its harmony relates to only the low rates of outward vibration it is not to be compared in its stage of evolution and powers for rapid growth to even the *misery* of a highly organized person. Until we get in line with the vibrations of universal law we may expect misery, because such forces within are the real source of our life and are ever yanking us into the whirlpool of their rapid currents in order that we may become harmonious with their higher rates of speed and greater harmony. It is however, possible for us to learn *now* the general laws of man's constitution and thus escape actual misery while on the evolutionary road, and rapidly acquire that balance and happiness which comes from an equilibrium of our centifrugal and centripetal forces. We are thus able to constantly *diffuse* and widen our relations

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

but as constantly to *concentrate* and thereby keep a strong and loving bond of union between the body and the higher self. We diffuse at one breath but concentrate as we draw another. Happiness is the true mode of growth and true purpose of life, but not always the measure of the stage of evolution.

Thought on the subject of man's constitution is able to open the direct pathways in the wilderness of ignorance to that stage of self-knowledge which makes it possible to tap the inner vibratory chords of power and happiness in the human heart, and that, too, by *affirmative* methods instead of by suffering the miseries of a thousand deaths along the otherwise slow road which is made slow by the adoption of misery's negative methods.

The power to be always happy is not always properly estimated. It is not commendable to be bound by chains of slavery to low circumstances. Many persons are able to be moderately happy so long as everything goes just right with them, but the loss of friends or relatives or even of money or property at once reverses the normal action of their faculties and throws them into convulsions of inharmony and misery. It is my aim to clearly show the continuousness of life and the impossibility of actual death of the soul or thinking power and thus take away from the living all cause for mourning when their friends pass into the unseen.

Life is the power to think which implies the power to feel, neither of which can be taken from man by any process of physical death. Death is only a change of thought vibration. To mourn therefore must give pain to those for whom we mourn. To do so knowingly is heartless and cruel instead of the opposite. Man is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

created for eternity and should not make himself the slave of any circumstance. To do so is to chain himself to an imaginary hitching post. Friendship and personal love is the fusing power which weaves into one fabric of harmony the thought vibrations of two or more persons. In other words, as they have the same thought polarity their thought vibrations become interrelated. Death tears such fabrics and makes necessary a readjustment of the thought vibrations (which produced them) to suit their new conditions unless they weave into the fabric in advance the vibrations which comes from the thought polarity, or idea, that death is only a change that cannot separate the vibrations of *true* thoughts or tear any fabrics woven from them.

If you have not already polarized to that idea, you may, when death comes in your midst, at least ease the pain and misery (which comes by thus severing the vibratory web) by fully occupying your mind with other things until vibratory readjustments can be gradually made. The only way to prevent a diseased action of any faculty is to keep up a constant healthy and normal action of all faculties. As all human faculties pertain to thought and are outlets for thought, it is to true thought control which we must look for the power to drive away misery from whatever cause it comes.

Thought control enables the most sensitively organized person to weave vibratory fabrics of love and friendship, which outlast the grave misunderstandings or separation, and which are the same though not reciprocated and through every fleeting change of worldly circumstance.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The merely magnetic attraction and personal love which demands possession, is as a thing of yesterday when compared with that deathless principle of eternal love which is deep down in every heart and which seeks only to give, asking nothing in return, knowing that true love is always in time reciprocated because it bears a perfect relation to all things. Pure love is a thing not of yesterday but from everlasting to everlasting. It is possible in our relations with the world to bring out the deeper vibrations of love.

The personal love which exists between Beau and Sweetheart may be made so steady and truly representative of the higher self that their happiness will not be disturbed by any discordant vibrations of criticism but will gradually attain that plane of harmony where criticism or discord is impossible. Every one should in self defense learn to withdraw thought from any subject which would cause a disturbance of vibration, at least until proper vibratory adjustments can be made. By such means the mood of happiness may become habitual.

Stop now and analyze the circumstances of misery which you have forged for yourself. Have you uncontrolable fears and anxieties? Do you hanker after riches and their burdens of care, or fear the loss of those you have? Have you the religious dyspepsia which fears that you are not sufficiently religious but which is the more miserable the more religious? Are you overworking your body in the vain hope that it is the true road to success? Are you in a constant state of irritation, fret, worry or anger, owing to your family or other surroundings? Have you lost friends or relatives or become estranged from them through

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

misunderstandings? Have you lost your bodily health?

Whatever may be the outward cause, your actual misery springs from the reversed or diseased action of your facuilties and you thus produce chaos and discord among the vibratory energies of your constitution which were calculated for happiness only. They all may by the power of thought be made to vanish into thin air by any process which throws you into close touch with the higher self and which thus restores their normal action and equilibrium. The soul of man is deathless. You may manifest that state of mind and faith which defies the power of fire, flood, earthquake or even death itself and which is able to command from unseen elements an outward manifestation through you of all the things and circumstances which makes life beautiful.

This mood, unlike riches, offers a basis for independence which is not transient. If wordly possessions thus obtained, disappear, it offers the ever available power to obtain more. Riches come on the currents of such moods like the waters of a river, and like the waters should flow on and be dispensed as freely for the good of humanity, in the sure knowledge that their omnipotent source will not dry up. When the right state of mind is attained and maintained, it will be as easy to obtain happiness, even through the most unfavorable circumstances, as it is for a Mozart to extract music from a cat gut.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Seven—Test Questions.

97. What is happiness?
98. Upon what does personal happiness mainly depend?
99. To what extent, if any, is it a matter of external circumstances or of environment?
100. What is the main object of life?
101. Why?
102. If the laws of life are exact, is it possible to obtain happiness without having earned it either in this life or in a previous stage of the soul-building process?
103. Is the law of cause and effect exact and universal?
104. Why?
105. What is the verdict of Science upon that point?
106. Does the Bible teach that "whatsoever any man soweth that shall he also reap"?
107. Can man obtain benefits without having earned them?
108. Does the law of Justice reign supreme in all things?
109. Are you certain that you will subsequently obtain whatever benefits you may truly earn?
110. Have you made that consciousness permanent in you as a matter of faith?
111. What helps most to make it permanent?
112. Upon what does perfect faith and happiness depend?

The consciousness registers every thought and feeling whether of happiness or of unhappiness. The complete control of the conscious and sub-conscious forces therefore is the only reliable basis for permanent happiness. True knowledge enables one to avoid infringement of the organic laws. It inspires love and faith. "Perfect love casteth out fear," and its train of ills and pains.

There is great comfort in the thought that one's consciousness may, through knowledge and thought control, be placed upon a basis of security where no outward change of circumstances or conditions can permanently disturb his peace of mind. That is an important step in the attainment of true independence. You may not be able at present to control circumstances, but you should be able to rule yourself and thus have the say as to what power circumstances will have over you.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87L
NO.9

Mary D. Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 BOOKS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

Series I No. 9

Published Every Seventh Day At Twelve Dollars Yearly By Ernest Yates Loomis, Inwood-on-Hudson, New York City.

Nov. 26, 1904

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87f
no.5

A Practical System Of Instruction In

LIFE SCIENCE

Series One---Issued in Fifty-two Books or Parts

Which Contain 832 Test-Questions for Review

Price Twelve Dollars Cash, or One Dollar Down and One Dollar Monthly for Twelve Months.

Brief Synopsis of Contents.

Book 1. The Magic Story; Six secrets of success; is a powerful awakener.

2. Power of Thought; Shows how to accomplish results in all business and art through silent mind-powers.

3. Love is Power; Shows how to cultivate the love life and what the results will be.

4. Woman's Secret Powers; Gives secret of woman's virtues and powers; shows how to improve them.

5. How to Rule Your Kingdom; Shows how to master the self and control circumstances.

6. Useful Practices; Shows how to develop and use your powers by unusual methods.

7. Esoteric Laws of Happiness; Shows how permanent happiness may be insured and the results.

8. Mental Helps; Gives practical methods of developing and using special talents.

9. Life Science in a Nutshell; One of the most powerful, practical and popular of the series.

10. Marriage; Explains cause and remedies of matrimonial inharmonies. All should study it.

11. How to Create Opportunities; Is all the subject implies—Has helped many to get out of ruts.

12. Your Talents; Shows how not to waste opportunities; gives clues to hidden personal powers.

13. Health; Explains philosophy of health; shows why ordinary health methods fail.

14. Health Recipes; Gives practical health methods that all may apply; explains healing power of love.

15. Methods of Using Your Powers; Shows how to apply Life Science to produce any useful result.

16. Methods of Self-Help.

17. Self-Help Through Self-Trust; Gives law of vibration; deepest of the series; should be studied.

18. Self-Help Through Self-Knowledge; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

19. Self-Help Through Self-Culture; Shows advantages and methods of self-culture, also defects in present educational system; explains reincarnation.

20. Plan of Self-Culture and Self-Help; This plan has proven helpful to many.

21. Helps; Much needed by average thinkers; Opens up a new world; constructively critical.

22. Sex Forces; Shows importance, powers and processes of regenerate life and cure of insanity.

23. Power of Integrity; Shows why honesty pays and how to disarm obstructions to success and virtue.

24. Law of Attraction; Gives secret of personal influence; shows how to attract friends and success.

25. Life Science Helps; Shows how special benefits may be derived, and why "knowledge is power."

26. Thought-Laws and Methods Condensed; Shows how to increase and use mental endowments.

27. Thought-Laws and Methods Continued; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

28. The Coming Church; Shows bearing of science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

29. Soul of Beauty; Shows influence of ideals and how they become embodied, also art of dress.

30. Soul of Fortune; Shows why some are always fortunate; Valuable hints to money-makers.

31. Soul of the Future; Discloses secret causes and influences now at work and foretells results. Valuable helps in management of practical affairs.

32. Soul of Love; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

33. Soul of Surroundings; Shows influence of surroundings and how to attract ideal environments.

34. Soul of Health; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

35 to 46 inclusive. Concentration; Drills and self-culture helps for each day of the year. The daily affirmations and helps which go with these 365 short essays on Concentration, if is earnestly believed, are worth the price of the entire course if faithfully applied.

47. Secret of Personal Power; 48. Rules of Life; 49. Way to Wealth; 50. Art of Living; 51. Sources of Happiness; 52. A Plan of Life.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Nine—Aims And Objects.

The law of vibration is the fundamental principle of Life Science—of all Science. It resides in all its fullness within every separate cell or "atom" in the universe and in all aggregations of atoms. It needs only to be recognized to bloom forth in ever increasing beauty. It is the ruling power in every individual life, whether man knows it or not, but he needs above all things to know it that he may co-operate intelligently with it in its efforts to do things for him. Strictly speaking it does things without effort, but works best where the mind is open to its interior influences. It is the essence of the dual self—of your Best self. The whole world belongs to it as it is the spiritual essence of all things. There is a point where all the forces of the universe converge, otherwise there could not be such unity and perfection as is displayed even in the countless systems of planets as they are hurled through space.

That point of convergence is within you as within all and may be reached by the thought processes outlined in this course of instruction. You may, for this reason, "sit at home with the cause" and by dealing through interior channels with the ruling spirit of things at a distance, thus bring them into more harmonious and helpful relations with yourself.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Life Science in a Nutshell.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

The following rules, being based on life principles in nature, will, if fully applied, enable any person to invoke the assistance of life forces in the accomplishment of every practical duty in life.

It is shown how they may be applied to produce seemingly impossible results in all business and art. The business man who applies them will soon find that there is no need for excessive bodily exertion, that much more can be accomplished by thus making business a pleasure, and that the convulsive body-straining methods of business usually adopted, actually drive results away instead of attracting them.

It is not alone to business and art that these principles apply. They may be successfully applied in all matters of health, in the acquisition of knowledge, in the formation of suitable plans, in judgments of human character, in the pursuit of happiness here and hereafter.

If founded on the underlying laws in nature, it is apparent that the same principles, being fundamental, would also unravel religious and ethical enigmas which otherwise, to us would remain shrouded in Egyptian darkness and mystery. Does all this seem like promising too much? The principles involved are self-evident, even though this publication should not fully prove them so. If you fail to comprehend them, you

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

may nevertheless obtain proofs by simply applying the rules.

The field of Life Science is so broad that there are thousands of theories and incidental applications which naturally spring from the few basic principles involved. Many short-sighted students of Science gormandize on the browsings of side issues, without applying the basic principles, and, by their meager life results, subject the claims of Scientists to the ridicule of thoughtless people. Such mistakes by no means invalidate their broad claims, and should be regarded only as an evidence of the fascinations of the subject. A stall fed ox, if suddenly turned into a fresh field of clover, would be liable temporarily to quite forget the capacity of his stomach. Such thoughtlessness, on the part of the ox, and its results, might lead equally thoughtless *people* to the conclusion that clover was not adapted to his wants.

If truly understood, there is nothing which equals esoteric philosophy in satisfying the cravings of hungry human hearts. It teaches the "heart religion" —the religion of love. It alone explains the relations which exist between man and his source, and thus enables man to demonstrate the *omnipotence* of that source. Its theories and their practice should go hand in hand. The soul cannot fully understand its own powers, until those soul qualities are awakened. A few rules for so awakening them are herein given. Beginners may consider them too simple to be effectual, but, as they gain in knowledge and experience, esoteric meanings which at first were hidden, will appear, and the rules will as gradually gain in interest and value to them.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

By faithfully observing these rules, one will obtain daily silent help from a silent fraternity which has repeatedly demonstrated its power to thus help thousands—a power which grows in volume daily as members are added to its ranks. Those whose hearts are prepared for the growth and development of their life powers, will be able to recognize and avail themselves of the means herein offered.

Until those powers are so developed and used, one is as far from a true demonstration of his possibilities, as is the bodily stupor of an opium eater from an actual outward realization of the visions he sees.

The true Scientist occupies a throne. His throne is the will. His will is "Monarch of all it surveys." He is able to say, "I will be what I will to be," and to have that royal edict carried into effect. He is able to command thought in the calm certainty that such commands will be implicitly obeyed. Through the power of thought, he has direct control of vibration. Vibration is the fluidic essence of all manifestation, and therefore the power which accomplishes all results in business or art. "Brain waves," as Science terms them, are the vibratory tools of thought, and ever at the command of thought.

The human body has long been considered nearly all fluid, and now that its every atom is proved to be only a rate of vibration, it is not difficult to perceive how responsive those atoms or vibrations must be to the controlling power of thought and the will.

It is wise to apply this principle in banishing bodily disease and imperfections, before trying to gulp down many more mere theories.

The essence of every material atom is vibration,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Your atoms constantly change to the poles of your thought. Life Science power is only the action of instructed thought. The development of olifet power consists in thought instruction, thought direction, and the acquirement of thought control. Thought control naturally depends on the will or thought direction, and that in turn is dependent upon thought instruction.

As the will is controlled by Love, it is plain that no permanent life power can be acquired without invoking the help of the love principle within, by getting the will in allignment with that Divine principle. That principle is absolutely basic in man's constitution, and, therefore, to apply it is all important. It is entirely useless to try to subject that principle to the ignorance and shortcomings of the human will. The opposite must be done. It simply *must* be done, before life power which is worthy of the name can be acquired. The human will is ever comparatively weak until it thus gets the backing of omnipotence within—of the omnipotence of Divine Love. Thought control and its olifet power must, therefore, be gained through thought concentration. Thought concentration must reach the Love principle within and its harmonious vibrations, before thought or the will can be properly controlled.

Thought control, and the acquirement of its silent power, therefore, becomes a species of invocation, of devotion, of prayer, of worship. Learn to "enter into thy closet," within the self, "and when thou hast shut the door" of outward sense, "pray in secret" silently, and thy Father, Divine Love, "which heareth in secret" from within, "will reward thee openly" through vibration To "enter into thy closet," etc., is not always so

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

easy as it may seem. It is *much* MORE *important* than it seems. Its importance can only be measured by the importance of success, health, and of growth in self-knowledge, wisdom, and power. The ability to thus invoke olife't power from within, enables you to demonstrate in your outward life that, "God and one are always a majority." The main rule, then, is to invoke life power daily from within, but how?

The following suggestions, if closely followed, may offer clues which will place such an acquirement within your reach.

If possible obtain the quiet of some room where you will not be disturbed. Sit down and outwardly compose yourself. Try to dismiss all outward thought. Be silent. Get your mind steady and at rest so far as you can. You have what we will term a higher self. Think of that higher self as an overshadowing presence. That higher self or overshadowing soul is at one with the Divine principle of Love.

That principle of Love is represented within your physical heart. Does that seem impossible? Isn't God omnipresent? Think of the heart. Think of its inner chambers. Within those inner chambers are etheric atoms or vibrations which represent the everlasting fires of Divine Love. This soul of your soul is the life of your eternal life, because it is at one with Truth which gives you the power to think. It is a link which connects you with Immortal Truth. Hush! Listen for that inner love vibration which says, "Be still and know that I am God.,' It is the Divinity. Can you hear the subdued music of its vibration? Can you feel its warmth, peace, harmony, and power? See if your intuition can catch the responses as you silently

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ask it if Truth and Love are one, if Love is the origin of vibration, and the cause of its power? Listen again, If Truth and Love are one, and Love the cause of vibration, does it not follow that the power to think gives every man the latent power to fully manifest (through thought or vibration) the omnipotence of Truth and Love? Listen long if necessary, and in perfect silence, for the answer to such a momentous question. This is a process by which *knowledge* as well as power can be obtained. It is therefore plain that these practices should go hand in hand with their theories.

By thus awakening your soul powers, you will be able to get answers to questions which would absolutely stagger mere reason, for you thus, through the intuitions, open up direct communication with the original fountain of Truth. This backing and source of wisdom and power is all yours. No one can deprive you of it, or of that which it will accomplish for you. You can train it to an unlimited extent, by just such simple methods of mental concentration. In time, you will learn to trust it in all things as implicitly as you now do your eyes in going down stairs. It is not dependent upon any special fraternity. It is your direct inheritance from the giver of your eternal life. It is that loving Father which is ever saying, "Come unto me all ye who labor and are heavy laden, and I will give you rest." If care, anxiety, weakness, and unhappiness gnaw at your heart, turn to that loving Father and receive its rich blessings, its benedictions of peace, comfort, and strength, and the outward results which will follow as a natural sequence.

The great and tender heart within you is ever pulsating at a rate which is able to radiate the vibrations of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

omnipotence to the very circumference of your outward relations. It only remains for you to set up the proper thought conditions.

Have you not seen enough of the "hell" of surface vibrations, to be willing to turn within to that vibration which beats in harmony with all *realities* in the universe? Have you not seen enough of the weakness and purility of hate and discord, to welcome the vibratory power and harmony of Love?

The crop of success and happiness, which results from remaining in the cold and barren shadows of ignorance regarding the powers of your own constitution, is as meager as would be the crop of potatoes which would result by planting them on the bare concrete floor of a dark cellar. It is rank nonsense to persist in dealing simply with *outward effects*, when, by learning and observing the laws of thought, you may deal with *causes*. To depend upon the *body* to accomplish business results, is to depend on *effects* for that which *thought causes* alone can accomplish. It is like depending upon the arms, instead of on the wind, to turn the wheel of a windmill. Behind your bodily throne are powers which are called thought, will, Love, Divinity. Before you can mould and control the vibrations of which your surrounding material environments are composed, you must first, by some process of mental concentration, invoke the support of those powers behind the throne.

The windmill must bear its true relations to the wind, before the powers of the atmosphere are available in turning the wheel.

How foolish it is to depend upon excessive bodily activities for success in business, when, by that very ex-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cess of effort, we incapacitate ourselves for thought, concentration and the ability to awaken, from within, our latent powers. What a waste of precious force it is to intoxicate ourselves with petty jealousies, anxieties, envyings, warfare, strife, and hate, when every such use of thought-force deprives us of just that much of the power of Love, and drives us farther away from Love's paradise.

Within your heart, is a throne of Love which it is your privilege to occupy. There is no need for any convulsions or spasms of fear. Love has power to care for its own. Its life-giving sunshine is ever within the easy range of your vision, if you will but turn your eyes in the right direction. Its unerring leadings will guide you in every emergency, if you will but listen and reverently obey. It is only the shadows of ignorance which separate you from Love's throne. Your higher self has the latent power to accomplish better business results, in an instant, than you can by mere bodily efforts, in weeks or, perhaps, years.

When you strike the right vibration within, the spiritual undercurrents which control your environments are at once transformed, even though their outward correspondences do not immediately respond. The consciousness should be so completely filled with a vibratory backing of Love, that the thought will at once penetrate to the esoteric currents which control the movements of people, circumstances, and things.

It is thus, that one may bring them into his relations in life, by bringing them into the Divine order of that thought. The direct leadings of the higher self come with ever increasing emphasis, as the habit of daily concentration is cultivated. The body should act only as

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

such leadings come. Excessive action without such leadings would incapacitate one for receiving them, and, by thus wasting force, unfit the body for carrying them into effect if they did come. All persons will naturally gravitate to you, to the extent that you charge your thought battery with the dynamic power of Love.

If you desire customers in business, you may form magnetic currents which will attract them to you, by simply directing thoughts of loving recognition to the love principle which dwells in each heart.

That indwelling God of Love, thus awakened, will inspire them to follow the thought current which so reached it and produced the awakening. In this simple way, you may constantly create opportunities, and, as constantly, bring helpful factors into your surroundings. Love attracts. Hate repels. The vibrations of love must be reached before one can rise above fear. Hate, care, anxieties, and most all inharmonious bodily, or other, conditions are the satellites of fear. They should be drowned in an ocean of Love. "Perfect Love casteth out fear." That process of thought concentration which reaches the true vibration of Love, is a cause of long life. It is an organizing power which more closely holds the atoms (vibrations) of the body together. By observing such practices daily, the soul constantly renews its grasp on the bodily atoms. That is why the body then has more power to act in business matters.

It infuses new vibratory life into each atom, thus inspiring it to do its very best. Thought concentration is a process of saturating the body with the pulsations of Love Before you can become a Life Scientist, you

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

must renounce hate as the infamous and illegitimate child of fear. Hate and fear are the twin bastards of ignorance. Renounce them forever. Stamp them with the brand of Cain.

Get your will under the perfect control of its true ruler. Love is its true ruler and the seat of all true power. Discordant, hating, thought vibrations forge chains which tie your hands and limit your powers. It is not until they are melted in fires of love, that you can manifest your latent powers.

That which hates is not YOU. It is the disturbance of a surface vibration. It does not spring from the heart of being. To live in hate, is to live in the hot water of surface disturbances. It is hot water which will burn you every time you try to transmute it into steam and power. The Divinity within will say, "hands off," as often as you attempt to so touch or utilize it. Do not try it longer. It is a waste of time. You have access to an inner sanctuary which is able to yield you all the love, happiness, knowledge, and power, which you are able to so recognize. Go there whenever you have an enigma which puzzles you, and thus unravel it as if by magic.

A person is not in a fit condition to wisely decide an important question, or to successfully accomplish great business undertakings, until he invokes from the higher self, the aid of its silent forces. To so invoke such help, is not necessarily a long or laborious process. It is a process of devotion, rather than of mere reasoning. The reason may be utilized in understanding the principles involved. After they are fully understood, a word or thought may be sufficient. Words partake of, and gradually acquire, the velocity and vibratory power of their meanings,—the ideas they express.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The word Love, therefore, if silently held, will carry into the consciousness something of the harmony, strength, and steadying power, which belongs to its esoteric meaning, and thus connect the outward consciousness with the higher soul principles. Other words, such as Truth, Life, Light, Understanding, Omnipresence, Power, Harmony, Peace, Silence, Repose, Rest, Vibration, etc., may be used to answer one's corresponding needs and moods. The daily practice of thus "hitching on" to the high vibratory currents of eternal things, adds to one's power, and prolongs life.

Those who have acquired the power to perfect that union with the higher self, will be able at will to lay down their bodily atoms (vibrations), or take them up again, as did the Christ. By such a process, "Death is swallowed up in victory." Life Science is a process of steadying the thought and controlling the will, by the Divine principle of Love and Truth. The general principles involved teach that true progress must come along the general line of awakening power, and of getting help from *within*.

Each one may modify the general rules above indicated, to suit his individual needs and varying moods. To keep in close touch with the higher self, and thus live the life, is to obtain its fruits; for it and its fruits are one and inseparable. The law of vibration explains this, and shows how every heart responds to whatever may teach the heart's omnipotence. Do you quite understand that great law of vibration? Do you quite accept the proved fact that vibration is the essence of which your bodily atoms and all your material surroundings are composed? That vibration is the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tool of thought? That thought is the tool of the will? That the will is the tool of omnipotent Love, and, that by simple methods of thought concentration, its omnipotence may always be invoked to modify and control the vibrations of every surrounding material circumstance? If so, you comprehend the great fact of your own omnipotence, and understand the general process by which that omnipotence may be demonstrated. Love, Truth, Wisdom, and Power, are one. Power, or vibration, is the active outward manifestation, or result, of which Love is the cause. Love is that perfect union of centrifugal and centripetal forces which results in vibration. It is the constant repetition of a combined reaching out and drawing in process. Waves of vibration are the necessary consequence. Love has the impulse to ever reach out. That is evolution. That is brotherly. That is a centrifugal force. Love also has the motherly tendency to draw in to itself, hover over, and nurture, that which it finds without; to more closely organize; to more perfectly harmonize; to draw others to itself. That is also brotherly. That is involution. That is a centripetal force.

Vibration is a child of this union of tendencies. Your present consciousness is a child which represents only one plane of vibration in the marriage of Truth and Thought. It has power to perceive only one plane of manifestation. As there are rates of vibration, and planes of thought and manifestation *below* the human consciousness, so, also, are there planes above it, which represent new worlds; but, those worlds will remain sealed to man, until, by observing proper practices, he breaks the seals by tapping the higher rates of vibration within.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Love, the creator and cause of vibration, is the very life substance and constant support of all material things, man's body included. "God is all and in all," the creator and preserver of all.

Life Scienceoffers means of transmuting ideas and inherent potentialities into bread, butter, gold, and all material things, as well as into happiness and spirituality. It offers means of transforming into *blessings* to man, material comforts and luxuries which otherwise might *curse* him. When the heart and mind are right, houses, horses, carriages, fine raiment, friends, and other desirable exterior surroundings, will come as the natural attractions and correspondences of loving thoughts. They will spring up as spontaneously, and be brought on the wings of thought as certainly, as, from the proper germs, the April warmth, sunshine, and showers bring May flowers.

Your circumstances, when closely analyzed, prove to be only the sum total of your past thoughts. You have no one to blame for them but yourself. Your character and circumstances represent the organized sediment of thought vibrations which have slowly solidified during countless ages. They represent every octave of vibration below the human consciousness. As you have accomplished *that* much, you should not be disturbed or worried by transitory changes of worldly circumstance. Rest in the calm assurance that you have, *within*, the power to improve circumstances. That thought power, if properly exercised, will manufacture for you an ideal world.

It is not strange that the world should "Jump on the man who is down," for "Nature abhors weakness and weaklings." It hates anything which is not love.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The "weakling" will overflow with strength and love, when, after being trampled on, out of sheer desperation, he seeks the refuge of that "kingdom of heaven within," which is the paradise of love, and the dwelling place of that eternal power which is ever available to him who helps himself. Thought concentration is able to thus make heroes out of weaklings and cowards.

Is the world untrue to you? It is because you are untrue to your higher self. The love principle within, if duly awakened, will bring to your rescue in emergencies the loving help of loyal friends. You may manufacture any number of loving companionships without passing beyond your own threshold. "There is friendship in business."

The real undercurrents in all lives are as pure and holy as their Infinite source. By due recognition of these soul principles in all, you may make of your surroundings a veritable paradise of God. When you have "cast the beam out of thine own eye," your charity will be wide as the universe. When you have truly outgrown the "I am better than thou" feeling, you will be a business magnet of greatly increased power.

It is only an inverted vision which sees so much evil in others. It is like the man, who, having a "louse" on his own eyelash, thought it was a "ground hog" up in a tree. Errors which are the result of ignorance, are excusable. All errors are the result of ignorance.

When you withdraw your consciousness from without, to the higher self within, the vibrations of love will bubble over with the strength and generosity which washes away from the consciousness all imaginings of evil in others.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Let us not simply adorn (?) the bypaths of metaphysical speculation by madly following theories until we become theory drunk, because, in the delirium of such dissipations, we might forget to apply those simple basic principles and rules, which, if faithfully followed, would create for each one a new and radiant world.

Let us not allow the illusions of distance, and the fascinations of mystery, to absorb our time in an effort to magnify unknown persons into Masters of Wisdom, until we have attained the mastery of the life forces of Love within our own hearts.

The search for knowledge and power from without is generally a dissipation, when compared with a search, by proper methods of thought concentration for them from within. Do not take roundabout methods of finding your higher powers. You can place your finger on your nose without reaching all the way around your head to find it. Your true Master and Comforter is the Christ spirit of Love within your heart. The Masters of Wisdom in the mountains of Himalaya have no monopoly or "corner" on Truth. It is everywhere. It is within you, and, when found, will be to you a "Kingdom of Heaven.." It is found by getting in close touch with the higher self.

The main purpose of The Home Silent Thought Brotherhood is to place means within the easy reach of members, by which they may, through the power of silent co-operative thought, more effectually help each other to keep closely in touch with the higher self. A special subject is then given the member for daily contemplation during each noon hour observance, that the member may more readily become directly en-rapport with the deeper currents of co-operative thought.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The main work is for each member to do for himself. That principle, and its methods of application, are more and more emphasized at each step in a student's growth, until he is able to dispense with all outside helps.

One should not be dependent upon outside props. His dependence should be upon practices of mental concentration which awaken those life powers within, which were never created because they have always existed. It is of great advantage to practice thought concentration in co-operation with others, and particularly with those who are practicedLife ScientistsIt results in interchanges of vibration which form themselves into rhythmic currents. Violinists will understand this law by the fact that it is much easier to play in an orchestra than when alone. Love means brotherhood. It means co-operation. Co-operative thought is not a contradiction of the principle that each one should depend upon the powers within himself. It is the unseen application of a principle of love which will bring into outward manifestation an actual brotherhood of man. The millenium must be a spiritual reality before it can become an outward actuality which will be visible to the human eye Do you comprehend these laws? Do you see how they may be applied in all practical affairs? They apply to every matter of health from consumption to delirium tremans; from dyspepsia and liver complaint to a pain in the big toe.

To strike the vibratory keynote of perfect health within, is within its province.

To strike the right chord of vibration within, is the magic power which will transform into harmony and successful results, a business which is "at sixes and sevens."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The sunlight of Love within, if reached, will penetrate to the most obscure points of a difficult religious enigma. It would also carry its rays of happiness throughout every avenue of the human consciousness.

Let each reader begin, now, to live the life of Love, by carrying the vibrations of Truth to hearts who need them. Do not say there is nothing I can do. You can, at least, sow seeds of Truth on the wings of loving co-operative thought, and, thereby, receive in return the rich benedictions and satisfactions which Love alone can bestow.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Nine—Test Questions.

129. What is true Life Science?
130. What one of its factors or principles appeals to you most?
131. Why?
132. What is the will?
133. Is there any power that rules the will?
134. If so, what?
135. Define the term love?
136. What, if anything, has it to do with Life Science?
137. Is the principle of Love scientifically exact?
138. Is it capable of being understood and intelligently applied?
139. Is it possible to unite in man the Love and wisdom principles of his life?
140. If so, is it desirable?
141. Why?
142. Can this revivify the life?
143. Why?
144. What should be man's main object of pursuit?

This lesson does not undertake to give the exact law of vibration, but as it gives much that leads up to it, it should be given close attention. The mind-soil needs to be prepared for the seed. It is the most abstract and yet the most practical of truths. In part seventeen, it is made comparatively simple. But it is well to give close attention to all that leads up to it as each part has its important use. It is interesting to note how the mind builds. When it is duly prepared for the reception of an important idea, then when it finally comes it seems as familiar as a long lost friend.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Mary D. Michner



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

10

CONDUCTED BY
ERNEST YATES LOOMIS,
INWOOD-ON-HUDSON, NEW YORK CITY.

52
PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
no.13

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

28Fe26

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Ten—Aims And Objects.

There is no sufficient reason, except ignorance, why true marriage should become unpopular. Knowledge upon the subject should help to stem the present tide of affairs which seems strongly averse to matrimony. With the increase of knowledge there has arisen an increased desire and demand for personal freedom. This is perhaps in part responsible for the present decline in matrimonial tendencies and also for so-called "race suicide." Marriage is not necessarily a bondage. The real tie should become even stronger as the right of mutual freedom is duly recognized and freely granted. Love and the mating instinct offers a sufficient basis of security for the marriage tie, without that narrow, selfish, limiting, jealous and plebeian absorption of personalities which is altogether too common in married life.

The commandment says, "Thou Shalt Love the Lord—the interior law—thy God with all thy heart and mind and soul and strength." Therefore the love of husband and wife should be made secondary to this all inclusive love. God—the interior law—your own perfect or dual self—is your Better half. All other loves are but a training for this Supreme love. It brings all things and therefore all things should be made subservient to it. There is an important principle and secret concerning this which will be subsequently given in this course of instruction. There is a wonderful power which will be yours as you learn to conserve the life forces and to transmute them into brain power and life results.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

MARRIAGE.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Beauty and innocence, if ignorant of the esotic significance of the matrimonial relations, or of the law of love, is quite liable to get entangled in the wrong matrimonial net.

How keen must be the disappointment of a fly, if, while in search of food, he lands in the center of a fresh sheet of "tanglefoot," mistaking it for molasses. The human heart has greater capacity than the fly for suffering as well as for enjoyment. It very properly seeks to satisfy its cravings and fulfil Love's promises through matrimony; but, like the fly, is liable to pay for a mistake with its life, or, with that which is worse, a living misery, an undying death.

It is said, "There is a skeleton in every closet." In most cases, such skeletons relate in some way to matrimonial mistakes, or questions of sex, and are the result of ignorance. The unfortunate victims of matrimonial mistakes, themselves frequently become but little more than skeletons, and thus act as the visible monuments of that which a peep into their closets might disclose. They are the living counterparts of their mistakes. The skulking specimens in their closets, with ceaseless grins and sardonic ha, ha's, are only the hollow mockery and irritating echoes. Nor, are these facts strange, when we duly consider the bitter aggravations, pains, penalties, and humiliations, which are suffered through such

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mistakes, and which, through ignorance, the victims are unable to avoid.

To enter the matrimonial arena, without the safe backing of scientific knowledge concerning its law as the main reliance, is to gamble in a matrimonial lottery, where the odds are greatly against you. The results are likely to be so disastrous, that you will not even retain sufficient sap of life, from which to make the vinegar to pickle your own skeleton.

All things are governed by invincible law. It can be clearly demonstrated that marriage has its scientific backing in the laws of Love and vibration; that by observing such laws, mistakes can be avoided, unless already made, and, even if so made, then partially, if not wholly, remedied.

The all in all of Life Science is Love and its laws; therefore, marriage becomes one of its primary and legitimate departments—a department which is closely related to that of business success. Life Science is the science of Love. It relates to everything which pertains to man, because, the human constitution is founded on the law of Love. The law of Love is the law of vibration. The law of vibration offers a comparatively simple key, which unlocks to man's comprehension the science of marriage, thus enabling him to understand when he is truly "in love," and how to preserve that heavenly condition without the use of salt, vinegar, or alcohol. Alcohol is frequently used to drown matrimonial disappointments, but is a poor substitute for that knowledge, which, by removing the cause, thus restores harmony and fulfils Love's native promises of happiness.

The principle of Love is the essence of life. Love,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the eternal, manifests through vibration. Vibration, the manifesting principle, was the original marriage. It is the union, or balance, of Love's masculine and feminine principles, of its positive and negative forces, of its centrifugal and centripetal tendencies. It follows evolution from its lowest to its highest forms. When a vibratory organism reaches the plane of conscious thought, it has power, through thought, to generate and control vibrations, and thus build environments according to its will. It is thus that each main element in the human constitution is built, and given its special rate of vibration, which rates, within reasonable limits, can, by a simple and scientific method, be ascertained. When those rates are so ascertained, matrimonial or business adaptations become a simple mathematical and chemical calculation.

Marriage, between man and woman, is the union of Love's highest vibratory products. Man is the chief product and representative of its centrifugal, and woman, of its centripetal, tendencies. Both tendencies are represented in the souls of each, but in different degrees. Every bodily organization, from the atom to man, is a combination of these two tendencies which are necessary attributes of manifestation and individuality.

Positive and negative elements in nature are only the different tendencies, adjustments, and varying rates of Love's vibrations. An increasing rate of vibration is a negative, or feminine, force, and, if disconnected from the positive, would soon be lost in the universal currents. Man's positive nature is, therefore, the counteracting force which protects woman's individuality. She, in turn, is the preserver of man's

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

individuality; because, to constantly remain positive, would be to give out his force until the supply would be exhausted, and then his individuality would cease. Each sex is the needed ballast which helps maintain the equilibrium of its opposite.

To be negative to the higher vibrations of the inner soul principles, is a simple method by which one may increase and replenish his vibratory force and power. It is to draw from a reservoir of Infinite power.

In woman, we find the negative, or receptive, feminine, principles predominant; as is shown even by her bodily organism. She is, therefore, more receptive than man, to a constant influx of higher spiritual vibrations. Her bodily delicacy and beauty, her finer intuitive faculties, and the general construction of her brain, show more plainly the fashioning hand of Love. To the degree that she, by hateful or impure thoughts and wrong habits, interferes with the rhythmic currents of loving vibrations, or obstructs the interior channels and fountain from which the Divine Love eminations spring, to that degree will she mar her beauty. To remove such obstructions, is to unveil that beauty which is ever an attribute of Divine Love. It is one of the main secrets of beauty and attractiveness, because, it deals with causes. A husband who prizes his wife's beauty, power, and sweetness, should do nothing to produce discord, reverse her love faculty, or pervert the action of her spiritual inbreathings.

Matrimonial mistakes and wrong habits always show their ear marks to the practiced observer. If one's matrimonial habits are wrong, natural law will not be slow in duly advertising the fact. The "husband" whose matrimonial "love" is little, if anything, more

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

than an animal instinct, need not *flatter* himself that the fact is unknown except to himself and "wife." It is proclaimed in his every act, or, perhaps, by a gross or cadeverous body, or by imbecile and vicious children. The punishments of natural law are not slow to follow. He opens himself up to the inroads of diabolical psychic influences from the invisible, which, by insidious methods, drain him of more force. He brings to himself innumerable discords and inharmonies to mar his happiness. He cheats himself of his "wife's" helpful power, respect, tenderness, and loving sympathy. His business suffers. His judgment becomes warped and unsound. He loses manliness and the power to accomplish truly successful results. By thus draining and depleting his life forces, he sows the seeds of disease. He becomes too blind to see what an "ass" he makes of himself. He becomes too pitifully stupid to understand how little the world really thinks of him; and thus his corpse-like body slumps along, until, by so draining its powers, and constantly sapping the very foundations of generated life, he becomes unable to hold his atoms together, and they are carted to the cemetery, perhaps with more ceremony, but with little more real mourning, than would follow if the useless and putrid corpse of a horse were taken from the streets.

The world knows enough not to mourn much, when, having outlived its usefulness, a walking carcass goes underground. What it wants is real live men, who are fired with noble ambitions; who are filled with the virility of conserved life forces; and who transmute such forces into active power, spirituality, and successful results, for purposes of loving helpfulness to others who may be weaker, and who may need help.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The principle of Love, within each heart, is the law which generates sex love. It generates it for loftier purposes than mere sensual pleasures, and is able to bring to justice all who disobey its laws. As wastes, through matrimonial degeneracy, tap the very root of the Love principle, the punishments are correspondingly severe. Should a man arrogate to himself the right to inflict such diabolical consequences upon a helpless "wife,"—perhaps the mother of his children—under the protection of matrimonial laws made by men as degenerate as himself? The man who desecrates the sacred name, wife, by using such a law to coerce and terrorize into submission to his base animal desires, the unfortunate one who happens to thus be under his protection (?) should remember that the Divine law, which created male and female as equals, had nothing to do with making such laws, nor will they interfere in the least with the self-acting *punishment* of that law of Love, even though his victim may not have sufficient strength and courage to protest for herself by lisping the word *coward*.

It is almost a crime, even, for man to inflict such disastrous consequences upon *himself*. Woman has the Divine and *Supreme* right to the independent purity of her own body, even though a "wife." Man has the same right, but, in his case that right is not likely to be interfered with.

Man may, for a time, by the sophistries of reason, by his dominating, tyrannical thought, and by brute strength browbeat and bulldoze woman into submission to that which not even a brute would *compel*; but, he cannot annul or escape the self-acting punishments of natural law. It will find ways of teaching him to be more *truly* selfish.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Esoteric philosophy teaches that to be truly selfish, one must observe the golden rule, and that the sorrows of one are the sorrows of all others. It is by this Divine right that I demand the justice of freedom for the wife. It is a supreme right which is above any man-made law. Woman should demand it for herself.

Man's powers are limitless, if he will but keep in close touch with his Infinite supply. As he represents a plus of the positive tendency which inclines him to ever give out, or diffuse, he is sadly in need of that feminine soul who is keyed to his rate of vibration, and who as wife may be his constant support, balance, and supply of spiritual power. "It is not good for man to be alone," nor, is it good for woman. The masculine and feminine principles in nature cannot be separated, because they are two halves of the one whole which we call God—Love—Truth.

Marriage is one of the delightful ways which nature has to teach man the great lesson of his non-separateness from his fellowmen—the sublime doctrine of a universal Brotherhood. If he refuses to be so taught, nature calmly waits until by too much diffusion, or waste, of his positive energies he becomes unable to hold the atoms of his body together, knowing that in some other life, if not in this, he will awaken to the absolute necessity of that balance which can only come when the feminine principle is duly represented in him. Human Love is the yearning of the soul for a balance and better manifestation of its masculine and feminine principles. Matrimony is never more than a makeshift until it represents *perfect* balance.

Perfect balance is rarely attained, except, when the law of vibration is relatively understood. Discords

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and repulsions are easily avoided when that law is fully understood. Matrimonial adaptations are then reduced to a scientific basis, where, at least, harmonious adjustments of difficulties can be made. It is not then subject to that lottery where there is only one capital prize, perhaps a few small prizes, and millions of blanks. Life Science also teaches simple methods of mental concentration and soul cultivation, by which one's rate of vibration may be changed, thus offering the available means for higher attainments in matrimonial happiness, even though mistakes may have already been made.

True marriage between man and woman, aids each in opening a mental door to the undercurrents of Love, thus enabling them to sink the consciousness to those Infinitely rapid vibrations within, that touch the keynote to which all material things are attuned. When that keynote is so reached, man is able to disintegrate matter, or to mould it into ideal forms, by the magic of his will. Then his surrounding circumstances are entirely under the control of his will.

From within, is the origin and source of man's vibratory force. To the degree that he can attach his thought consciousness to that exhaustless reservoir, will he be able to permeate his surroundings with vibratory currents, into which events and circumstances will flow according to his will. In that respect woman is a natural and powerful helper.

The positive, masculine, thought cannot go out without coming in contact with the comparative inertia of material things, which have lower rates of vibration, and which tend to slacken the speed of its thought vibrations. For that reason, man needs the constant help, companionship, and inspiration of woman's negative

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

moods and loving sympathies, from which he can absorb the power to better keep up the generation of new-thought children. Thus he is enabled to constantly infuse new vibratory power into the currents first set up by his plans and positive thought diffusions.

The reason woman's negative vibrations so powerfully attract man, is that he needs, and must have, a constant infusion of feminine elements and negative forces to replenish his energies, as they are scattered, diffused, and exhausted by his positive mental and bodily activities. Man is dependent on foods, sleep, negative moods, mental concentration, woman, and the long sleep called death, for his supply of positive force. His best "helpmate" is the woman whose negative, feminine, vibrations are most nearly keyed to the rate of his masculine vibrations.

It is not until your vibratory keynote is known, that your matrimonial adaptations can be determined with mathematical accuracy. Mathematics—the exact science of numbers—is founded on the law of vibration. Its esoteric object is to express rates of vibration. Numbers and vibrations have their correspondence throughout nature. "God geometrizes." Each number from one to ten has its esoteric significance. Life Scientistscan reduce any combination of numbers to its true octave in this scale. Each letter in the alphabet is founded on the mathematics of vibratory law, and relates to one or another of the first ten numbers. Words and language building were originally founded on the law of vibrations, and the esoteric meanings of those ten numbers. The vibrations of words are changed by the increased or decreased potency of thought, which is put into them by repetition, but they

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

rarely, if ever, do more than change from one to another octave of the vibrations which belong to the same number.

The word home contains "the sacred syllable" and has wonderful vibratory power. The song, "Home Sweet Home" has more power to-day than ever before, not only because its potent words and tones, in their combinations, were founded on the law of vibration which touches a deep vibratory current in the human constitution; but, also, because of the velocity they have acquired through constant repetition. Persistent repetition of thought vibration is Omnipotent.

The deep significance of Scriptural passages becomes apparent, when the mathematical vibratory power of the words which compose them, and their combinations, are so ascertained. It is one method by which Life Scientists can determine the esoteric power of a literary production. Every person needs that scientific self-knowledge which can be formulated with accuracy, only when the keynote of each undercurrent in his character is known. Such knowledge is practical in business life as well as in matrimonial matters.

According to the mathematics of vibration, marriage multiplies man's meaning ten fold. The mystic number which represents the word marriage, is ten. Man manifests nothing more than its unit, until, through marriage, that woman stands at his side, who, having the same rate of vibration, represents to him the cipher of Love's unmanifested principles. By that simple process, he is magically transformed into a figure ten, and thus becomes the equal of ten units.

The word matrimony is founded on the number two, the esoteric meaning of which is not only duality, but

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

separation. In practical life matrimony too often means only separation, instead of the complete oneness, perfection, and unity of two hearts, which is signified by the true marriage and its number ten. Ten is a perfect number. It is a union of the seven manifested principles of the perfect man, and the three unmanifested principles of Divine Love, which are represented by woman. Such a union of two hearts is only matrimony, if less than the ten principles are represented. If they are so represented, the after work of manifesting happiness and true success in all its meanings, becomes comparatively easy. The perfect marriage, like the perfect crystal, can be formed only when all its elements are duly represented in the chemical compound, and are in the right relations to each other.

The companionship of true marriage consists in the interchange between man's positive and woman's negative vibrations. Perfect interchanges are possible only when the masculine and feminine energies are balanced, and vibrate in unison on each of the three planes of body, mentality, and soul. Too much positive, or too much negative, would repel and antagonize. Nature seeks an equilibrium in marriage and reproduction, with the same fidelity that water seeks its level. Life Science opens an easy way for man to change his rate of vibration, and thus correct matrimonial mistakes and rule his fate. It shows how indifference, antagonisms, and repulsions may be replaced by a simple method of awakening love in another.

Modern matrimony offers many living examples of the separateness of two whom only the law "Hath joined together," but who are as far from marriage in its true meaning, as is its root number (two) from the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

number ten. How great the difference between matrimonial bitters, and the sweets of true Love.

Almost constantly the question is asked, "Is marriage a failure?" A large percentage of people seem to think that matrimonial buds on the tree of Love is only the invariable prelude to, and necessary indication of, the fact that the sweets of its sap will at once turn to vinegar. It must be admitted that such is too often the case, therefore, every earnest heart should candidly inquire the cause. The laws of thought teach that there are many nice questions involved, and, until those questions are better understood, it will be almost as difficult to fulfill Love's promises, through matrimony, as it is to extract sweets from the sap of a maple tree after the budding leaves begin to draw on it so heavily for sustenance. The warmth of spring starts the sap of a maple tree, and courtship starts the vibratory activity of Love. To give life to the leaves of a tree is the legitimate use of sap, and to give life and power to man or his kind is the only legitimate use of sex force. To exhaust such force, is to drain man of his power, and, if a husband, to breed matrimonial discords.

When matrimony has no stronger backing than the attractions of sex vibrations, its logical outcome is the bitter gall of sex repulsions as soon as the energy of those vibrations are exhausted. Nature will find some method of protecting its own. The consequences of matrimonial mistakes frequently become plainly visible before the end of the honeymoon. Nature's law of correspondence will tell tales on all who disobey such laws.

The Life Science realm is the interior law of things on which their outward correspondents are based. Although this law of correspondence is relentless in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

exposing our errors, it is, nevertheless, our best friend, because it enables us, through knowledge, to avoid errors. Especially is this applicable to the difficult questions of sex and matrimony. It teaches who should, and who should not, marry; it proclaims what undercurrents of character are at the seat of matrimonial inharmonies; it shows how discords may be prevented or removed by a removal of the cause.

Although thousands embark unwisely on the matrimonial sea, and countless thousands suffer appallingly painful consequences from their post-nuptial mistakes, it does not follow that marriage is a failure.

It is not a failure. The marriage of the masculine and feminine principles in nature, which produced vibration, has not been a failure, nor has marriage been a failure for man. His possibilities of ignorance are so stupendous that he might have done worse. Does that seem impossible? An imperfect matrimonial alliance may be better than other horns of the dilemma. Each person has a certain amount of sex life and force which natural law compels him to dispose of. Life implies activity, and ignorance implies that man will run against one or another of nature's prods and pokes, until he learns nature's laws—until his ignorance is overcome.

As sex force is generated life, it should be transmuted into life results—into brain power and spirituality—and be manifested in works of devoted and loving service to mankind. As the Love principle is the generator of such force, it follows, logically, that it should be expended in Love's broad and unlimited field. Its broadest field and highest plane is reached through its transmutation through regeneration as is shown in the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

results of three years' work by a well-known Nazarene who spent his life in loving service to others.

It is your privilege to live that life, and substitute Love's constant joy and bliss for the fleeting pleasures of sensuality, if you will but conserve and transmute the forces you generate.

Life Science teaches the true purposes of the love and sex forces, and how to get from them the richest results. It teaches how to kindle its fires under the boiler of thought, and transmute its vibratory energies into power for good, much as an engineer would kindle a fire under a boiler filled with water, or, perhaps, ice, and transmute the latent and solidified energies of coal and water into steam and power for man's good.

Manifestation, in all its relations throughout evolution, is a process of transmutation. The efforts of Divine Love—the eternal—to manifest or express itself cannot permanently miscarry. The principle of Love generates life essences in man that he may *express* Love through lofty ambitions and noble purposes of loving helpfulness to others. It will not permit him to permanently abandon its purposes. When he turns the forces so generated into wrong channels, it administers to him that severe medicine which Sir Walter Raleigh said was "a sure cure for all diseases," viz.: death. By cutting off the supply of life, and tenderly laying his worn-out body in the grave, his spiritual forces are given an opportunity to reorganize, through rest, until the time comes that he is again fitted for the Divine work of manifestation.

"The world is built from the ashes of the dead." The complete manifestation of Love can come only when man has *fully* learned the lesson of his relations

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to his fellowmen, and then lives the life of Love. He is slow in learning his lesson, but nature's method of teaching is sure. Infinite Love mercifully cuts off man's physical life when he becomes too lavishly extravagant of his forces, but from the ashes, Phoenix-like, it saves all that is best, thereby gradually forcing him to learn the earlier lessons of transmutation, even though he cannot then grasp with his understanding its sublimely transcendent meaning.

Individual man is so related to humanity by the laws of Love, that he can best reach the higher octaves of vibration by helping his weaker fellowmen. He may begin by being truly a protector to woman; by permitting her to transmute the forces of her love; by freely granting to her the Divine right of bodily independence in purity; by recognizing the indisputable and axiomatic law that the feminine principle in nature is fully equal to the masculine, and that woman is even nearer than man to the heart of being; by acting as the preserver and not the destroyer of woman's virtues. Man has no right to dominate or tyrannize over woman because she happens to be less aggressive than he. A human soul is greater than any human law. Marriage does not imply ownership. It means unity of effort in seeking the same goal, but with perfect freedom of individual action. Woman also should learn the same great lesson.

Love is sufficient as a binding cord. If the wife would regain the influence she exercised as a sweetheart, let her first regain more of her pre-nuptial independence. The husband will behave much better, if not quite certain that he "has a sure thing."

Let the wife lovingly persist in exercising the native purity and delicacy of her condition as sweetheart, and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

be the helpful leader in the life of regeneration, thus discarding the ownership idea and all other relics of the stone age. When both husband and wife live the life of regeneration, then will they be worthy of the sacred office of generation. When transmutation of life forces supercede the extravagant wastes which are so common in matrimony, then will life's happiness and life's results multiply until the soul is fully manifested in perfection, when its natural condition of joy and bliss will be restored.

A later issue will deal with other phazes of this great question, and give helpful rules that may be used as stepping stones to a higher life, greater power and success, and greatly increased happiness in marriage.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Ten—Test Questions.

145. What is marriage?
146. What are its main objects?
147. In the average marriage are those objects fulfilled?
148. If not, why?
149. What do you regard as the greatest menace to matrimonial happiness?
150. What is its greatest safeguard?
151. How could it be safeguarded more effectually?
152. Do you believe in divorce?
153. Why?
154. Do you believe in second marriages?
155. Why?
156. Do you believe a husband should be given the usual dominion over his wife's physical life, if it is offensive to her?
157. Why?
158. Do you believe in the conservation and transmutation of the sex forces?
159. Why?
160. How can marriage be made happier and more successful?

There are other lessons in this series which bear directly upon the subject of marriage, therefore, the intent here is simply to open the subject and perhaps give a few points that may provoke thought. The student of mathematics derives but little benefit from his studies where the teacher works out all the examples for him. Do the thing and you will know the rule. Do your own thinking if you would know all that is to be learned of "Life Science." Answer all the questions to your own satisfaction even though the written answers are never submitted for review. You hardly ever really know a thing until you are able to express it. It is not difficult to explain that which is clearly understood.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY

In placing before students this enlarged course of two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
.87C
No.11

Mary D. Richmond

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 11

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87L
no. 11-52

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Eleven—Aims And Objects.

It is desirable that the student should get it firmly fixed in his mind that we are in a world which is comprised entirely of forces—not of solids, but of forces, which are fluidic and plastic to the educated will that has learned its own power. There is nothing to prevent you from creating opportunities, and, within reasonable limits, of making yourself what you please. But as a condition of appropriating the powers of natural law you must understand it and must act as its instrument to do the Divine will. Great power must necessarily be laid upon the altar of service or else be shorn of its influence. God reigns supreme. All the rewards that even a God could offer are for whoever will learn and obey the Divine laws. Those laws are the essence of every "atom" of your being, they impel your every act and are striving for more complete expression in your life and in your environment. You cannot defeat, but can delay the fulfillment of their final purpose. To obstruct their action is to cheat yourself of benefits that might otherwise be yours. Your comparative ignorance is the chief obstruction. Truly, "knowledge is power." Self knowledge is the essence of wisdom and virtue. Life Science is but an intellectual embodiment of the principles of all life—of your life and mine.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

How to Create Opportunities.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Man's position in the world should be that of master and not slave. His power to think will enable him in time, not only to "subdue the earth," but to control "every living thing," and to overcome even death itself. True mastery may be called a science, because it is governed by fixed principles, which are as exact and eternal as are the principles of mathematics and the universe.

The laws of thought and vibration are the eternal principles which place transcendent possibilities within man's reach. It is because the principles of this science of mastery are so simple, that man discards them until everything else has been tried and found wanting. Truth is always simple. It is our webs of error that are so complex. How important it is to grasp the esoteric meanings of simple things.

One of the very simple things which has deeply esoteric meanings is your thought. It is continually creating for you opportunities and circumstances, good or bad. When you thoroughly understand your thought powers, you may create for yourself unlimited opportunities, and thus bring into your outward life, the embodiment of your highest ideals, your noblest ambitions and aspirations, and your heart's deepest cravings.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The illusions of sense tell us, that this world is an immense solid, full of rough corners and edges, and that it was not planned with any especial reference to our personal comfort, happiness or good. It is only when we comprehend its esoteric meanings that we discover an entirely different condition of things. First, we discover that it is not a solid, but fluid, or spiritual; that its every atom is only a rate of vibration, or mode of motion, and that every rate of vibration is represented within the heart of man, and is ever subject to the control of his thought, as soon as he has gained perfect thought control.

Man is subject to the control of circumstances, to the magnetic influence or gravity, of every outside organized body, including the planets which compose our Solar system, until, through self-knowledge, he is able to awaken within himself vibrations, or magnetic influences, which have higher rates of speed, and which are, therefore, more powerful, and abundantly able to neutralize, or control, such outward magnetisms.

The low vibrations of an inferior organism are easily disintegrated, or reorganized, by him, who, through knowledge, is able by the power of thought to consciously generate higher vibrations, thus touching its keynote. The greater includes the less. This power should be used with the utmost caution, because other organisms having the same keynotes might be affected at the same time, which might lead to disastrous results. The souls who remember the fate of Atlantis will need no such caution.

Self-knowledge enables man to awaken his latent potentialities and master his fate. The buffetings of fate are only for him who ignorantly drifts. The

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

process of mastery is comparatively simple. First of all, man must realize that those inner vibratory potentialities are actual realities *now*, and not mere fictions.

The acknowledged leaders of modern thought, although convinced that man, the microcosm, is a miniature universe in which exists all the potentialities of the macrocosm, have been unable to formulate practical rules by which man can bring into actual and immediate use, those inherent potentialities. They freely grant that each "atom" contains within itself some power which makes its evolution a foregone conclusion and necessity, but they fail to clearly link man to his exhaustless source from which he may borrow *now*, the conscious strength of its omnipotence. Life Sciencetakes man *behind* the mere outer scenes, which are but effects, and not only shows him his place in the universe, *as master*, but also shows him how he may deal with *causes* and so exercise those powers of mastery. These claims are facts, not fictions. They are scientific deductions from the laws of vibration and thought, and not mere "tommy rot." They are founded upon scientific and everlasting principles which any ordinary person who is able to become "as a little child," in freedom from prejudice, can comprehend and then apply. To so understand them is the chief corner stone in the temple of knowledge which enables man to create opportunities and demonstrate his mastery.

From our civilization has sprung a vast army of spiritual paralytics, who, in trying to escape from the blindness and narrowness of witch-hanging bigotry, have followed the backward swing of the pendulum, into a treadmill of agnosticism and materialistic thought, which they have trundled until their thought

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

vibrations have crusted into almost impenetrable shells of self, and, which gradually solidify, from that to dry rot, fossilization, and its consequent spiritual stagnation.

Materialistic philosophy has done much to "wipe the slate" of many theological errors, and by abandoning such dogmatic rubbish have cleared the way for something better, because more affirmative than materialism, but it has been at the personal expense of many of its pioneers and devotees, who have suffered the severe consequences of its narrow limitations. When, like the frog in the well, they regard that which they see as "the whole thing," it takes a very generous infusion of Love's life-giving and lubricating power, to again sufficiently set in motion their thinking machinery, so that it will "see" anything beyond the confining walls of these little "wells" of materialistic truth. To soon "go dry" is the natural result of their self-imposed bondage. He who "grubs around" on the mental "hard-tack" of worn out thought, is subsisting on a meager allowance of stale, mouldy, and almost lifeless crumbs. It is not strange that so-called death should soon come to the rescue of such a soul, and quickly change its outward form into something more fully representative of the soul's growth and individuality. The soul is deathless and will not be backward about exercising its Divine right and duty of self-preservation by discarding a body as soon as it becomes a useless incumbrance to soul growth. The whole ocean of Truth is the soul's natural heritage, and it cannot be permanently satisfied with that which may be contained in any one little "well."

Man's spiritual health will soon suffer if he ceases

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to be "hogish" in his appetite for Truth. It is the very soul of those vibrations which compose the body and personality, and, therefore, it is only natural that they and the body should quickly dry up, solidify, and die, unless constantly held responsive to new thought infusions.

The position of the materialistic fossil, like the religious bigot, is so weak, that he trembles at the suggested advent of any new thought. The invasion of a new idea, which threatens the sophistries of his pet philosophy, is, generally, a signal for that prairie dog yelp, which is the prelude to an informal dive into the hole, or "well," in which he has, perhaps, long been hibernating.

It is about as difficult for mental and spiritual liberation to come to him who refuses to think, as it is for an oyster to suddenly leap from his shell. Receptivity to new thought, is the preliminary to true advancement. The most brilliant mentality will soon become severely afflicted with "intellectual leprosy" and soul starvation, if long restricted to a diet of materialism, or to only that which the five senses can comprehend. It is the vibratory infusions of love and its spirituality which gives vitality to a mentality. New thoughts of Truth awaken the vibrations of Truth's eternal life, and may be used as a means of prolonging life.

Vibration is activity. Vibration is the life of the body, and therefore, inactivity is its death. Real activity is the activity of man's thought and interiors. Mere bodily activity tends to exhaust the bodily energies or vibrations. The use of tobacco and all narcotics tend to artificially excite and thus exhaust ones vibrations. That is why their use produces tem-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

porary pleasure, but subsequent nervousness and exhaustion. It is an extravagant waste of vibratory power, and, by letting down the bars, opens up channels for insidious and unrecognized attacks from invisible psychic vampires.

Before entering into a consideration of the cold principles of this philosophy, it would be well to consciously lay aside all preconceived opinions, past beliefs, reliance on authorities or traditions, and consider the principles purely on their own merits. You can then better see to what extent they are *self-evident* and axiomatic.

All of us are more or less the self-convicted slaves and prisoners of worn-out creeds and dogmas, and of that conglomeration of fictions and prejudices, which bind us to the illusions of ignorance, doubt, error, and unbelief, and blind us to the new truths, which, if entertained, might, by developing those inherent powers which relate us so intimately to the Infinite, thus be very helpful to us in overcoming our weaknesses and limitations.

Should a child of the Infinite consciously enlist in that forlorn, cowardly and idiotic brigade, each down-at-the-heel member of which, in marching over their imaginary bridge of sighs, is, at each long drawn out sigh, echoing the doleful wail, "I can't," "impossible," "worms of the dust," etc.? Should one's ignorance of the beyond, cause him to march under such a tattered, slavish and unworthy banner, or to quake at his every step? Should the fear of future disaster cause one to shirk, or forsake, the duty of happiness to-day? If a dog's tail must be cut off, will it hurt him any the less if he *dreads* it for a year in advance, or, if cut off an inch at a time?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Esoteric philosophy teaches that man's belief in his own weakness, depravity, and limitations, is founded on the falsehoods of ignorance, and, on the erroneous claim that he cannot comprehend things which are Infinite. Truth is Infinite and man's power to think, makes it possible for him to comprehend it. It is knowledge—self knowledge—which enables man to rise in his majesty and peep over the highest mountain of ignorance, thus causing it and its fictions, to fade into their native nothingness.

The reason every heart expands and grows, under the belief in, and desire for, its own omnipotence, is that the heart *is* inherently omnipotent. The laws of thought teach that the power to comprehend a thing or to desire it, necessarily implies the power in time to control and attain it.

The following basic principles are worthy of careful and unprejudiced consideration. First. All actual business results and material things are composed of "atoms," the essence of which is *vibration*, as is proved by the microscope, and now admitted by Science. Second. The creation of opportunities and the accomplishment of all results in business, art, or social life, is, therefore, a question of controlling the vibrations and vibratory currents of which they are composed. Third. The first cause of vibration is Love, but Love, being at one with Truth, the Omnipotent and Eternal, uses Truth's counterparts, which is man, the thinker, and his thought, as its creative and manifesting principles, thus giving to man, through vibration and thought, all of Love's omnipotence. Fourth. "Thoughts are things." Every thought produces or creates a form which is composed of vibration, and, if

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sufficiently intense and permanently held to, will densify and become objective in the material. Fifth. Man's thought and the power to think, being complete counterparts of Truth—the universal—represent the tremendous powers of Infinity, and man, through self knowledge and thought control, may fully demonstrate those powers. The soul is the power to think, and, through thought, may manifest the soul's omnipotence, as well as its generally acknowledged immortality. Sixth. As the powers of man's thought and of vibration are borrowed from Truth and Love the Omnipotent, the only way man can manifest those powers, through vibration, is by conforming to the laws of Love. To get away from those laws is to become feeble and inert. The reason is apparent. Seventh. Man's soul being the counterpart, or "likeness," of Truth, is indissolubly united to that source, and, like that source, is inherently the same yesterday, to-day, and forever. His conscious omnipotence, therefore, does not necessarily imply any particular length of time. His inherent powers are always on hand, patiently waiting for his recognition through self-knowledge.

God — Love — Truth — Man—Thought—Vibration "Is all and in all." Omnipresence is an actual and comprehensible fact. Omnipotence is not only a possibility but the everlasting reality of man's nature. Love, or Truth, delegates to man's thought the Divine work of creation, expression, and manifestation of forms through vibration as its agent. As is the race thought, so are the race forms. Invention precedes the outward manifestation of the things invented. "As a man thinketh in his heart, so is he."

In time, man's thought will become so powerful, and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

his will so intelligent, that his present lumbering methods of carrying ideas and inventions into outward effect, will be abandoned. He will then have direct and conscious control of vibration, and can marshall to his service any quantity of atoms, at the immediate command of his thought. The Christ could rebuild the "temple" in which he taught, as well as the (bodily) temple of his soul, in three days. It is claimed that the pyramids of Egypt were built by the magic of thought, and that mankind, as a race, will soon have convincing proof of that fact. Man may regain these "lost arts" by duly comprehending the powers within himself. When this philosophy, in its entirety, is understood, such knowledge will be safe in man's hands, because he will see that through vibration and thought, such powers are derived by him direct from the universal fountain of Divine Love and Truth, and, therefore, that they become possible, only when the laws of Love and Brotherhood are conformed to. This is the conscious atonement—At-one-ment—which every person must make before he can truly say, "I and the Father are one" not only potentially, but also in conscious, active power.

Within every atom is a spiritual striving, or life principle, which enables it to evolve. That striving or desire is thought. Its soul is the power to think. That power in the atom is deathless the same as it is in man, and, in time, will put to blush man's present state of development. Then why should we say high or low, or pronounce superficial verdicts of good or bad? "Judge not that ye be not judged, for with that judgment ye judge shall ye" set a standard by which your present stage of progress may be known. It is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

by constant recognition of the esoteric principles which give such Infinite promise to everything in nature—to every flower, every tree, every rock, and every human being, no matter how rough or lowly in exterior, that man may cultivate his latent powers, constantly give expression to the worshipful spirit of Love within himself, and become more and more responsive to its interior vibrations of power. He may thus cultivate his spirit of charity until it becomes wide as the universe. He may thus embrace within his tender compassion every living thing which feels, no matter how mean, depraved, or seemingly unworthy it may be. Then will he be able to awaken within himself life power that is worthy of the name. It is because such power pertains to Love, and thus becomes safe in his hands. True universal Love like a mother's love does not sit in judgment on the weaknesses of loved ones, because it has Infinite faith in a fulfillment of that promise of Infinite growth which lies within each heart as a result of its Divine nature. It is by recognition of our higher powers and the inherent powers of others that we develop them into manifestation.

It is a mistake to associate the development ofmental powers, or the creation of opportunities with any dominant use of will force. It is rather a process of unveiling those potentialities which lie within the human heart, thus making a way for the undercurrents of universal power, universal justice, and universal law, all of which are founded on universal Love. The dominant use of will force signifies obstructiveness of these universal currents, and, to that extent, tie man's hands. "I and the Father" can never become one in power except by becoming one in motive and intention.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Every use of will force which is not in harmony with universal Love, must react on the one so misusing it, with disasterous consequences in proportion to its power.

Life Science power consists in his ability to uncover the Love principle within himself by uniting his thought consciousness with its interior principles, with the higher self, with that principle of Love which is the exhaustless source of all vibratory power from omnipotence down. The path of devotion is, therefore, the short road to self mastery, and to the mastery of material circumstances. Man's devotions must become something more than an abject appeal for an undeserved good which he is too lazy to work for. Expressions of veneration and piety awaken interior vibratory activities, but true devotion goes farther and deeper yet. In its highest sense it is the action of an understood law which reaches those innermost vibrations of omnipotence within, which ever were, are now, and ever will be, a veritable reality in every heart. Power is thus awakened in conformity to a law and not in opposition to law. It is our *right* as children of the Infinite to ask, expect, and demand our inheritance (which is all the blessings of Infinity.) The action of this law is such that we must suffer the deprivations and hard knocks of our unworthiness, cowardice and ignorance, until we summon from within sufficient knowledge, courage, and gumption, to demand our rights as children of the most High. Our natures will hold us to the rack of necessity and labor, until we get sufficient mental "fodder" to understand *how* we can, as children of the Infinite, get *all* things by simply asking for them, when we learn to ask rightly.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

These results are possible because of universal laws which are laws of man's nature, therefore such possibilities can never be permanently taken away from him no matter what he does, or how foolish he may be.

Man's sufferings, poverty, and limitations are only the kindly hints of nature, which suggest that he *must* follow the thorny pathway of experience until he learns the laws of things and obeys the true process of acquiring knowledge and power. The method of experience is a method of work which subjects man to all the uncertainties and whims of fate—of the *evil* as well as the good of nature's savage elements. The true method of work is an interior method of dealing with vibratory causes, which enables man to get above the plane of mere fate, and create for himself those opportunities by which he can master fate.

Students should learn to discriminate between the vibrations, which may be awakened from *within*, and those which come by projecting the consciousness into the astral realms. To thus project the consciousness, is to make it more receptive to an influx of dangerous astral elementals, and undesirable psychic influences, with which the invisible is swarming. From within may be found an inexhaustible supply of vibratory power. It is ever safe to draw from its self-controlled fountain. To so draw on it daily, is one's only safety and protection against that horde of unseen, earth bound, psychic forces, which are ever watching for sympathetic conditions and negative unprotected points, that they may re-supply their waning and artificial conditions by draining their victims of force. To cultivate psychic power by the negative state or by projecting the consciousness, may create the opportunities

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to be led into such psychic pitfalls, and to other unsatisfactory results, but those are not the opportunities or results that the Life Scientist or wise student craves. It is appalling to see to what extent such dangers have been drifted into, and unconsciously realized, even by those whose earnest researches ought to be to them a protection. They do not seem to understand that to so project the psychic consciousness, while in a weak, unprotected, negative state, is to become negative and receptive to the diabolical influences which swarm that psychic line which connects the body with the then projected consciousness. It is to literally let down the bars for such forces to walk in, and thus they are built into the life. After that, to follow one's psychic leadings, is to follow where such a medley of imbibed forces naturally go, and, thus, new avenues for more and worse attacks are unconsciously opened up.

The unseen psychic forces which almost constantly surround us, are, as a rule, first, those vibratory organisms which are given birth to by the more or less selfish thoughts of people in general. Second, the earth-bound principles of criminals or others, who, at death, were at least selfishly inclined; and, third, those elemental forces in nature, which, to a greater or less extent, are organized into vibratory currents by the general race thought. These conditions are, of course, more dense and intense in large cities than they are elsewhere. They are connected with and hover around the scenes of their previous activities, therefore some districts are more seriously afflicted than others. The higher soul principles, after death of the body, are not easily attracted to scenes of such intense selfishness, which were, perhaps, through re-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pulsion, one chief cause of their deliverance, through death, from such unhappy scenes.

Psychic phenomena has done much to open the blindly materialistic eyes of persons who otherwise would not believe in even the continuity of life, nor is its work ended. It is not my purpose and desire to criticise the individuals who use their clairvoyant talents in the ways above indicated, but to define the principles, facts, and philosophy involved, that they and others may be helped to choose wisely in the use they make of their spiritual faculties and forces. Each person should gain experience and knowledge in his own way. Every imperfect way has its place until better and the best ways are found.

Do you ask how one can guard against such dangers and pitfalls? It is by drawing for force, guidance, knowledge, inspiration, and power, exclusively from the Infinite *within*, and not from without. The forces within are all yours and *exhaustless*, while those that may be obtained from without are only the comparatively weak and dying echoes of vibratory organisms, given birth to by other people's thought. Like drowning men they catch at every floating straw which tends to brace up their waning vibratory powers. It is only natural, therefore, that they should *get* more than they *give*, for self preservation is their *first*, if not their *only* law.

One may project the consciousness without being clairvoyant, or, without even understanding anything whatever of this philosophy. Any and all persons who yawn, sleep, or in any way get into negative states, as all at times do, are liable to imbibe undesirable psychic influences. Sympathetic conditions are sufficient invita-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tions for psychic organisms to do their work. They do not stop to ask, are you an Orthodox Christian, Spiritualist, Theosophist, Christian Scientist, or investigator of nature's higher laws? Christians and Pagans, sinners and saints alike, are to them desirable, to the extent of their susceptibility. All persons should use discrimination in these distinctions, and constantly cultivate that thought polarity, which will protect them during all negative moods.

After one has drawn deep draughts from the vibratory well within, it is safe to project the consciousness in a *positive*, but *not* in a *negative* way. One should, at times project the consciousness for the sake of *giving* force, but not for the sake of *receiving* it. Why should man go begging force from the urns of others, when he has an Infinite supply within, which may be had for the asking? The only true way to *give* helpful force to others, by projecting the consciousness, is to send them thought force that will more closely connect them with their higher selves, and, so help them to help themselves. "God helps him who helps himself," and man should follow God's example by so helping others to help themselves. To do so is the purpose of this publication, and of the Home Silent Thought Brotherhood. That also is the purpose of the Brotherhood's daily noon hour observance, as is explained especially to our regular yearly subscribers. That simple practice offers safe ways by which the members silently give daily helps to each other. Their united thought naturally organizes into *currents*, which tend to take them away from the inharmonious cross currents of race thought, which are the influences that bring accidents and uncertainties into life.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Let us suppose that your life is not what you desire that it should be, and that you are hemmed in with many disagreeable circumstances and environments, which are seemingly beyond your control. The simple question is, what steps should you take in the exercise of your inherent powers of mastery? First, you should obtain reliable self-knowledge from the best sources you know, so that you may better understand your individual talents and how best to develop and use them. Most every person is much more liberally endowed with capacity than he himself knows, and the chief objects of the character delineations which are given to those who join the fourth and fifth degrees of the Home Silent Thought Brotherhood, are, to show, by purely scientific methods, what those capacities are, and how to make the most of them. The slight cost is as nothing, when compared with the satisfaction and benefits to be derived by finding those niches which the Almighty designed that we should fill, and, also, how best to fill them. If one is not consciously perfect and omnipotent, he is not beyond the need of self-knowledge, because omnipotence and perfection is man's Divine birthright, and it can come into his outward possession only through self-knowledge. One's occupation and purposes in life should be chosen with special reference to his talents so determined. They should then be pursued with a determination to obtain the widest true success and usefulness which those talents and the laws of thought make possible.

After a pursuit is chosen, the first thing to do is to formulate plans and methods of making it a success, but before an attempt is made to form plans, the mood

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of success and fortune should first be produced. It can be produced by that process of mental concentration, which reaches the deeply interior vibrations and thoughts of the soul, which include not only a thoroughly comprehensive grasp of the subject, but also the power to successfully carry plans into effect when thus chosen. Those interior vibrations are so widely related that even while forming the plans, they, at the same time, reach out to the events, circumstances and persons best fitted to aid in accomplishing successful results. Such inner vibratory thought-activities are the real causes which attract success and should be the main reliance in the accomplishment of any undertaking, great or small. To simply form a plan and then mentally hold to it—and nothing more—is to constantly infuse the undercurrents of desired events, with fresh supplies of thought's vibratory power. If *continued*, it will densify those undercurrents until their corresponding events become objective and drift into the life. That is why the mood of mind is so important, in fact the thing of main importance. Even every desire is a thought which has vibratory power, hence the importance of centering on desires that will be permanent:

He who drifts with the general currents of fate, is subject to its uncertainities, but he, who by thought methods, manufactures for himself the undercurrents of the events desired, will, in spite of occasional "squally" appearances, have the satisfaction of reaping a generous harvest according to the seed so sown. Thought is the universal creative power. "In the *beginning* was the *word* and the word was with God and the word *was* God." Truth is God, or "the word," and man the thinker and his thought is its

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

creative and manifesting agent. Truth is the underlying reality, and the thinker is its creator of outward forms, therefore, man has the *unlimited* power to create opportunities and forms which *fully* manifest Truth—the Eternal Omnipotent and Universal. The principle is comparatively simple, and its application simple, if man will delve within himself for truth and power, instead of "gadding" about until exhausted in experimenting with rotten and useless outside props.

Mental concentration should precede every important outward act, and be practiced at regular times daily. In this way one may keep so closely in touch with his higher self that his every act, coming from that source, will be an action of *power*. Obstacles and difficulties should be mentally acknowledged, only to the extent of devising ways and means to overcome them, and, when so devised, such means should be promptly put into effect, even in the face of all apparent difficulties. It is when one's life is governed by a sound and understood principle, that his action is strong and effective. Impossibilities should be acknowledged *never*. There is no such word as impossible in the dictionary of thought, because thought is the exclusive and fully-empowered agent of Omnipotence.

The underlying realities of material things are their vibrations, and in controlling these realities, thought and the mood of success should be the main reliance. Thought, like heat, penetrates to the interiors of things. That is why heat expands the bar of solid steel. It is by changing its vibration. As water solidifies, if subject to the vibration of a low temperature, so will man's body solidify into an unfit instrument for his soul if kept in the low frigid surface vibrations of externalities

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

instead of in the warm, life-giving atmosphere, of its inherent vibratory realities.

Every discouraged word, or thought of fear and failure, helps to tear down and disorganize the currents of constructive thought, which are so potent in the creation of opportunities. It is because they interfere with the regularity of such currents. It is best to temporarily dismiss all thought of a plan or undertaking if you become unable to avoid anxious or discouraged thought concerning it. To so dismiss thought sometimes requires a vigorous effort, but it can be done if one is sufficiently determined. One can, at least temporarily, forget the deepest anxiety, or the severest affliction, by replacing thought of it, with some other thought. This can be done as would undoubtedly be demonstrated by one whose house should suddenly catch on fire, or a terrific earthquake come during such an affliction. Each mental faculty has its particular thought channel in the brain. If you allow any one, or even a few faculties, to monopolize your thought force, your brain will, in time, bulge out in that direction, and, perhaps, to the same extent, cave in, in some other equally important direction.

"A chain is only as strong as its weakest link. If you would control your moods and achieve success you must give each mental faculty, or "link," the support that is necessary to attain balance and its consequent power. If any one faculty is allowed to dominate your mental activities, thought control, and thought direction, are simply out of the question for the time being. The simple practice of daily thought concentration is very important if not essential to the acquirement of thought control. By a few moments proper concentra-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tion at the noon hour in connection with the Home Silent Thought Brotherhood, one may manufacture moods of power that will be felt in his every event of each day. This practice has very esoteric meanings which will unfold to the individual who duly observes it. It may be made the keynote to great attainments and great success. Each person therein has the available means by which he can, without expense, create for himself unlimited opportunities.

A few moments of true communion with one's interior world, enables him to carry its harmonies and powers into his outward acts. It is because he thus gets away from weak, surface vibrations, into a vibration which is able to deal with the interiors of things. In questions of judgment the subject, whatever it may be, is thus opened up more comprehensively, and in a way that its interiors may be seen. The mere outward sight of the World's Fair buildings at Chicago, would give a very inadequate idea of the wonderful things which were seen within their walls.

To anticipate the advent of a disagreeable event is to make its coming more sure and its unpleasantness more intense. The opposite is also true. The lesson is, to get into those harmonious interior realities which are entirely free from disagreeables, and thus bring bright and beautiful things into the life. Opposition and rough corners in life easily melt, if thus subjected to the high fluidic vibrations of Love. It is not for lack of power and talent that we fail to attain good life results, but because we fail to understand, develop, and use those powers we have.

One's self-knowledge and knowledge of human nature is generally his point of pride, but it is rare indeed

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

that such estimates of self can stand a scientific test or the test of true success. In fact the very ones who are the most confident, are those whose characters have the most bulges or caves, and the ones most blind to that fact.

Life is a great reality which is governed by scientific principles and laws. The individual who most earnestly and wisely seeks to understand and then apply those laws, is the one most apt to reap a rich harvest of true success, which is the natural and legitimate reward of self-knowledge. The coming events which cast their shadows before, can easily be foretold and made satisfactory by him who, through knowledge, creates his own opportunities, and then makes the most of them.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Eleven—Test Questions.

161. What is it to create?
162. Can man create opportunities?
163. Why?
164. What are the moving forces of the universe?
165. Are those forces inseparable from the power to think?
166. Why?
167. Do all persons possess them in varying degrees?
168. If so, why are they not recognized?
169. What is self-recognition?
170. When will it become complete?
171. What will be the result?
172. Is man the "image and likeness of God?"
173. What is it to become a complete reflection or manifestation of the Infinite?
174. Is this possible to you?
175. Is it desirable?
176. Why?

It is ever the tendency of the ideal to become externalized. It becomes so through thought. It is therefore important that each person should gain a true conception of his own inherent possibilities, that he may, in thought, live in them until they become externalized. The problem for the individual, is, how to be sufficiently universal in his aims and conceptions of himself, and at the same time concrete and practical in his methods of life. Concentration will help to harmonize the extremes of Being. It is unnecessary to live in a mental poor-house. Are you doing so?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87l
No.13

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 13

Send Orders to
BROTHERHOOD BOOK CONCERN.
28 East 9th St., New York.

52 PARTS

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.13

SUBJECTS AND BRIEF SYNOPSES
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION: Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

[illegible] would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Thirteen—Aims And Objects.

The first condition of true success is health—health in the sense of wholeness and holiness. Lack of faith is absurd. It is the first stage of insanity in that it indicates that one is at least partially disconnected from his source. All ills arise from being so disconnected and may be remedied by removing the cause. The Christ said, "Thy faith hath made thee whole," thus indicating the close relationship between health, wholeness and faith. Mental concentration or prayer is an exercise of faith which leads to an increased supply, and, consequently, to a restoration of the bodily conditions. One should pray to the "Father" or Principle of Life "which art in heaven" within and it will result in an influx of spiritual power which will first infuse the interior and external consciousness, then the body, and then will go wherever the thoughts may have been sent—into one's purposes and entire network of circumstances and conditions. The body is but the reflection of the mentality. That is why thought can poison the fluids of the body, make one weak or strong, interfere with or promote digestion or even turn the hair gray instantaneously. Your mentality is your life. "As a man thinketh in his heart so is he." If you would have health and success gain self-poise and a thorough control of your frames of mind.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Health.

COPYRIGHTED 1897 BY ERNEST LOOMIS.

Our Medical and Scientific Wisacres, though forced to concede the Life Science principles seem as yet unable to fully apply those principles, or to even comprehend its stupendous possibilities. Until they do, it is of course impossible for them to reap its legitimate rewards. They should expect little except unsatisfactory results, so long as they hover around its borderland and, buzzard-like, feed on its carrion of hypnotism and certain phases of "psychic phenomena." When the philosophy in all its completeness is more fully understood, such results and the misapplication of its laws will disappear in the bosom of its more truly applied higher meanings.

For the benefit of Physicians and others who desire to fully master the simple secret of that exact scientific principle which, when understood, places the wonderful gift of health at their command and in their permanent possession, an effort will be made to clearly outline the principles involved, and in the light of those principles, show why the action of medicines upon the human system is so uncertain and unsatisfactory.

It is by contrasting old methods with the new, that the most simple person can distinguish the false from the true, and thus be led to that royal and irresistible

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pathway of obedience to natures laws, which at every step is so tinged with ideality and so prolific in rewards.

But what is nature, and what are nature's laws? Are they something distinct and separate from man, of which he is only the product or perhaps the infinitesimal part? It is from that false premise that so many serious errors arise, and therefore the point should receive from each reader the adequate search-light of a most thorough analysis, that the falsity of such a foundation may become apparent.

It is easy to overlook or forget the fact that "nature," as well as disease, is a transitory something which has no reality except to that which is transitory in man, and that there is a something within man which is permanent and not transitory. The transitory cannot produce a permanent. It is only a manifestation.

The laws of the permanent are necessarily also the laws of the transitory, and therefore it is to that which is permanent in man that we must look for laws that will make health permanent. The laws of man's permanent being are also the laws of nature, for man is the exclusive manifesting agent of the Eternal. World's and systems of worlds may come and go, but the power to think, or life principle within man, remains. It is an indestructible and eternal reality. Being at one with the cause of all things it "wants," not only "the earth," "but also all other planets." Its appetite for Truth, its cause, is ravenous. Its insatiable ambition will be satisfied with nothing less than the manifestations of Truth's Omnipotence. Why should it be, when that was the purpose for which man was created?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

That much despised instinct of so-called selfishness within man should be encouraged, but also educated to regard every part of the Universe as a part of itself. It instinctively loves and strives to protect its own, and therefore, when educated to regard all things as its own, its law will thus become the law of love. It is an indestructible and self-preserving life principle within each individual, which is a permanent tendency ever pushing forward the creation of its universe as its ultimate. It is only in that ultimate that it will outwardly manifest all that lies buried within itself.

It is a proved scientific fact, that the wonderful potentialities which exist within man, the microcosm, equal and include all which are manifested in the macrocosm. Man could not even think of a thing that did not have its correspondence within himself. Each heart will in time experience the incomprehensibly rapturous thrills of perfect and universal soul-consciousness.

Its every pain will push, and its every pleasure entice it in that direction, until the goal of perfected health and complete manifestation is reached. It is self-evident that its tendency to express, if permanent, must in time manifest all that it has the *power* to express,—all its latent possibilities.

As higher soul-consciousness is reached, individual differences will vanish.

When, through understanding, the law of selfishness becomes the law of love, discords and inharmonies gradually disappear and all seeming conflictions in individual ambition become nothing worse than the separate but harmonious notes in one grand chorus.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Until the harmony between those seemingly opposite laws is understood and carried fully into effect, it will be impossible for man to exercise his rightful powers of universal dominion. The laws of thought and of vibration explain why and when truly seen in their relations and inter-relations with the laws of love and of selfishness, it becomes evident how the universal can fully manifest through each and every individual.

It is as easy for Ominpotent Truth to manifest through a million thinkers, as it is for a million mirrors to each cast an image of the same thing. The individual who will look in that many mirrors, will perhaps in each, find an image of himself.

Your present individuality is your universe of to-day. Thought was its builder. It represents only the sum-total of your past thoughts. Its end is not yet. It is ever pushing forward to the complete manifestation of Truth.

As the indestructible impulse to think is your soul, it will in time outwardly build all that is in that soul, all of Truth that it represents. Your thought is as unlimited in building power as is Truth, its cause, and only when it has manifested all there is of Truth, will its universe be complete.

The secret of health is the secret of eliminating from your present individuality all untrue thoughts. It is a process of getting more closely in touch with your innermost soul's Ominpotence. It is a process of bringing to the surface the innermost Truth of your Being. It is that thought which represents yourself as you eternally are, and therefore it may come to you "In the twinkling of an eye."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is a mistake to think that evolution necessarily implies the lapse of any particular length of time. Omnipotence necessarily implies the possibility of doing things instantaneously, for otherwise it would be a little less than Omnipotence. Its magic is only the action of higher laws, which, for the time being at least, set aside all more lumbering evolutionary methods.

Every atom contains within itself the indestructible power to grow, and therefore magic is possible to it. Whenever latent power suddenly comes to the surface, the inevitable consequence is necessarily magical results. The sudden action of a deeply latent truth is white magic. The sudden action of a deeply latent error is black magic. Hypnotism, even at its best, is an inverted half-black magic method, which is almost certain to drive farther within the inharmonious errors of surface vibrations. It should not be used in the treatment of disease. If used, the disease will generally become more deeply seated in spite of all appearances to the contrary. It is only a little better than the methods of "Medical Science," which advocates the erroneous doctrine of doing evil that good may come. When the laws of white magic are understood, such doctrines will become obsolete. The white magic methods are to deal directly with the within, and thus bring its harmonies into the without.

It is not evil, but good, to use the surgery of Truth, to cut away the cancerous errors with which Medical Science has become permeated and overloaded. It is not necessarily a reflection on the motives or superb intellectuality of Scientific and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Medical authorities to say that their inverted scientific systems are ague-stricken almost beyond recovery, because so long dependent for vitality on the malarial atmosphere of a swampy and false foundation. Truly "The science (?) of medicine is a science of guess-work," as many of its most eminent authorities have frankly and repeatedly acknowledged. Nor does it seem strange, when those exact laws of thought and vibration on which all treatment of disease should be based are duly understood.

I make no war on physicians as *individuals*, or on those able, kindly, earnest and true men who as a rule have led the profession, but I uncompromisingly attack the *principles* of their so-called Science, because they are unsound and unscientific. Do you ask by what anthority I make such a broad and sweeping statement? It is by the supreme authority of a self-evident Truth, which is the only authority worth having.

Medical Science practically ignores causes, and contents itself to deal almost wholly with fragmentary effects. It practically assumes that "the body is the man," as if to lose an arm, or a leg, would necessarily abstract from man a large portion of his manhood and soul. The whole doctrine of immortality, which is almost universally believed in, presupposes permanent soul-principles, and, therefore, contradicts such a presumptuous claim. The millions of victims of medical mistakes, if they could but appear bodily on the scene, would contradict it in one grand and triumphant chorus.

Medical Science almost entirely ignores in practice that permanent and imoprtant something which is the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

real man, and which must be dealt with understandingly before conditions of health can be uniformly produced or maintained. It deals with but fragments of effects, instead of causes.

The body is only an echo of a reality. To doctor it alone is to deal with echoes, and not with the underlying realities. It is to have an important business transaction with a lying, unauthorized and irresponsible agent. It is to accept as a reality false and deceptive appearances, and thereby get false and uncertain results.

Many of the medical methods are as roundabout as it would be to lasso a 1,500-lb. cow and haul her up, by the neck, on a high roof, that she might rid the ridgeboard of a few scattering spears of grass that may have grown from its cracks. If in the operation she should protrude her tongue, it would not necessarily mean that the cause was her hunger for the grass. Nor are the abnormal distortions and ignorantly created agonies of the sick-bed necessary factors of a disease.

Medical Science has abandoned bleeding, salivation, and such vulgar and nonsensical treatments, and replaced them with methods which, though more refined, are but a little less ridiculous, and are almost as far as ever from the true methods. It was said of Jack Bunting that "He knew not what to do, and so he swore." How fortunate it would be for many "patients" if their physicians would do nothing worse! Guess-work in the use of poisons should have no place, where a human life is at stake.

It is possible for a medicine to acquire a borrowed vibratory potency, and when administered produce a

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

temporarily apparent effect by changing the external rates of bodily vibration, but it drives bodily inharmonies within, and therefore, any seeming benefit received is at the expense of the underlying realities. Sooner or later a disease so treated is likely to reappear with added force, because each time a medicine is used the real difficulty becomes worse and reaches farther into the interiors. It will then require a larger dose of medicine to produce its previous effect. Those who are chronic users of opiates, narcotics, or even cathartics, will hardly need be told this.

It is a well-known fact that to stimulate by medicines the action of the liver, for instance, may help it temporarily, but it weakens its power to help itself. The liver is a plexus of vibratory force, and its interior sensibilities should be quickened from within, and not deadened by the use of external methods.

Medical Science, like hypnotism, can, by dealing with the outer, reach the inner, but unfortunately, it thus casts on the inner the inharmonies of the outer, and makes more deeply seated the difficulties it is then seeking to overcome. The action of medicines, as well as hypnotic influences, are clearly seen when the law of vibration and the constitution of man are understood. By close analysis, the atoms of the body can be reduced to "rates of vibration." They are comparatively slow, and external rates of vibration. Their cause is the higher (because more interior) rates of vibration. The innermost first cause of both high and low rates of vibration, is the ever harmonious and unchangeable law of Love—Truth, which is the original life-germ within every human heart.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Health is the necessary consequence of bringing to the surface the vibrations which continually emanate from these interior laws. Disease, or lack of ease, is caused by the efforts of the spirit to cast off, or drive away, external vibratory inharmonies, and thus produce an equilibrium. Those efforts should be encouraged and not counteracted. They may be encouraged by a simple thought-process, which is known to Life Scientists and which will be indicated in the following number. They are counteracted whenever medicines are taken. Health is equilibrium.

Do you ask if it is possible to abandon all external methods and escape their detrimental and uncertain results? Most decidedly yes. Why? Because it is possible to deal directly with interior vibratory causes, and thereby obtain more uniform results. How? By a process of thought. Your thought permeates your every bodily vibration, or "atom."

When these great principles become thoroughly imbedded in your understanding, it will begin at once to relieve your spirit of a formidable obstacle and constant menace to your health. It is because every thought has its vibratory effect. Every true thought helps to permeate your being with a higher vibration. An erroneous thought has but little vibratory power, and loads your more rapid vibrations or spiritual forces with its dead-weight and disease. It is like applying brakes to a car-wheel. It slackens your progress. If continually repeated, it leads to inertia, stagnation, and physical death. Thoughtless exaggerations and careless inaccuracies in speech *build*, but the wrong way, and they train your mind for the reception of more

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

malignant and insidious untruths and disease. Their inharmonious vibrations should be gradually replaced by those strictly truthful thoughts, which will constantly emanate harmonious vibrations.

It is by the power of your own thought that you may be "redeemed," and obtain "forgiveness," for every error, or "sin," against your own spirit. The process is simple. It should be used for the minor as well as for all the major infringements of those thought-laws which govern your permanent being. Those laws are self-acting in their rewards, as well as in their punishments. Adequate reward will be the inevitable consequence of obedience; nor will the God within suffer from insomnia, or feel pain, if you foolishly choose to disobey them. It is your privilege to exercise that prerogative. "You simply pay" the far-reaching penalty and thus "take your choice."

Science has undertaken to prove that life has its origin in life itself; that "Life must precede life." Physical heredity does not truly explain the origin of life. Life is the *IS* of things. It ever is. My real life ever is. If another could really give life to me, his life would thus become a part of me.

The physical life of each individual springs from something within his own soul as its cause, instead of through the law of heredity as that law is ordinarily understood. My soul will exist during an endless future; therefore it must have existed during an endless past. A beginning would necessitate an end, for that which has the one end must have another.

The creative, unchangeable soul or life principles within the interiors of every heart is that within the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

heart which can, through knowledge, also become a controlling element of its accompanying physical life from the cradle to the grave. Man needs only to know how intimately his external "atoms" are related to those ever-harmonious, all-inclusive, and unchangeable interior laws, to understand that by a simple thought process he may constantly re-vitalize those atoms until his entire body pulsates wi h the harmonious, life-giving, vibratory inbreathings, from those Divine principles within.

"Microbes" are a bugaboo which gives but little anxiety to the Life Scientist. Every individual is the creator of his own "microbes." They are, like all other external conditions composed of "atoms."

When the slow and plodding vibrations which compose their "atoms," come in close contact with the more speedy bodily vibrations, or "atoms," it is like their suddenly running against a buzz-saw. The result is *war* or inharmony at once. The speedy vibrations naturally say, "Why do you interfere with my rapid progress? I'll teach you a needed lesson, Z——Z— h!" and away they tear at a break-neck speed. These lowly "microbes" are naturally indignant, and perhaps snarl out, "How presumptuous in you, to yank me along at such an undignified gait! If you don't let me plod along in my own way, I'll jump on to your neck and ride. We will see which can stand it the longest;" and thus they become a dead-weight and enemy to progress—rapid vibration—life. The rapid vibrations then suffer the exhaustions of such an unnecessary load and continual battle with these natural enemies of physical life. It is by a thought process that man

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

may most easily end the warfare. It is by making friends of his microbes. He can meet with only partial success, so long as he fights them by external means. These little knaves and cut-throats make the best of health soldiers when equipped with the proper arms and ammunition, and when their surplus energies are turned into the channel of its legitimate warfare.

The vibratory atmosphere of man's innermost soul principles is not charged with "microbes," and it is by the constant inbreathings of that atmosphere that he may infuse his physical microbes with its life-giving vitality, and so place them on a friendly footing of equal speed. It is only a question of putting them in touch with rapid and harmonious vibrations within.

It should be ever remembered, that *all* external objects and conditions are composed of "atoms" which, when resolved to their last physical analysis, are only rates of vibration. Thought is a proved generator of vibration. It is powerful to the extent that it gets in close touch with the interior cause of vibration. When man learns the simple secret of placing his thought in *perfect* touch with that interior cause, to him will be delegated the power to permeate not only his body, but also external objects and his surrounding conditions with its life-giving harmonies.

Your permanent self or spirit is a "whale," which, in its efforts to manifest, has started with small beginnings. It has swallowed many "Jonahs" of error. There will always be more or less unrest, so long as there are such "Jonahs" in your "whale's" belly. With each "Jonah" of untruth that you swallow and so cast on the inner, you increase the inner turmoil and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

unrest. Whenever a great truth is mentally appropriated, it begins at once to build its vibratory strength into the sub-concious mind. It tickles the throat of your spiritual "whale" and enables you to heave at least one more "Jonah." When the basic truths of your being are fully understood, it will in time so stir the inner depths, that you will be able to make a final heave that will rid you of every "Jonah" that interferes with your health or peace. Your bodily vibrations then come in close touch with the inner harmonies, and therefore manifest its perfect health and equilibrium.

It is unnecessary that life or health should hang on but a slender and tender thread. Man's *real* life is absolutely indestructible, and so are the laws of manifestation which govern his physical existence. A time will come when even an axe may, by a blow, be buried in his flesh, without necessitating a flow of blood; when the higher vibratory currents which compose the "atoms" and outlines of the axe may, through knowledge, be changed or even disintegrated instantaneously, by the magic of a thought, and when the currents of his blood may be as suddenly changed, through the application of an understood thought-law, as they now are by the negative action of fear, or of other human emotions. It is only when man ignorantly lives in the transitory, external vibrations, that his physical life and health are uncertain.

The power to think is that within man which lasts. It becomes economical of its life-giving, vibratory vitality, only when the thought-consciousness dwells on things which are far away from that interior seat. Within its innermost recesses dwells the ever-living

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

vibratory cause of all physical life, harmony, and external power.

He whose thought wanders far and long from that interior Father principle, is a "Prodigal Son" and is "Wasting his *sub*-stance among harlots in riotous living." That tender Father heart is ever waiting in patience for the return of every dilapidated thought-prodigal, and will "Go out and meet with open arms" every such "Son" who shows the proper symptoms of returning to that ever hospitable home of the soul, where there is always vibratory "Bread enough and to spare." The unsatisfying "husks" of externalities will in time, through repulsion, breed in every heart a desire to return, and that desire should be promptlyobeyed.

The Biblical parable of the "Prodigal" does not put the case half strong enough, but it is because of the inadequacy of words. When the real esoteric meaning of that parable is understood, it will be seen that to return to the "Father" within, does not require any sacrifice of personal interests, for it places in man's hands anhigherpower, by which he can greatly increase his material interests as well as his happiness, satisfactions, and usefulness.

The selfish mind will not misuse his higher powers, when he clearly understands what would be the self-destructive consequences of so doing; nor can he easily use or misuse those powers, until he understands the laws on which they are based, in which event he will also understand what would be the terrible consequences to him of their misuse. These laws simply *must* be understood, before uniformly good health can be obtained.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Man's higher powers are derived through his thought. It is by a process of thought that he can awaken interior life forces, which when understood, can become in their action as scientifically exact and universal as are the basic and universal laws from which they spring. These forces are subject to the will of man, whenever he fulfills the easy conditions on which a use of the laws of thought and vibration is based. It is, of course, by a process of thought that he can invoke and command their harmonious flow into his physical life.

No matter how inharmonious your surface vibrations, or "atoms," may be, you should remember that your inner vibrations are as harmonious as is the most peaceful summer day-dream. By coming into perfect touch with these innermost harmonies, outward or physical action to correspond must necessarily follow.

It is but the spontaneous action of universal laws, which are as complete in the most humble person as they are in the planet on which that person lives.

Extnreal vibratory discords may be neutralized by a simple thought process that is available *now*.

So long as man's thought-ears are attuned only to the grating and soul-less external sounds, which are but discordant echoes, he will not be able to comprehend how entrancingly beautiful is the music which might be his. "The music of the spheres" is a silent poem which has its correspondence within each heart, and it is by co-operation with the higher laws within, instead of by any external process, that man may become responsive to its universal rhythm. To learn those universal laws, is the natural prelude to their application. First study,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

then practice them, and at an unexpected moment the magic touch of a harmonious chord within, will express itself in outward harmony and perfect physical health. The great musician or genius, as well as the true magician, looks to the within instead of the without for his inspiration.

Our civilization is prone to regard great size and unlimited time as necessary factors of Omnipotence, and therefore they forget that all time and all space is represented within each and every human heart.

If the soul of man is immortal, then why cannot his body become immortal also? It can, through knowledge, be preserved through countless ages if desired. What more would you ask?

It is not easy for a truth to die from old age, or to become diseased, nor is it any easier to injure the health of him who keeps closely in touch with those interior soul principles which are at one with Truth, and, like it, are from everlasting to everlasting.

The power to think is that native germ which, like Truth—its cause—can be trampled upon, buried under mountains of ignorance, sunk in the quag-mire of error, or subjected to the most ridiculous, insulting and degrading impositions, without suffering to any degree the loss of its native powers and vitality. Phœnix-like, it will rise from the ashes of the dead, time and time again, until its original purpose is fulfilled. That purpose is to demonstrate through you, through me, and through every heart, the Omnipotence of that within the heart which gives it immortality.

Let us cease our efforts to find in mere external things that "elixir of life" which can be found only

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

in that Divine trinity of Love, thought, and vibration, which is the God within, from which each one should manufacture his self-existent universe without.

Within that Divine principle is the gift of health, which, with many persons, is like Artemus Ward's, "gift of oratory." It is "left at home" with the soul, and off they go with that evolutionary caravan and circus, where so many Divine clowns are making a farce of life, for the amusement of elementary youngsters who have not yet learned how to laugh *last*. Such a rough life in the vitiated atmosphere of an unventilated circus tent is not the best way to find or preserve the gift of health.

Success in its broadest sense is dependent on the big little "if" of health, and therefore the importance of that knowledge by which it can be attained and maintained can hardly be measured. Life itself is a law, and health is the result of that law put into operation. It follows that there are exact methods by which man can keep permanent possession of his gift of health.

The following number will outline some of those methods. It will be the result of an effort to reduce to a practical working basis the basic principles involved, and to formulate actual practices which, if duly observed, cannot fail to be fruitful in good results.

Most every puzzle is simple when understood, but until then the most simple one may be as puzzling as the most complex. The health puzzle has been very puzzling to physicians, because they have failed to study it in the light of what man is, but have depended almost entirely upon deductions from a false premise.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Deductive reasonings, unaided, can become reliable only when evolution is completed, for only then will their underlying fabric of facts be complete and reliable.

One could live thousands of ordinary lives and die as many deaths in the meantime, therefore who would be willing to wait until then for his health?

Although this life is only a transitory stage in the evolution of the soul, it has its deeply esoteric meanings, and it is with a profoundly deep sense of its importance to each and every individual, that I write of its meanings as I understand them.

Every question which concerns man leads back to the laws of his life—to the question of what man is—to a spiritual cause. Those laws are the true laws of health, and when truly seen will also apply with equal force to every practical affair and every condition in life.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Thirteen—Test Questions.

193. What is health?
194. What are some of the main conditions of health?
195. What causes health or disease—the mind or the body?
196. Why?
197. Is all disease remedial in its tendencies?
198. State some of your reasons?
199. Need one be disturbed by symptoms of disease?
200. Why?
201. What are microbes?
202. What, if any, useful office do they perform?
203. Have drugs or medicines any effect except to stimulate or deaden?
204. What, if any?
205. Does a stimulant necessarily produce a reaction and consequent weakness?
206. Is it wise to stimulate overworked bodily organs that are already weak?
207. Why?
208. Can the deadening of one's bodily forces ever produce health?

If medicines perform no useful office except to deaden or over-stimulate organs that are already weak, then to use them in any form is a crime against Nature. It is to do evil that good may come. It is a process of embalming one even before he is dead. It is truly a species of embalming to fill the body with so-called medicines. It is well known that it is sometimes years before the effects of medicines can be entirely overcome and that if continually taken, increased doses are required to produce the same effect. Ask yourself why this is, and if ever again tempted to give medicines to another be sure and first tell him that you are but embalming him and thereby hastening his death. Let this image rest in your mind. It may help save you from serious errors.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

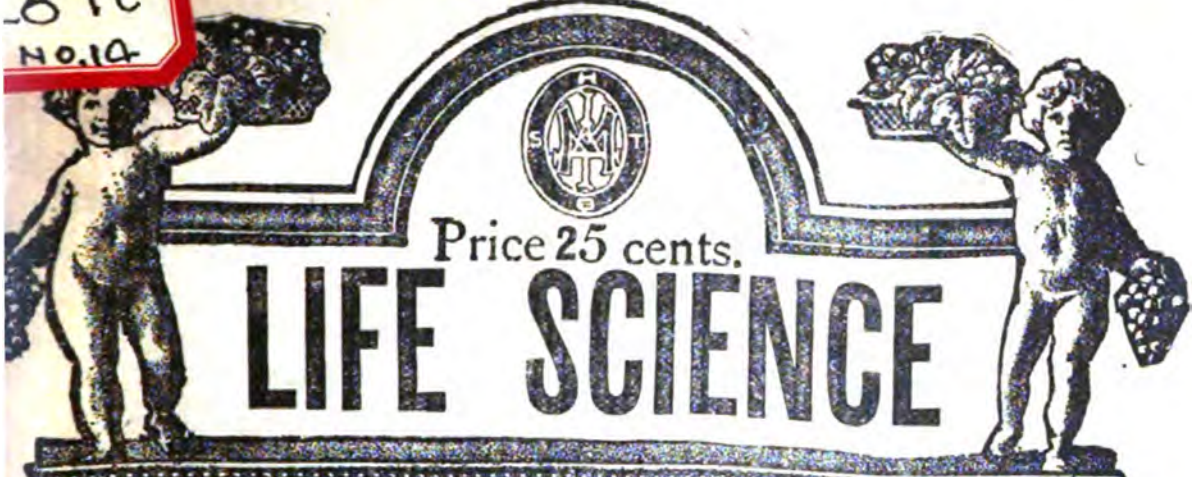
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

T10
.87e
No.14

Mary D. Brenner



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 14

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 197?

G • E • 572

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L67L
no. 14

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

26Fe25

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your [illegible] ful endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are [illegible] for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Fourteen—Aims And Objects.

It is a principle of life that all real healing is a result of power which resides within the organism rather than of something external that may be infused or taken into it. Nature does the healing. Nature is but another name for that Principle we call God, which is all, and within all, here and everywhere, now and forever. As the mentality is the man it is through the mentality that this great Principle of Power can gain most easy access to every avenue of the body. To mentally recognize that power is to make the whole organism more receptive to its healing influences just as an act of will can open or close the pores of the skin to the action of heat or cold. Did the Christ give medicines in the healing of disease? Is it not reasonable to suppose He would have done so had it been the best way?

There are important psychological and other reasons for believing that during the next comparatively few years new diseases will arise as a result of secret psychological and other causes which few would understand if but briefly explained. Insanity is already increasing at a tremendous rate. Physicians will be baffled more than ever unless they go deeper into the laws of life and healing than any existing Medical College is able at present to take them. I speak with authority upon these and other points which deeply concern you and yours. Your own heart should tell you this.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Health Recipes.

COPYRIGHTED 1897, BY ERNEST LOOMIS.

Those who are Life Scientists will understand the esoteric significance of the following formulas. Others who are able to "Read between the lines," and still others, are likely to apply them. To the extent that they are fully applied, can they be depended upon to bring convincing demonstrations in actual results. They may be successfully and helpfully used by any person who is seeking more perfect health, better material surroundings, higher standards of character, and true happiness.

Their applications in individual lives, vary as widely as do the circumstances and needs of those individuals, hence they are useful and helpful to high and low alike, in fact to all who have needs and who have not yet attained to perfection. They relate to higher forces which all persons possess,—to those ever active thought forces which each person must necessarily use, ignorantly or otherwise, during his every waking hour. If the truth could but be known, they are no less active during the hours of sleep. The mind never rests. Consciousness is thought. The sub-conscious mind is ever active and during the periods of bodily rest is all the more capable of acting with vibratory power on things at a distance.

It is during sleep that many of our greatest undertakings are really accomplished. It is the sub-con-

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

scious mind that is most powerful in secretly and noiselessly accomplishing such undertakings. To understand the laws, powers, and most available and effective ways of using our conscious and sub-conscious thought forces, is of unequaled importance, and therefore anything which casts even only faint rays of reflected light on the subject, should not be despised.

Esoteric philosophy unfolds the subject in a way that is reasonable, comprehensive, self-evident, and therefore convincing. That is why, though claiming so much power, it throws down the gauntlet for practical tests on such simple, easy, and available conditions. Only the Truth could afford to be so bold. Truth is all. It is omnipotence. It is its own backing and may always be depended upon to demonstrate results, however difficult, to the extent that it is properly applied in an individual life, for the constitution of man is founded upon it. It is so widely related that it includes everything. A thinker is its necessity, for how could it otherwise express itself.

Every atom in the universe is a thinker, and the power to think, and thought, is that which makes its evolution possible. Desire is thought. The desire for food in the lowest forms of life is thought. It is the power which gradually evolves a stomach. It in time becomes centered on higher things than food, and slowly but surely accomplishes correspondingly higher purposes. The power to think is man's higher self, and is likewise the soul principle of all created things. Thought is the only creative power. Its purpose is, through a thinker, to express Truth, its cause and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

counterpart. Its attachment to its cause is so perfect and complete that it is able in time to *fully* express Truth's omnipotence. It is not strange that being backed by such a healthy, ever-living and all-powerful cause, man's thought should have wonderful powers here and now.

What is the secret of such powers? It is to keep closely in touch with the higher self, or sub-conscious mind and so, through the law of vibration, draw on Truth for its omnipotence. Can it be done? Yes. And how? By a process of thought.

Formulas are valuable to the extent that they embody that process and thus reduce fundamental laws and principles to a working basis. We may reasonably start with the premise that Truth *is*, for that fact is indisputable. It is the everlasting part or essence of all things, including man. Whatever *is*, exists only to the extent that it embodies it, and to so manifest it is its one and only purpose. It is the one original, eternal and omnipotent principle which we call God. It is because man's higher self is at one with it, that its unspeakable powers are given to his thought to the extent that he keeps his thought-consciousness in touch with his higher self.

That he fails to properly do so is the cause of all his troubles and misery. It is why his body becomes inharmonious or diseased and then dies. It is why his business affairs and circumstances get "out of joint" and unsatisfactory. It is the cause of all his unhappiness, dissatisfactions and sufferings. It is the why of everything that is called "bad" or "evil." To remedy

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

it is the object toward which all human efforts should be directed.

Your first object should be to prepare the way for the higher self to act by thoroughly clearing your mind of all its erroneous thoughts concerning yourself. It is imperative that you have a clearly defined understanding of the basic principles of your own permanent being, that you may really know when you have so cleared your mind. It is also important that you know at least the chief tendencies and biases of your present individual character that you may know their chief points of strength, as well as the difficulties and undercurrents within yourself, that you have to overcome. It is then that you can deal with them more directly and successfully.

The fourth and fifth degrees of our Brotherhood are for the purpose of offering practical inexpensive, scientific and therefore reliable means by which persons may know to a certainty what are those individual talents and tendencies within themselves. How many there are who stumble along through life, repeatedly fail and finally lose hope and faith because unable to get on the right track and duly utilize their natural powers. Their failures are not due to a lack of sufficient ability to succeed but to the fact that they work in opposition to natural laws within themselves which might and should be utilized.

Your real gold-mine is not in Alaska but within yourself, and may be found through self-knowledge. To forego your opportunities for finding and developing it because of the slight cost of needed helps and instruction is to cheat yourself of the success which

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

might be yours. It is like cutting off your feet to save the expense of a pair of boots. A gold-mine which is ever within your reach is your higher self. One method of reaching it whenever needed, is through thought-treatments. The first object to gain in such a treatment is to clear the way that the higher self may more freely act. The following is recommended as

Recipe No. 1: Try in every way to fully comprehend and understand why all bodily inharmonies, all misfortunes and every unsatisfactory thing, event or circumstances that can come into the life of an individual being caused by his failure to keep in sufficiently close touch with the higher self, can now be remedied by first getting and then keeping so in touch with the higher self.

Though the difficulty, circumstance or thing itself may be entirely detached and distant from the body, there are always connecting vibratory powers and higher forces within the body or inner self which are fully capable of reaching and controlling those vibrations of which the disagreeable things in question are composed. Thought controls vibration and there are no walls or obstructions strong enough to successfully oppose its action when understandingly used. All may use it understandingly.

Before beginning your efforts to bring about the above realizations within yourself it is well to first get in a restful bodily position. If in a rocking chair do not rock. Keep quiet. Close the eyes. So far as is possible still the outer senses and calmly wait until the breathing becomes slow, deep and harmonious and the mind restful and concentrated, that your meditations

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

may reach a vibratory keynote within yourself that is sufficiently deep to produce a correspondingly effective result both within and without.

If in the attainment of the above objects, you are led to use a set form of affirmations, you should select, or formulate for yourself, such as may seem to most fully embody the principle in question and most directly apply to your individual needs.

In the use of an affirmation it is wise to hold each separate word in the thought until its vibratory force and meanings fully reach the inner consciousness and as each succeeding word is so held, it should also be connected with its preceding words, that their collective meanings and vibrations may sink into the consciousness and thus take hold of the higher self.

The effort should of course be to quiet the outer senses and thus get free from their external and inharmonious surface vibrations. Do not be in a hurry, for hurry, anxiety and fear are surface vibrations. The higher self does not fear and so long as you are anxious or hurried you may know that you have not yet fully reached its inner sanctuary of peace, repose and power. Therefore, I say, take your time with your affirmations as though you had all day for them. The soul is in no hurry. It has an eternity in which to do its work. It works most effectively when it works reposefully. Do not try to "think hard." To "think hard" would be to strain the body or brain in doing what the spirit alone can do. It should be a question of withdrawing the thought consciousness from its multitude of external distractions—from the physical senses and things of sense, that it may nestle into close

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and loving vibratory relations with the spirit or higher self within and thus draw on its omnipotence for needed vibratory power and all it implies.

Stop now and see how slowly, peacefully and reposefully you can silently pronounce the following words, three, seven, ten or twelve times and in accordance with the above rules, viz.: I—am—my—higher—self, —my power—to—think. It—is—indestructible—and —omnipotent. My—every—atom—sprung—from—it —and—is—fully—charged—with—its—power—and —harmony. There—is—nothing—to—fear. Nothing —that—can—harm—me. Love—peace—power—and —plenty—are mine.

If to any degree you find the above has any effect in steadying your mind and in bringing you into more harmonious relations with the higher self, you may know by that, that its exhaustless reservoir of wisdom and harmonious vibratory power is available, within reach and at your command whenever needed, and for whatever purpose. To constantly live in conscious oneness with the higher self is to infuse your life with all that the universe can offer to you. To do so is therefore worthy of whatever effort it may cost.

Recipe No. 2. Let it become clear to your mind that ignorance is the only bondage. That the vibrations which compose our bodily atoms were produced and given form by our past thoughts in this or in other lives, and that they may now be arranged into more harmonious and desirable forms by simply changing into harmony our conscious and thus our subconscious thoughts. That even our material surrounding and circumstances drifted to us not by chance, but in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

accordance with a law within ourselves and because there was that within ourselves which was sympathetic to them, at least to their inner meanings.

The law of correspondence is scientifically exact in all its details. If our circumstances do not seem to correspond with ourselves, it is only a seeming and because we do not truly understand ourselves or our circumstances, and have not yet learned the meanings and lessons which those circumstances were intended to convey to us. The meaning of all circumstances is to teach us ourselves, for in truly understanding ourselves we understand God and all his works, and will then need no other lessons.

The one specific lesson which all circumstances should have for us is that it is by our thought, and within ourselves, that we must in time find the only power which is able to deliver us from the bondage of ignorance and mould our circumstances to our liking. It is clear that the deliverer must be that which has command of the cause of our bondage. Thought is that deliverer.

An affirmation which could be used to advantage as formula No. 2 is: All—bondage—and limitation—is—only—ignorance. I—overcome—bondage—by overcoming—ignorance; By—thinking—truth; By delving—within—my—higher—self—to—the source—of—all—knowledge—all—wisdom—all—Truth—all—power.

Recipe No. 3. Realize that thought cannot be bound. No person can dictate as to what another shall think. It is through thought that Truth becomes the successful champion of everybody's cause. There is no ignorance so dense that thought cannot

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

penetrate it; no prison doors of bondage so secure that it cannot enter. The power to think, and thought, is the Royal and universal Dictator within every heart before which its useless and self-imposed chains of ignorance must in time succumb. It is a true "master of wisdom" which is personal to every human being. Man is so constituted that he cannot permanently resist the matchless inducements it silently offers to him. It is his very life, therefore to follow it he *must*, whether through open or winding passages. To follow wisely its thought methods is to save the necessity of many penalties and to substitute great rewards in their place.

To duly exercise your unlimited freedom in thought does not mean to think at random or to think absurdities, but to earnestly seek Truth and self-knowledge wherever found, without fear or favor, and to eliminate from your thought dictionary such words as "I can't" and "impossible." Such independence is worshipful, and not sacrilegious or tyrannical, because it is obedience to the Divine laws within. Real tyranny is self-tyranny. It is the tyranny of ignorance. It is the tyranny which fixes limits as to what thought can do.

An affirmation which bears on the matter is as follows: I—am—free—in thought. My—thought—is—my—deliverer. I—seek—Truth—wherever—it—is—found—but chiefly—at—its—fountain-head—within—my—higher—self. I—will—permit—no—dictation—as to what—I—shall—think. I—am—not ruled — by — prejudice. — Within—myself—is—all—Truth—all—knowledge—all—power.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Recipe No. 4. Demand freedom from all fear. Fear and its results are the consequent bondage which springs from ignorance—from a belief in limitations and evil—from the erroneous idea that harm can come to that nature which is founded on eternal laws and Infinite good.

The consequences of such false beliefs are most disastrous. To fear a disagreeable thing is to more closely attach yourself to it. It is like directly connecting yourself by vibratory gas pipes with its poisonous vibrations. To fear a reality is to send out thought-messengers with the vibratory power, to winningly invite and entice it into your "fold" as though it were a missing sheep. Don't do it. To fear an imaginary evil is even more foolish. It is to project a thought-form or mould of the evil feared, and to gradually fill that mould with the constantly densifying vibrations of your fearing thoughts. Such moulds are magnets or vacuums which create the powerful vibratory or magnetic affinities and sympathetic conditions which tend to attract all things of a similar character. Like attracts like. It is by our thoughts of fear and evil that during a long past we have built evil conditions into our present surroundings. Thought is the universal builder. It is the "mill of the Gods" which "grinds (or acts) slowly, but grinds so exceedingly fine."

The remedy for evil in your life is within yourself. Evil circumstances in your life, having come to you on the wires of your thought, will cling to you until you learn their lessons, therefore you should learn their lessons quickly. They come in accordance with uni-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

versal laws, for the kindly and benevolent purpose of teaching you yourself—of teaching you your secret powers—of teaching you that it is by your thought that you can build good things as easily as bad and mould your present distorted surroundings into things of beauty, happiness and usefulness.

If with every morsel of food you eat, of water you drink or of air you breathe, you at the same time think or fear disease or "microbes" you are thus sowing throughout your physical system and sub-conscious mind the seeds of disease. The right thought and mood during such acts would enable you to so extract from that food, water and air, their helpful vibrations only. Do you wonder, then, why the gentle life-giving spirit has entered its *protest* against your present methods of life? In such protests it is only saying: Dismiss your needless fear. I am your life. "Come unto me and I will give you rest."

You will not have perfect health so long as you live in the poisonous thought-currents of fear. You should drive away all fear through the knowledge and spiritual sight that your real inner life can never be injured, and that your physical life will be free from disturbances to the extent that you keep it in harmonious touch with that inner refuge. Have you feared to speak the truth thinking that unhappy consequences might thus ensue? Do not fear to speak it boldly, and thus invoke the aid of these basic principles and forces which run the universe. Have you been otherwise dishonest through the fear of poverty and want? Have you then so little faith in that basic Law of Love which is your *life*, and within—the cause

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of vibration, therefore, is the source of all power and is that interior law of attraction which is ever able to care for its own.

By your hate and fears you repel. Love attracts. Both are natural principles which being based on the laws of thought and vibration are at the command of man. By your acts you choose either the law of repulsion—hate—fear, or the law of attraction—Love —faith.

He who fears poverty and disease is sowing vibratory seeds which will bring a harvest of poverty and disease in due season. He who desires health and success should reinforce such thoughts of desire with thoughts of determination, aspiration and hope and also with thoughts of faith and trust in those interior laws of Love and Truth which through thought give man command of all the forces in the universe. To substitute thought images of good for your present thought-fears or images of evil, is to send out powerful messengers to inform such evil condition that they can find nothing sympathetic—nothing of their kind—in your life. It is to turn on them a "hose" of vibratory power which will send them away with its currents. It is to *remove* any vibratory gas pipes that may connect them with you. It is to get away from a self-created world of negations and into an equally self-created world of affirmations—in the great ocean of universal good.

Your world will change as if by magic as soon as you change the "goggles" of thought through which you view it. It would be difficult to imagine an easier condition or requirement for the attainment of a pur-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pose so great. It is only when you bring into action your interior thought-omnipotence that time and size and the exactions of severe efforts in the attainment of objects, are done away.

A person may obtain, from within, much true help in self-treatments for fear, etc., by properly reading the Psalms. The 23rd Psalm may be selected as an instance. Whenever the word "Lord" is found in so reading the Bible, its esoteric meaning, viz.: the higher self, should be substituted, for only then are the real meanings likely to be correctly understood. The basic law of man's permanent being is his "Lord" or higher self. It is personal to each one of us.

The Bible is intended as a true history of each soul in its countless incarnations. It is only when it is read with reference to the within, that it can be properly appreciated or its esoteric meanings understood. The so-called historical (?) events therein related are valuable to the extent that they serve to illustrate the principles and problems of life—of your soul-life and mine—just as an example in arithmetic would be valuable in illustrating the principles of mathematics. How foolish it would be to overlook the real mathematical lesson and so pervert and degrade the true intentions and meanings, in our senseless efforts to ascertain if "John" actually did have "Three apples and Henry seven," for whether fact or fiction it matters not so long as they are true as illustrations or examples.

So long as Christians cling to and place such exaggerated meanings on the mere twenty-six letters employed in the Bible, or even to its names and dates and so-called historical events, just so long will they con-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

fine themselves almost wholly to the A, B, C's of its primer, overlook its real and deeply esoteric meanings and worship a God of mere physical externals or "the letter" instead of "the spirit" or true God and Christ principle within their own hearts. They thus substitute "Idols" for the real principles involved.

The secret of the magical powers of the Christ is merely to find the Christ (principle) within the self. It will then be easy to "create opportunities," control circumstances, heal the sick or when *fully* awakened within, to even raise the dead.

The following affirmations may be helpfully used in driving fear from the conscious and sub-conscious mind and thus from the body, viz.: I—am. I—am—one—with—the eternal—cause—of all—things. Being—inseparable—from—that—indestructible—source—I—have—nothing—to fear. There—is—nothing—that—can—harm—me—or—alter—the—laws—of—my—permanent—Being. God (good)—reigns—within—me. I—refuse—to—be controlled—by—negative—forces. All—is—harmony. A universe—would—otherwise—be—impossible. Fear—is—ignorance. I—am—not—bound—by—it. Love—is—my—life. Love—through—vibration—cares—for—its—own. Realities—cannot—be—destroyed or injured. Unrealities—need not—be—feared. I—am—real. All—things—though—worth—working—for—are—not—worth—worrying—about. My—higher—self—is—always—with—me. I—cannot—fear. Thought—is—my—deliverer. I—am—free—in—thought. My—soul—is—as free—as—its—cause.

Recipe No. 5. As avarice, envy, deception, anger,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

hatred, malice, cruelty, revenge, etc., are all the satellites and illegitimate products of fear they should be ever kept out of the thought-consciousness as being inconsistent with a sound philosophy of life.

If ever tempted to indulge in even the first stages of any one of them you may know that you have not fully exterminated their root-cause—fear. Would you envy or hate another, did you not fear he would in some way obtain or deprive you of some good, some advantageous thing or possession? Away with such nonsensical imaginings and whenever tempted to so waste your thought-forces simply recall the principle that all that permanently *is* is good, that you can obtain all good by simply thinking and thus creating good only, that to think evil creates evil, and that every circumstance whether good or so-called evil, is in reality good to you in that it will help teach you its needed lesson, and its lesson is that you should look at your creative thought powers within and use those powers in affirmative ways only, viz.: In thinking and thus creating good alone.

The so-called law of repulsion is really the agent and reflex of the law of Love. All is in reality Love. It is the only law. Hate loves or attracts hate and hateful things; fear loves fear and attracts the things feared. Both hate and fear, though negations, are in reality the friends of man, in that they serve to slowly awaken his native interior powers in overcoming the disagreeable things thus brought into his life through the rough but kindly agency of his hating and fearing thoughts.

Ignorance is man's only real enemy. The principle

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of Love within man, which is his life, cares so much for his welfare that it is willing, if necessary, in overcoming his ignorance to inflict on him such nauseating physics as hate, fear, etc., and their consequent disasters and despairs, until he awakens to Love's easier affirmative methods of acquiring knowledge and the development of his inner powers. So-called "evil" is one of nature's means to a great good. Its lessons, though severe, should be loved until the affirmative methods of acquiring wisdom are learned. "Cast the beam" of fear and ignorance "out of your own eye" and you will no longer see even "motes" of evil in any person, circumstance or thing.

Affirmations such as the following may be used in this connection, viz.: I—can—subdue—ignorance—through—thought—therefore—will not—fear—its—illusive—bugaboos—of evil. They—are—only—trying—to—teach—me. I—will—welcome—every—circumstance—and try—to learn—its lesson—and rise—above it. When—I—awaken—my—inner—powers I—will—then—need—no—such—helps. I—love—every—help. I—love—all—persons—and things. My—love—casts—out—fear—envy—deception—hate and every such negative and perverted thought force.

Recipe No. 6. Demand such perfect oneness with the higher self that passion may be duly restrained and all consequences of past passion or heredity be completely annulled. The higher self is ever able, through knowledge of and obedience to its universal laws, to thus annul and cancel every such debt of bondage to past ignorance.

Affirm as follows: I—am—not—bound—by—the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mistakes—of—my—ancestors—or—of my—past,—after I—have—learned—the lessons—such — circumstances had — for—me. I—now—know—that—my—higher self—knows—those—lessons and—all—I—need—to do —is—to—live—in—the motherly—shadow—of—its—protecting —abode—within. I—possess—its—full—powers—for I—am—it. I—refuse—to be—ruled—by —passion,—by—my—past—ignorance—or by—the—limitations—or—ignorance—of—ancestors.

Recipe No. 7. "Love is the fulfilling of the law" of health, power, success and happiness. Perfect Love subdues fear and produces harmonious interior vibratory currents. If fear is allowed to constantly enter into the mind, those currents will become as disturbed, unsteady and convulsively irregular as would the action and mood of a high spirited horse if suddenly driven too close to a "steam roller." It is mainly the *habitual* moods of fear produced by our petty anxieties and useless disturbances over little things, and not the great events and disturbances, that is the cause of our chief bodily inharmonies and other difficulties. So long as these minor channels for the reception of such insidious forces are left open, we are thus inviting attacks at our weakest points.

When we learn that we are inseparably attached to the great law of Love, which is the essence of all things, we should be able to overcome every fear. Although it takes light thousands of years to travel to us from some of the stars we see in the heavens, that great law of Love produces exact vibratory currents which keep countless millions of such stars and planets in their orbits and is *fully* represented in the humblest heart.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It should inspire in us an unfailing love for the most lowly representative of a principle so great and an infallible trust that the same principle will care for all our needs with the same fatherly tenderness that it does for a planet and each straggling rose or sparrow which inhabits it.

We are each, of altogether too much importance and too intimately related to our source to fail to reap the advantages of every wise provision of that great law, which is as fully represented in its every part as it is in the great whole. That law is within you as it is within me and within every one. It is your higher self. Can you not cast your burdens upon it and fully trust it to give you sufficient strength and health to do all that you ought to do? In your fidelity to its law you may show the world the beauty of a life which constantly drinks in its Divine elixir.

If your system is clogged in its vibratory currents by a cold, or with any other inharmony, an infusion of Love's more powerful vibrations will quickly dominate those currents with its harmony. If it is fever, nervous debility, cancer, consumption, delirium-tremens, or anything else which ails you, it is only an evidence of inharmony in your vibrations. It can be remedied by going direct and farther within to that principle of Love which is the cause and therefore the controller of all vibrations.

Love and Truth are the principles of action which originally set your thinking machinery at work. They never get tired and never run down. They give perpetual motion to your higher self and are quite able to likewise give perpetual motion to your present thought

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

consciousness and bodily vibrations just as soon as you learn the thought method of keeping in perfect touch with that higher self and thus with its backing of Love and Truth. As a means of doing so be loving. Be truthful in all things. Be true to your higher self. Live for your best. Learn your relatedness to all persons and things. Learn thosehigher laws by which you can by a process within yourself gain power over all things by thus coming into conscious and sympathetic vibratory contact with the underlying essence of all things.

Every disease is but the yearning of the body for more love, through closer contact with the higher self. If you are unable as yet to apply basic laws sufficiently to obtain that result within yourself, and thus its outward correspondence, you may, at small expense, obtain thought-treatments from the special department of our Brotherhood which is devoted to the purpose of giving such helps. The coming number will aim to show how to givethoughthelps to others, how to avoid the mistakes that are most common in thought-treatments, and how to apply basic principles in the attainment of business results, etc.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Fourteen—Test Questions.

209. From what source is health and power derived?
210. How can that source be reached?
211. What relation, if any, has Truth to health?
212. Define the term "Truth"?
213. Is whatever is, eternally so?
214. Why?
215. What, if anything, is there in man that is eternally indestructible?
216. Can it be appealed to as a means of health improvement?
217. If so, how?
218. What, if any, action, has fear upon the body?
219. How can fear be controlled?
220. Do you believe in mental self-treatments?
221. Why?
222. Is true healing self-healing?
223. Is true healing, teaching?
224. Why?

Health is but the normal action in man of the fixed laws which comprise his being. The willful infringement of these laws is a crime. Ignorance concerning them is hardly excusable after one learns of the rewards which are a self-acting consequence of their obedience. If you don't know these laws you should make it your business to know them. If you neglect this bounden duty you should at least be given the cold comfort of suffering the consequences. Why should another try to cheat you of the results of your indifference and inaction. Even a God would not do this, for God is changeless. The needs of all are provided for through the perfect laws of things. All that is in your life is there as a result of law. All that a God can offer is yours when you intelligently obey the laws which eternally are.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
.87L
NO.15

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject and that is Life.
There is but one Science and that is The Science of Life.

PART 15

Send Orders to
BROTHERHOOD BOOK CONCERN.
28 East 9th St., New York.

52 PARTS

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
no.15

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

28Fe25

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with [illegible] of zodiacal influences.

Part 40. CONCENTRATION; Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods

[illegible] would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Fifteen—Aims And Objects.

It has long been the effort of philosophers to reduce the laws of life to a science and the principles of inspiration to a method wherein true inspirations may, at will, be produced and maintained. They found the real secret ever illusive, and, naturally so, because they did not discover the fundamental principle of life—the law of vibration. This course of instruction gives that law and practically accomplishes the above objects. Each step in the process of inspiration is made reasonably clear and secure so that with a good degree of thought control substantial results may be uniformly obtained. If you can but realize what this may mean to you, you will be irresistably impelled to give careful thought to each principle and method as it is outlined so that when the greater truths which follow are reached you will be able to absorb them one by one and demonstrate their power in the accomplishment of results for yourself. Be not over critical until all the testimony is in, and by duly testing the methods as you go along you will then have no reason to complain for want of evidence. Be a truth seeker rather than a mere critic. The critic sometimes tries to destroy the evidence as it is offered and before it has time to resolve itself, in his mind, into one complete whole. Be searching in your examination of every statement made throughout this series.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Methods of Using Your Powers.

If higher powers were something that is far away from man, to utilize them in practical ways might be largely a question of long legs and the ability to reach high into the physical heavens with the physical arms. Instead of that it is a question of liberating the latent energies within man. The powers of electricity, heat and steam are made available by virtue of man's ability to liberate latent energies in accordance with natural laws.

It is chiefly a question of knowing how, and it is likewise a question of true knowledge which enables man to utilize, in his business and other affairs, the silent forces, which, through knowledge, are placed at his absolute command.

If we could but understand how great are these potentialities within us which through ignorance we are as yet totally unable to realize, our present helpless puerility would seem as pitiful as do the dying gasps of a consumptive, who, though perhaps surrounded with sufficient air for a million cyclones, is quite unable to avail himself of its life-giving powers.

From the standpoint of man's permanent being, "All persons are born equal" and have the inherent power to manifest uniformly perfect lungs, brains and characters, and unlimited success. It is through self-knowledge that such powers can be manifested, and it is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to differences in knowledge that all differences in manifestation may be attributed. To think "poor lungs" is to permeate the lungs with deadly vibratory thought-germs which will arrange the atoms (vibrations) of the lungs in accordance with that thought. To think "dyspepsia" while eating, is to so arrange the atomic vibrations of the stomach, that your food will disagree with you.

As every part of the body was really caused, or slowly evolved by the thoughts and desires of its soul principles or thinker, it is only natural that all parts of the body, being only "rates of vibration," should be ever responsive to the thought-vibrations of that thinker. That fact suggests the method by which you can give helpful thought-treatments to others who may need help. It is by first concentrating your mind until your thought-consciousness sinks within to its inner vibrations, and thus becomes in touch with your higher self; then by projecting your thought forces to the same inner principles in the one you desire to help, you will, by such vibratory infusions from *your* higher self, so stimulate the powerful and harmonious vibrations of *his* higher self, that instead of lying dormant as latent energy it will begin at once to infuse itself into his bodily "atoms" or vibrations, his every act, his every surrounding circumstance and his every avenue of expression, both physical and otherwise. When you thus project your thought to him you should steadily hold him in mind as he eternally is, in all the perfection of his higher self. To the extent that you are able to really reach the deep vibrations within yourself, and then to clearly outline and steadily hold your thought-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

images of his higher self, will you be able to produce definite and helpful results. Do that and nothing more. It all sums up to a question of your ability to mentally concentrate and so reach the within of your higher self, for when you do there are no walls or obstructions which can prevent you from reaching, and so stimulating into activity the same powerful principles in others.

Your world is as you make it. By living in your surface vibrations you thus stimulate and become responsive only to the *surface* vibrations of external material objects, but it is not their *surface* vibrations which would cause or enable them to float into your life. It would be as difficult for them to do so through such causes, as it would for a large ship to float on the currents of a brook which was so shallow that the pebbles of its bottom would protrude.

It is when we reach the deep vibratory undercurrents within our higher selves that our thought forces can succesfullly penetrate to those undercurrents in external material objects which cause and enable them to act and to drift to us. They drift to those who so become responsive to their inner selves. By substituting the word "you" for "I" you can, in giving thought-treatment to others, use affirmations, formulas and recipes, such as were given in the last number for self-treatments, but in doing so you should confine yourself *strictly* to general principles and under *no* circumstances hypnotically suggest details as to what others shall do.

It is all-sufficient to awaken the higher self of another so that it will act, for that self is the essence of *wisdom* as well as of *power*, and to try to suggest too many details as to what it shall do when so awakened

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

or *how* it shall act or exercise its powers (except so far as those details and actions relate to general principles) is like trying to teach "The ten commandments" or preach a "Sermon on the mount" to a Jesus Christ. The intellect and selfish desires are but products and servants instead of masters of the spirit, and for them to presume to exercise authority over the spirit of another, is to handicap its efforts and get scorched in return. It would be an infringement of the laws of the spirit and would invoke severe penalties.

Even the "Devil" himself is not smart enough to dodge the penalties of infringed natural laws—the laws of man's permanent being, for those penalties are self-acting. The only "Devil" or "Tempter" is that self-deception which springs from ignorance. If we would find it we should look *within* instead of without. As it is ignorance we can successfully grapple with it, if we will but keep our thinking machinery in motion. It is no match for that God within which impels thought.

A Hypnotist who uses his will to enforce upon another the acts suggested by his own dominant and selfish thought, should remember that he is thus kindling a vibratory fire within himself which will tend to consume his very vitals, for the only method by which he can so use his will, with power and success, is first to sink the thought-consciousness within to the seat of power and thus awaken vibrations within those very vitals. Not only that, but such powers will be taken away from the one who thus willfully or ignorantly misuses them, as may be known by the fact that to use them is in reality a process of *devotion*. Devotion and selfish motives are "incompatibles."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

These laws are wonderfully exact. They are as relentlessly invincible and self-acting in their punishments as they are in their rewards. Life is the result of those laws and therefore life (a living being) cannot misuse their powers except to a very limited degree. To use them is man's irresistable and permanent tendency. The power to use them in destructive ways, being self-destructive is therefore limited, but the power to use them in constructive ways is *self-constructive* and is therefore absolutely *unlimited*. Is it strange that the very essence of all power should be amply endowed with the means to enforce its laws? As *all* persons necessarily *must* use such powers, it is therefore only a question of whether we will use them ignorantly and unwisely, and thus invoke their severe penalties, or use them understandingly and wisely, which is to invoke their accompanying rewards.

The business man who wisely and fully applies them in his business will suddenly find that his business possibilities are enlarged to an almost unlimited degree. They are applicable to every action or circumstance which would better man's condition, and yet the secret of using them is a secret of first reaching the within instead of the without, and then of sending its vibratory infusions on the wings of thought in a way that will awaken responsive activities in the undercurrents of persons and external material things. It is the secret of the magical powers of the Christ which may best be reached by the holy and scientifically exact methods used by the Christ.

Would you have your neighbor, friend, relative, business customer or others, act in a way that would

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

benefit yourself? You can awaken in such persons the desire and power to do so by simply awakening their higher selves by a process within yourself. It is thus that you may get into those thought currents which will be found to characterize and control their future actions. It is thus that you may attract to yourself the benefits that their business patronage would yield to you. All outward events may be influenced by such interior methods.

The place in the future toward which you are drifting will be good or bad, and is now being determined by your present interior thought-polarizations. It is a method by which you may build and may also *know* your own future. Things occur in the spiritual, by virtue of these interior laws, long before they are seen in outward act and event. The underlying laws act with as much exactness in an individual life as in the life of a planet or of the whole. The law of correspondence is at one with the law of the universe. If it were otherwise, unity—an universe—would be impossible.

If you would be as a King should be, you must cooperate with this law within yourself. If you would be tossed about on the billowy uncertainties of nature's more savage vibratory elements, you may do so by simply drifting on the shallow surface currents of ignorance. If the Infinite had been "hard up" and poverty stricken in resources it would not have endowed each man with the Omnipotence of that law, which is fully represented even within each atom.

The man who is now self-forced to wear rags, live in a hovel and feast on the meager bounties offered by

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

free soup kitchens or on pickings from garbage-box refuse, should hasten to lift his aspirations to that law within himself which, on the one condition of self-knowledge, places all the bounties of nature at his command.

We cannot as yet, even comprehend, how great are the powers and resources within us and of the opportunities which, through self-knowledge, are offered to Prince and Pauper alike. Such powers cannot be exercised through mere physical activities. They are best exercised in times of stillness, through the power of silence, and when the body is inactive. They manifest through vibration and by the power of thought. It is by understanding the laws of thought and vibration that man can by then conforming to those laws, create opportunities for himself and avail himself of the unlimited resources from within. It is then that his gain becomes also the gain, instead of the loss, of others.

If success was dependent on mere physical activities and if "Early to bed and early to rise" necessarily made one "Healthy, wealthy and wise," our civilization would soon become overrun with sages and multi-millionaires, composed chiefly of those who are now but humble wives, farmers and day-laborers, and who would live until they reached the venerable age of a Methuselah. Though a person didn't go to bed at all it would be difficult for him to compete with even a coarse form of life force, such as electricity, in the performance of its many uses. Thought becomes more powerful than electricity when its laws are understood and properly applied. Its battery is within the self.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is therefore more available than electricity and can be put to an Infinitely greater number of uses. It is not confined to the control of any "trust," or "monopoly," and to utilize it requires no outlay of capital Its central "dynamo" and "power-house," within the higher self, is subject to no limitations. Its Omnipotence is ever subject to its will, and as its will is only its laws, that Omnipotence can and will be invoked when and only when those laws are conformed to.

Life Science students are so sorely afflicted with the tendency to look for and depend upon outside helps, that they fail to comprehend how absolute in their action are the laws of thought, and how absolute and unlimited are the results which follow, when those laws are properly applied. There are definite and scientifically exact methods which *must* be followed if we would exercise such powers; nor can we demonstrate any very startling results so long as we continue to compromise the principle, by constantly making concessions and fixing limits as to what thought can accomplish. The principle is such that if we can accomplish *anything*, and that we can has been repeatedly demonstrated by our partial applications of it, then it follows that we can accomplish *all* things when we learn to FULLY apply its laws.

It is a proved fact that the higher self possesses *all* power, and that such power may be demonstrated and manifested in *each individuals soul-life* to the extent that the individual can carry his thought-consciousness to the within of the higher self and then act from that center in all his uses of thought. That is the one great principle involved and that is essentially the one great

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

method which must be, consciously or unconsciously, followed by each one of us before we can demonstrate our higher powers. That is the great purpose of our united noon-day thought. It is by sending each person home to the higher self at regular daily periods, that our Brotherhood helps each one of its members to help himself by thus opening the way. How often must this principle be repeated and emphasized? Why is it that students will so persistently overlook this one great essential until everything else has been tried and found wanting?

How many protests will be necessary before such students can be induced to depend more upon the within and less on their comparatively fruitless though refined and æsthetic dissipations, such as running to elementary lectures, classes, etc., where they get but little more than a tiresome repetition, over and over again, of the already understood primary teachings, etc., which are adapted chiefly to promiscuous audiences, where perhaps many of the listeners never have heard such teachings before? Basic principles teach that the higher self is the rich heritage from which your opportunities for knowledge, help, inspiration, power, success and happiness spring, and that to gormandize on the countless books, etc., which deal only with side issues, "intermediate states" and non-essentials, is to follow the foolish example of a certain Bible character who "Sold his birthright for a mess of pottage." It is to forsake an old and faithful friend and "Savior" for a hypocritical, pretending "Judas Iscariot." It is as foolish as it would be for a countryman to walk fifty miles and spend his last fifty cents to go to a circus.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and then permit himself to be side-tracked until the circus was over, in a mere side show that had nothing better to exhibit than he could find any day in his own barnyard.

The evolutionary tendency which is at the basis of all *unconscious* growth will remain the prevailing impulse within man, until through the voluntary exercise of his own thought he brings himself to that halt which is always the preliminary of his conscious or voluntary growth. Not until then will he govern his life by any basic principle which is sufficiently deep to insure rapid progress. Not until then will he habitually depend upon the within instead of the without, and not until then will he essentially better his condition in practical matters by the use of mind forces, except in a desultory and hap-hazard way and with uncertain and unsatisfactory results.

The source of power is our thought. "Thoughts are things." Everything which has form is composed of vibrations, and as is the thought which produces those vibrations, so is its vibratory form. If our forms do not suit us, we have within ourselves the latent power to change those forms to our liking, and that, too, without the use of a chisel, knife or axe. If our forms are too angular, we should through thought, draw on the rhythmic and harmonious love vibrations of the higher self. If our faces are too expressionless we should draw upon the thought vibrations of the beautiful characteristics which we would express. Every vibration and every thought has its corresponding form, and if we learn to wisely deal with thought causes we will soon lose all fear that those causes will

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

become detached from their corresponding effects. If we desire that our bodies should be beautiful, we should by thought methods, make them a fit dwelling place for the Divinity within, knowing that its radiance will then find in our every act an avenue of expression and opportunity to shine.

It is my purpose to unfold theLife Science principles clearly and simply, so that even a child may understand; to formulate wise methods by which man can awaken the more powerful forces within himself, and use them in proper practical ways in his daily business and other affairs, and to show the disastrous consequences which will unavoidably come to him who willfully or ignorantly misuses his powers, so that not even the Prince of Devils would dare to disobey the life laws. It is, of course, expected that the very simplicity of a presentation of these teachings, may cause many omniverous book gormands to discard them in their senseless and unceasing search for things difficult and complex. They cannot yet comprehend that Truth is always simple, and that the all-inclusive first principles of all things are not only simple, but when resolved to the last analysis are ever one and the same. The chronic exclamation, "Oh, this is too simple to be it!" becomes folly whenever it is applied to things which are true. That negative attitude may in time bring wisdom and growth, but it will be found too slow for sensible twentieth century Americans.

Life Scienceoffers to every "doubting Thomas" the opportunity to test its merits by applying its methods, and that, too, though they measure the importance of every truth by the standard of its power to bring

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

health, bread, money and other material results. If they properly apply its laws for such purposes, they will gradually awaken to an appreciation of its higher meanings. The great end of creation is permanent happiness to man, and it can well be sought in answering those very utilitarian purposes, but by methods which are based on life principles.

There are comparatively few Life Science students who clearly understand how to apply its laws. They can perhaps talk learnedly and impressively of its mysteries and promises, or even of its principles, but if suddenly asked how to apply those principles, they hesitate, stammer and almost "spit cotton." To get thus unnecessarily into what to them is "deep water" is to also bring the philosophy into undeserved disrepute. Their spectacular predicament becomes even more ridiculously humiliating to them, if, without more clearly defined knowledge of the subject, they attempt to test and demonstrate practically their conglomerate mass of theories. One is forcibly reminded of a certain venerable would-be Scientist, who after getting but a smattering of what is termed "Christian Science," insisted that by merely eliminating from his conscious and sub-conscious mind all doubt of his ability, without instruction or experience, to ride a bicycle, he could then equal in dexterity and speed as a rider, the most skillful "professional." It was when he attempted to so "eliminate" that his trouble began. After repeated refusals of assistance in learning, and as many calls for assistance in disentangling his whiskers from the spokes and in overcoming other unhappy consequences of his attempts, he was led to postpone his efforts until

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

he could reconstruct or learn more of these theories and how to apply them.

To eliminate doubt, though a negative, is unquestionably important to the Scientist, but it becomes more effective when harnessed to knowledge, understanding and affirmative principles. It is then that previous experience becomes unnecessary. The wise student will not try to run the universe, or to at once and without help and experience, become unrivaled as a "trick" bicycle rider, at least until he has learned more of life science than its mere negations. Esoteric philosophy should not be judged by the mere failures of its superficial students. It will be found true and demonstrable by any and all who conform to its comparatively easy conditions. As it opens up tremendous possibilities to one and all, to learn and obey its laws should be the main study and object of our lives. Its laws are the laws of man's permanent being, and all the rewards which nature or nature's God can offer are for whoever will reverently obey them. Its laws are the laws of thought, and therefore to use our thought forces wisely is the very essence of wisdom. To use them unwisely or carelessly is the height of folly. It is almost as unwise as it would be for a dealer in gasoline, gunpowder or dynamite to throw matches promiscuously about, or to celebrate Independence Day where such explosives are stored.

It is a very common thing for well-meaning students to give thought-treatments for disease, etc., in very unwise ways. One of the most common mistakes so made is in the use of what is usually termed "denials." It is unwise to deny any discordant effects until you

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

have eliminated their cause. One difficulty so encountered by denials is that they tend to injure, paralyze and destroy the nerve centers and plexuses of nervous force within the body, thus weakening their ability as servants. Denials tend toward disorganization. They are destructive in their effects. If, when suffering from a "headache," you deny that your head aches or that there is such a thing as a "headache" or even a head, you are practically saying that there is no such thing in manifestation as *discordant vibration;* you are practically saying there is no such thing as a discordant thought or a discordant thought cause; you are practically denying that such a thing as manifestation has any meaning, or that there even is such a thing as manifestation. If there is no such a thing, then why make such a fuss about it? Why bother with denials or even affirmations?

Life Science teaches that there *is* such a thing as manifestation, and that it has its meaning for each one of us; that for one thing it aids in teaching us ourselves; that in manifestation there is such a thing as vibration; that a "headache" and all other inharmonious conditions are discordant vibrations, which were caused by discordant thoughts, and that they are to be remedied by replacing those thoughts by concordant harmonious thoughts direct from the higher self or thought center, and *not* by any denial of mere *effects*. "Headaches," and all other inharmonious vibrations, are but *effects*, and not causes, and to deny such effects is to drive the inharmonious conditions further within.

But do I hear someone say with great gusto: "Oh, but I have *demonstrated* the power of denials. I

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

have actually seen people healed through their use." I quite understand that the use of denials will frequently lead to better surface appearances. That would follow from the very nature of the case, but too often it is at the expense of the underlying realities, therefore, a disease so "healed" is likely to break out in a new spot with added force after months or years. Why? Because denials fight vibratory fire with vibratory fire; thought causes with counteracting thoughts, which carry with them the powers of thought.

The inharmonious vibratory conditions which cause "headaches" are produced through the efforts of the spirit to cast off or express discordant and low external vibrations. It is by infusions of the inner vibrations —the vibrations of the higher self—that equilibrium is gained. Health is equilibrium, therefore equilibrium is desirable and efforts toward that end should not be obstructed. Denials are thoughts which counteract such infusions. They sacrilegiously say to the higher self, "Here, you get back in your hole and stop kicking up such a rumpus in my head. Cease your efforts to permeate the body with your internal power and harmony." It is thus that the vibratory powers of your thoughts are arrayed on the side of your inharmonious external vibrations or "atoms," instead of on the side of your higher self. You thus deny effects before you have eliminated their thought causes. You thus counteract the powers of that cause (the higher self), in its efforts to remedy the undesirable effects.

Nature is at one with the higher self, and through its vibratory law, is remedial in its tendencies. You should help nature by affirming the eternal realities of that

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

higher self—of your permanent being—instead of hinderingly throwing obstructions in its way by your "denials." The chief plexus of vibratory force in your head is what physicians would correctly term the "pineal gland." You are liable to paralyze that, or other nerve centers by the promiscuous and chronic use of "denials." If, on the other hand, you wish to promote its healthful and powerful action as an organizing power, use affirmations, and not "denials." The rapid and harmonious interior vibrations of the higher self will constantly infuse your bodily conditions and surrounding circumstances with their life-giving powers, as you hold your bodily organism responsive to those interior harmonies.

There are other objections to denials which scientists would understand, and other "popular" methods by which students ignorantly help to disorganize themselves by the improper use of their thought forces, but the subject is too large to be included in this issue. I would caution students against being too readily deceived by appearances. The "Devil" comes stealthily in the name of virtue and from within instead of advertising himself by sending ahead of him any advance guard of horned monstrosities. Many people seem to expect some such advance warning.

The work within for each to do, is to gain wisdom through experience, and more particularly through self-knowledge, which is in reality the knowledge of nature's laws. Nature in all its manifestations is but the action of vibratory forces such as are within us all. To deny its existence as a manifestation is to try to counteract the purposes and stay the Almighty hand of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Omnipotence itself. Let us abandon such childishly fruitless attempts, and bend our efforts to the discovery of those paths of wisdom by which we may best co-operate with the Divine laws, which, when truly seen, are also the laws of nature.

All things, including man, are built on intelligent principles by Intelligence itself for the purpose of manifesting that Intelligence in intelligent ways. It is therefore plain that man's progress and success in the development and use of the powers within him, is dependent upon the method and wisdom with which he so uses them. Although these underlying forces in his nature will in time *compel* him to so use them with method and wisdom, his power to think and the absolute freedom with which he is at liberty to use that power, are such that he is something more than a mere automaton or puppet. His independence enables him to take an almost interminably long road or a short one, as he sees fit, in learning to understand and wisely use those powers.

Many persons seem to act on the false assumption that the Infinite forgot some things, and made a few thousand blunders when man and the world was created, but it is they themselves who forget that Divine Intelligence is an all-comprehensive and all-inclusive law or principle, instead of a mere giant man or mastodon. If they would but act on the principle that its law is complete and all-sufficient within each person, and in each part of the great whole, they might then better understand and more rapidly demonstrate their higherpowers.

Man's thinking machinery indicates in its uses the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

inherent power of perfect adjustment to his needs. That he does not get better results from his thought-efforts is due entirely to his ignorance of those uses To think and to progress toward the right is his irresistable tendency, and the laws of his nature are such that he cannot carry his foolishness beyond a certain limit. Within himself is an automatic, self-acting tendency, which prevents him from ignorantly going to the point of absolute self-destruction. Nature's self-acting punishments are remedial and not vindictive and its resultant rewards cannot be separated from obedience to its laws. It is through self-knowledge that man can by his voluntary thought-acts, always substitute nature's prolifically generous compensations for his present pains, penalties and misery, and that, too, until the goal of perfection is reached. Man's goal of perfection is but the perfect adjustment of his thought-acts to the underlying laws of his nature. It is therefore in the pursuit of self-knowledge that repeated research most rapidly renders its richest rewards. It would be well to memorize those six R's in all their meanings.

The power and tendency within man to think, is the law of his life. We may know that within the depths of every heart is the sincere desire for Truth and Right. If we fail to find and recognize that sincere desire in others, as at least latent, it is an evidence that we have failed to find it within ourselves, and to the extent that we act from that standpoint of love and justice are we likely to awaken those principles in others, at least so far as their acts towards us are concerned. If we complain of the injustice of others toward us, it is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

an evidence that we have not been sufficiently just to recognize within the potential depths of their natures the sincere desire to do right. The magnetic or vibratory laws of the universe are such that we attract to ourselves the permanent magnetisms of right and good, exactly to the extent that we become magnets of right and good, and to become such magnets is entirely a work within ourselves. We will be victimized so long as we are victimizable, but when we stay at home with the cause of things we will act from the soul, and the holy (whole) spirit will then lead us into all Truth.

Let us cease our senseless search for scapegoats (in others) on which to load our own shortcomings, but boldly face the facts and laws of our existence, no matter how outrageously we may have infringed those laws. To blind ourselves to the Truth because it may seem disagreeable is to refuse to recognize our best friend. It is as silly as it would be to stick only the head under the bed for the purpose of escaping the notice of a murderous burglar who might be in the same room searching for us.

Ignorance is the only thing toward which Truth is merciless. It is not merciless toward man, but is his protector, as may be known by the fact that his nature and very life is founded upon its laws. It is his only protection against the results of ignorance, and is that within which prevents him from entirely destroying himself by his gross infringements of those laws of Truth which are the laws of his life. It is by understanding those laws that he may have within his own grasp, the power to protect himself at will against the action of all the more destructive elements in nature.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is by co-operation with the law of Love that he can best exercise the law of self-protection. No matter how powerful may be the arm which is raised to strike you, that arm being composed of vibrations must necessarily derive its power to act through that which controls vibration, and that first cause is Love and can always be reached, through understanding, by him who lives the life of Love. That great doctrine and law of non resistance which was advocated by the Christ was something more than a mere self-sacrificing sentiment, as may be known by the fact that it is founded on the law of Love and derives its power through vibration and in accordance with the laws of thought.

When the wonderful law of true selfishness is fully understood, man will find that it is at one with the basic law of Love; that he cannot exercise fidelity to the whole self, or higher self, without answering his true relations as helper to the whole world. It will be found that nature is not wasteful in its methods for man's growth, and that to plant the instincts of so-called selfishness so strongly in the human breast was the only successful plan by which his progress through the slow process of evolution or manifestation could be insured. Man's selfish interests ever demand that he shall exercise his impulse to think, and, through self-knowledge, to constantly enlarge his powers; therefore it may be safely depended upon to in time lead him to that exhaustless fountain of Truth which is the essence of Love. Let us ever follow it in faith and trust, but with true fidelity to the higher self, which being related to all things will take the welfare of all persons and all things under the protecting wings of its tender and all

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

inclusive compassion. The next few numbers will aim to show how that can best be done. They will be devoted to "Methods of Self-help through Self-trust, Self-knowledge, Self-culture, Self-control, Self-love and Self-preservation" which is "Heaven's first law."



Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Part Fifteen—Test Questions.

225. Is thought a force?
226. What is character?
227. Are thought forms sufficiently dense to be photographed?
228. Can the power and concentrative intensity of one's thought be registered by any mechanical process?
229. Why?
230. Can thought literally act upon things at a great distance?
231. If so, how and why?
232. To what extent, if any, can its powers thus be made practical?
233. Can it be sent to heal disease in another person?
234. What is the principle of thought treatments?
235. In what respect, if any, are the Christian Science methods defective?
236. Are they ever harmful?
237. Why?
238. Are ideal suggestions advantageous?
239. Why?
240. Have you had successful demonstrations of your powers of thought?

Perhaps by relating your experiences, some way will be found to obtain increased results. It is well to study experiences in the light of the principles of thought. You demonstrate the truth of those principles by your failures as well as by your successes. All experiences come within the range of their activities. We all are necessarily demonstrators of the laws of life. The negative thought attracts of its kind by connecting with the thought currents of a negative world or with negative forces and conditions. Positive thoughts connect with positive thought currents. Within these principles of your being lie tremendous possibilities.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
.87L
NO.16

Mary D. Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

ART
6

Send Orders to
BROTHERHOOD BOOK CONCERN.
28 East 9th St., New York.

52
PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.16

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION; Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the [illegible]

[illegible] would require many pages to adequately describe these 52 lessons and the 832 test questions which [illegible] brought out for review [illegible]

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Sixteen—Aims And Objects.

There is always a right way and a wrong way of doing things. This system of instruction is intended as a help to those who would find and follow the right way.

The methods of modern business must change to conform more and more to the thought standards. Great changes have already occurred and are now going on, but greater ones are yet to come. All things are for man, and in building anew all things should be made to conform to the standard of a man or to the ideal standard as outlined by Life Science. Changes will come until that standard is universally recognized as the Supreme ruler. Until then, nothing is entirely secure and permanent. "No question can be absolutely settled until it is settled right."

Many of us can remember when the idea of the inherent depravity of man was hardly questioned. It was the established belief of nearly all Christian people. Almost a complete revolution has already taken place and it is now almost universally believed that man is inherently divine. If the external is but the embodiment of spiritual conditions, then these changed spiritual conditions or ways of thinking must find expression in perhaps a revolution in fact, for our present institutions are founded largely upon the false premise of natural depravity and a narrow selfishness. If you believe in the individual Fatherhood of God and the Brotherhood of Man you are in line with the currents of events and need not hesitate to act accordingly.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Methods of Self-Help.

Copyright, 1897, by Ernest Loomis.

IT IS possible and should be your effort to realize those fond hopes, noble ideals and lofty aspirations which lead most directly to your highest possibilities.

You are not likely to realize them until you earn them by your own individual efforts. The one who waits for them to come through others is almost certain to have a long wait and to be disappointed at last.

It is because others who are *able* to help are the ones who are most apt to have ideals, aspirations and possibilities "of their own," and they are the ones who exercise such fidelity in trying to realize them that their time is *fully* occupied.

The Infinite has set an indelible stamp of approval on true methods of self-help; and to learn and apply such methods is man's highest path of duty. There is no limit to what you can do when you learn and apply such methods. It is because the Infinite will "help him who helps himself." The Infinite is a *law* which pre-existswithineach soul, and it is its animating impulse which gives him the desire for self-help. Infinite possibilities are freely offered to whoever will regulate his conduct by rules founded on that law. To do so is therefore true self-help in its very essence.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

To live by such an unchangeable principle does not mean to suffer the prosy monotony of eternal sameness, because it brings to man the continual variety of eternal progress, and also the fullest, because the balanced gratification of his every faculty. Every faculty was given man for use, and the highest virtue consists in the harmonious activity of his faculties in efforts to accomplish wise purposes and thus obtain true happiness for himself.

It is not a crime to be happy. It is a crime against your higher nature to be unhappy. Unhappiness is possible only when you disobey some of the laws of that nature.

There can be no sensation either of pain or pleasure except through the action of the vibratory forces within. The harmony of those interior vibratory forces must necessarily produce pleasurable sensations and happiness. Painful sensations or misery is the inevitable result of their discordant and inharmonious action. An understanding of this comparatively simple principle of thought offers to you the opportunity to choose and follow for yourself either the path of happiness or of misery; for when you learn the laws of that principle within which is the *cause* of vibration, you thus gain command of those interior vibratory forces which are its products. Nor will the benefits and rewards of obedience to those laws of your being, end with mere happiness. It also means health, power, fame, success in your every undertaking, the loving gratitude of all persons who know you, and in fact all the rewards that earth can offer.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Man is so constituted that *perfect* happiness can come only when he has thus tasted of every joy which he can desire or comprehend. The ability to think of a thing is evidence that that thing belongs to that kingdom which it is man's business to learn how to control.

That interior principle within man which causes vibration is his higher self. It was created perfect and naturally expects perfection of man. Its perfect standard of manhood is not only a possible ideal, but also one which each soul must attain, because it only means to live in perfect touch with the higher self. In other words, it means the normal activity of his every faculty. That is virtue, that is happiness, that is power, and that is the only standard of action which man will ever be permanently *willing* to obey, because it is his nature.

So long as religionists teach that man's permanent and real nature is depraved, and that he should abstain from doing everything that he *wants* to do, and on the other hand, force himself to do everything that he *don't* want to do; just so long as that is the standard of virtue which they preach, will he inwardly *rebel* against it, because it is a libel on his true nature, or higher self, and not his best method of progress. So long as he is falsely taught that true self interest and virtue conflict will he be trying unsuccessfully to "serve two masters." Such a "house" will "fall" because "divided against itself."

Esoteric philosophy teaches that the path of virtue is also the path of true self-interest, not only in another life but also in *this*, and it so clearly explains

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the laws thus involved that if man will but listen he will no longer be that "house divided against itself," but will then have the *full* consent of *all* his faculties to that course of concentrated, and therefore effective and successful action which will prove to be the path of self-interest as well as of virtue. Blessed is the man whose higher self approves of the things he does. He then no longer suffers the agony of such conflicting emotions as would otherwise be his. The currents of his body then flow more harmoniously and healthfully because they are but the offspring of his thoughts. His thought vibrations have more far reaching power to effect results at a distance from the body. He thus draws to him, on the joyful currents of his then harmonious thoughts, the people who can most benefit him. His business judgment becomes more unerring and he is likewise benefited in every practical way.

The mind which is torn almost asunder by two conflicting desires of about equal power, viz: the desire to succeed and the desire to do right, will have but little power in action because it is then "neither one thing or another." Until you understand that self-help is not only *right* but the highest path of *duty*, you are liable to undertake it with only a half effort, and therefore with but indifferent results.

It is your irresistable tendency to desire benefits and progress, but so long as you are in doubt as to whether the path of virtue or the path of so-called *selfishness* offers the most benefits, your resultant actions at best, are likely to be nothing better than a compromise between the two. It would then be a

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

question with you whether to have your pleasures now or to postpone them to a future life, and in the meantime "sacrifice" yourself.

So long as you believe in luck or chance, or that there is any power external to yourself that can control you when the latent forces within yourself are, through knowledge, called up, just so long will you fail to reap the full benefits of your opportunities for self-help. Until you not only understand that all things and events have their adequate cause, but also that the things and events which come into your life, down to their smallest details, are caused by your past thoughts and by a vibratory law which is fully represented within your own soul, just so long will you fail to reach your highest possibilities.

All things are not only governed by a law, but that law "is all and within all."

You are the builder of your own environments, and every event or circumstance in your environment has come into your life as the result of a tendency which pre-existed within your own soul, and which, as a whole, represents your present degree of soul-growth or self-knowledge. The laws of your nature are such that you can never shirk the duty of building for yourself a future life and environment which will be truly representative of your higher self. A Jesus Christ may teach you the way by precept and example, and thus "save" you by contributing to your stock of self-knowledge, but not through any "vicarious atonement." Each person must make his own "atonement"—at-one-ment—by simply becoming at-one with his higher self.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"The things I do ye shall do," and "not only ye but as many as hear my voice"—the voice within—were the words of the Christ.

Do not be discouraged by the vastness of the task which lies before you, which no one but yourself can do. Remember that the higher forces within you are the result of an unchangeable law, and therefore that they can, through knowledge, be called up at a moment's notice, and now as well as at any other time. It is because life's animating principle is that unchangeable law, that life is continuous. You will remain in essentially your present conditions until by your own efforts you work yourself out of them. Physical death can but slightly interrupt the process. There is a simple method by which each person may know his own future. It is a method of self-help by which he masters his own fate. When he learns that art of mastery he will be no longer cast about on his present sea of uncertainty.

It is a sublimely important fact that every human faculty can be improved simply by supplying it with its proper food. The way to master fate is to first form a true standard of the ideal character, and then offer such foods to the weak faculties as will bring them up to that standard. You then bring about balanced conditions of the mentality. Balanced conditions of the mental faculties can never come until those faculties fulfill the purposes of their nature in accordance with that law within which is their source and animating principle. That perfect law is the higher self, and is likewise the source of all things. Therefore, it is only

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

through that higher self that man can master his fate or control the external things which make up his outward environments. When he learns to control them by that power he will, by so doing, benefit others to the same extent that he benefits himself.

The term self-help truly implies that the self is able to help. That it does not do so to a much greater extent is because its nature is so grossly misunderstood. To understand it should, therefore, be man's first step toward the goal of self-help. Each person has a self which is weak, incompetent, and comparatively helpless, simply because it is only a reflex of the higher self. To confuse that self with the higher self is one of the most common mistakes which people make. It is sure to lead to defeat because it substitutes a partial image for that reality or thing imaged. It would be about like expecting great practical results from your shadow on the wall. That shadow is not likely to move or advance until you move, and is incapable of accomplishing results except, perhaps, to the extent of frightening the timid, or cooling the temperature of the wall. Something infinitely greater than that is man's province and birthright.

If you wish to really understand this important question and the most practical methods by which you can truly help yourself in all practical ways, you should, at least for the time being, lay aside all past beliefs, erroneous opinions and pre-conceived prejudices and follow the analysis step by step through the coming numbers to its conclusion. It can be made so simple and plain

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

from all the trappings of prejudice and bigotry, you are not likely to so understand it. Try at least temporarily to lay aside such useless encumbrances, just as a country boy would lay aside his clothes while in the river for a "swim." Failure to so lay aside his clothes has caused many a promising boy to drown, but a much larger number of promising men and women have "drowned" themselves beyond recovery in erroneous thought currents and become swamped in the mire of prejudice. Physical death is about the only event which can bring relief to such prejudice-bound souls, after they have passed beyond a certain point.

Although it is true that the human mind is complex in its action, it is comparatively simple in its basic and underlying principles. To the extent that those basic principles are comprehended will man be able to understand and grasp the wonderful possibilities which are thus placed within his reach. Man's higher self, like its cause, is literally omnipotent; and to the extent that he acts from that center does his thoughts become potent in accomplishing external results. Do you ask why this is so? It is because that higher self, like its source, is unlimited as an organizing center for thought vibrations, of which all external results are but the manifested forms.

It is so difficult for people to understand that it is the thought forces within their own souls which have attracted them to their present environments, and that it is by generating new thought forces that they work themselves into better environments. The man who claims that the universe does not offer sufficient space

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

for every shading of individual character which is seen in the world, should remember that no human mind can fix boundary lines to that which is boundless, and to try to do so by saying that the universe has not sufficient space to represent every shading of soul growth, shows but a limited conception of what the universe offers in the way of boundless space. It offers an infinite variety of environments for its corresponding variety of souls in their every step of soul evolution. It is because the soul creates its own environment. Outward forms are but the habitual currents of the united thought vibrations of mankind.

Within every heart are not only the possibilities of every rate of vibration which has been manifested since the world was in its molten form, but also all rates which will be manifested from now until the time when the goal of final perfection is reached. As Emerson says, "Not a valve, not a wall, not an intersection is there anywhere in nature, but one blood rolls uninterruptedly, an endless circulation through all men, as the water of the globe is all one sea, and, truly seen, its tide is one." "The heart in thee is the heart in all."

It is through self-knowledge that man can get any uniformly successful results through the action of the laws of his nature. His nature can never be satisfied with anything less than perfection, as may be known by the fact that his strongest faculties are the ones most likely to act, and the stronger they grow the greater is their tendency and power to act. Therefore, that tendency will not cease, nor will they cease to act until they become "In perfect touch with the Infinite." This

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

outreaching tendency will continue until the evolution of each soul is complete. It is the prevailing tendency within man during his entire period of unconscious growth, and when combined with the processes of conscious involution which Life Science offersplaces within man's reach the opportunity to make very rapid strides toward the goal of perfect wisdom and its consequent power during his period of conscious evolution.

It is because Truth is the Omnipotent, that knowledge and wisdom is power. It is because man's power to think is his soul principle that the omnipotence of Truth is given to his thought It is because Love and Truth are one that Love's vibrations are, through man's thought, the exclusive manifesting agents of Truth's omnipotence. Man can never exercise great power until he lives the life of Love; therefore the lesson of self-help is no less a lesson of morals.

Instead of trying to be less selfish, the effort should be rather to be *truly* selfish, to be true to the higher self; that is the path of self-interest and no less the path of duty. As that self is intimately related to all, you may know that any course of conduct which is an injury to others is to the same extent an injury to yourself.

Your instincts and earthly desires are but the ceaseless tickings of an immortal clock. They need education and proper direction instead of suppression. They cannot be permanently suppressed because their Divine origin is also a ceaseless cause. So long as that clock of so-called selfishness is given its impulse by that which is ceaseless, it is impossible for it to entirely run down

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

No amount of din, discord or outward confusion can completely drown its tickings to him who duly listens and knows from within. Physical death may hush it into stillness for a time, but not permanently, because physical death is nothing more than the fading twilight of an evolutionary day, as it ushers man into the invisible but spiritually active shades of a night of involution, which is to be quickly succeeded by the dawn of a brighter evolutionary day. Its valley is only the shadow of death. There is no death except the death of ignorance, and it will take a good many such shadows to entirely release a soul from the bondage of self-ignorance. Until it is so released, such shadows should be regarded as a hopeful sign. A physical body will not die so long as it is kept in touch with the Infinite forces within which animate it. Your higher self will never discard your physical body so long as that body offers you your best means of growth in manifestation, for to manifest your soul principles is its purpose.

It is the purpose of this publication to offer means to man by which he may focus and maintain the largest possible amount of vibratory force within the body, and then use it in the accomplishment of practical purposes of self-help and of loving helpfulness to others. There is no purpose in life too great for you to accomplish when you have fully learned that great lesson of self-help.

Man's present methods of action are such that it requires much strain and useless effort to accomplish his present comparatively petty and insignificant purposes. His chief difficulty therefore in learning this lesson will

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

be to comprehend how anything so simple can be it—how a simple mental principle can, if applied, become absolutely omnipotent in its action. The principles and wonders of electricity in performing its many uses act with perfect uniformity and in accordance with established and unchangeable rules. The latent forces within you can act with uniformity and with omnipotent forcefulness now, if duly awakened and released by a thought process which all may learn. Strong horses sometimes remain tied until they starve, and by a simple rope that a child could break. It is only a rope of ignorance which keeps man from that absolute liberty and omnipotence, which would come through self-knowledge by the mere liberation of the energies which lie slumbering within him.

Did it ever occur to you that all the laws of the Infinite were required in building your soul, that all the laws and forces of the universe are represented within you, that all the resources of the universe will be ever at your command when you learn and obey all those laws, and that to learn and obey those laws is the one best way of advancement for one and all, because it places the matter of progress within the range of those natural laws which are represented in all alike, and therefore beyond the reach of accidents?

Man's present efforts toward self-help are like the frantic flounderings of flies in their efforts to go through a pane of glass, entirely ignorant of the fact that an open door or transom affords the only opportunity for their desired exit from the room. Mere physical activities may seem to offer man his best opportunities for

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

accomplishment, but when the laws of thought and vibration are understood, those appearances are seen to be as deceptive as is the transparent pane of glass to the fly which seeks its freedom. Until man understands the nature of his higher self he will, of course, be unable to even comprehend that any great amount of self-help is possible to him.

Thousands of bright minds have puzzled their wits to ascertain how physical existence could be indefinitely prolonged. That problem has been practically solved by The Few who have, through self-knowledge, gotten command of the forces within the higher self. If man will first gain that knowledge which will enable him to utilize these forces in getting bread, butter, money, lands, houses, horses, carriages and other desirable material surroundings, as well as in helping others, he will by so doing find that they apply equally to the question of prolonging his physical existence so long as he desires it.

Life means progress, and when man has learned all the lessons of self-help, he will overcome that last great enemy, Death, and as a consequence pass to a stage of existence where physical life is no longer desired. When the world is fully conquered, its plane of existence will be no longer desired.

It is man's desire for knowledge which makes of him a natural-born conquerer. There is nothing to conquer except ignorance, because that is the only thing which can bind or limit man's soul principles or power to think. Such bondage is only temporary, because the power to think is caused and backed by Infinite Truth itself,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which is omnipotent. That great affirmative principle in nature is necessarily more powerful than any negative principle can possibly be.

The acquisition of knowledge is so important to man, that he should not be alarmed if his armor is attacked at every point. That within him which is founded upon the Truth of his Being is invulnerable and can never be successfully attacked, and all that is invulnerable should be attacked in order that he may stand out in all the glory and majesty of his omnipotence, thus fully manifesting his cause. There is nothing which can happen that is so much to your interest as to have every sham and falsity in your life not only attacked but ruthlessly torn from you. That great "Roaring Lion" which represents ignorance, deception and all other negative principles in nature, and which attacks error and weakness on every hand, is therefore a great friend of man when the nature of its work is fully understood. The muscles of that which is true in you can never be weakened by wrestling with that which is false within you.

There is absolutely nothing in nature that you should fear. It is by due coöperation with the forces which surge within you, that you will find that the Infinite made no mistake in creating strong instincts of selfishness within, and that by following in faith and trust the best leadings and teachings which come to your inner consciousness, you will come out safe at last in spite of all savage and forbidding appearances which seem unfriendly or to threaten your personal welfare.

God reigns, as the law of your heart as well as the law of the universe. In following the leadings of that

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

inner law you will act from the standpoint of what you are eternally, of what your permanent being was and is primarily, and of what you will be when the goal of final external perfection is reached, instead of from the standpoint of any one intermediate stage on the long road of soul evolution. It has been argued that as "Nature is always right" that polygamy must be right and natural for man, because practiced by so many male brutes, who without restraint, follow the inclinations of their brute natures. Then is not human flesh the proper food of man because so keenly relished by the cannibals, and how would it then be determined which human was to be eaten? Should man get down and creep or walk on all fours and eat grass and hay, simply because certain most amiable brutes do that? No, man though an animal, is also a God in inherent power, and should aspire and work toward his rightful condition of Godliness and Godhood, which is also the true standard of manhood, instead of degrading himself by accepting low, narrow, selfish brute standards which were, perhaps, discarded by his soul, ages before it was ushered into this life. To accept brute standards is to send out thought forces which tend toward the limited and slavish conditions of brutehood.

In the series of articles which follow this an effort will be made to show what man's nature truly is, and how through the use of latent forces within him he can best accomplish legitimate purposes in business and art, and satisfy the needs, desires, and all true aspirations of that nature by simply conforming to its laws.

This requires that knowledge and laws which are

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

more or less esoteric should be formulated into actual rules and methods such as Life Scientists observe. The work involves great personal responsibility, for in teaching the selfish mind methods for its own gratification the teacher is also personally responsible if that knowledge is misapplied and misused with destructive results, for those who are able to give such knowledge have no business to do so except in careful and thoughtful ways which insure that it will not be misused. That is one reason why it has been withheld from the general public for so long, but the time is now ripe and to withhold it longer would be almost a crime.

To misuse the finer forces in nature, is to *worse* than burn your fingers, for it awakens within yourself through your thought, most destructive and self-consuming vibratory fires. In giving such knowledge great reliance is therefore placed not only upon the at least latent love of Truth, but also upon the active love of self which lies buried within each heart.

Reliance is also placed upon the stimulating effects of truths when presented, in awakening those leadings from within which are so imperative that they must be obeyed. Another safeguard which is also strongly relied upon is the daily thought helps given to our readers by the Home Silent Thought Brotherhood, and now that their membership has been increased by so many thousands of persons who have recently joined, and who are continually joining, the power increases day by day in accordance with the laws of coöperative thought.

It is believed that these potent silent influences will

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

so stimulate the hearts of members and readers, that they will be wisely led to only the right use of those forces within themselves which are helpful and holy, and thus be amply protected against harmful effects which might come through ignorantly and carelessly dealing with such all-powerful forces, the laws of which this publication aims to teach.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Sixteen—Test Questions.

241. What are the objects of method?
242. To what extent is self-help possible?
243. Are effectual acts the natural result of discernment and clear thinking?
244. Is it possible to improve your life methods?
245. Are you willing to try to do so?
246. Is it desirable to have fixed rules of life as did Washington, Jefferson, Benjamin Franklin and other great men?
247. Why?
248. Have you had a set of rules as your guide?
249. If so, have they proven of help to you?
250. Were they based upon the laws of thought and upon the thought methods of accomplishing things?
251. Name three or more desirable rules of conduct?
252. Do you believe in "The Golden Rule"?
253. Why?
254. Does it imply personal sacrifice to observe it?
255. Why?
256. Is it necessary or wise to sacrifice yourself?

Let it become your fixed habit to judge all things in the light of their basic principles and then "hold fast to that which is good." Build those principles more and more securely into the consciousness, and by the simple method of practicing them. Thus may you become a competent judge of values and of the relative values of things. Such habits will send out invisible forces to connect you with other discerning ones who are doing the same things. Their likeness of mental condition acts as soil for the reception of your forces. You will attract to yourself the choicest souls of the world to the degree that you conform to the laws of life and thus get into the thought currents of Infinite Good.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

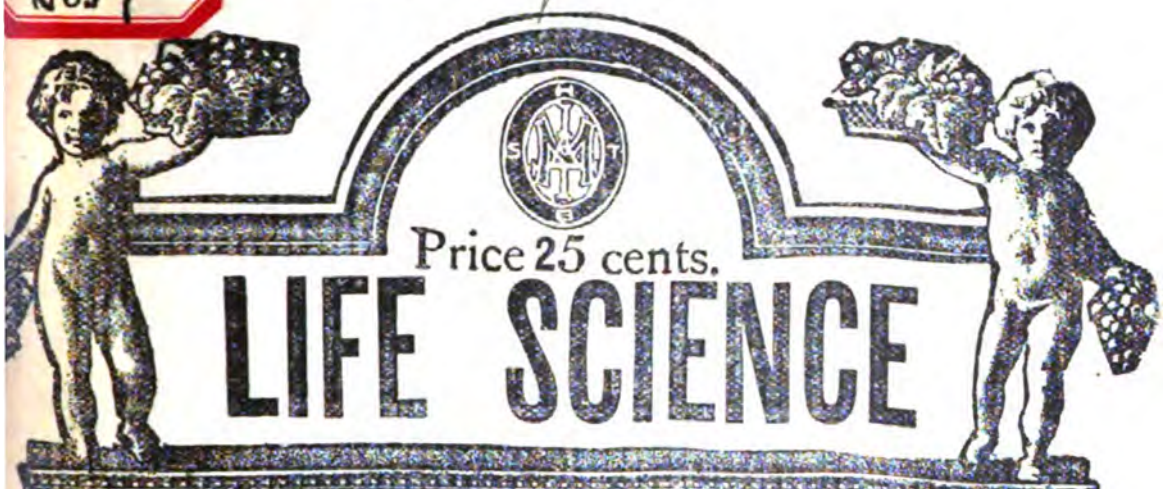
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87e
NOJ7

Mary D Mickinder



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 17

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

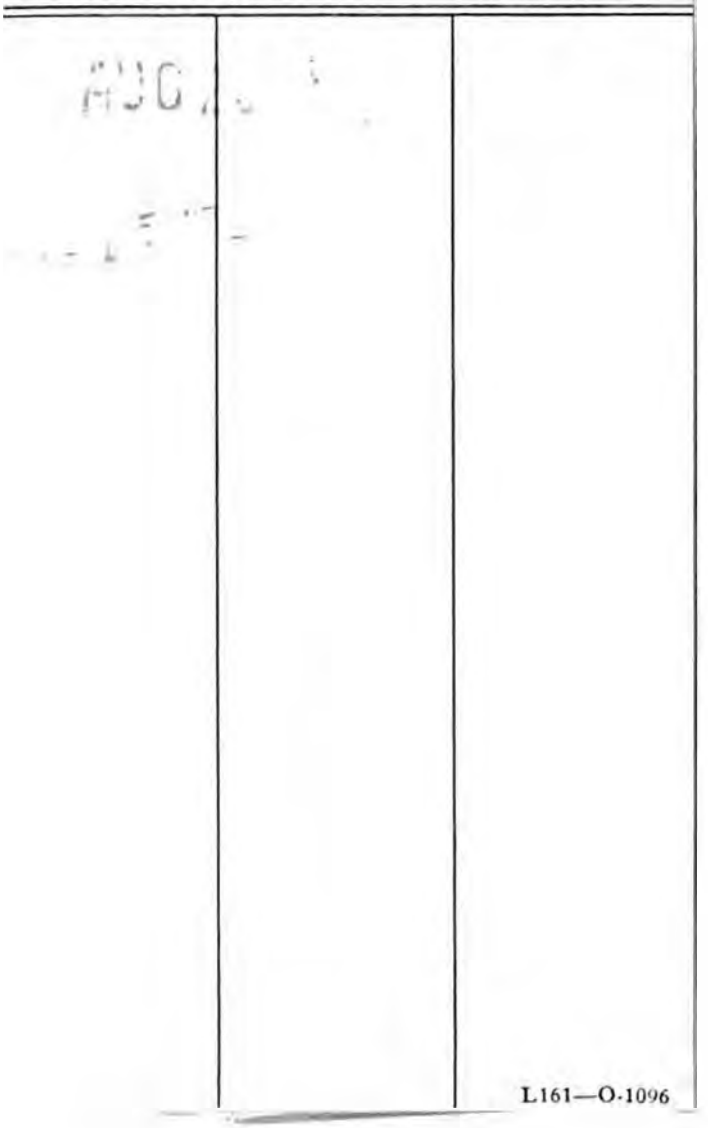
Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN



L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
no.17

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of ethereal influences

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are a[illegible] objective.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Seventeen—Aims And Objects.

It has been said that "most really important things started as something else." The law of vibration, which, being fundamental, is necessarily the most important factor in any philosophical system, was discovered "accidentally"(?) while writing the following thesis: "Methods of Self-Help through Self-Trust." As vibration was not the main theme the subject was not amplified to the extent that it might be, but it is perhaps better so, as it will give each student a good opportunity to dig for himself in getting its deeper meanings. That is the more valuable part of study.

The great importance of clearly understanding the law of vibration may not at first become apparent to the student, but as his investigations reach the profounder depths of Life Science he will readily perceive that the nicer points of philosophy and many of the most practical questions of life and of education cannot be finally settled without so understanding it. Questions such as sleep, insanity, sex, death, the after death states, reincarnation, free will, destiny, fate, evolution, socialism, brotherhood, heredity, the imminence of God, twin souls, prayer, happiness, self-trust, self-knowledge, eternal youth, immortality, God, the Bible, The Christ, depravity, hell, the atonement—in fact thousands of vital questions which concern all.

Keep studying until you master the subject of vibration and it will be found that with that law as your basis of reasoning you can follow out its principles and applications until you understand the essential points of most any subject however great its maze of seeming complications.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Methods of Self-Help Through Self-Trust.

Copyright, 1898, by Ernest Loomis

It is from within yourself and through your natural faculties, that you may gain access to all the resources of Nature's exhaustless storehouse of universal good. The law of your nature is that all powerful and universal law of attraction which is basic throughout all nature. That law is fully represented in you, as it is in all persons and in all things which spring from it. It has its positive and negative poles. Your higher self is its positive pole and central point within yourself. Its negative pole is that "circle" of universal manifestation which has no circumference except to the mind which bewilderingly and vainly tries to comprehend it.

That limitless expanse of universal manifestation is the kingdom which your thought forces must in time rule, because they are the ties or lines of vibratory attraction which connect the two poles of your nature, and they therefore necessarily must in time manifest all that is even latent in its positive pole. Your kingdom of to-day may be measured by your present power to exercise the positive pole of this law within yourself. It is that positiveness which gives impetus to your thought. As your thought becomes more and more positive in its action, you will gradually extend and enlarge

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

the circumference of the circle which describes that kingdom of to-day. Your possibilities of growth through such ever increasing positiveness are unlimited. Your ability to become more and more positive in the use of your thought is measured largely by your ability to comprehend the nature and powers of that law of attraction within yourself from which your inherent powers and unlimited possibilities are derived. There is a positiveness which is but a high tension of fear. That is a kind which is not founded upon true self-trust, and it carries with it but little power.

Woman's nature, though negative, is fully as powerful as man's more positive nature. It is because she has greater ability to comprehend through faith and spiritual insight the depths and powers of that law of spiritual attraction with which her thought forces thus become charged. This negative positiveness of her thought, (which through faith and insight awakens the positive pole of her nature), though potent, is not to be compared in its possibilities with that positive positiveness which is founded on supreme self-trust and a supreme faith and absolute understanding of the principle or law on which all power is based. When you awaken to a full comprehension of the fact that your powers are your thought forces, you will no longer depend upon mere external activities to awaken those vibrations through which all power is manifested. pretical Life Scienceis but the methodized process by which persons may in affirmative ways awaken within themselves the positive pole of their interior law of attraction and then send its powers on the wires of thought to external

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

things. Its first step is to awaken within the self a comprehension of that law and then to put it into active operation.

When you whiningly say I "can't" or "impossible," the positive pole of your law of attraction at once becomes more negative in its action, and you thus forge for yourself new chains of bondage or limitation which necessarily bind you to a narrower sphere of usefulness in life. There is only one way by which you can fully exercise the vibratory powers of your thought over things at a distance. In doing so you should first carry your thought consciousness within to that affirmative principle or pole of your thought which is the Divine I AM of your existence, and the reliance which should back your self-trust; then by starting from that unchangeable rock as your foundation, you can easily send its higher vibrations to things at a distance, and by a process of disintegration so act upon their rates of vibration that they will be reconstructed into the new forms thus projected by your thought. That is the method by which you may bring into active operation the positive pole of your law of attraction, and to yourself the results which thus become attached to you. It is a method by which you can draw to yourself every conceivable good from the unlimited resources of the infinite.

To come into conscious oneness with the cosmic energies within the positive pole of your interior law of attraction (your higher self) is to get into commanding touch with its negative pole and of all negative and external cosmic forces and things in the universe.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Through use, your thought will gradually become more and more positive. There is no set time when you are to exercise the full positiveness of your nature; your thought is absolutely unlimited now, if you will but make it so. There is no person or power which can dictate as to what you shall think. Your thought is at perfect liberty to exercise its full ultimate of absolute positiveness and independeuce now. The faculty within yourself which is most representative of this positiveness is your faculty of self-trust. Its influence in life is so great that to exercise it should be your constant effort at all times and in all seasons. Universal experience and observation teach that even in its impure action it is an important factor in man's success. It is generally the rule by which man's abilities and possibilities are measured by his fellow-men. Your neighbors, acquaintances and friends have so many duties and personal affairs of their own to attend to that they are likely to estimate you at the standard you place upon your own abilities. To do so is instinctive in man, and doubly so in woman, as is shown by the fact that her love for man is generally given to only those who through self-trust and its consequent independence thus command her respect, and become a safe reliance and anchorage for her more dependent nature. She is generally much more ready to excuse conceit and egotism in her beau ideal than she is undue humility. A thoroughly feminine woman is generally, and very properly, unwilling to depend upon or follow the leadership of one who is too humble and negative to depend upon himself. She would despise one she could rule by any

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

method except by her love. Woman is chiefly representative of the negative and feminine elements in nature. Therefore, it is only natural, proper and almost necessary that her life be balanced by one who is more fully representative of positive elements. The more feminine and womanly she is the more likely is she to demand that.

It is much better that a man should be even "raw" and almost offensive in his exhibitions of conceit, than it is to get in that maudlin condition which is willing to do things which are beneath the true dignity of man, or to be mopped about by every positive current or condition which surrouuds him. Self-trust becomes offensive only when it is not properly balanced by sound sense. True self trust is *founded* on sense which is sufficiently sound to thoroughly understand the omnipotence of that law of attraction and manifestation which lies within the higher self. The instinct of self trust can reach its true depths only when it results from a realization of what the higher self truly is. Such self trust and such a realization could not come from mere deductions made from the facts of previous experience, but rather from the understanding of the first principles of things; of that law which is the first principle throughout nature. Deductions from experience and observation can then be advantageously used to substantiate the first principles discovered through such reasonings. Self trust which comes through the understanding of and reliance on that universal law which underlies *all* lives may be depended upon to awaken within the heart that responsive defer-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ence for others which only such knowledge could inspire. When our considerations for others become tempered with the sacred tenderness thus inspired, we will have no desire to trample on their rights, but will guard those rights as we would our own.

The main barrier to your advancement will be at once removed when you but understand beyond the possibility of a doubt that your thought forces and love forces through the law of attraction which underlies them, are absolute in their action, and through understanding may become unlimited in their power. You will then be able to constantly polarize your thought to that idea, and as a result will be carried to the ultimate of your thought powers on the resistless tides thus created by such thoughts. The strength and velocity of these tides will increase as you thus awaken into more and more activity the positive pole of that law of attraction which is the source of your external power. The currents of these tides will also be increased by the actual demonstrations which from time to time will come to you of the power within yourself, and you will thus feed such tides as would a tributary stream. It is from the ever increasing forcefulness of this tide within yourself that you will be able to eradicate from your thought consciousness the negative conditions within yourself which, as causes, describe the circumference of your present limited circle of manifestation. This understanding, and the higher and higher understanding of the principle of man's power, should be your main reliance in driving from your consciousness such negative conditions.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is through the negative action of your natural faculties that every undesirable circumstance and condition in your life have been attracted to you; and it is through the positive and affirmative action of those same faculties that you will become able to gradually and rapidly enlarge the circumference of your life and its environments. As you progress you will no longer place your dependence on the puerile and negative powers of mere bodily activities. You will understand that it is your thought forces and the higher powers of your loving thought which give you your true possibilities of advancement. You will in time thoroughly rely on the action of your thought forces to accomplish everything in life which you undertake. You will realize that even during your sleep those forces are active and more and more thoroughly organizing and so connecting themselves to the source of power within yourself.

It is the deeply interior currents thus reached within yourself which connect you with the persons, events, circumstances and things both far and near which can best aid you in accomplishing your objects and purposes in life.

Your interior spiritual power will then so act on them that they will be drawn to you on the vibratory currents thus formed by those interior thought forces. The times of real activity are the times of repose, for real action is of the mind rather than of the body. The mind should be given plenty of time to thoroughly organize its forces, for it is only when so organized that they act with great power.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Incessant bodily activities have a tendency to scatter, weaken, diffuse and disorganize your powers of mind and interior vibratory forces. The drain and high tension of constant bodily activities necessarily keeps the thought forces centered on its limited range of external things, thus keeping it from properly drawing on the forces within. It is by drawing on the inner powers that the mind is strengthened and more thoroughly organized, therefore it can act with its greatest power only when kept closely in touch with the powers from within. That is why sleep is so necessary. Sleep is as necessary to your powers of accomplishment as it is to your very life itself; neither could be long sustained without it. You will not be able to get from sleep its full benefits until your attitude toward it is changed; until you learn how to fully utilize its higher powers; until you know how to so charge the mind at night when you retire that your forces of mind will concentrate on the within, and by reaching its higher vibrations of interior power, thus get into the undercurrents of spiritual causation which reach everywhere and which are the controlling powers of the things and events with which you have to deal in accomplishing the objects of your daily life. To thus get command of such undercurrents is to bring into your life the persons, things and events which they control.

If you would but take due care of the portion of your life which is spent in sleep, you would need to have but little if any concern as to the results of your external actions during the day. So long as you keep the mind properly balanced by drawing nightly upon the forces of its inner depths, there will be no danger that your

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

daily actions will be unbalanced or unfruitful in results. These are some of the objects which the higher exoteric degrees of the Home Silent Thought Brotherhood aim to assist their members in attaining. Life Scientists will understand the importance of keeping the mind from drifting round in the astral realms, which is to thus become a victim to those psychic vampires with which the invisible is fairly swarming, and they, therefore, keenly appreciate the significance of this organized effort of our Brotherhood to aid members in avoiding such consequences. To keep the mind well charged with the full powers of sleep and of thought concentration is to insure its progress and also the proper advancement of its every undertaking in life, however great.

New students of Life Science or of metaphysical subjects are too apt to hail with delight the easily acquired power to drift into the astral realms; as if to do so were a new born power. Their delight would, perhaps, turn to dismay if they could but realize to what diabolical psychic influences they thus subject themselves. They would then avoid even dreams as they would a pestilence or famine. To project the thought consciousness while negative and receptive is too often to bathe it in astral influences which, if understood, would be as repugnant to refined sensibilities as would be a bath in a stream which was seething with sewage and dead rats and which would not be half so depleting to one's vibratory power. There is much in connection with this matter which relates to unconscious drains of sex force etc., which cannot well be dealt with here. Those who

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

have lost health or sex power without knowing why, or who would avoid such losses, should enquire into and make a special study of the subject.

The psychic conditions in large cities are especially intense. They are not only charged with the selfish, grasping and over-reaching thought projections of those who are living lives of passion, greed and avariciousness, but also of the earth-bound principles of those who having lived such lives, died before their time, and are unable to entirely detach the vibratory ties which connect their lower principles from their previous environments. Such earth-bound principles naturally cling like grim death to vibratory environments of their kind, and as they then have no bodies through which to re-supply their waning vitality, they are only too glad to drain force from living persons who are so foolish as to open the bars of intuition by projecting their thought consciousness while negative and receptive, either in dreams or otherwise.

It is high time people learned something of the laws and tendencies of their own individual natures and of the love forces and thought forces within themselves which must be understood, controlled and kept in proper channels if their full powers are to be exercised and externally realized. You have powers of mind which are not acting with their full power. You are endowed with all the powers of omnipotence and they can be exercised only through your thought. To the extent that you are not exercising that much power are you in need of greater self-knowledge and better thought control. When you are able to keep your

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thought forces busy during sleep in drawing on the interior vibratory powers which you possess, you will not be afflicted with dreams or other abnormal psychological conditions. Your self-reliance should be based on your powers of mind—on the forces within yourself, which are all yours and not subject to the fluctuations and uncertainties of any outward condition. It should be your constant effort to develop those powers into that standard of external character which the unspeakable dignity and true manhood of your Divine nature demands.

The average mind is inclined to place its reliance on property or other external things, which universal experience has taught are almost as unstable as water. It is, therefore, no wonder that such minds in their action often get in the confused state of a routed army of raw recruits. Your army of thought faculties needs constant leadership and discipline.

Nature designed that your faculty of self-trust should be ever kept on the throne of your will as the original and God-given leader whose duty it is to enforce and maintain thorough order and discipline among the faculties, and so prevent that disorganization and inharmony, which would tend toward their self-destruction.

There is a science of life which is mathematically exact. It is that method of nature by which each faculty faithfully performs its proper functions in accordance with the basic law on which all faculties are founded, and from which they derive their tendencies. It is, of course, plain that your highest possibilities of true success in life can be attained only by conforming your life

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to the scientifically exact and unchangeble standard of your permanent nature. Do you know what that standard is and wherein your present individual tendencies conflict with its true ideal? If not, then to attain that knowledge should be your first step, and you should not rest satisfied until you are sure that you have attained it. You should not absolutely and unreservedly accept the simple unsubstantiated word of any one who professes the ability to faithfully delineate your character, but who fails to explain to you the standards on which he bases his calculations. You should require that he so state his standards, calculations and deductions that they will prove themselves. All truth is self-evident, and any standard of human character which professes to be scientific, and which is to be taken as a guide for conduct, should, so far as it is possible to do so, be subjected to scientific tests, so that its truthfulness to man's nature will become self-evident and not need the backing of dogma or authority. When you have acquired such standards, and also a knowledge of those points in your individual character which fall short of that standard, you will be able to conform your conduct more and more to its unchangeable principles.

Your self-trust will in that way be stimulated by the absolute knowledge thus obtained that you have much greater abilities, talents and opportunities than you have as yet been able to utilize, and you will then understand how best to utilize them.

When your self-trust thus becomes founded upon such knowledge and such principles, you will be no longer deceived by the falsities, shams and hypocrisies

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of the world, however loudly and strongly they may be heralded in the name of truth by their blindly ignorant adherents. If they are untrue you will then be able to know it by their conflictions with your principles of life, against which the testimony of the whole world would count for naught.

If you would build within yourself those bulwarks of human character and truth, which true self-trust demands, you simply *must* gain a deep insight into the permanent laws of your being. Self-trust so obtained, because of its source, is sacred and holy, and in its action will be able to inspire the reverential respect of your fellow-men.

It is those who do not look deeply into the subject who would regard self-trust and its consequent independence as a confliction with that duty of love to God and your neighbor, which is properly taught in the first commandment. On the other hand, it is but the true fulfillment of that great all-inclusive first commandment of love; for the only way that you can do your duty to God and your neighbor is to first do your duty to yourself—your higher self. That self and its tendencies is but the image or reflex of that God or law within, from which you derive your life and very being, as well as your powers. Your life is your power to think. The purpose of that power to think is to manifest the God —truth—which is within and from which you derive that power in its every impulse and tendency.

The reason that thought is powerful in action is that it draws on something within the self which generates and uses thought vibrations as its instrument of expres-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sion. That something is the God within called Truth, to which, through self-trust, we should reverently offer our daily prayers or heart's desires. It is, therefore, literally true that the God within—Truth—acts through man's thought upon the vibrations of which external things are composed, and revivifies all things in nature, thus becoming not only their creator but also their controlling power, their constant preserver and their very life. "God is all and within all." The way to become revivified, or to exercise power, is to become more closely in touch with the fountain of life and power within, from which flows the Divine ether of Truth's natural forces. Your "Garden of Eden" is your thought faculties, and your "Tree of Life" is those faculties of self-trust and intuition from which you draw the vibratory food of life direct from its source within. This "tree" is literally "In the center of that garden" of brain faculties, as may be proved scientifically.

It is very important that students should understand the cause of vibration, and also the entire chain of connecting links between external physical manifestation, vibration, man's thought, and its source—Truth—which is the law of man's thought, and through that thought and its vibrations is likewise the law of all things.

An effort will, therefore, be made to carry the subject into its deeper channels, that some of its esoteric undercurrents may be seen; then it will be easy to understand why man's thought may, through intelligent training, become omnipotent.

The original cause of vibration is Truth. There is but one Truth and that is the central law of all things

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

from which even the principle of Love (and its unity) springs as a result. But why does Love spring from it? Is not the principle of Love the original essence called God? In our efforts to obtain a clearly defined insight into that question let us carry the attention briefly to that time in involution when Truth, the eternal, was unmanifest. It was no less a reality then than now, for it is always the same. Although to become manifest was its pre-existing tendency, it was nevertheless almost a degradation for it to try to so manifest itself, just as it would be almost an insult for a man to be required to daily prove (or manifest) his identity to his own mother or wife. Why? because external manifestation necessarily implies forms, and there can be no forms without boundary lines, nor boundary lines without limitation and bondage. Bondage implies degradation. It is impossible for Truth unmanifest to ever become less a reality than it is and always has been, and therefore, at the point of its separation from the unmanifest into the limitations and bondage of manifestation is where that principle of Love began, and Love thus becomes a necessary factor in the work of holding together Truth's manifested and unmanifested principles; to so bind those dual principles is Love's work. That point of separation is where motion or vibration began; where the unmanifest and unlimited becomes the limited, for purposes of manifestation. It is where man, the thinker, began; it is where positive and negative poles become necessary as representatives of the dual principles of manifestation and unmanifestation which accompany all things.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is where man, the thinker, through vibration awakened into consciousness and found that from his "rib" or positive pole and masculine principle had been created its natural counterpart or negative pole and feminine principle called woman, therefore it should not be difficult to convince him that "It is not good (or even possible) for man—the masculine—to be alone."

Although man's positive masculine outgoing evolutionary tendency is first in that degradation called manifestation, it is impossible for it to be or become greater than its corresponding and balancing negative, feminine, spiritually receptive, involutionary, centripetal counterpart, woman. So long as Truth is manifesting there will be both positive and negative poles, masculine and feminine (dual) principles and their centrifugal and centripetal tendencies in *all things*. It is a necessity of manifestation, and Love is the tie which, because of its backing of Truth—the thing manifested—inseparably connects them so long as manifestation exists. Love will cease to exist only when manifestation ceases, and even then it is latent in Truth.

Sexual tendencies are a necessity of all physical life. The law of vibration explains where sex began and why to sexually unite man's and woman's physical beings is able to awaken those intense and deeply seated vibratory activities which take hold of every faculty and usher into physical existence a human soul, which had, perhaps, long been waiting on the threshold for such an opportunity to again enter external life. It does not mean that a soul has thus been created, but simply that a physical vibratory house or body has been furnished,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which for a brief period is to be used by that soul as its instrument of expression or manifestation. We all of us have lived on earth many times before, and will again. Our physical bodies, like the leaves of a tree, are ours only for a summer, but we—the tree—remain. Physical death gives us an opportunity to hibernate or temporarily become negative or inactive for purposes of concentration and the reorganization of our interior vibrations, but it is only for a brief period like that winter which, for the tree, is a period of interior activity and reorganization, and is that within the tree which makes the miracle of creating new leaves the coming spring a possibility. It takes ages for man's soul to organize its interior forces into its present plane of outward manifestation. The birth of his present physical body is not the beginning of his soul life. There is much on this wonderful subject which must in time be said, but time and space forbids my entering fully into it now.

Within the positive pole of man's instinct of self-trustareall the latent potencies of Truth the unmanifest. It is by virtue of these inherent potencies that he is insured the full manifestation of all its inherent positiveness, and the tendency to so manifest will never cease until that ultimate is reached. In the very attainment of that ultimate will he again become unmanifest, because then all boundary lines, limitation and bondage will vanish and become merged into that within himself which is boundless

That vast expanse which is called the manifested universe is but the form produced by the first differen-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tiation of Truth. That man's thought creates vibratory power, is proved by science; that it has unlimited vibratory power is proved when man's connection with the underlying law of vibration is clearly seen. Science proves things only by inference, or by deductive methods, hence the importance of going back to first principles in reasonings, from which a guide to conduct is to be obtained. That Truth is everlasting—the same now and forever—is self-evident. Therefore we may safely start with it as our first principle. That the separation of Truth's dual principles into the manifest and the unmanifest would cause motion, vibration and also that attachment between these two principles, which may be called Love, attraction or gravitation, is also self-evident.

The existence of Truth, which is something to think about, implies a thinker and thought, and as man is that thinker, we may safely conclude that it is his business to think; that to exercise its full powers would be to gain his freedom; and as Truth is the cause of vibration, and vibration the cause of all manifestation, we may know that to gain full knowledge of the truth of his own nature, is to gain command over all manifestation by thus coming in touch with its cause. Ignorance is the only bondage, and the knowledge which is especially valuable is the knowledge by which he can better exercise his powers of thought. Those words of the Nazarene, "The truth shall make you free," are true in the fullest sense of the word, and for every individual soul.

All shackles which bind you must be broken by your

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

own force through the vibratory action of your own thought. You must build your own "mansion in the skies." You must suffer the bondage of limitation until by the use of your thought faculties you create new conditions and thus gain your own freedom. Science proves that matter is but a rate of vibration or mode of motion. All that has form is but organized vibration, and the vibrations of all things may be acted upon through man's thought. It is an easy matter to disintegrate the atoms which compose a physical object by striking within yourself, by your thought, the rate of vibration to which that object is keyed. It was not difficult for The Few in the time of Atlantis to awaken thought vibrations, which would change the magnetic poles of that atom called the world, and thus produce convulsions in nature. It can be done at any time by any thinker who is able to attach his thought to that sub-conscious plane within, which is in perfect touch with the cause of vibration, and thus of its every rate of vibration from highest to lowest.

The adept is only a trained thinker. He necessarily exercises his vibratory or magnetic powers through thought. No one who can think can be barred against exercising such powers, except by his own self ignorance, and that in time must be overcome, because Truth, the omnipotent, is the Infinite polarity which gives its ceaseless impulse to every heart which beats. It is that which gives impulse to man's instinct of self-trust; it is his instinct of self-trust which gives him the tendency to say I am. Its esoteric voice becomes more and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

more audible as he becomes more and more in touch with the great I AM of his interior nature.

Do you ask how, when and where to begin in exercising your inherent powers? Begin where you are, and now; do not put it off a minute. You can by virtue of your power to think at least affirm the inherent power to understand your own nature. Is there not some bondage, perhaps of illness, poverty or ignorance, that you are suffering to-day? Can you not at least silently voice your own heart's cry for liberation and thus make your bondage just a little easier to bear? I say, arise in the might and majesty of that Divinity within, which is your power to think. Refuse to longer drag in the dust that inherited power which makes of you a free man instead of a slave. There is no bondage for you except ignorance of how to use your natural faculties. Their powers are yours to-day as much as they will be when "Gabriel sounds his trumpet" at the last day.

The esoteric voice within every soul is more or less a ceaseless demand for liberation of its inner powers. When this silent though powerful vibration bursts forth in the ennobling words of a Patrick Henry, "Give me liberty or give me death!" the hearts of thousands respond, and as a result they make a long stride toward true freedom.

Your self-trust is an interior chord which vibrates to the slightest touch. Our very civilization is a monument to its glory, and throughout that civilization are thousands of individual monuments which stand in honor of persons whose great service to humanity was

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

inspired almost wholly by their fidelity to the promptings of that noble sentiment within themselves. It is within your power to earn and have such a monument, by simply making your demands for spiritual liberation so imperative, that you will inspire within yourself and others those interior powers, which are able to command the greater freedom and changes thus demanded.

It is, of course, possible to demand things which, when obtained, would prove to be only a "boomerang" and a curse instead of a blessing. Therefore, the first thing to persistently demand is the wisdom to know the best, the right and the true, so that you may never bring such disastrous consequences upon yourself. When you properly use the creative powers of your thought in demanding and thus bringing to yourself desirable material surroundings, such as the best clothing, foods, friends, or wealth in all its forms, your gain will mean also the gain instead of the loss of others. Wealth which comes in ways that mean a loss to others, would bring you more pain than pleasure, and would load your soul with the necessity of expiation, because before you could key yourself up to the wrong motives which would inspire such actions, you would by your thought, first sow within yourself destructive vibratory currents, which would bind you to even a greater extent than they would the ones on whom such unwholesome powers were exercised. You cannot enslave another without enslaving yourself to a greater degree. There is no way except obedience which is able to pacify the law of your nature.

As you get into the esoteric realm you will deal

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

with causes; and as all things have their adequate cause, you will be able to produce most any desired effect by simply setting up its thought cause. You cannot annul the vibratory effects of a once-set-up cause until that cause is annuled, or its vibratory effect spent. Your only chance for true advancement is through the growth of your natural faculties. It does not follow, however, that those opportunities are limited.

The power of thought to crave a thing is given you by that which caused thought, and it follows that whatever you persistently crave, that you will in time get, if not in this life then in some other which you yourself must build. If you wait for any Moses which is external to yourself, to come along and deliver you from your bondage, you probably will, in the meantime, get deeper and deeper in the depths, and flounder around without any clearly outlined plan of action, as would a horse with a broken leg, and who thus injures himself and increases his pain with each move. Your "Moses" is that law and law giver within yourself which ever beseeches you not only to demand your rightful liberty, but also to seek and enjoy all those laws and methods through which alone it may be obtained. Your "children of Israel" are your various mental faculties, and so long as they are without the "Moses" of self-trust and intelligent thought, just so long are they likely to remain in the "wilderness" of bondage. It is poor policy to *move* simply for the sake of moving, without any clearly defined method in your actions; that would be as foolish as it is for an army to fight when their guns were pointed in a way that would lead to destruction of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

that army. As a means of further formulating clearly defined methods of self-help, which are potent in action because founded on the laws of your being, these subjects will be continued in the coming numbers of this publication.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Seventeen—Test Questions.

257. Should each individual learn to trust himself?
258. Why?
259. Which self?
260. Is the real self worthy of absolute trust?
261. Why?
262. Is man immortal?
263. In what respect, if any?
264. What is it that gives permanence to the mentality or power to think?
265. Is all Truth dual in its essence or principles?
266. Why?
267. Does the principle of Unity at the same time prevail?
268. What are the main attributes of Divinity and of Truth?
269. What relation, if any, does Love bear to Truth?
270. Why does Love attract?
271. Can man multiply his powers as a magnet by an increased recognition of the Love elements in all persons and things?
272. Explain the law of vibration?

It seems almost too bad to now leave this subject of vibration but to avoid bewildering the student with too many questions at once, the plan is to develop the subject later and in connection with related issues. It has its applications to all questions, therefore this is easily possible.

It requires some creative or imaginative power to adequately comprehend all the applications of a principle like vibration, which involves all the relationships of life and all the great questions of life. As all persons have the elements or faculties of creative power they can supply any possible defects they may have in these or other respects and thereby vindicate the claim that by virtue of their interior connection with the Infinite principle of Being—the law of vibration—they can safely trust that self to supply all real needs.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

HQ
L81L
NO.20

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life
There is but one Science
and that is
The Science of Life

PART 20

Send Orders to
BROTHERHOOD BOOK CONCERN.
28 East 9th St., New York.

52 PARTS

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

17
L8-1
no. 20

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the [illegible]

[illegible] would require many pages to give merely a description these 52 lessons and the 365 test questions which are [illegible] put for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Twenty—Aims And Objects.

The secret of success is concentration and thoroughness. Form the habit of completing whatever you undertake. Your life accomplishments are founded upon your talents, and as you can improve your talents through exercise or use you should make sure the matter of accomplishment by making character building and self-help the great objects of your life. That is the best way to serve others. It is a wholesome sentiment within man which instinctively rejects or even resents offers of charity, at least until he has exhausted his own personal resources. What man wants is his own, and to accept that which rightfully belongs to another tends toward degradation and leads to a loss of self-respect. Every instinct of the self-hood and of justice rebels against becoming a pensioner upon the bounty of any except God Almighty. To do so is, at least to some extent, a betrayal of one's infinite interior powers. The object of these various plans of self-culture and self-help is to bring out those powers and thereby make one independent of all other helpers. Conditions are likely to soon arise that will make such knowledge imperative. "There will be a famine, not for food or water, but for knowledge." Man's ideals are undergoing such sweeping changes that the first drowsy awakening to his vast powers may lead to their misuse, temporarily, because it will take him time to realize the unwisdom of carrying his present narrow selfishness and instincts of greed into their use. Man won't be greedy after he really learns that he can have all he wants.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

A Plan of Self-Culture and Self-Help.

Copyright, 1898, by Ernest Loomis.

It requires much wit to quickly make a large fortune. It requires much more wit to keep it when once made. No man has as yet been able to carry his money bags with him into another life. Until that feat is accomplished you may safely assume that the best and largest part of your capital consists in your fund of accumulated thought forces. It is that which has made your mental endowments and your power to use them. Your power to hold, utilize and increase that and all other capital depends almost wholly upon your powers of thought concentration and thought control.

Your every mood has either an organizing or a disorganizing effect upon your thought battery and thought powers. The mood of reposeful effort is the mood of concentration, organization and power. The mood of anxiety, hurry, anger, fear, hopelessness, indecision and despondency is the mood of discordant vibration, disorganization and inefficiency. The largest part of your time is spent out of school, but in the still more important school of life; therefore, the moods which are most influential in determining the currents and course of your life are those everyday wayside moods

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and day dreams which are the crystalizations of your various undercurrents of thought, emotion and character, and which include your hopes, aspirations, ambitions and purposes as well as your fears and other negative interior forces. By your every thought and act you are creating a mood, and are therefore training for future success or failure. By so governing your thoughts that they are concentrated upon some noble aim and purpose, you shut out those negative moods of fear, hurry, anxiety, etc., which bring failure.

The best part of every man's education is that part which he alone can give himself. One secret of the success of our self-made men is that their very necessities in early life forced them to concentrate the mind upon one object until the habit of thought concentration was formed. Mental concentration is in fact the main secret of all success and power, and yet that all-important point in man's training is the very point in which our present educational systems are most lacking. They crowd so many studies into the work of a day or hour that the mind forms the habit of scattering its forces instead of concentrating them. That is one reason the average American fortune is so fluctuating.

A fortune in money cannot offer its possessor any true and permanent independence until he has also acquired complete possession and thorough command of himself, of his mental faculties and thought forces. To dissipate the thought forces by sending them in a dozen or more different directions at once, is to create a corresponding number of little rills and currents of vibratory force which will require only a "freshet" of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

unfavorable circumstances to carry away the largest fortune. In fact, they themselves are thus creating such "freshets." These thought-scattering educational practices tend to so diffuse the precious thought energies, that though they may perhaps be able to awaken the mental powers to great activity, even to the point of "americanitis," they are unable to really contribute to man's success or to his real capabilities, because they greatly weaken his ability to act with power in reference to any one thing. If this and other similar defects in our present educational systems are not remedied, our pursuit of business, social and other proper objects will in time become as ridiculously grotesque as would be the spectacle of a grand national St. Vitus dance in which each individual in the nation was an overly active participant.

There are very many who have within them the elements of true greatness and the possibilities of great success, and who have been turned out of our schools with great expectations, but who in after life disappointingly split on this very rock of lack of concentration, and who, therefore, fall as far short of the fulfillment of those expectations and their real possibilities as the flash-light of a Fourth of July celebration is from the deeds of heroism and the actual fiery battles which it seeks to imperfectly reproduce, and for which it stands as but a weak and dying echo.

The main object of all education is to train the thought faculties for concentrated, united and therefore powerful action, and upon one thing at a time. It is in that way that a comprehensive and efficient mental

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

grasp is obtained. Of what use is it to awaken such precious thought energies and powers by any process which necessarily "lets down the bars" for them to as rapidly leak out in a hundred different directions? "Scatteration" of the thought energies has become not only a national defect in the "Jack of all trades" American character, but also the curse of American business life. "The wind never blows fair to that sailor who knows not to what port he is bound."

Success implies the preëxistence of distinct aims and purposes and unwavering fidelity and concentration in following the chosen methods of effort which lead most directly to the accomplishment of those purposes. Carlyle said that "The weakest living creature by concentrating his efforts on a single object can accomplish something; whereas the strongest, by dispersing his over many, may fail to accomplish anything."

It is largely the fault of our educational systems that many a youth who has sufficient ability to become a great man, by the wrong habits thus formed, divides himself up into several small ones, or perhaps even saps the very foundation of his physical life. It is therefore unwise to depend upon such systems to remedy these evil consequences which they have been perhaps the chief means of causing, at least until their methods are first remedied.

Even though their methods were corrected they would still be unable to reach the wants of that army of persons who through thoughtlessness or carelessness entered upon the activities and responsibilities of business life or home making before they were properly

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

equipped for the duties thus involved. These growing responsibilities naturally grow heavier and heavier, until in many cases the nose actually "touches the grindstone," and ten chances to one the burden then becomes such that they are held there until through the continual grind, grind, grind, the energies of life slowly ebb away and the worn out body topples over into a yawning grave.

It is confidently believed that this condition of things is entirely unnecessary, and that there are latent forces within man which when aroused are capable of entirely counteracting such consequences. These forces can in definite and scientific ways be awakened, and when so awakened they place many natural resources at man's command, and enable him to extricate himself from the most difficult webs of circumstances and bondage. To awaken these interior forces is necessarily a work of self-culture. The forces in question are mental forces, and therefore the main methods of awakening them should be mental also.

One mental method which is ever available in so awakening such forces is to simply *desire* something better, or in other words, to aspire to better conditions in life. No intelligent person can for a moment even question the right and ability of every individual however humble to at least *desire* something better than he now has. No one can prevent him from exercising that right, and no one who understands the laws and powers of thought can doubt that it has a helpful influence as a beginning, and a tendency to bring about the better conditions thus desired.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Second: Each individual whether high or low should make so bold as to *hope* that improvement and better things will come to him some day. It is possible to ever improve, and it is self-improvement that brings better environments. The creator would not be so unkindly cruel as to create legitimate hopes that could not be legitimately satisfied. The laws of vibration are such that the earnest and permanent desire to do a thing carries with it the thought power to do it, and therefore is a guaranty of the ability to do it. No rightful hope is ever lost, and the more positive it is, the greater is its power to gratify itself.

Third: Each person should silently and persistently *determine* to better his condition and to exercise every proper means of doing so that comes in his way. "Where there is a will there is a way," and the will is always the most potent factor in finding that way.

Fourth: As "Thoughts are things," the mind should form the habit of dwelling on the subject of true succes. Thoughts are creative forces which thus become interwoven with surrounding circumstances. They not only recognize but actually create the means, ways, aiding forces and opportunities which make possible the success so desired. The mood of peace and calm repose always tends to create moulds which correspond to the object of its thoughts. As the thought dwells upon the subject of success in the mood of calm determination, those moods become vacuums which attract success with the same degree of unerring accuracy that cash finds its way to a common center through the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pneumatic tubes used in many large department stores in metropolitan cities.

Fifth: As the mind dwells on the subject of success it should and will instinctively watch for events, opportunities, aiding forces, etc., which bring nearer its desired objects. Sometimes they will come in the way of a new idea or impulse to do a certain seemingly unrelated and unimportant thing, which will prove to be the right thing at the right time and in the right place. Then again, it will bring persons or new plans and methods which will prove helpful. The mood is the main thing. The body should remain comparatively inactive until the time comes for action, according to promptings from the higher self.

Sixth: Each man is the "architect of his own fortunes." Those fortunes are the results of his mental capacities and thought activities. He should awaken to a deep realization of that fact and then act upon it by choosing wise objects of thought and wise methods of training and using his thought faculties.

Seventh: As all real and permanent help is from within, the individual should make a thorough study of his own nature as a means of understanding how to so use the forces from within that the best results will ensue.

Let us suppose, then, that you have arrived at the point of discernment where you comprehensively understand that through your own efforts life can be made to mean something of increased interest and value to you, and that you have earnestly determined to live each day for your very best as a practical means of attaining

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to your highest possibilities. These good intentions are most excellent as a beginning, but it is only through wise plans and persistent efforts that they can be entirely fulfilled. "The road to 'hades' is paved with good intentions," which means that each person whose mental gymnastics get no farther than good intentions, is thus awakening thought forces that will create a hades of discordant interior vibratory currents which will last until they find an orderly outlet through earnest and systematic effort. He is also breaking down his moral powers by thus repeatedly breaking faith with himself. Moral power is essential to true success in life. Most any good intention can be carried out, providing an adequately willful effort is made to do so. It is important that such efforts should be made in accordance with clearly defined and well matured plans, for otherwise they are liable to carry the person in the wrong direction and farther away instead of nearer to his desired objects. To follow the above seven suggestions will do as a preliminary beginning.

The next step should be to prepare the mind for that concentrated and comprehensive effort which will be capable of forming wise plans. It must then act with concentrated power, for otherwise it would not take into consideration all the factors which enter into the question of its methods and purposes. This preparatory work of mental concentration also has its direct bearing upon every object of self-culture, every method he may finally adopt and every effort which he may afterwards make; therefore it is worth the while to

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

dwell upon the subject with considerable emphasis, and until its main points are clearly understood.

In acquiring the power of fully concentrating and holding the mind on one subject for any desired length of time, it is of course desirable to cultivate external methods, such as the habit of doing only one thing at a time; but something more than that is necessary. The mind should not be allowed to run ahead from an act in hand to a proposed act of the future, because it would thus cultivate a habit which would make it difficult or perhaps impossible to concentrate on the important act when its turn should come, and therefore it could not then act with its full power. It is during the unimportant acts that the mind has an opportunity to rest, reorganize its forces by coming more closely in touch with the higher self, and thus be able to act with power when the time of important action comes. The one who is continually active in body is comparatively incapable of deep thought.

Powerful action is the result of deep thought. The main reliance in gaining powerful mental effects through thought concentration should be upon mental methods. Let your motto therefore be, "mental powers and mental results mainly by mental methods." It is well also to watch your changing moods so you may know what is required for any particular mood. Try to remember that it is thus that you can in time produce at will and maintain the moods of success. To control your moods is to master your fate.

The following method has a wonderful significance which is not likely to be fully comprehended except

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

through long practice and its consequent demonstrations in power. It should be your main reliance in gaining thought control and thought power. Its simplicity and availability especially recommends it to those whose advanced years or pressing responsibilities in life make their need of its helps just that much more imperative, and who are thereby unable to utilize the regular public school methods of thought training, which, however, have proved themselves a hindrance rather than a help toward the object of thought concentration.

It is a proved scientific fact that all power or energy is exercised through vibration or motion. In the language of the celebrated scientist, Prof. Crookes, "thought goes in waves," which also means that it is a generator of vibration, for there can be no waves or sounds except through vibrations. Within each individual is the law of vibration or motion. It is through this law that man's latent omnipotence may become operative. It is through his thought activities that he himself has, during a long evolutionary past, covering many lives, created all the magnetic vibratory currents which compose his entire organism. This has been done simply as a result of his thought efforts to put that interior vibratory law of his being into operation. The wonderful power which may be acquired through thought concentration arises from the fact that through it man attaches the thought consciousness more and more closely to the higher self, or in other words, to that interior law or principle which is the source and cause of all motion and all power. Man's very life as

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

well as his mental powers arises from the fact that he is attached to this great central law or dynamo of vibratory power which is "all and within all."

To come through concentration into closer touch with this law within yourself enables you to awaken its interior forces within others. If after a period of deep mental concentration, you simply send the thought to another and then let the mind calmly dwell (and nothing more) on these principles within him, you will infuse his mind with the vibratory power of that thought and thus awaken the same conditions within him. You thus connect him with his higher self, which means that his entire physical organism will then become infused with its health-giving vibratory forces. You might try this sometime as a means of ascertaining if you have the power to "miraculously" heal disease in another. Dis-ease or lack-of-vibratory-ease can be easily remedied by thus mentally changing, into the harmony of the higher self, the vibration of the body. It takes but little practice in thought concentration to be able to do that.

There are scientific mental methods by which the wonderful art of deep thought concentration can be acquired. Those methods are so difficult to clearly explain that but little more than a few preliminary suggestions can at first be given. If the following simple and seemingly unimportant suggestions and practices are carefully followed for a short time the result will be to so open the intuitions that clues to its more important methods and esoteric meanings will soon be intuitively perceived; then by further fidelity to this prac-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tice and to the main and easily understood principles which are involved, the road to important objects and external results will be made clear and comparatively easy. The objects and results to be thus gained are so exceedingly importhant that no efforts should be spared to comply with all of the conditions and suggestions.

Stop, now, and try a simple experiment with a view to gaining better thought control. The first step is to steady the mind and thought until it becomes comparatively reposeful and steady. Then gradually carry the thought to that interior law or point of——paradise—— within the self, where the Infinite peace, repose, power, serenity and silence reigns supreme———slowly——— *slowly———s-l-o-w-l-y*———slower———*slower*——— *s-l-o-w-e-r*———s-i-l-e-n-t-l-y———r-e-p-o-s-e-f-u-l-l-y listen———until you hear the very pulsations of your own heart. Yes, that is simple, but did you not divine therein one of the secrets of concentrated thought power, thought control and the esoteric purpose of the experiment? No? Then try it once more———still more slowly and reposefully this time. Slowly——— r-e-s-t-f-u-l-l-y———breathe slowly———and reposefully———several times———simply do as I suggest ———, there, that is better, but you did not quite catch the full significance of this practice, which if persistently observed at regular daily periods would greatly help to open to you the door to great concentration, great thought power, great peace, almost unlimited wisdom and that veritable heaven of happiness which is within.

There is a point of repose within the self where motion begins and ceases. That repose is equal in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

power to all the activities in nature, therefore when that point is consciously reached it gives the thought power and command over all manifested nature. The reason is that it gets command of motion by going to that point of interior repose where motion begins. All the manifestations in nature are through motion as may be proved by scientific and microscopic tests with atoms and aggregations of atoms.

As you persist in this habit, you will at some unexpected moment reach that point of repose within the self, where the positive and negative poles of your nature and the resultant motion begins. It is the work of the principle of Love to hold in equilibrium these positive and negative poles of your nature until the end of their purpose of manifestation is reached. Therefore, when you reach that point of interior repose, where outward power begins, you gain perfect command over all vibration by thus coming into perfect touch with its cause—the law of Love. To cultivate spiritual Love is to cultivate organization and concentration. Perfect Love is that organization of magnetic currents where each part or current bears its true and natural relation to every other part. Your real self forever rests in this interior paradise of God. Self culture is only a matter of finding that self. As you come more and more closely in contact with the inertia of the physical external world, to that extent your own inertia increases, and your need of this interior calm of high spiritual or vibratory thought power increases. That power may be obtained through thought concentration.

It is an ever prevailing and universally acknowl-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

edged philosophical law that every effort toward the *expression* or external manifestation of your interior vibratory life forces is a species of dying and a step toward physical death and disorganization, because you thus come in contact with the inertia of matter. You thus take on its conditions of stagnation and death. "Matter is retarded motion." It is for a purpose that man has the tendency to express the life that is within him, but he should guard himself against its consequent disorganizing effects by counteracting those tendencies through the reorganizing power of daily thought concentration. He should form the fixed habit of drawing daily and almost hourly on that interior reservoir of eternal life which through thought concentration is ever available to him.

The seven exoteric degrees of the Home Silent Thought Brotherhood are but formulated methods of self-culture and self-help. The term "degrees" is not used by them with the intention of mystifying students or of enshrouding their methods and objects in a veil of secrecy. In fact the very opposite is the case. Their object is to clearly distinguish from each other the simple, natural, orderly and successive steps to be taken in what they believe to be a scientific plan of self-culture and self-help. The most esoteric and advanced practices in occultism are but methods of self-development and thought control, the very keynote of which is the simple practice which is formulated and reduced to a working basis in the first degree of this Brotherhood, and which is then maintained as its basic principle to the very end. I refer to their noonday practice of daily

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thought concentration which is given in their fifteen cent book of instructions, etc., which it is recommended that students should take as their first degree or step. It is believed that any part of the noon hour which is devoted to this simple practice of thought concentration will have its helpful influence in harmonizing one's various relations in life, and in generating those interior thought energies which are so potent in accomplishing results in all business and art.

The great advantage of uniting in thought with the thousands of trained thinkers and others of similar mental calibre in this Brotherhood who devote that hour daily to this practice and in this connection, is not to be overlooked by those who are at all thoughtful in the matter or who have investigated the comparatively recent developments which have been made in thought photography, etc.

The scientists have actually proved that "thought goes in waves," and have also invented a thought machine by which the powers of man's thought can be registered by purely mechanical means. Thought not only "goes in waves," but it also goes in currents; and one good way to get in currents which are free from accidents, emergencies and disaster, is to unite in thought with those who by long practice have become able to so strongly individualize their coöperative thought currents that such consequences are to a large extent avoided. All persons are bound to sail in some thought currents; if not in these, then in that conglomeration of chaotic forces and currents which are generated by the medley of persons who surround us.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

These are scientific principles, and to the extent that you apply them will you get scientifically exact results.

The main advantage in thought concentration is the direct and individual advantage to be derived from awakening the latent vibratory potencies within yourself. In other words, by coming more closely in touch with the higher self; for by acting from the higher self you act with power. To the extent of your fidelity to this principle of drawing through thought concentration on the forces within the higher self, will you reap a correspondingly important reflex advantage, by thus getting into more direct and sympathetic thought coöperation with those who are doing likewise; or, in other words, the reflex advantages will be increased by being lost sight of at the time, viz., by your fidelity to the principle of drawing on the inner vibrations *only*. As the numbers increase who so concentrate, the resultant vibratory currents will grow stronger. As they persist in the practice the consequent benefits and potency will increase and the united power accumulate.

True coöperation is thought coöperation. When thought coöperation becomes based upon a knowledge of those common laws of thought and of man's nature which unite all individuals into one universal brotherhood, each will in time find that all others are trying to help him along in every possible way instead of trying to "cut his throat" or injure him as is now perhaps the rule. Nature's method of teaching man the laws of universal Love is that method of self-help which teaches him the laws of his own nature, and that all

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

are so intimately related that the life of Love is the only true selfishness. It is through thought coöperation that each individual finds and answers his true relations to all by thus getting into currents which are harmonious from the standpoint of all.

Those who get even a slight glimpse of the wonderful advantages to be derived from true thought concentration and thought coöperation will not need to be solicited to make it a matter of daily practice. Man does not need to be teased to do that which it is so clearly to his interests to do. The Home Silent Thought Brotherhood does not need or require any vows or ties of secrecy, etc., from its members. The only ties which can really bind man are those ties of natural law which connect him with the basic principles of his permanent being. So long as our practices are based on those laws we can well afford to dispense with all artificial ties.

The second step or "degree" in this plan of self-culture and thought training is to offer means by which the student can gain a more thorough knowledge of the laws of thought and of vibration, so that this practice of daily thought concentration, as well as the daily life may become more and more intelligent, potent and effective. There is a wonderful art and power in thought concentration, and any new clue, idea, method or help toward the mastery of that art may, if faithfully applied, become worth hundreds or perhaps thousands of times as much as the $1.50 which is spent by second degree members for the twelve booklets in this series, which are devoted to these subjects and which give

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

many clues, suggestions and rules. Thousands of members have voluntarily acknowledged that they have thus received such benefits. The special subject for daily contemplation at the noon hour which is given with the twelve booklets in question, is for the purpose of throwing members more distinctly *en rapport* with the coöperative thought currents, and that the individual reflex benefits to them may thus become greater. This also is the main object of the books and helps which are given (for $1.00) as the third step or degree. It is believed these and other natural causes which are set up by members of the higher degrees have the effect of strongly individualizing the coöperative thought currents toward the polarity of the very deepest and best influences and powers which are within man and which may thus become externalized more and more daily throughout the year.

The fourth and fifth steps or "degrees" in the Brotherhood are the extremely important one's of ascertaining by thoroughly practical and scientific means, and through nature's systems of correspondency and the laws of vibration, what are the preëxisting individual tendencies of character which the individual member has within himself as his points of strength or perhaps of weakness, and which must be taken into comprehensive consideration before he is likely to make very rapid development in self-training, thought concentration, power and action.

How many there are who are on the wrong road simply through ignorance of their inherent powers, and which if thus righted could become brilliantly success-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ful instead of dismal failures. Each and every individual has some great power which if discovered and developed would lead him to that abundant success which is the right of one and all.

The life attainments of each one of us are but meager when compared with that which is possible for every soul. That we make perhaps even shipwreck on points of judgment, taste, success, health, matrimony, business, happiness, usefulness, etc., is because through ignorance we choose the wrong methods of life. It should be plain therefore that our special and lifelong study should be our inherent talents and powers and how to make the best of them, nor should our knowledge of principles, theories and methods be widely separated from their practice. Any individual can of course make this study and practice by himself without the aid of any Brotherhood or master, except the one true master or higher self which can be awakened by thought concentration.

It is perhaps unnecessary to go into a detailed explanation of the other degrees of this Brotherhood to substantiate the objective point that these degrees are but practical, scientific and common sense methods of self-culture and self-help, and the natural and orderly steps that each one, however, advanced or otherwise could profitably pursue in their work of self-development. These first five degrees can be advantageously taken at one and the same time.

The work for each to do is first and mainly a work of thought training. Thought training comes through thought concentration and through practice. Thought

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

practice at daily periods in coöperation with thousands of others who are more or less trained in occultism is sure to generate vibratory coöperative currents which will in time lead to great outward results. In October, 1896, this publication gave a brief outline of the plans and work of the Home Silent Thought Brotherhood. From a basis of the scientific principles and laws of thought, and the principle that "thoughts are things," it made prophecies concerning the future results to come from their daily practice of coöperative thought concentration, which so far have been more than fulfilled. Among other things it spoke of a proposed "school of philosophy which in time would become almost unlimited in its influence and powers for good." That prophecy is also rapidly nearing fulfillment. The work at first was, of course, a spiritual work, but it is ever the tendency of interior force and power to become external and objective. To create powerful coöperative thought forces and currents is to generate vibratory causes which are bound to arouse and externalize the deeper undercurrents which underlie the heart of humanity.

These preliminary and underlying coöperative thought forces and causes have already permeated most every avenue of the globe. It would be easy to offer convincing proofs of that fact. The time is almost ripe when outward work and results are likely to come to the surface. The methods have been such that each individual member who belongs to this outward work is likely to spontaneously drift to his true place in the work. The talents and services of hundreds and per-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

haps thousands will in time be needed in such work. The world is greatly in need of an awakening knowledge of the laws of thought. Teachers, lecturers, preachers, writers, artists, musicians and others are needed in such work. Libraries, schools, colleges, churches, charities, reforms, amusements, publications and numerous other industries should spring from it as a result.

The great need of the world is true education, and education which is founded upon the whole nature of man. The limitations and crudities of our educational system, as it now is, are so apparent and even glaring, that it is unnecessary to enter into a detailed criticism of its shortcomings. The main question is, What are we going to do about it? What steps can be taken to remedy these mistaken methods which permeate our very civilization from center to circumference? The work of remedying it is so great that the services of every awakened soul might well be enlisted in carrying out the true educational methods. There is something that each earnest person can do.

The laws and forces that have been and are being put into operation will bring to the work those who should be in the work, and from these beginnings other steps will follow in their natural order as the demand may justify. To the extent that the methods of self-help, self-culture and mutual help which are offered by the Brotherhood are founded on natural law, and are faithfully and conscientiously put into execution, to that extent is it deserving of success, and to that extent will it be likely to attain success.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It has been the aim in previous numbers of this publication to give a somewhat comprehensive outline of these laws and principles; and in the last three numbers, as well as others, the attempt has been made to even outline the whole universal scheme of physical manifestation from its beginning to its end, so that each individual may more clearly understand how he can best reap the advantages of completely fulfilling his relations to external objects.

Who has before attempted to explain the cause of motion which has been the Sphinx of centuries? The scientist could resolve matter or manifestation to motion, and the religionist stoutly defend his external God, but the connecting links which were to harmonize religion and science by connecting motion and manifestation with that interior law, which is the One God, has been conspicuous for its absence.

The whole world is challenged to pick a single flaw or weak link in the chain of connections which these publications have outlined, and which not only clearly explains the nature of man, but also of external objects, and of their causes, and of man's relation to his cause and to external objects. When this can be done it will be very well indeed to adjust these methods to any higher or deeper principles which can be formulated and reduced to a working basis, but until then the course of wisdom is to follow the principles already formulated. It is believed that they will stand the severe test of time as being the true methods of self-culture which bring into action the highest and best

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

that is in man, and thus awaken to harmonious activity all of his faculties. Those faculties should then be devoted in wise ways to the service of humanity. There is much more concerning this work which would more fully explain its Chautauquan (correspondence) and other plans of self-culture and its Home School of Esoteric Philosophy, but time and space requires that it be reserved for later issues.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty—Test Questions.

305. Is it desirable that the forces should at times become quiet and poised?
306. Why?
307. Are present educational methods conducive to this?
308. If possible, name three or more respects in which the present educational methods are defective?
309. How may they be remedied?
310. Should one's education continue throughout his life?
311. Why?
312. What is man's greatest educational need?
313. How can one best learn the laws of life?
314. Do you approve of the usual methods of scientific investigation?
315. Are they adapted to your personal needs?
316. Why?
317. What, if any, are their main defects and limitations?
318. What thus far in this system of instruction appeals to you most?
319. Why?
320. Can you suggest how the course could be improved?

Each student should learn to develop his own wayside thoughts and gradually become more independent in thought. He should be driven home to himself—to the interior teacher and "comforter." It is difficult to determine how much you really know until you try to express it. Teaching is for the teacher as well as for the pupil. The child has thoughts and among his contemporaries makes his influence felt. You have your rightful place in the world and should develop the habit of original thought as a means of finding and filling it. Be something more than a mere echo or "cuckoo clock." Be yourself. Be a moving force in the world. Let your ambition be to know something and to do something worthy of what you inherently are. You are a child of the Infinite Wisdom and through your powers of thought may in time know all things and do all things.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L67L
No. 22.

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 22

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

173
L87L
no.22-30

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty-Two—Aims And Objects.

The Christ was an advocate of the regenerate life. The times then were hardly ripe for full explanations of its complicated meanings, hence the sex phases of the subject were dealt with indirectly and but lightly. There may have been other substantial reasons, or perhaps no reason except ignorance of the subject. I don't undertake to say, but prefer to think that He was well informed in regard to the enormous possibilities to man that are comprehended in the true regenerate life—in the conservation and transmutation of the sex energies with which by nature man is so liberally endowed. "The rejected stone shall be made chief head of the corner." What is it to "crush the serpent's head?" Even from the worldly standpoint—the standpoint of actual accomplishment and happiness, what is it that can give the highest ecstacy and vibratory potency to every thought and act? It is the regenerate life. But think of the things to be considered in the conservation and transmutation of the sex forces,—activity of every faculty and function—due supremacy to the moral and intellectual life—purity of thought and act. What is purity? What is virtue? What is the true standard of regeneration? It is to give due prominence to the Infinite law within, from which all blessings flow. It is all a question of the forces for the whole universe is comprised of force and nothing but force. Take the law of vibration as your guiding principle in all things, and especially in considering the complicated questions of love and sex. Man is organized on the basis of sex. Vibration is sex expression.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Sex Forces.

Copyright, 1898, by Ernest Loomis.

If you should take an inventory of your resources you would find that all you possess is but a mass of force. Your very selfhood centers in your forces; all of your opportunities in life spring from them. Those opportunities are of your own making, because the forces from which they spring are but the result of a law which is within yourself. Before you lies the stupendous possibility of obtaining a working knowledge of this law, thus obtaining for yourself the Godlike power of manufacturing force at will.

The great purpose of your life should be to mass force as a means of manifesting the great Truth or law for which you stand. You must learn the law by which masses of force are formed if you would be truly successful. True success is a duty you owe first to yourself and also to others. It is possible to you because of your inherent power. It was one of the purposes for which that power was created, and you should not under-estimate its importance or allow that purpose to miscarry unless you wish to reap the whirlwind of its self-acting penalties.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Your entire organism is a center of force which was massed or organized largely through the power of gender or law of sex. All force has its origin in one and the same law, therefore, the law by which your sex forces were created penetrates to the very center of the deepest secrets of nature. That is why love and passion are so closely allied. That is why sex perversions are so destructive in their results.

If we could but know how wonderful and great is the power which lies behind these sex energies, we would begin to realize that the high average life is, comparatively speaking, a great perversion of the sex functions, and that we must correct these mistakes before we can reasonably hope to be truly successful. Even from the standpoint of sensuous pleasures we fall far short of our possibilities.

That almost ecstatic pleasure which, through the power of this inherent vibratory awakening, man is capable of yielding to woman and woman to man, is but the faint and far off promise of a permanent and infinitely greater joy and bliss which belongs and will come to each soul when it gets into perfect touch with its Infinite cause and interior law of life. Nor are our present lives any nearer the true standard of our highest possibilities from the standpoint of power.

That intensely concentrated massing of the interior currents of vibratory power, which through a union of the sexes is able to reach and thrill the very

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

centers of man's physical and mental being, and thus usher into existence a human soul, thereby furnishing it with a vibratory house or physical basis of life, is but a whispering representation of the thunderbolts of power which belong to us all when we have gained perfect thought control. We must gain thought control before we can fully conserve and mass the forces which are generated through the partially automatic process of the sex functions. We must not only control our passion-creating thoughts and our voluntary acts, but must also make the mentality entirely impervious to the external psychic organisms and other harmful forces which surround us in the invisible.

There are, of course, many persons who will find it difficult to understand and believe that they are now unconsciously suffering wastes of the sex fluids as a result of the action of harmful external forces, but a sufficiently thorough investigation of the subject and of the facts would convincingly prove that it is almost if not quite universally true of all adult persons who have not yet gained that thorough thought control, which shuts off the mental avenues through which such psychic forces can enter. Harmful psychic organisms, etc., are all the more insidiously effective in their injurious action upon the minds of those who are oblivious to their very existence. "An evil known is already half remedied."

If you dream you may know that you are uncon-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sciously suffering the evils of wastes of the sex fluids. A dream signifies that the thought consciousness is drifting into the astral realms, and, therefore, that it is negative toward and receptive to astral conditions, psychic organisms, etc. It is a proved fact that the many psychic organisms which are on the passion plane will thus enter the thought consciousness and by then stimulating the passional mental faculties will re-supply their own exhausted vitality, in accordance with the primary law of self-preservation, and at the expense of the poor victims who are so foolish as to let down the mental bars for them to enter. You may blind yourself and dodge the issue as much as you please, but the chances are that you are one of their victims as is the case with most of us. There are other harmful forces and currents of force such as are on the planes of hate, greed and ambition, which also act upon us at those and other negative periods, with the result of warping our minds and blinding us to the paths of wisdom and true Love, but I will not now enter into a detailed explanation of how these sad results are accomplished; suffice it to say that these wastes and harmful results actually do occur and will continue until we learn how to protect ourselves by thought methods.

It is chiefly through these and other wastes of the sex fluids, together with their accompaniments as a basic cause, that our insane asylums are filled. The history of insanity would show that nearly every case

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is at least accompanied by some perversion of the sex functions. The words and actions of the insane are but little more than echoes from the invisible world, modified, of course, by the remnants of individuality which still remain with those through whom such psychic organisms act. As a rule it is those who are rather talented and highly organized who go insane; or in other words, their psychic or intuitive faculties are sufficiently developed to allow an avenue of easy access to invisible forces. These intuitive faculties offer to man a basis of great power, but of weakness to the degree that their action is perverted. They are the faculties which lead most directly to religious investigation and which inspire worship, and, therefore, a large percentage of the insanity of the world is of a semi-religious character. It is also frequently brought on as a result of the force-scattering tendencies of fear in its various forms, and thus the mentality is left defenseless and subject to the force draining action of psychic organisms.

The chief inducements which are offered to such organisms are the sex or love forces, and it is noticeable that a large number of persons go insane on the subject of love. Even the word lunacy is derived from the word luna (the moon), and has special reference to the periodic negative conditions which come with the changes of the moon. Lunacy is generally, if not always, accompanied with a sad lack of concentration, and can be cured by restoring concen-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tration, or by connecting the individual with the higher self, thus restoring his individuality by driving away the negative forces and psychic organisms which cause these troubles.

It is a common and useful practice in insane asylums to have the patients try to hold themselves up by the hands to a horizontal bar as a means of recovering concentration. Many of them, though physically strong, are so lacking in concentration that they can't even do that. Coöperative thought concentration at daily periods in connection with our Brotherhood is a potent means of avoiding that loss of force and of self control which results in insanity.

It is important that we should each bring ourselves to a halt and provide the mental ways and means of more fully establishing ourselves as masters of our mental conditions, thus driving away the harmful organisms and magnetisms which have fastened themselves as leeches to our lives. If we lack true concentration, or if we even dream, it is an indication that we are allowing harmful psychic organisms to help us run our mental affairs—into the ground—by draining us of our forces.

No matter how positive and individual a person may be in his tendencies, that individuality will not entirely protect him against the losses of force and other causes which lead to insanity, providing he allows himself to continually worry or to otherwise scatter or specialize his thought forces in the various

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

directions of his individual tendencies, and thereby leave defenseless his points of weakness. The more individual a mind is in its tendencies, the more pronounced will those tendencies become when subjected to the sway of a medley of external forces, because by attracting of their kind, those strongest tendencies will form the sympathetic conditions through which the external forces will then act.

There are simple methods of thought concentration, etc., through which the intuitions can be made your strength and your defense instead of your weakness. You should exercise great discrimination and care in following the true methods of cultivating them and their legitimate thought powers, and should religiously avoid many of the commonly taught popular methods which being an inversion of the true principle of awakening and gaining vibratory force from within, almost inevitably result in opening the mind to a horde of harmful external vampires. You should fully learn the all-important law of individual growth. You should ever remember that the entire universe is filled with force and nothing but force; that the psychic and other forces which are external to you will constantly act and react upon you through the sex functions and otherwise, and that these external forces are likely to carry you on the general currents of downward tendency and toward a dead level of mediocrity, unless through knowledge you awaken into action the law of force within yourself,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and thus rise supreme as the master of your destiny.

It is your privilege through self-mastery to rule the citadel of your own heart, thus becoming the king of force and of fate instead of its slave. You will drift with the general currents until you consciously anchor to that stationary vibratory law or higher self which cannot drift because it is the all. The interior law of individual growth, from which spring your instincts of self-preservation, will ever protect you if you will but give it full sway. True fidelity to the all related higher self is a selfishness which never leads to self destruction.

If you could but fully understand the law of individual growth you would thus gain the full consent of your faculties—high and low alike—to follow it in perfect faith and trust to the end. Though seemingly selfish it is at one with the law of Love and with every principle of right. In fact there is but this one law—the law of force—within yourself, and to truly protect its resultant forces is the only way to fully answer your relation to the external universal forces.

If you will but listen to and follow the deepest whisperings of your own heart, you will in time more fully awaken that important self-trusting spirit which though weak at times, ever protests against leaning on outside props, and which when awakened is the only true protection against harmful external forces. Its natural language is, I-AM-that-indestructible-and-omnipotent-universal-law-which-is-all-and-within-all-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

here-and-everywhere-now-and-forever. This unchangeable principle must in time so rule your external life that your every atom will vibrate to its magic power. Every road leads to that ultimate goal, but there is only one perfectly straight road to it, which is entirely free from thorns and briars.

The law of force within you is so perfectly constructed that all things in the universe being but the offspring of this same law are all repeated in your individual organism and are the legitimate rewards which nature offers to you when you fully obey its inherent tendencies and commands. On the other hand every penalty which the universe affords will be repeated in your soul life to the extent that you disobey the tendencies and leadings of this interior law. Nature is amply provided with the means to enforce obedience to its highest principles which are within you.

It will be found that the sources through which you can generate the largest supply of force will when perverted become the chief avenues of waste. Nature's premium upon individual knowledge is a reward for every act of obedience and a self-acting penalty for every criminal infringement of its laws.

If we could know all about our forces we would find it a comparatively easy task to govern our lives with wisdom and make the most of our powers and opportunities. How many of us are doing that now? Unfortunately we are not able to even husband our

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

forces, and as a result the life energies ebb away before we learn how to properly live. The chief avenue of waste is perhaps through the sex functions, but the cause lies farther back. It is in our careless, wasteful force-scattering habits of thought, and must be dealt with understandingly and by thought methods before we can successfully remedy the resultant effects which we are now reaping.

Those who expect to entirely overcome their sex tendencies will in time find that they could as easily overcome manifestation. These tendencies began when manifestation began, and will not end so long as manifestation exists; they will simply be transferred to other and higher planes. The plane of regeneration will become the substitute for the present plane of generation. When through regeneration man learns how to preserve his forces and bodily conditions indefinitely, he will no longer find it necessary to be reborn over and over again. It seems eminently proper that a fly which only knows enough to live a few days, should reproduce his kind, and thereby leave for himself a living representative and perhaps several. It is as proper because natural, that man should live on the plane of generation and passion until, through the consequent experiences and the suffering which springs from ignorance, he is stimulated to exercise his thinking powers in searching for that better way by which he becomes able to transmute these precious Love forces into direct life

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

results instead of using them in a mere effort to perpetuate a *comparatively* useless existence, or still worse, in perhaps wasting them for the sake of the transitory pleasures of passion.

Anything which wastes vibratory energy taps the life and life powers. For man to waste the sex fluids for the mere sake of sex pleasures, is like tapping a blood vessel for the sake of experiencing the vibratory sensation which follows as the blood flows from the veins. Such "bleeding" is no longer considered even a cure for disease. The sex energies are many times more concentrated than is the blood. It is through a thorough knowledge of man's force that he becomes able to prolong his physical existence indefinitely. When we fully learn the meanings and uses of the sex forces we will cherish them as a rich inheritance instead of despising them, and we will use every possible means of conserving their energies. It can only be done through thorough thought control, because we have the unseen forces to deal with as well as the seen. The nature of some of the unseen forces was shown in the last month's issue of this publication.

The Infinite has by acts shown that it is not improper or immodest to possess sex forces; therefore, we may justly conclude that it is neither immodest nor improper to understand them. It is safe to assume that they were created for a wise and useful purpose. We must understand that purpose if

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

we would entirely fulfill it. These facts are so self-evident that it would be almost an insult to the seriousness and importance of the subject to stop now to farther discuss its propriety with those who, through false education, prudery, or evil-mindedness think that it cannot be treated of in perfect purity. It is of course their privilege not to read that which may be said by those who have awakened to a faint comprehension of its importance, and who are making an earnest effort to show how it is possible to escape the disastrous consequences which thousands are now suffering as the result of their infringements of these natural laws. The very self interest of such unfortunates if they could foresee results would impel them to avoid wastes and perversions of the sex forces if they but knew how. It is impossible to entirely conceal the evidences of such mistakes, and they are seen nearly everywhere, hence it has become quite the fashion to despise these natural energies which are the discarded stones which must become the head of the chief corner of man's temple of future growth.

Cause and effect are but one, therefore nature must forever speak the truth to whoever has sufficient knowledge to understand its laws and read the signs. If however secretly, you break those laws, the vibratory effects will "blab." Beauty, power and true success may through knowledge be yours providing you will apply that knowledge by cultivating the lov-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

able and harmonious qualities of true worth for which they stand. There is an external beauty (?) which is but skin deep, but it is easily detected, and it quickly fades and withers into the moulds of inharmonious and discordant interior currents of force which are potent in bringing to the front their own repulsive and unshapely outlines.

There is a constant interchange of magnetisms between ourselves and all persons, forces and things both visible and invisible which surround us. So long as we rely for force upon the external things and forces which surround us, instead of upon the perfect law of life which is within us, will we imbibe chiefly of their imperfections and shortcomings and find it correspondingly difficult to rise in the world. We cannot imbibe the best magnetisms which others possess until we first become intoxicated with that Divine elixir which springs from the ever living fountain or law of force within.

Those whose force is worth imbibing do not have it on tap except for the ones who have learned how to burrow for force in the within. The more powerful deeply interior forces have only the subterranean currents, and those currents are so insulated that they are inaccessible except to him who will approach them through his own thought battery. Thus does God force man to follow the Divine instincts of true selfhood or of individual growth.

About the only way of life which is relatively easy

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is to first gain a clear understanding of the law of force, the interior method by which you can create force and also your relation to the external forces, then, by making this interior law your entire dependence in all you do, you will gradually act and live its principles until it becomes the whole of your external life as it is already of your interior life.

It may at first thought seem that if to find the one right way of life is dependent upon ascertaining the cause of force, that the task is entirely hopeless, because that is the great and vital question which the great thinkers of all ages have been entirely unable to intelligently answer. They have keenly realized the great importance of this missing link in their chain of philosophic connections, and I trust will duly appreciate it in its numberless practical bearings now that we have become able to supply it.

They could demonstrate scientifically and to their entire satisfaction the fact that all material things are but organized force or vibration and that each "atom" (as well as each man) contains within itself that law of force and individual growth which makes its evolution not only a possibility but also a foregone conclusion and necessity. But when they came to the all-important question of the *cause* of force and just how its law acted, how and why it caused its visible vibratory results, they were at once brought to a standstill without having obtained any working knowledge of its principles. All their thoughtful study and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"wobbling" of brains has resulted in nothing more than the old maid's reason, "because."

It should be remembered that to truly answer this all-important and pivotal question is to explain the law and cause of sex, thus solving its many mysteries; it is to show the cause, uses, and importance of the sex forces; it is to give methods by which these forces may be conserved and transmuted; it is to show man's relations to his Infinite Cause and how he may obtain the backing of its omnipotence; it is to show the nature and uses of all the Infinite forces which are within man; it is to explain the relations which exist between that great, everlasting IS called God and all his creations; it is to relate all manifested nature to its cause, thus explaining the original creation; it is to show the final outcome of it all, thus giving philosophically both the alpha and the omega of all manifested life; it is to harmonize Science and Religion; it is to conclusively prove the esoteric meanings of that account of the creation which is given in Holy writ.

Science has, through geology, etc., proved enough to shake intelligent theologians in their faith that the world was created in six days of twenty-four hours each, but Science itself has been shaky and hazy as to the cause of the creative forces and their manifestations, and has been unable to substitute any *complete* theory for the one they have destroyed; therefore, it is not strange that the theologians have hesitated to

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

publicly announce their position on this point of the Biblical record of creation.

There are, of course, some who put reason and common sense to the blush by entirely shutting their eyes to scientific facts, proofs, and demonstrations, but they can shout their six-day theory until doomsday without convincing that growing majority of persons who accept provable facts, common sense principles and their own senses, in preference to swallowing whole the sacrilegious and libelous misinterpretations of the scriptures, which spring so nimbly from hair-brained ignoramuses, who not having even horse sense, or average thinking power and honesty of thought, slavishly tie themselves to obsolete absurdities and traditions which were exploded long ago.

A theological moulder of public opinion whose living is at stake, may so smother his deeper convictions as to be financially successful for a time in trafficing in the previously merchantable hell-fire commodities and other church-organizing dogmas, but he should remember when he preaches such nonsense that people are liable to be so foolish as to follow his advice and teachings, and that to the extent those teachings are founded upon fear-producing lies and wrong motives, will natural law be exact in bringing him to account for the damnable results of the fear forces thus needlessly created. Fear is at the foundation of nearly every misfortune, illness and crime

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

in the whole category. To deal with thoughts is to deal with forces which carry with them their reacting forces.

It need not be feared that two truths will ever conflict with a third truth. Therefore, the scientific truths of geology concerning the creation cannot conflict with the right interpretation of a Bible which is true. "There is no religion higher than truth," and, therefore, the truths of Science should be regarded as sacred instead of as a menace to true religion.

Our recent demonstrations and proofs of the cause of force have shown the relations which exist between nature and first cause, and have conclusively proved that Science and Religion belong to each other as allies, instead of as antagonists. We have accepted the scientific (and demonstrable) verdict, that all material things are but organized force, and by demonstrating the nature of the organizing law or power, have made perfectly luminous the esoteric interpretation of the Biblical account of creation. This intensely interesting and important subject will be taken up at no distant day, and we trust in a way that will be as effective in helping the individual, as it is in the general result of harmonizing Science and Religion, and in throwing an all-sufficient light on the chief enigmas which are now puzzling our theologians.

Our publications have already given the explanation of the cause of force, but like many other eso-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

teric truths it has been made so simple that its deeper meanings have seemed to pass over the heads of readers. It is difficult for them to understand that anything so transcendently important can be simple or even knowable.

This all-important law of force is so intimately related to every practical question of conduct and character, that it would perhaps be almost a crime for us to allow it to miscarry by being overlooked. To make more plain and orderly, this and other esoteric points of the true philosophy is one of the main purposes of the question sheet lessons and the individual reviews, etc., which we are offering free of charge to each seventh degree member of our Brotherhood. Do you not understand how important it is to make each main step in the entire system of philosophyso self-evidently conclusive and the various steps so orderly that its principles and powers can be utilized in every practical way?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty-Two—Test Questions.

337. What is polarity or sex?
338. What causes the positive and negative poles and the attraction between them?
339. Why is man positive and woman negative?
340. Is each soul inherently both positive and negative or complete in itself?
341. Why?
342. What is meant by the regenerate life?
343. Is the conservation of the sex forces a necessary part of the regenerate life?
344. If so, why?
345. What, if any, are its advantages as a force-massing method?
346. Does matrimony aid, or retard, in the work of conserving the sex forces?
347. Why?
348. Should the human affections be kept active?
349. Why?
350. If so, how can it best be done?
351. What are the main causes and results of sexual perversions?
352. Can such perversions be remedied, and if so, how?

Here again, is a subject that is capable of being extensively amplified because of its numerous ramifications. But as stated before it is not the intent to "speak the last word" regarding any of these great questions of life. The object is, rather, to suggest lines of thought that each student can follow out, and among other things, thereby develop a method and habit of originality which will enable him to take up any other subject and form safe but appreciative judgments concerning it. One key of knowledge that can thus be used at any time is sometimes worth a thousand mere facts, however important they may be. This course of instruction gives keys of knowledge, methods and information which if rightly used, can supply food for thought for a life time.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87e
No.23

Mary D. Mickmus.



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 23

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

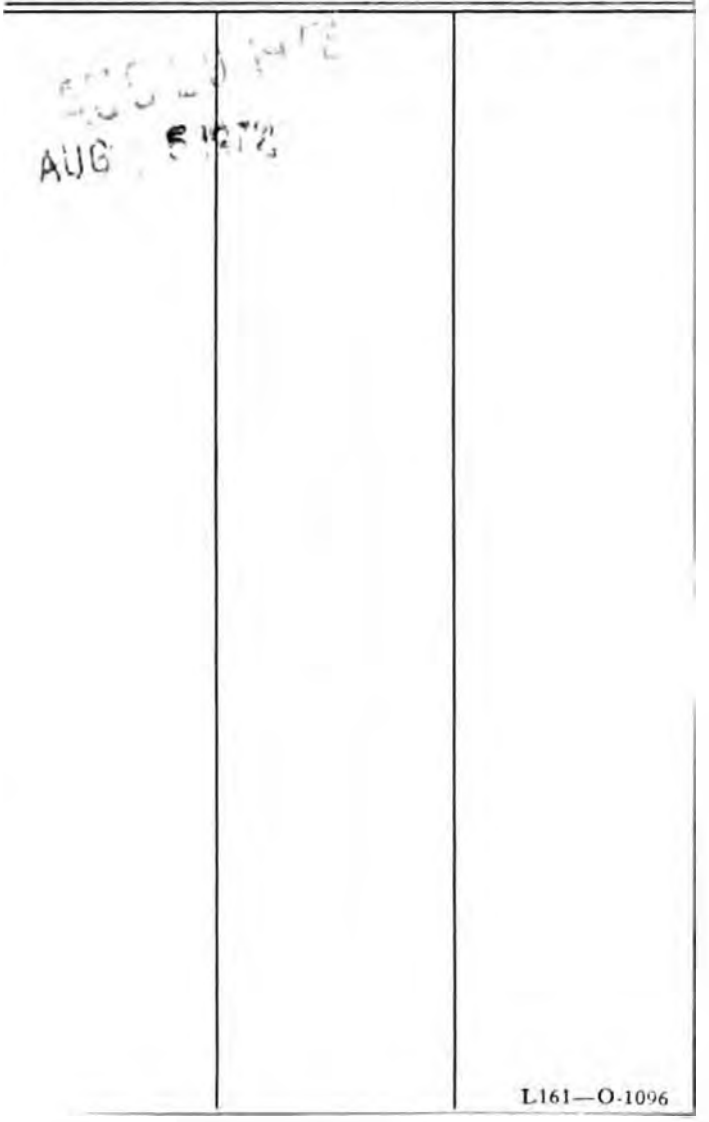
52 PARTS

Digitized by Google
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN



L161—O-1096

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87l
no.23

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22 SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty-Three—Aims And Objects.

True integrity implies an anchorage of the forces to that, within, which is permanent and indestructible, viz., to the Principle of Being. That Principle of Power is ever ready to lend itself to whoever will exercise entire fidelity to it. The instincts of self-preservation or of immortality must ever prevail, therefore, the surest protection to one's integrity is the absolute understanding of life principles which enables him to know to a certainty that he can obtain benefits only by honestly earning them, and that they must inevitably come to him when so earned.

It would be interesting to trace the gradual evolution of the brain faculties to their present type of existence as a means of showing the true character of "conscientiousness," "hope," "benevolence," and other faculties which perhaps seem purely altruistic in their nature. But that is not an essential part of this lesson on the subject of integrity.

The sexual basis of integrity should not be overlooked, nor should the thought methods and pure standards which are essential in the permanent preservation of sexual integrity. Let students by study and practice learn to become expert and just in determining the general indices of character, of truthfulness and of sex integrity. Let them beware lest they, themselves, infringe the law and thereby advertise to knowing ones their weakness, ignorance and inefficiency.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The Power of Integrity.

Copyright, 1898, by Ernest Loomis.

Your soul is a force-creating bud of infinite promise. All the forces of the universe being potential within you are to be repeated through you. Before you lies a rich harvest field which is as wide as the universe. The reaper is that law of force which is within you. It will remain relatively inactive and do comparatively little reaping until through your growing knowledge you more and more fully recognize its omnipotence and put into operation its principles. One of its main basic principles, which contains within itself great powers and possibilities in the attainment of success, is the principle of Right, Justice and Good Will.

You have perhaps imbibed the popular error that dishonesty is more than a match for honesty, and that the one who is *strictly* honest thereby forfeits his chances of worldly success. If so one of the most profitable lessons from the standpoint of worldly success and from every other standpoint which you can learn, is this one of the power of integrity. It is believed that there are principles and thought laws

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

involved which can be made so clear, self-evident and conclusive that they will not only be convincing to your outer mentality, but will also permeate the subjective mind and thereby place the principle of integrity where it belongs as an unswerving rule of conduct, and the leading factor in an increased future success.

It is perhaps unnecessary to take up the ethical side of the question, because to clearly state the underlying principles and the thought laws involved is to thereby conclusively prove that even from every external standpoint, such as worldly success, etc., man cheats himself whenever he fails to comply with both the letter and spirit of the moral law. This proof should alone be sufficient to array on the side of right, all the selfish instincts, and thereby remove every incentive for disobedience. As it is now, the selfish factors of man's organization are almost constantly warring with the moral factors, and thus his mind becomes "a house divided against itself."

It may be clearly seen that this has an almost fatal effect so far as his higher development and his success in the use of latent forces is concerned, because the thought forces, etc., which are then so generated oppose each other and thus tear down as rapidly as they build up.

The interior law of force from which all your forces spring is the one fundamental law which is inherent in all persons and things. It must neces-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sarily be moral, for otherwise it would be but fighting against itself, which is impossible in philosophy and also impossible in fact, as is proved by the underlying unity which prevails throughout nature. Its resultant forces or parts can of course fight with each other, but can never successfully oppose the workings and final purposes of the underlying and causal law of force. It is this underlying unity which makes the harmony of the universe a possibility.

Then do you presume to think that you can successfully oppose this principle of morality and law of force which lies at the very center of your being, and from which all your forces and powers are derived? Do you think that this fundamental law of force would furnish you its product with sufficient force to bring about its own destruction? and yet that is the very thing which must be done before dishonesty can become a match for honesty. The very idea is absurd and ridiculous.

That law of force is the everlasting all of all things, and it would be as easy to *destroy* the mathematical "rule of three" or the self-evident principle that twice two are four. You may, perhaps, try to solve your life problems by acting from the false assumption that twice two are five, but if so, the results will be more and more unsatisfactory and false the farther you go with the example and with the life.

It is absolutely impossible for a thing to be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

unsound at the base and yet permanently stand The sooner this principle, as applied to honesty, is imbedded within the depths and throughout your nature, the sooner will you begin to make more satisfactory progress in the use of your higher powers.

This principle is of tremendous importance in Life Sciences as may be known by the fact that latent forces act chiefly as a result of true thought concentration. Such concentration is almost impossible until the mind acts with singleness of purpose, but how can it so act, so long as it opposes the everlasting principle of morality and the law of Love? Conscience and benevolence are written into the very constitution of the human mind and brain as is shown by the brain construction, etc., and you cannot permanently enlist their thought services, or fully satisfy them in any cause that is not right and benevolent, at least in its tendencies. Every time you try to do it these thought faculties will to some extent balk your efforts, thus leading to the creation of discordant and destructive forces and force- currents.

As you carry your thought activities to the plane of principles their vibratory potency increases and the disastrous consequences to yourself of wrong motives and infringements of the moral law are correspondingly increased. These infringements spring from thoughts and from within yourself. There is where they have their greatest possibilities of destruction, because their forces spend themselves as they

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

go out. The vibratory potency of such forces is perhaps entirely spent before they reach their intended victims, in which event there is perhaps no harm done except to yourself; but the harm to yourself is not lessened, nor will it cease until the causal thoughts and wrong motives are entirely eradicated.

To be even *willing* to harm others, though the power and opportunity to do so be lacking, is sufficient to generate discordant forces within, thus bringing to you the penalties of dishonest thoughts and wrong motives. Such interferences with the action of the interior law of force also tie your hands and limit your powers to utilize that omnipotent force-creating law even in legitimate ways.

Your thoughts are constantly creating sympathetic conditions, which according to their kind carry you into thought currents good or bad. Thoughts of deceit, trickery and dishonesty create conditions which are sympathetic to thieves and tricksters, and if indulged in are liable to bring thieves and tricksters on the thought currents thus created. To habitually read the newspaper accounts of accidents, scandals, treachery, etc., is liable to attract such thought currents and events.

The world is made up of magnetisms which constantly act and react upon each other in accordance with such spiritual laws. Your present environments have been brought to you by your own soul thoughts and force-creating activities. It is your

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

privilege to live in a world which is free from hideous and disagreeable things. It is only through the powers of your own thought, and by due observance of the scientific principles of thought that you can create such a world of magnetisms, thought currents, etc., for yourself.

It is by living in the thought currents of Infinite good that you can attract environments which are uniformly good. Begin where you are. It is your privilege to at least live in thoughts of good and to abstain from pronouncing verdicts of evil upon the things which surround you. It is your privilege to be honest, and to thus attract forces and persons that will be honest, just and generous with you. So long as you hold the world in utter contempt it will give you its contempt in return. So long as you hold the spiritual laws which underlie it in such contempt, they will whip you with their scorn.

If at present you are down in the world so far as outward environment is concerned, you can at least be thankful that you are able to discern the spiritual laws which underlie such circumstances. You can thus make of them the stepping stones to something better. The spirit of condemnation sends out creative forces, thought currents and moods which are sympathetic to the things condemned. Remember those wise words, "Judge not that ye be not judged, for with that judgment ye judge that shall ye be judged." It is your privilege now to judge of all

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

things in the light of the all-wise law of force which underlies them, thus eliminating from your thought consciousness the evil thoughts and the evil things to correspond, which would otherwise come to you and which are perhaps yours now as the result of your past thought conditions.

The disagreeable things in your life will pass away when you have learned their lessons. If after renouncing the principle and habit of condemnation you find things do not outwardly improve as rapidly as you could wish, you may know that you have yet a lesson to learn from that which thus clings to you. If you still condemn as evil the slowness of those outward changes, it is an evidence that you have not entirely ceased to pronounce verdicts of condemnation. Perhaps that is where your further lesson may be found.

No matter what your circumstances may be, it is your privilege now, and without aid from any outside source, to gain that understanding of the meanings of life and of spiritual laws which will place ever-increasing mental powers within your reach. Such powers are born of reposeful, spiritual understanding. They come whenever the soul removes the obstructions of ignorance which prevent it from duly coöperating with its interior law of force. This understanding of the principles of life should become scientific, so that its life forces can be governed and used with scientific exactness.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

You should understand the final purpose of all life. It is to manifest that great aggregate of Truth, which is God, and to give happiness to individual man, the thinker, counterpart, likeness, reflection and manifesting agent of Truth—Omnipotence—God—The Infinite. The purpose of life so far as you individually are concerned, is happiness. If you wisely direct all your energies toward the attainment of that object, you will but follow the path of highest virtue, because your nature is so constituted that the complete fulfillment of its purposes will yield you the largest amount of happiness. That principle is self-evident. The law of force which is God is your life, therefore, to follow the true instincts of its nature is to manifest all truth, and thereby fulfill all the purposes of its Divinity.

The road of the truth is, therefore, the road of happiness and of power. Individual self-interest is founded on the law of Love, and is at one with it. Philosophyteaches man how to wisely pursue happiness by exercising true fidelity to the whole or higher self; and that is true integrity, because it takes into consideration the welfare of the whole world as its own related parts.

Until your sense of duty thus obtains the backing of your selfish instincts, it will be comparatively impotent in its influence upon your life, because happiness is the real object for which you are working, and that too whether you now know it or not. Even

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the principle of duty has for its standard the attainment of individual happiness, and if you truly do your duty to yourself, no other living being will ever have the slightest cause to complain. Your power to obey the moral law is comparatively limited, so long as you do it merely as a matter of duty, but when you learn to do it as a matter of true selfishness it will be pretty sure to be done. Until you understand that it is to your highest interest to observe the moral law, your duty thought forces will be opposed by the stronger thought forces of selfishness, which are backed by the fundamental, and therefore all-powerful desire for individual happiness.

It is extremely important, from the mental standpoint, that you should clearly understand that to strictly obey the moral law will bring you the greatest returns in mental power, worldly success and in happiness. It is through that understanding that you can remove every barrier of selfishness which now opposes your duty to the higher self, and thus you will attain that singleness of purpose and concentration of thought forces which leads to great mental powers. Money and worldly possessions are desirable only to the extent that they contribute directly or indirectly to your happiness by answering the needs and desires of your various thought faculties. In a sense there is no such thing as ethics, because happiness is the final object of all selfishness, which can be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

gained only by the strictest observance of the moral law, as the deepest philosophy will prove.

Many persons, of course, deceive themselves with the belief that their acts of benevolence or of self-sacrifice for the sake of duty and right, are entirely devoid of personal objects and interests, but when closely analyzed they prove to be nothing more than an effort to gratify the individual nature and to yield it personal happiness by obeying its basic impulses of Love and sentiments of right. It had, perhaps, taken the experience of many lives to teach the soul that this was its best way to obtain personal happiness. Even the crimes and mistakes which blacken the pages of history, spring from man's mistaken methods of pursuing self-gratification or happiness. A crime may be committed in answer to an overpowering temporary impulse, but the gratification of that impulse is nevertheless an effort to gain happiness—perhaps through the so-called satisfactions of revenge. In fact, the permanent tendency of every soul is toward the final goal of happiness, which in time it must and will obtain.

It is an unvarying law of thought that whatever the human heart permanently desires that it will in time get. Man's thinking powers are so constructed that he cannot permanently desire anything which is contrary to the instincts of Love and right, and to the true welfare of others. You may rest assured that your desires for happiness will be finally grati-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

fied. Every yearning and aspiration of the soul is a thought force which is carrying it nearer to that goal. No matter how great your mistakes and consequent sufferings have been, they were but the results of ignorance which is gradually being overcome at every step of the way. Each experience and each pain yields something in the way of knowledge at least in instinctive wisdom. Your desires are thoughts which have the inherent vibratory power to gradually satisfy themselves. These force-creating powers should be constantly used in desiring and demanding that wisdom which is able to see and rely on the right as the only safe means of obtaining true satisfaction.

The law of vibration, which is the law of force, explains why it is absolutely impossible to awaken vibratory forces of any great potency except by that process of devotion which brings the thought consciousness closely in touch with the higher self. Great mental powers are therefore incompatible with wrong motives or malign purposes. Man's benevolent impulses and instincts of right will sooner or later balk his efforts every time he tries to array their forces on the side of an unjust cause.

All true worldly success is based upon spiritual laws and all infringements of those laws are treasonable to the higher self and a "hoodoo" to a man's worldly interests. In the attainment of success man is dealing with force and nothing but force. If through ignorance he creates opposing forces he will

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thus defeat the very objects he seeks. Dishonesty in one form or another is one of the main basic causes of these opposing forces. Remove the cause and the cure is complete.

When you thoroughly understand these laws you will be strictly honest as a mere matter of self-defense in gaining the largest possible amount of happiness, as well as for the sake of honesty itself. Honesty which comes in that way comes to stay and can be always relied upon.

Your brain faculties of benevolence, conscientiousness, etc., have during a long past been slowly evolved as the result of innumerable happiness and wisdom-seeking soul experiences, therefore their thought actions, even though opposed by selfish thought forces, have their due compensations; but their full satisfactions and compensations can come only when they are supported instead of opposed by the selfish instincts. This in turn implies that all the faculties be thoroughly instructed in these philosophic principles, so that they may convincingly understand that honesty *is truly* "the best policy."

Then let the lessons of this sermon of duty strike to the deepest interiors of your mentality and heart, and with a forcefulness that will never be forgotten. As the attainment of true mental power is chiefly a matter of understanding, you will thus make a long stride toward that enviable goal which is the legitimate heritage of each awakened soul.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

One of the compensations of strict honesty is that it carries with it its own methods of expression. As you persist in its habit your very countenance will beam more and more with its spirit and with your sincerity of purpose. It is thus that the most skeptical person will be led to finally believe in you and to help you in outward ways as the opportunities thus made are offered. The thought currents thus created will also bring forces, things and events which can be made of almost inestimable value to you. The only way to attract such thought currents is to earn them by living in their realities.

There is no chance for humbuggery or dishonesty in dealing with the spiritual realities which underlie things, and it is with these realities that all are forever dealing, whether they are conscious of the fact or not. All things in life go according to their self-created interior affinities, with the same fidelity that the elements of a chemical compound go according to their affinities.

If your surrounding affinities of the present do not suit you, you have only yourself to blame, because they are but the effects of your own interior causal soul acts during a past which covers countless ages. If you want other surroundings and conditions you can get them, but only by earning them through the application of those spiritual laws on which your very being is founded.

The highest condition of heavenly order and har-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mony which you have the mental ability to crave is within your reach, and as soon as you earn it by establishing throughout your individuality the harmony and order which always prevail at the center of your being.

All the powers of the universe are inherent within you, but "all things evolve from within outwards," and you should adhere strictly to that method of developing those powers, and of building for yourself the right external conditions. It is all right for you to try to "set the world aright," providing you go about it by first establishing the requisite order and harmony within. When you have thus set right your interior conditions, you will no longer see anything in the external world that cannot be set right through the action of the optimism of its own nature. You will then understand that the best and only method by which you can stimulate into action that optimism in external things is to first develop and then use its love forces within yourself.

Thousands of persons now seem to be engaged in a cannibal-like effort to devour each other. It is a case of "dog eat dog," in which the positive forces are arrayed on one side and the less positive or negative forces on the other. Until the soul is awakened it is apt to place too much stress upon the external surrounding forces, and to falsely believe that they are opposed to its individual interests. The result is that man uses his positiveness in trying to overcome

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and dominate the less positive forces, persons and things which surround him. Hate, anger, envy, fear and its satellites are thereby engendered and then expressed in acts. So long as he is oblivious to his inherent omnipotence will the law of self preservation prevail and prevent him from fully overcoming these animal propensities and passions. To the extent that these lower propensities prevail in his life will he be prevented from exercising his inherent omnipotence. It stands to reason that a perfect law would not permit itself to be used in creating forces which would bring about its own destruction.

When the soul of man is duly awakened to a consciousness of its inherent powers, it will no longer fear this same law, which is its own reliance, in its workings in the lives of others or in nature. Man will then discontinue his childishly futile efforts to cheat omnipotence by trying to injure others. His own interior law of force is the law of all Being, and the law of omnipotence. Through his force-creating powers he is his own omnipotence. This one law is not only at the center of the universe, but also at the center of all of its separate parts, therefore, all things in the universe are fully represented in each of its separate particles, and you as a part cannot do an injury to another part without doing an even greater injury to yourself and to your interests.

Every destructive force which you generate has its point of greatest destructiveness at its source or

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

place of generation within yourself. This law is absolute in its workings, and if you infringe it you cannot escape the consequences because it itself has charge of the collection of its own penalties. Whenever you try to injure others you thus outrage the law of your being, and thereby interfere with its force-creating and force-sending activities.

Do you not see how presumptuous it is to try to get external benefits without paying their force-creating equivalent of virtue, reality, integrity and organizing force-massing power? You *must* in time base your conduct on the invulnerable principle of right. Any other foundation will crumble and fall, therefore any course of conduct which is not based upon such principles is a loss of force and time and is sure to lead to humiliations, external losses and final defeat. A Life Scientist could, of course, mass a great deal of force in an unjust cause and thereby create what the world would call success, for which he would dearly pay, but the success thus obtained would be only limited and temporary, and the Life Scientist is the last person in the world who would thus prostitute his powers.

The world cannot furnish a single example of true and permanent success based upon any but the foundation of right. Any seeming contradiction to this principle would be explained if all the facts and spiritual laws and forces which led to that seeming success were known. Even Napoleon in spite of his

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

brilliant abilities was finally defeated, and chiefly through his inability to perceive the immutability of right. He did not seem to understand that it is impossible to permanently oppose the workings of the universal laws. He got so he could not even appreciate or discern high and pure motives. His defeat was brought about by the very forces which he used and which refused to be abused. His massing of force might be likened to a great thunder storm.

There is a greater power which belongs to man and which need not so quickly collapse. It is the power of integrity, the law of which has unlimited force-creating possibilities. Anything less than absolute integrity is repulsion; it is fermentative, decomposing and destructive in its tendencies and results. Almost the entire world is now engaged in the vain effort to cheat that portion of omnipotence which is represented within others—their fellowmen. They are in reality but cheating themselves. They are tearing down instead of building up. They are disorganizing force instead of organizing it. They are eating up the force centers.

All true success is based upon man's power to mass force. It is by preserving the integrity of your interior law of force that masses of force can be most easily formed. You should understand how to mass force by scientific methods, and also how to overcome nature's disorganizing tendencies.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

All outward activity is but a species of disorganization or dying, the object of which is to teach man the great lesson of his inherent omnipotence. It is a species of vibratory exhaustion, which through the instinct of self-preservation forces man to rely more and more upon his own force-creating vibratory powers. All things are vibratory in their nature. "The survival of the fittest" is but the survival of that which exercises the most fidelity to its own force-massing powers. It is he who looks to others for force instead of to the within who "gets left" in this life-and-death race for sumpremacy.

The things we see in nature, our own bodies included, look like solids but they are not even fluid. They are but organized magnetic forces and organizing force centers which spring from the central law of force, through which we become the agent of omnipotence in the manifestation of all Truth, hence the importance of that self-knowledge which is the understanding of these interior laws. Success must exist within yourself before you can satisfactorily externalize it. The conditions within yourself are its reality, the external being but its shadow.

As it is all a matter of massing force, it is important that each individual should understand the nature and uses of his own force centers, such as the heart, the lungs, the pineal gland, the solar plexus, the generative organs, and above all the central law

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of force which is the origin of all these subordinate centers.

The word integrity is frequently and properly used with reference to the sexual conditions. There is a science of sex. It springs from the science of love. All life is the science of love. Sexual tendencies began at the beginning of motion or manifestation, and are of great importance in every stage of manifestation, and until the soul is finally evolutionized.

The main objective point in the science of sexuality is how to mass and conserve the forces which are generated through the sex functions (or center of force.) The work then becomes a work of transmuting into life results the vibratory sex potencies thus conserved. The two purposes must go hand in hand before they can become entirely successful; or in other words, it will be found impossible to entirely conserve the sex fluids until the thought forces are controlled and turned in the direction of the ultimate purposes of transmutation.

As man gets into the realm of principles the things in nature at once begin to take on new forms and outlines. He learns to judge of them in the light of their underlying realities. He takes into consideration the unseen world as well as the seen, and it is chiefly because of the unseen world that thought control becomes necessary as a means of conserving the sex energies. The forms and outlines of external objects show the tendency of their interior currents

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of force, but behind it all is a reorganizing tendency which is gradually building them into higher forms and with higher purposes in view. Their present vibratory forms are but the tents of a night in that eternity which is able to transform these transitory conditions into the likeness of that all-inclusive law which underlies things.

It is through the action of invisible psychic and other forces that man is so frequently drained of his sex force. It will be necessary for him to gain that thought control which bars out these psychic organisms from acting on the passional faculties of his mind in ways that lead to losses of sex force.

The intimate relation which exists between these sex forces and true integrity might be illustrated in the life of woman. It is generally the weakening of her spiritual integrity which makes sexual impurity possible, and as that impurity progresses in its outward forms, the effects of these drains of the sex forces are very quickly noticeable in her voice, her manners and in every way. The quality of the voice of course depends upon the vibratory tension of the atoms which compose the vocal organs, but if the atoms are robbed through sex exhaustion of that vibratory potency, the voice will of course disclose the secret. These results are not so noticeable in man's voice because it is coarser and differently keyed from the vibratory standpoint. There are also other reasons. When woman preserves her moral

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

standards of integrity, the losses of sex force which occur through the action of invisible forces or through wrong matrimonial habits, (which are made possible through her ignorance of consequences) are not so telling in their disastrous effects, because she thereby partially counteracts and greatly lessens the vibratory effects of such losses. This is done through the wonderful generating powers of that preserved spiritual integrity. Before man can attain to any great heights in the massing of force, he must avoid both the voluntary and involuntary wastes of sex force which are now so ignorantly permitted. It is largely in this way that man cheats himself of the success which belongs to him. The science of life is but the science of force, and it is through a scientific knowledge of the laws of force that the easiest method of true progress can be found. All true progress is but the action of the invisible forces through coöperation with their laws.

Man must build the structure of character on the principle of integrity if he would have it storm proof and permanent. Anything less than that is but a foundation of sand. It would be comparatively easy to destroy by invisible forces, the splendid steel foundations of our largest twenty-story buildings. It has been claimed by electrical experts that the ordinary traffic of the Chicago (electric) street cars will in time so charge with electricity the foundations of such buildings, that they will crumble under this

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

inductive process of electrolysis. The atoms which compose steel and all other substances are of course but organized vibratory forces and therefore must disintegrate or rearrange themselves to any higher organizing power which is able to change their key-note of vibration, and sufficiently charge them with forces of a higher vibratory potency.

True integrity is founded on the highest degree of vibratory potency. The ceaseless activities which prevail throughout nature are but the workings of these readjusting laws through which all things in nature become more and more fully polarized to the Truth of Being.

According to Holy writ everything in nature, from atom to man, has "its seed within itself," which means that it is fully representative of that interior and all-inclusive law of force which is ever ready to lend its omnipotence to whoever or whatever will learn and obey its principles of action. This interior law is such a "stickler" for completeness, integrity, reality and its own perfection, that its forces are ever penetrating to the foundations of all things, so that through disintegration and re-organization they may in time become sound and invulnerable.

Every soul is gradually undergoing these constant changes of spiritual electrolysis. The higher forces which are bringing about these changes are from within and are manufactured as a natural result of man's growing power to come into coöperation with

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the law of force within himself. His possibilities of growth are as unlimited as are the powers of the law from which that growth springs. It is impossible to obtain the full satisfactions of permanent success except by due coöperation with the principles of that law. All shams and humbugs must in time succumb to the disintegrating power of this one great reality.

One available method of cultivating integrity is to try more earnestly to speak the truth at all times. We should avoid those shams and hypocricies which make our social life but little more than a masquerade behind the gauze-like film of mere conventionality. We should avoid those exaggerations and inaccuracies of speech which are but species of lying. We must speak the truth if we would perceive the truth. Every lie we tell or act has its effect in blinding ourselves to the truth. Why should we be so dishonest or so distrustful of the omnipotent law as to fear to boldly speak the truth—even our deepest convictions—at all proper times? Many people become so saturated with the deceptions of their social customs, that their entire organisms become but an endless web of lies. They profess to be pleased when they are only bored. They profess to agree with others even when it necessitates the stifling of their deepest convictions. They profess friendships which they do not feel. They profess motives of good will even when their disgust and righteous indignation are deepest. They try to drown their common sense and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

discrimination, and forever fence behind a bundle of shams, but they pay dearly for all such nonsense.

Nature's forces are now working with unusual rapidity and forcefulness. The shams, hypocracies and humbugs of our civilization are being electrolized and transformed by coming in contact with the greater potencies of higher truths. It is the ending of an important cycle in evolution, and the direct rays of its culminating influences are likely to bring into the coming few years startling events and readjustments such as our history has perhaps never known. The largest organizations are liable not to be proof against these culminating influences, except to the degree that they are founded upon the unchangeable principle of integrity. The time never was when it was more important for each individual and each organization to live from a principle that is sound and all-inclusive. One of the main factors which brings about these great changes is the general diffusion of the Life Scien principles. Those are the principles which must prevail at least to a much greater extent in the coming cycle, and the one who does not voluntarily make, in advance, the proper adjustments (to such principles) of his conditions, is liable to be forced to it through the violent workings of natural law.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty-Three—Test Questions.

353. Define the term integrity?
354. What are its essential requirements?
355. Is honesty "the best policy?"
356. Why?
357. Are all the laws of life just and exact?
358. Are all rewards and punishments self-acting?
359. Why?
360. Is it possible to escape self-acting consequences?
361. Why?
362. Is all virtue rewarded in this or a future life?
363. Why and how?
364. Is it possible or just that any individual should receive an infinite or eternal punishment for a finite sin?
365. What is sin?
366. Can one sin without injury to himself even more than he thus injures others?
367. Why?
368. What is the true standard of virtue?

The life should be governed by definite principles and standards of conduct rather than by the ever changing impulses that may come to one. Most minds are warped and undeveloped, therefore their impulses are unreliable as a guide. Those faculties of intellect and judgment which pertain to principles, order and construction were created for use and should be given due emphasis in all the affairs of life. The fact that they are located in the front and upper parts of the brain indicates that they should be made prominent in steering clear of shoals, so to speak. Every faculty has its use. The perfect life is made possible only when the whole soul is made the prompter of its actions. The life of wholeness is the life of holiness. To teach what are its conditions is an object of Life Science.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87P
NO.26

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 26

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 2 0 '72

AUG. 2 1972

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.26

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Twenty-Six—Aims And Objects.

True education develops the sympathies and the heart forces as well as the head or intellect. The hands are also created for use and should be trained to work under the direction of an educated will. The whole man should be educated completely. How often it is made apparent that attendance at a College or University leads to the destruction of one's health or morals. Of course it depends mainly upon the man, but it is undeniable that the so-called "cramming" process of education tends toward a broken constitution, nervous prostration, insanity and excesses.

Thought concentration helps to counteract such tendencies in that it poises the mind by attaching the mind forces to their interior law—the interior teacher from which all true knowledge, wisdom, power, inspiration, health and happiness are gained. Excessive external efforts tend to destroy one's connection with this source and thereby shut off the supply of such results.

There is unquestionably a crying need of educational reform wherein all these and other important educational factors are taken into due consideration. It is not my desire to find fault with the present educational system and methods for they are the legitimate product of the age or of the forces which have been at work, therefore are all that could have been reasonably expected. But the time is ripe for change and improvement as a result of new combinations of those same forces which are still at work. In reviewing some of the ideas that have been expressed in previous lessons it is well to ponder over the question, What is the true system of education?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Thought-Laws and Methods Condensed.

Copyright, 1898, by Ernest Loomis.

[The following selections or aphorisms from previous lessons may be made very useful in this condensed form, by whoever will take the right method.]

The law of Divine Love is so prolific in strength that it endows every atom with its own inherent omnipotence.

Man was born to be rich. His constitution in its varied and expensive tastes implies larger demands on nature than a mere subsistence.

Limited observation is sufficient to teach that nature's relentless law of necessity taunts and insults man with the pains of cold, hunger and starvation until he is forced to learn how to supply himself with food, but at each step, with each thought, a new want is created; and so will it ever be, until he answers his true, intimate and unlimited relations to all persons and things.

Every instinct in man is a thought, and as such, contains within itself the indestructible power to gradually satisfy its wants.

In the weakest is the unfailing promise of some-

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thing better, and the best, which timely sympathy and nursing may aid in manifesting.

Every thoughtful observer must concede that all things in nature were created for the purpose of serving certain useful ends, and that it is only when such purposes are fulfilled that they can obtain the best results for themselves. It is plainly evident that nature would not be so wasteful of precious material as to create anything so complicated as is the constitution of man, for a purpose so ignoble as would be the mere gratification of his physical senses for one short life. This is evidenced by the fact that to so gratify the senses without restraint, would soon lead to satiety, misery and disastrous consequences; therefore, we must conclude that such was not the purpose for which man was created.

It is because so much time and effort is spent by man in the mere gratification of his senses, that he so signally fails in the attainment of satisfaction, contentment, happiness and true success. The unalterable law in nature that each atom in the universe must serve a universal end, ever prevails and cannot be permanently annulled by man. It is impossible for him to permanently row against the resistless tide of universal good.

The road to great power is that road of self-knowledge which leads man into the channels of universal law.

Exact and unchangeable principles underlie the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

human constitution, and it is only natural that the true methods of developing man's inherent talents and powers should be essentially as exact and unchangeable.

There was no guesswork in framing the human constitution, nor is there any uncertainty in the results which may be obtained, by duly conforming to its laws. Its laws are laws of thought.

The story of every soul is more or less a story of wasted opportunities. There are few, if any persons, who have not at their disposal a larger amount of physical, mental and spiritual capital than they themselves know. That they do not make a better use of it, and attain better life results, is not the fault of their intentions or desires, but the fault—if it be a fault—of their ignorance.

Ignorance, mistakes, limitations and penalties go together. It may be bliss, but the awakening, if too long delayed, is like "snakes in the boots" after a big drunk.

It makes considerable difference whether you are on the right road or wrong, for the one may take you directly away from your true destination.

It is ignorance of your interior forces which makes the road to power and high attainments so laborious.

The growth and development of the soul is only a process of removing the illusive fogs and shadows which incase its inner principles.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The best talents that the world has known, because of your inherent powers, are your talents, and the highest possibilities of which the imagination can conceive, are likewise your possibilities.

Can you, in a full understanding of the facts of your life, the meanings of life and of its obligations, truly say, "I am living for my best?" If not, you are committing a "crime" against your nature and must pay in full its self-acting penalties. Do you quite comprehend the wonderful potentialities which are slumbering within yourself? If not, then that is the first thing for you to do.

The qucstion is, What are your talents? They are those various shadings and tinges of individual character which represent the sum-total of your past thoughts. They are much more. They are the Infinite possibilities which lie before you. They are the omnipotent possibilities of creative thought, and it is by your thought that you may build into your individual character the various shadings and tinges which represent their perfection. Let each heart awaken to the tremendous import of this great fact, and thus understand not only that better talents than the world has seen are its talents, but also that the simple method of developing them is within reach. It is a method of thought concentration by which man secures the constant presence of the soul, thus unveiling the heart's inherent soul consciousness.

It has been our good fortune and pleasure, through

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

other numbers of this publication, to be the means of helping thousands in their efforts to reduce deeply esoteric principles to an actual working basis, which they are now making practical in their daily lives. Do you realize what such a help might mean to you?

Man must first deal with the within before he can effectually deal with the without, because the without is the within made manifest.

The heart and pulsations of the body vibrate to the tune of your thoughts, and your attitude, gait, health and surrounding conditions are only the correspondences of your permanent moods. By changing your moods your environments quickly change to correspond.

If success were dependent on mere physical activities and if "Early to bed and early to rise" necessarily made one "Healthy, wealthy and wise," our civilization would soon become overrun with sages and multi-millionaires, composed chiefly of those who are now but humble wives, farmers and day-laborers, and who would live until they reached the venerable age of a Methuselah. Though a person didn't go to bed at all it would be difficult for him through physical activities to compete with even a coarse form of life force, such as electricity, in the performance of its many uses.

Thought becomes more powerful than electricity when its laws are understood and properly applied. Its battery is within the self. It is therefore more

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

available than electricity and can be put to an Infinitely greater number of uses. It is not confined to the control of any "trust," or "monopoly," and to utilize it requires no outlay of capital. Its central "dynamo" and "power-house," within the higher self, is subject to no limitations. Its Omnipotence is ever subject to its will, and as its will is only its laws, that Omnipotence can and will be invoked when and only when those laws are conformed to.

The development of mental power is but a question of liberating the latent energies within man. The powers of electricity, heat and steam are made available by virtue of man's ability to liberate latent energies in accordance with natural laws. It is chiefly a question of knowing how, and it is likewise a question of true knowledge which enables man to utilize, in his business and other affa rs, the latent forces, which, through knowledge, are placed at his absolute command.

If we could but understand how great are the potentialities within us which through ignorance we are as yet totally unable to realize, our present helpless puerility would seem as pitiful as do the dying gasps of a consumptive, who, though perhaps surrounded with sufficient air for a million cyclones, is quite unable to avail himself of its life-giving powers.

The business man who wisely and fully applies basic principles in his business will suddenly find that his business possibilities are enlarged to an al-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

most unlimited degree. They are applicable to every action or circumstance which would better man's condition, and yet the secret of using them is a secret of first reaching the within instead of the without, and then of sending its vibratory infusions on the wings of thought in a way that will awaken responsive activities in the under-currents of persons and external material things. It is the secret of the magical powers of the Christ which may best be reached by the holy and scientifically exact methods used by the Christ.

Would you have your neighbor, friend, relative, business customers or others, act in a way that would benefit yourself? You can awaken in such persons the desire and power to do so by simply awakening their higher selves by a process within yourself. It is thus that you may get into those thought currents which will be found to characterize and control their future actions. It is thus that you may attract to yourself the benefits that their business patronage would yield to you. All outward events may be influenced by such interior methods.

The place in the future toward which you are drifting will be good or bad, and is now being determined by your present interior thought-polarizations. It offers a method by which you may build and may also *know* your own future. Things occur in the spiritual, by virtue of these interior laws, long before they are seen in outward act and event. The underlying

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

laws act with as much exactness in an individual life as in the life of a planet or of the whole.

Many persons seem to act on the false assumption that the Infinite forgot some things, and made a few thousand blunders when man and the world was created, but it is they themselves who forget that Divine Intelligence is an all-comprehensive and all-inclusive law or principle, instead of a mere giant man or mastodon.

To think and progress toward the right is man's irresistable tendency.

The magnetic or vibratory laws of the universe are such that we attract to ourselves the permanent magnetisms of right and good, exactly to the extent that we become magnets of right and good, and to become such magnets is entirely a work within ourselves. We will be victimized so long as we are victimizable, but when we stay at home with the cause of things we will act from the soul, and the holy (whole) spirit will then lead us into all Truth.

Ignorance is the only thing toward which Truth is merciless. It is not merciless toward man, but is his protector, as may be known by the fact that his nature and very life is founded upon its laws. It is his only protection against the results of ignorance, and is that within which prevents him from entirely destroying himself by his gross infringements of those laws of Truth which are the laws of his life. It is by understanding those laws that he may have within his

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

own grasp, the power to protect himself at will against the action of all the more destructive elements in nature. To use them is his irresistable and permanent tendency. The power to use them in destructive ways, being self-destructive is therefore limited, but the power to use them in constructive ways is *self-constructive* and is therefore absolutely *unlimited.* Is it strange that the very essence of all power should be amply endowed with the means to enforce its laws?

Unjust plans are the product of evil desires, and as they produce discordant vibrations are necessarily and to that extent self-destructive

You can never *really* build until you build right. To try to do less is just so much loss of time.

Your inherent desire to do right may be temporarily dormant, but its never ending vibrations will balk and interfere with any unjust plans as sure as breathing will continue during sleep.

If you can but fully comprehend the absolute truth of thought's omnipotence, you will be able to destroy entirely the belief in your limitations and drive away all fear and other negative and destructive thought-forces which constantly work against you. In its place will come the calm assurance that your every undertaking must in time be successful. That is the mood of success. Thus you take one long stride toward the goal of thought control, which means the control of thought's creations, the mastery

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of surrounding conditions and rulership of man's kingdom, which is the universe.

When successful moods become permanent, success is a certainty.

If your thoughts of determination to-day are counteracted by thoughts of discouragement to-morrow and by worries and anxieties *all* the time, little progress is likely to be made. After such an experiment a person is likely to say, "Don't talk to me about the power of thought. I have *tried* it and find there is nothing in it whatever." "It is only a humbug." It is not claimed that the constructive power of *one* thought of determination is greater than the destructive power of *ten* thoughts of discouragement, indecision or worry.

It *is* claimed that permanent moods of calm determination to accomplish a just purpose, if backed by thoughts of unwavering hope, faith, trust, goodwill, desire, aspiration, ambition, imagination, expectation, and based on a thorough understanding of this law, will *command* success in the accomplishment of that purpose, because they are the underlying *causes* of which success is only the fruit and slow effect. They are the creative vibratory forces which work night and day in the unseen, and form currents into which results are bound to flow.

The universe is the vacuum, thought is the mould, and its vibrations are the *essence* which is ever ready

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to solidify if the mood is held to. It always corresponds to the thought form.

As is the business thought, so is the business result. All real action is of the thought word and its accompanying result is only its material correspondence. Faithfulness in producing favorable thought causes will ever bring new proofs that they and their material fruits are one and inseparable.

Be faithful in sowing the thought seeds of success in perfect trust that the sun will not cease to shine and bring a generous harvest in due season.

It is not necessary that your mind should ever be in a positive mood. You must first *receive* force before you can give it out. Receiving force necessarily implies the negative mood.

It is during the moods of bodily inactivity that the mind is most free to connect with the new idea, or the new opportunity which you are seeking. During positive moods your thought vibrations are kept chiefly in the channels of previous thought moulds.

The negative mood is the one where the intuitions are most active; the thought then is not given a positive direction by an effort of will or intellect.

During negative moods thought acts according to the law of affinity or natural selection, and of course goes unerringly to those who are in the same thought currents.

That is why it is so important to form thought currents or moulds of success. Such currents are

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

formed by constantly maintaining the mood of success.

The present methods of business actually drive success away by its worries, anxieties and overactivity. Bodily overactivity is founded on worry and anxiety. Worry and anxiety form thought moulds which bring failure. When man thoroughly learns the thought-laws by which all business results are produced he will rest in the calm assurance that he is actually making more progress during restful sleep than he could by the most intense and anxious bodily overactivity.

During sleep the mind acts with perfect freedom in the unseen, and has a wide range of material from which to draw for aiding forces in carrying out its plans.

Your thought does not cease to work while you are doing the small act, because it is the *mood* of mind that wins success and not the direct thought alone. So long as the successful mood is maintained its vibratory pulsations will continue.

In order to insure the constant presence of your higher self or overshadowing soul you must make of your body a fit habitation and environment for it. No habitation is fit for it except the mood of happiness and cultivated faculty, for that is also the mood of health and success. The presence of your higher self insures the success of your every undertaking,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

because it is *that* self which has the unlimited power to succeed in every undertaking.

It is a spiritual law that the desire to do necessarily implies the ability to do.

Nature is the manifestion of God through human nature.

Within you is a "wheel within a wheel," which to you is the within of all wheels.

Would you reach and thus deal with the esoteric undercurrents or higher selves of every person or thing which comes into your life? You have only to reach such undercurrents within yourself, knowing that they will seek their *own* and so gravitate to such principles within others with the same unerring precision and fidelity with which water seeks its level. Would you extend your outward relations in life? Your higher self has vibratory connections with every living thing, and therefore the true way to so extend your outward relations is to get more closely in touch with that higher self.

You can give helpful thought-treatments to others who may need help simply by first concentrating your mind until your thought-consciousness sinks within to its inner vibrations, and thus becomes in touch with your higher self; then by projecting your thought forces to the same inner principles in the one you desire to help, you will, by such vibratory infusions from *your* higher self, so stimulate the powerful and harmonious vibrations of *his* higher self, that instead of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lying dormant as latent energy it will begin at once to infuse itself into his bodily "atoms" or vibrations, his every act, his every surrounding circumstance and his every avenue of expression, both physical and otherwise. When you thus project your thought to him you should steadily hold him in mind as he eternally is, in all the perfection of his higher self. To the extent that you are able to really reach the deep vibrations within yourself, and then to clearly outline and steadily hold your thought-images of his higher self, will you be able to produce definite and helpful results. Do that and nothing more. It all sums up to a question of your ability to mentally concentrate and so reach the within of your higher self, for when you do, there are no walls or obstructions which can prevent you from reaching, and so stimulating into activity the same powerful principles in others.

It is all sufficient to awaken the higher self of another so that it will act, for that self is the essence of *wisdom* as well as of *power*, and to try to suggest too many details as to what it shall do when so awakened, or *how* it shall act or exercise its powers (except so far as those details and actions relate to general principles) is like trying to teach "The ten commandments" or preach a "Sermon on the mount" to a Jesus Christ.

Every pursuit in life should be founded on the basis of actual worth and followed by those who recognize and depend on its worth. The follower of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

any occupation who has not attuned his vibrations of appreciation to its inner meanings and actual worth, is an untuned instrument from which little except discordant notes and acts can reasonably be expected.

It is perfectly useless to try to outwit the everlasting laws of truth. Vibratory law shows why right is always more than a match for wrong. Its life science puts in the hands of man a weapon of knowledge which always makes honesty in him more than a match for the dishonesty of multitudes.

Evil desires are retarding motions which cast souls into temporary whirlpools of downward gravity. The vibrations of truth within are the whirlpools of upward gravity in man's constitution.

An evil heart does not choose the path of devotion, and until it does, can not easily find the higher octaves of vibration or reach more than the mere outskirts of true knowledge and power.

As deeply latent forces are reached by the vibratory law of true devotion, the power of evil and of the misuse of such forces is therefore comparatively limited.

The laws of vibration and of thought show why true prayer opens the door to a kingdom of Infinite peace and power.

Prayer is answered because of a law and not in opposition to law.

It is no more difficult for Love, Truth and Right to be strong, than it is for their opposites to be weak.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Truth, love, harmony and justice, are synonymous basic laws, which overshadow the individual man, with the same tender and fatherly fidelity with which they overshadow the universe.

The world does not need our help, but we need to help the world in order to truly help ourselves.

Love has power to care for its own. Its life-giving sunshine is ever within the easy range of your vision, if you will but turn your eyes in the right direction. Its unerring leadings will guide you in every emergency, if you will but listen and reverently obey. It is only the shadows of ignorance which separate you from Love's throne.

Your higher self has the latent power to accomplish better business results, in an instant, than you can by mere bodily efforts, in weeks or, perhaps, years. When you strike the right vibration within, the spiritual undercurrents which control your environments are at once transformed, even though their outward correspondences do not immediately respond.

If you desire customers in business, you may form magnetic currents which will attract them to you, by simply directing thoughts of loving recognition to the love principle which dwells in each heart. That indwelling God of Love, thus awakened, will inspire them to follow the thought current which so reached it and produced the awakening. In this simple way, you may constantly create opportunities, and as con-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

stantly, bring helpful factors into your surroundings.

Love attracts. Hate repels. The vibrations of love must be reached before one can rise above fear. Hate, care, anxieties, and most all inharmonious bodily, or other, conditions are the satellites of fear. They should be drowned in an ocean of Love. "Perfect love casteth out fear." That process of thought concentration which reaches the true vibration of Love, is a cause of long life. It is an organizing power which more closely holds the atoms (vibrations) of the body together. By observing such practices daily, the soul constantly renews its grasp on the bodily atoms. That is why the body then has more power to act in business matters.

Before you can become a true Scientist, you must renounce hate as the infamous and illegitimate child of fear. Hate and fear are the twin bastards of ignorance. Renounce them forever. Stamp them with the brand of Cain.

Get your will under the perfect control of its true ruler. Love is its true ruler and the seat of all true power. Discordant, hating, thought vibrations forge chains which tie your hands and limit your powers. It is not until they are melted in fires of love, that you can manifest your higher powers.

That which hates is not YOU. It is the disturbance of a surface vibration. It does not spring from the heart of being. To live in hate, is to live in the hot water of surface disturbances. It is hot water which

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

will burn you every time you try to transmute it into steam and power.

A person is not in a fit condition to wisely decide an important question, or to successfully accomplish great business undertakings, until he invokes from the higher self, the aid of its latent forces.

Life Science offers means of transmuting ideas and inherent potentialities into bread, butter, gold, and all material things, as well as into happiness and spirituality. It is only an inverted vision which sees so much evil in others. It is like the man, who, having a "louse" on his own eyelash, thought it was a "ground hog" up in a tree. Errors which are the result of ignorance, are excusable. All errors are the result of ignorance. When you withdraw your consciousness from without, to the higher self within, the vibrations of love will bubble over with the strength and generosity which washes away from the consciousness all imaginings of evil in others.

The law of Love applies to the atom the same as to the universe and is the power within the atom which makes its evolution possible and a foregone conclusion. Pollywog and whale are of equal dimensions in the sight of God.

To master the secret of your heart is to throw open the door to your omnipotence and place within your easy reach the accomplishment of your every undertaking.

Love is the fulfilling of the law. Do you presume

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to think the Almighty has failed to provide the certain means of fulfilling his law?

Every heart vibrates to whatever teaches its own omnipotence.

"As a man thinketh in his heart so is he." It is to the invisible forces of your thought and heart that you must look for freedom and power.

Love is the elixir of everlasting life which gives the soul immortality. It is a clock which will run forever without being wound. Its eternal vibration of perfect bliss is the solved mystery of perpetual motion.

No law of the Infinite can miscarry. Sooner or later you will be forced, by your nature, to co-operate with the perfect law of love, until its purposes are fulfilled through you.

The human constitution is perfect from eternity to eternity.

Man's constitution is based on the principle of love. Love means organization, because organization means perfect adjustment of each and every part. Could love leave out any part and still be harmonious?

All sensations of pleasure arise from the harmonious action of vibratory forces within, and all pain from the *inharmonious* action of those same vibratory forces.

Thought is the ever available power which is able

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to mould vibratory forces into harmony, happiness and success.

Happiness is the God which the human heart always loves and worships with unwavering fidelity. It is an unvarying law of thought that whatever the human heart earnestly and permanently craves that it will in time get in all of its fullness. It is because every hope is a species of thought, and thought is the only creative power.

If your every moment is not the perfection of bliss it is because you have failed to fully comprehend the esoteric laws of happiness.

The deepest philosophy teaches that joy and perfect bliss is the natural condition of the soul, that man's constitution is *perfectly* adapted to its attainment, and that enjoyment or happiness is the only legitimate function of every organ of the body, every faculty of the mind and every element of man's entire nature.

Happiness can come only from the normal activity of faculties already possessed. Man's nature cannot yield happiness to itself from anything outside of that nature. Even every breath we draw, and every movement of the body, is calculated to produce happiness but not when the body is covered with boils or the nerves tied into knots of anxiety and worry. Harmonious vibration of forces within is happiness, and thought is the power which makes their harmony possible.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Until the mind is right, property, titles, honors, fashions and other worldly ends cannot contribute materially to enjoyment, for not until then can man assume their accompanying cares and responsibilities without worry and anxiety. Thoughts of worry, anxiety and selfishness produce discordant vibrations, and tend to turn the pleasures of worldly possessions into gall and bitterness.

The power to think enables man to set up conditions which will keep him in close touch with the higher self. This is the secret of happiness and long life and is also the law of success. On that point we have the authority of the Christ who said, "Seek ye first the kingdom of God;" which is the kingdom of heaven and within "and all these things will be added to you." That promise is literally true because founded on an unvarying law.

What kind of thought seeds are you sowing for immediate or future reaping? Are you by your thoughts, moulding your inherent vibratory energies into currents of harmony, or of discord?

Have you joined that army of deluded persons who think that "happiness is not of this world," but who continue to chase the "will-o'-the wisp," which postpones it to an indefinite time in the future?

If so, then halt! "Right about face."

Eternity is now. "The kingdom of heaven is within you."

When will man learn to accept the teachings of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the Christ that heaven is not a place or locality, but a condition within, and that its happiness may be found now by observing those esoteric laws of thought which bring into harmony the vibratory energies of his constitution.

The power to be always happy is not always properly estimated. It is not commendable to be bound by chains of slavery to low circumstances. Many persons are able to be moderately happy so long as everything goes just right with them, but the loss of friends or relatives or even of money or property at once reverses the normal action of their faculties and throws them into convulsions of inharmony and misery.

Are you looking for happiness from without? You are looking in the wrong direction. By looking without for happiness man is forever running away from its true source, which is from within, and which comes by a process of thought which arranges into perfect harmony the vibratory currents of his organization.

One cannot teach the esoteric laws of happiness, or of business, according to the laws of thought, without thus teaching a code of morals and ethics, which is more convincing than the scarecrow of a million orthodox hells. Man has outgrown the stages of fright, infancy and ignorance, and will no longer choose to skulk into the back door of an undeserved heaven after he is given the privilege of erectly walk-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ing in at the front door in all the majesty and dignity due to his inherent Divinity.

Misery is an illegitimate child, a child of ignorance, for which man should blush with shame. To glory in misery is not to honor the creator by obeying his laws, but to glory in shame.

Thought forces always generate vibratory organisms and they will live until their energies are exhausted. To think involves a correspondingly great responsibility. To think is to generate vibratory seed. To continue the thought is to sow the seed and furnish it with a backing of fertile soil, air, sunshine and other conditions which make its reaping a foregone conclusion and absolute necessity. This power can be used to bring success and happiness as well as to bring a rich harvest of retribution.

Every thought has a magnetic effect in proportion to its inherent power and intensity, and sinks down into your unconscious mind as a sediment, and thus builds, according to its kind, to the strength of your vibratory power.

Your power to think implies the power to know. Who shall say of what you shall think? The power to think of, and know one thing, implies the power to know all things. "Knowledge is power." Complete knowledge is omnipotence.

You may manifest that state of mind and faith which defies the power of fire, flood, earthquake or

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

even death itself and which is able to command from unseen elements an outward manifestation through you of all the things and circumstances which make life beautiful.

This mood, unlike riches, offers a basis for independence which is not transient. If worldly possessions thus obtained, disappear, it offers the ever-available power to obtain more. Riches come on the currents of such moods like the waters of a river, and like the waters should flow on and be dispensed as freely for the good of humanity, in the sure knowledge that their omnipotent source will not dry up.



Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty-Six—Test Questions.

401. What and where is the cause world?
402. Is there any unchangeable principle or law within man which is incapable of growth or decay, and in which his real being resides or consists?
403. If so, what?
404. What is the Father Principle of all Nature?
405. Define the word God?
406. Is God an individual, a person or identity, or a principle?
407. Name His main qualities or attributes?
408. What is meant by The Trinity?
409. What are its three basic factors?
410. Is man or the manifested world a part of that Trinity?
411. If so, what?
412. Is The Trinity in essence a unit?
413. If so, are each of its factors a unit potentially by virtue of being a part of The Trinity?
414. If so, what, if any, potentialities does that imply for man and for his thought?
415. What and why is man?
416. What, in the generic sense, is the true type of manhood and womanhood?

Life is expression. From the standpoint of expression each student will necessarily derive important benefits irrespective of any reviews, by answering completely all the questions in these lessons. Great difficulty in so answering the questions implies that their great subject—Life—is but imperfectly understood, and that only emphasizes the importance of studying until the answers become easy. You never can get away from life, nor make the most of its opportunities until you understand it perfectly.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87c
no.28

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 28

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google

UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.28

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Twenty-Eight—Aims And Objects.

What is to be the subsequent outcome of the true educational processes and what will be the final crystalization in the coming Social Order are live questions which may well engage the thoughtful mind. Will there be a church, and, if so, what will be its legitimate province or sphere of activities? Yes, there will be a church, at first severe and seemingly cold, because scientific in its principles and methods. Its work will be to unify the Wisdom and Love principles of Life, so they may ever after travel hand in hand. Life Science is the only real foundation for a church or for a Social Order that will stand the tests of time. Worship will constitute an important part in enabling God to reign throughout mankind and in each individual heart. The church will become an instrument of the Divinity in that it will offer man the best of facilities and helps for intelligent worship. The time will come when mankind will gladly accept as Supreme Ruler, whatever may, to a certainty, become known as the Truth. Mere men as rulers may die, but the Principle of Truth is indestructible and is the only true basis for any permanent organization or Social Order. The law of vibration is the Principle of Truth upon which the Church, The Universal Republic and all other organized factors of the coming civilization must rest. "Upon this rock" may each student well build his tabernacle of character and of worship, that "the gates of hell may not prevail against it." Until this is done, intelligently and consciously, there is certain to be more or less unnecessary disorder in the life. Bring these facts home to yourself and act accordingly.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The Coming Universal Church.

Copyright, 1898, by Ernest Loomis.

The day and hour is almost at hand when as a result of extraordinary astrological conditions and other powerful seen and unseen combinations that have slowly evolved from far-reaching causes, there will be focused upon the earth and its inhabitants certain magnetic rays or currents of force which will bring to individuals, to classes and to nations, the ability and inclination to accept advanced ideas which will necessarily lead to great changes and readjustments in their working forces and in their general methods of action.

In connection with this work, and in fulfillment of prophesies contained in Holy Writ, important books will appear and the chosen one hundred and forty-four thousand leaders or workers (twelve thousand from each of the zodiacal signs) will finally arise to forcefully proclaim the great Christ principle which the Christ referred to when he said "On this rock I will found my church and all the gates of hell shall not prevail against it."

Let each reader stop and ask himself this important

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

question, Am I to be one of these chosen workers?

This Christ principle has an equally important application to individual lives, and fortunate is he who in the coming days of trial, of outside pressure and of quick effects, is able to say "on this principle I have understandingly founded my character, therefore 'all the gates of hell cannot prevail against it.'"

The church is but a combination of individuals, and the value of a principle as a foundation for the church is necessarily derived from its value as a foundation for individual character. The uses of the church are to offer individuals the strength of unity in their efforts to progress. These uses are based upon the principle that "In union there is strength." The church should offer its individual members all possible co-operative, esoteric and external aids and advantages in their efforts to come into perfect oneness with their own higher selves or interior soul principles, and so that through the strength thus obtained they may then manifest the knowledge, the wisdom, the growth, the powers, the success, the usefulness and the happiness which result as they act more and more from that self, or law of force within themselves.

Through Life Science the church can and should be made a co-operative force-massing center or "Solomon's Temple" that is able in time to offer the wisdom, the power and the glory of a Solomon to each earnest searcher for that omnipotent and interior force-massing law which underlies man's being. This underly-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ing principle of Truth is ever willing to be transmuted into wisdom, active power and life results. In fact it is its pre-existing tendency and destiny to carry each of its individual representatives to that ultimate, for it is only thus that its own glory can be made fully manifest to the individual consciousness. Life manifest thereby becomes the monument of Truth. Your real life may and should and must become such a monument either in this embodiment or afterwards.

Neither the individual nor the church can ever manifest the power of Truth until its search for power is also consciously based upon the morality of Truth. Life becomes manifest only through action, force or vibration, all of which are but forms of power. All the impulses of life in man are but "a search for power" through action, force or vibration. Those impulses can never be satisfied until they become moral, for power and morality are one in their origin and ultimate. The human consciousness is but the vibratory sensations which result from man's power to think. Manifested man *is* this consciousness or power to think. His thoughts are the vibratory forces which flow through that power and from its underlying vibratory law. All happiness is vibratory or sentient in its nature, for consciousness is but sensation. Man's sole source of happiness is therefore his power of thought including of course the vibratory forces which directly or indirectly flow through it. The harmonious action or flow of those vibratory forces

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is necessarily happiness and power, and their inharmonious action is as necessarily misery and misused power. The law from which they spring is exact in its workings. If this were otherwise it could not even be considered a law, much less a basic law. The unity in nature and the integrity of its cause is dependent upon this perfectness and exactness in the workings of natural law.

As this evolutionary law which governs our forces is exact, so also are the principles and methods by which that law can best be brought into full and harmonious action. The life of the Christ in thus bringing it into action was a practical example in the science of devotion and love. It was the Christ principle applied.

That Divine principle is fully represented, at least latently, within each of us, and the hope and advancement of humanity and of the individuals who compose it, is to find and awaken this principle within themselves and then to understandingly apply it in their daily lives. All its powers and all its possibilities are freely offered to whoever will but do this, hence its value as a foundation for the permanent church.

All the promises in Holy Writ being based upon this Christ principle can be fulfilled here and now by him who is able to understandingly apply it. As this principle is within, to apply it is a matter largely of devotion. Devotion becomes uniformly successful when it is the result of deep knowledge scientifically

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

applied. The coming universal church must not only be founded on the Christ principle, but it must offer scientific methods based on that principle which can be made helpful to individual members in their efforts to more fully awaken it within themselves. It should offer every possible spiritual, intellectual and external help toward that end. Or in other words it should be made a spiritual gymnasium having all the appliances for scientific devotion.

It was necessarily a principle instead of an ordinary rock or stone that the Christ referred to as being impregnable under all circumstances, on all occasions and for all time. Nothing less than a universal and basic principle that is everlastingly true would be able to permanently survive the ceaseless play of universal elements, much less to permanently satisfy the needs and cravings of the human heart; its cravings for liberty, for knowledge, for love, for power, for progress and for permanent happiness.

The evolutionary law or Christ principle is not only the cause in each and every individual of the power to think or the manifesting soul principle, but is also the cause of every separate particle in that great evolutionary system called the universe. This entire universal system being composed of forces, and forces only, is ever under the absolute dominion of the cause of force, and it is when we can attach the thought consciousness so closely to this interior causal law that we become one with it, that our individual

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thought forces may gain absolute dominion over all external forces and things. This rightful dominion of man, the highest work of creative law, can come to him only when it becomes a loving dominion, because it can come only by getting into interior oneness with that law which is Love.

No one who has even a slight conception of these facts and of the principles involved can for a moment doubt that there is great virtue, great power, and great possibilities in scientific devotion; nor can they doubt that a church founded on these principles would offer to man his best possible opportunities for scientific devotion. The work and methods of the true adept are often ignorantly considered dark, grewsome, malign or even criminal, but instead of that they are the very opposite. His methods of thought concentration are but methods of devotion, and the consequent thought control is but an evidence of his ability to manifest the powers of the higher self.

The highest virtue consists in so attaching the thought consciousness to the higher self that we act from it in all we do. Then let us not fear to use the higher methods of thus connecting our thought direct with the primal vibratory source or law from which all force flows, for in doing this we are but endowing our power to think with the full authority of Omnipotent Truth, of which that power is the counterpart and the divinely chosen manifesting agent.

The purpose of the true Scientist is through scien-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tific devotion to fulfill that all-inclusive law which is Love. Love is the fulfilling of the law and therefore by getting into perfect oneness with Love (which is the interior law) we become Love manifest. This is the atonement,—at-one-ment—which all must in time make.

To the Scientist there is a tremendous meaning to the first great all-inclusive commandment "Thou shalt love thy God (the law of thy life) with all thy heart, with all thy soul, with all thy mind and with all thy strength, and thy neighbor as thyself." To do the former is to likewise do the latter, for when through scientific devotion we get into perfect oneness with that God within or law which is Love, we thus fulfill the law and become entirely incapable of hating; and that is likewise one method we may use in determining whether or not we have entirely made this atonement. He who governs himself from this direct standard of Love is in no need of the restrictions of external laws as a means of inducing him to do his duty to others.

From the standpoint of power, the Scientist knows to a certainty that if he "Seeks first the kingdom of God and its righteousness"—its rightness with the eternal law—that all of these external things will then be added unto him simply because they are thus brought within the dominion of his thought powers. This is an unchangeable scientific law and fact. Therefore to seek that kingdom or interior law from

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which all force and power springs, is in no outward sense a matter of sacrifice. It is getting, not merely giving.

Do you wish Love? then seek that interior law which is Love, and at once the body becomes infused with its loving vibrations until the heart almost overflows with its warmth-giving satisfactions. Do you wish power? Then seek that law from which all power springs and at once your thought forces gain more and more of its omnipotence. Do you wish for success in business? Then seek this interior law as a means of infusing your business and surroundings with its warmth and customer-attracting glow. Do you wish rest or peace of mind? Then seek that interior kingdom of peace which is perfect harmony, and at once your consciousness becomes thrilled with its restful harmony, joy and peace. Do you wish greater bodily power and vigor? Then seek that interior law or source of life which is able to send its life-giving potencies into your every atom. Do you wish to help others or perhaps to gain fame or renown? Then seek that interior kingdom which is real, for by thus dealing with realities in yourself and others you not only give lasting benefits but also obtain in return the lasting respect, confidence and gratitude of others. Do you desire knowledge, mental power, intellectual keenness, etc.? Then seek that law of power within which is Truth itself and it at once becomes transmuted into knowledge, wisdom

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and power to be and to do; and how could it be otherwise after you thus reach the primal source of your own power to think.

If you seek your satisfactions through the body or through any external source alone, you will in time be brought to a realizing sense that all outward things are but transitory and that only this interior Christ principle of Love can offer love and other outward satisfactions that are changeless, perfectly pure and entirely satisfactory.

Every human affection and instinct within man should become spiritualized and transformed into a perfect gift, and so will it be to him who through self-control follows faithfully and to the end this interior pathway of scientific devotion. It is he who gains powers and satisfactions that are not fleeting, and simply because he follows methods which are force-massing instead of force-scattering.

Then do you ask what are the uses of a church which is founded upon this great principle? No matter what your purposes may be, if you wish to see them rightfully fulfilled you cannot afford to cheat yourself of the privileges and opportunities which the coming universal church will offer. If you desire that your life efforts should be one grand train of triumphant victories you should organize victory in advance through thosethoughtmethods of scientific devotion which knit together your working forces in a way that makes them irresistible in their action

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

because they thus become fully representative of their omnipotent backing.

Can the orthodox or other churches of to-day offer all of these privileges and advantages? Are they conscious of the unlimited possibilities which by virtue of the interior Christ principle belong to each individual man? Are they scientific or even intellectual in their methods of devotion? Can a church which is founded upon the doctrines of hell, the natural depravity of man and the vicarious atonement (of a select few) through a Christ which is outside of themselves, succeed in properly bringing out (by awakening and training) the Christ powers which are latent within each man? No, these are libelous toward the wise, just and tender Father—creative law. They are degradations of the true teachings of the Christ (and of the Bible) which they profess to follow. His nature was the same as ours only more highly developed. Therefore he was a possible, instead of an impossible and differently constituted, example for us.

It would be unreasonable to suppose that the omnipotent and all-wise creator of the universe would send his "only begotten son" to die for (but finally fail to *entirely* save) the world; and at the same time let all the other countless billions of worlds and systems of worlds, which are presumably governed by the same laws, go to destruction for want of an "only son" or of a sufficient number of "only sons"

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to go around. The unity which prevails throughout nature, and which enables the astronomer to predict with scientific accuracy the minute when a distant planet will appear, should be sufficient to convince us that essentially the same laws prevail throughout this universe, and that the construction of the whole is likewise the construction of each of its separate parts. The law of evolution likewise substantiates and conclusively proves this principle.

There is but one Truth or but one basic evolutionary law, and we each are representatives of it. It is of course unnecessary to go into detailed proofs of these commonly accepted scientific principles which the church has so persistently fought, but which are now so generally accepted.

The church has of course had its uses, for otherwise it could not have existed. It is an unvarying law that use determines the quality and existence of all things, whether good or bad, and a thing must necessarily cease to exist the moment it becomes entirely devoid of use. This is because use is founded upon the law of Love or service. Use is service, and the law of Love is the creator of all forces which make manifestation or existence and all uses possible.

One of the great uses which the church has had is its efforts, blundering and imperfect though they were, to adhere to the principles of devotion. And they have undoubtedly made much progress in finding better methods of devotion. It is a law of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thought that to dwell in mind upon a thing, even though that thing be in no wise comprchended at the time, is to awaken sympathetic forces which will bring into manifestation the qualities and principles which first brought that thing into expression; and the efforts of the church in the direction of devotion and in finding out the principles and teachings of the Christ and of the constitution of man, have greatly aided in bringing more fully into expression the true principles which underlie man's constitution.

Their efforts were a search for Truth and therefore served to bring them more nearly in accord with Truth. Although they have fought the progress of Science and of other even more materialistic methods of finding the Truth, they themselves have in their keen desire for the Truth helped in stimulating the growing intellectuality which has worked so persistently in the realm of Science.

This growing intellectuality has now become almost a disease, and the provings of Science have overthrown so many of the erroneous dogmas of the church that it is now rapidly losing even its devotion, which is the one great virtue which has so far held it together and enabled it to grow.

Now this "pearl of great price" must not be lost; it must be restored, and to do so necessitates the founding of a new church; a church which represents intellectuality as well as devotion. In short a

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

church founded upon the Christ principle of scientific devotion.

The history of orthodoxy shows conclusively that it is with great reluctance that even a single one of its most absurd dogmas is discarded. Therefore the church can hardly be expected to wholly and properly reconstruct its creeds and methods to conform with this scientific Christ principle of devotion because it would take away the very foundation of the entire structure. It must be begun all over again, or in other words, the work must be done by a new church; and if properly done, that church is bound to become the universal church. There is absolutely no question but what the universal church will be founded upon this one Christ principle, which must be understood by its members instead of being kept secret from them, namely, the principle of man's inherent divinity, not of his depravity, and of the scientific methods of devotion by which he is able to evolve as rapidly as he is able to make this interior at-one-ment of becoming at one with the evolutionary law within himself on which his permanent being is based.

This principle shows that true help is self-help. It is based upon the fatherhood of that interior law which is God. But as that law is the law of Love, it therefore follows that the brotherhood of man is as basic as is the fatherhood of God. And it follows

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

that man can get better helps in his efforts toward self-help if he co-operates with others.

True co-operation should begin in thought. For years we have silently put into daily operation as an organized body the laws of co-operative thought and the effort to get and keep more closely in touch with the higher self. As a result this universal church is already spiritually built. In fact, there are tens of thousands who have been and are now uniting with us in these efforts, and who doubtless will unite with us in our efforts to further embody these principles into a universal church, which will set up every possible mental and other condition which would be of advantage to its members.

We have already formed the nucleus of such a church in Chicago and in other places, and are rapidly setting up intellectual and other causes which we believe will greatly aid in uniting Science and Religion under the one banner of Truth. In fact we are undertaking methods of making the truths of scientific religion so self-evident that they will be almost universally accepted.

The signs of the heavens are with us and the present ending of a hundred year clycle, of a larger twenty-one hundred and forty year cycle and of a still larger five thousand year cycle, also offer almost conclusive proof that these things *are to be.* In fact that it will be no less than the gathering together of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the hundred and forty-four thousand chosen workers and of the innumerable army of followers who are spoken of in the book of Revelations.

The great pendulum of human events has long been swinging in the direction of materialism and of intellectuality, but now that these great intellectual questions even of the cause of force and of the scientific methods with which man may lead the regenerate life, have through our work and otherwise been answered, that great chapter of the past will become as a sealed book, and the events of the near future will surely show that the great pendulum has already begun a tremendous impulse or returning tendency which will carry it higher and in the direction of that scientific devotion through which all may gain the anchorage of the unchangeable Christ principle within, on which the proposed church *must* be founded.

There is, perhaps, important work for you to do in connection with this church. If so, you will perhaps be led of the spirit to make the fact known to us and to take the preliminary steps toward getting down to actual work.

Cyclic law ever prevails. Its mighty sweep may bring to many a pressure which will for a time be difficult to bear, but let us rest in the assurance that it will be but the beginning of a brighter day, and that the overshadowing law from which this light springs also has under the wing of its tender compassion the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cyclic wave of darkness which may begin at the end of this coming, "little golden age."

We each are representatives of this law, and in our efforts to come into oneness with it, should not forget that one of its basic principles is service, and that it is only through service to some of the other parts of the one great whole that we can become truly representative of its tender compassion and reap its full rewards. Let us at least awaken to the existence of this Christ principle, and if possible find it within ourselves as a Christmas gift, and in memory of Him who through a realization of its importance was willing to give his life for it. Thus may we comprehend the esoteric significance of the day which is named and observed in his honor.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty-Eight—Test Questions.

433. Define the terms religion and worship?
434. Is there a scientific basis for worship?
435. If so, what is that basis?
436. Do you believe there is a decline of faith, partly as a result of the progress of modern science?
437. Should there be a decline of religious faith?
438. Should faith become established upon a principle?
439. If so, what principle?
440. Should man worship the Father Principle or Infinite Power which is within himself?
441. Why?
442. Does prayer to a God external to the self carry the thought forces away from the self and from "the Kingdom of Heaven" within?
443. If so, what will be the consequences?
444. Do the churches ordinarily teach that the "Father" to whom we should, presumably, pray, is in the "Kingdom of Heaven" which is within?
445. Why?
446. Is the Christ a person, now dead, or is it an ever living Principle—an ever living Christ within each soul?
447. What was the real purpose of the life of Jesus Christ?
448. What is it to become at one with the Father Principle which is within?

How vast are the possibilities of Infinity, and to what depths of research man may be led by inquiries into the great religious problems of life and of the future? How soothing to the heart of man is the sure knowledge that he is an indestructible entity into which must subsequently come, through the power of desire or of thought, all opportunities, all experiences and all triumphs which it is possible for the mind to conceive. Then may he say, "Serene I fold my hands and wait" knowing that "my own will come to me." That thought method of work gives joy to work then done with the hands.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87e
No.29

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 29

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.25

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Twenty-Nine—Aims And Objects.

To perceive the soul of things is to love it wherever it may be found, and it may be found everywhere and in all things. To love is to live. Love is life and life is love. Life Science is the Science of Love. To love more abundantly is the one object that is ever worthy of pursuit.

The love of Beauty is deeply seated within the soul. Love of Beauty is but love of Perfection. As things evolve they become more and more beautiful. To continuously hate is to grow hideous. The corners of the mouth should turn up rather than down. This signifies cheerfulness, mirth, hope and happiness. The light comes from above. The animal becomes upright as it reaches the stage of monkeydom. To "monkey" is to be amused even though it fails to amuse others. The perfect Beauty is invisible to the naked eye, which may suggest to some that they should not always remain naked or undeveloped. As things become deep and holy they become beautiful and we often hear of the "beauty of holiness," but we don't always find beauty or holiness—perhaps because we do not look aright. Dress may become a matter of religion rather than of a diseased approbativeness. We should dress to please our own inner sense of beauty if we would learn to dress becomingly; but so long as we are undeveloped we may also have some consideration for other people's eyes and for the conventional standards of dress and beauty.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The Soul of Beauty.

Copyright, 1900 by Ernest Loomis.

It is the nature of the soul to expand with its every impulse of love for the beautiful, or by the ceaseless adoration of its ideals. The natural attitude of growth, is a worshipful look upwards, as is indicated by the grass, the flowers and the trees, and by their thankful responsiveness as they receive of needed heat and moisture.

The soul or ideal within the bursting seed or opening bud of a prospective flower, contains the events that shall befall it, and during its sexual season is lovingly ecstatic in its silent worship of that ideal, or standard of beauty, which, through the power of love, becomes incarnate as a full grown flower.

This eloquence of worship is but a pleading demand for lovers, which sends out the magical affinities and subjective thought forces to attract them from the surrounding elements of earth, air, rain and sunshine; and to the extent that love's interior standards of beauty are thus maintained, individualized and exposed. The consumation of its love in a marriage to these elements, is in itself a creative act of natural law, which is not lacking in rightful homage to the God of beauty, as is signified by its consequent

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

offering of a beautiful flower upon the hymenial altar, to be used for God's glory at the wedding feast.

The Universal Soul, or God of Love and Beauty, lies buried within each heart, as a silent prompter of the loving adoration of ideals, which, though perhaps feeble and intermittant, inevitably leads toward a more worthy and adequate expression or externalization of its divinely omnipotent perfection.

Man's highest ideals are his present lovers. Through the power of Love, they draw nearer to him whenever his loving thought goes out to them. This silent force of loving thought, which springs from the Universal Soul within the heart, is the guiding star and magnetic pathway or polarity, which, if kept brightly illumined, will, in time or eternity, attract true lovers to his fond embrace. His main part in the transaction is to simply love and love and love, as the sun shines and shines and shines, thus following the divine order of nature as is exemplified in the humble life of the flower.

Then begin anew to build altars to your ideals, or to the God within. As thought is the builder you have its unlimited supply of force as material with which to build. The edifice of hârmonious material surroundings, ideal companionships etc, has its origin in the basic structure of ideal character, therefore your plastic thought forces should first be molded into an embodiment of the divine image.

Seek ye first, the interior heavenly kingdom of the Universal Soul, and lo, you will awaken into

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

echoing responsiveness, the all related affinities which will bring all needful things unto you.

They will come to worship at the shrine thus erected to your interior ideal, or God of Love. The whole world will bow at your feet, when, through self-trust and a knowledge of spiritual law, you depend upon the true interior standards, and thus become independent of their cheap and almost meaningless homage.

The universal sentiment of hero-worship, can always be awakened by him whose reliance upon the God within, enables him to enbody that which, though somewhat beyond the present level and reach of the multitude, is instinctively recognized by them as the common property of developed souls.

This universal appreciation of the hero's standards and attainments, necessarily implies the possession of like powers and qualities, which, though perhaps now latent, place the same and higher possibilities of attainment, within the reach of each individual soul. No questions can be asked that are unanswerable. The power to desire or comprehend, necessarily implies the latent power to satisfy.

The awakening and worship of beautiful ideals, offers to each person, his opportunities for attaining that which the heart most craves. In fact, worship is in itself attainment, for the ideal is the real. The perfect is the only changelessly real.

He who intelligently and faithfully follows the divine command to worship with the whole mind, heart, soul and strength, cannot be cheated of the self-acting

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

rewards and satisfactions. The law of cause and effect is absolute. The laws of God are repeated throughout their every separate production, and it is by the worship of their divine order, that the cause-world is reached. The line of connection is within the thought-organism. The sunset, the flowers and even the lowly ant-hills, offer limitless spectacles of beauty, to those whose awakened perceptions see the laws of God in all things.

The pathway of opportunity, of discovery and of accomplishment, leads within and in and in, to those innermost perceptions within the interior palace of beauty, which connects with nature's limitless store-house of primal energy and with the magnetic thought-currents of Infinite Good.

By virtue of certain spiritual laws, which indissolubly unite all forms of life and energy, "Man is as well capable of all things as of some." And the way is one of silence, of introspection and of worship, wherein there is no necessity of struggles, of convulsions and of pains. It leads to the "kingdom of heaven within," and to that "peace which passeth all understanding," prepared from the first for the pure in heart.

To manifest the perfection of beauty and of love, is the glorious work of evolution, in which all are the favored participants. Your inherent spirit of love, is your law of attraction, and is likewise that essence of beauty which is inherent within all things. The original impulses of life were but the action of this central law of unity, in its efforts to express through

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

nature, the elements of its beauty, and as a means of giving joy to conscious beings of its own creation.

The ceaseless activities throughout all forms of nature which are indicated by incessant transitions, is but the gradual proclamation and establishment, through the love-affinities, and within the heart of mankind, that universal spirit of Divine Love, which is the one all-inclusive and ever-perfect standard of beauty, and is the only object that is worthy of man's permanent worship.

It is by thus polarizing toward the magnet of the perfect, that incongruities are avoided, and the eternal fitness of things is maintained. Every desire of the heart for something higher and better, has its origin in this polarity or interior citadel of Beauty, and helps to establish the gem of character more deeply within its precious setting.

As the spiritual perceptions become developed and cultivated, they are able to discern the elementary essence of beauty, within even the most lowly and hideous forms, and by the consequent love, or appreciation, such objects are attracted into their true relations with the soul that so perceives.

It pays handsomely to thus see persons and things at their best; as they are potentially, and as they are to be. It is then easy to throw an all-sufficient mantle of charity over their every shortcoming. All are in the evolutionary state of transition, and on the road to the final goal of perfection. Their errors are errors of ignorance and are therefore excusable. The long and otherwise tedious evolutionary march

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

becomes joyous, to those, who, through an understanding of natural law, realize and properly fulfill their relations of helpfulness to their fellow-travellers. Moods of hopefulness are moods of accomplishment and progress.

A good way to help others, and to attain a lasting joyousness of spirit, is, to join in with natural law; to exercise the spiritual perceptions in penetrating beyond the surface of transitional symbols of externality, to that within them which is eternally real and perfect; to see the spirit, from the spirit; to see God (spirit) face to face; to thus see the good in all things; to take that enlarged view, which, by understanding things in their entirety, is able to perceive ultimates, and to agree with God, that all things created, as well as the creative laws, are good in purpose and in fact.

It is by seeing the good in all things that man is able to discriminatingly get good from them, and to avoid perversions, misuse and the resultant inharmonies. It is by the habit of thus penetrating to the spirit of things, that he is able to attract as companions, those evolved characters who have likewise discarded incongruities, shams and symbols, in the worship of such underlying realities.

Even the interior potencies of inanimate objects of beauty, are provoked to action and attracted, by this penetrating recognition of their esoteric merits; but before these magical results can be intelligently and uniformly produced, the general laws of being must be understood, and the condition of true self-poise acquired and maintained. The attainment of such

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

self-poise, is but the better establishment, through character-building and otherwise, of a point of centrality within the self, around which all desirable things then begin to gather. This life center of organization, is the one pole from which the life forces of thought are sent to related persons and things. As this consequent volume of force is sent to the soul-interiors of persons and external things, it thus serves to find and establish in them, the corresponding negative pole, which thereby completes a circuit of magnetic love-force, and produces the thought currents which determine their future actions.

This interior world of thought-currents, is the arena of real action, and it must be recognized and understandingly dealt with, by him who would be uniformly successful. The science of life, or of the soul, is Love's science of attraction, through a use of the thought laws of soul recognition, or through the appreciation of Love's real interior standards of beauty. Its possibilities, like its cause, are limitless.

The drawing powers of mind are therefore such that from each soul, secret magnetisms ceaselessly flow, to gradually gather around it their embodiment in events and external circumstances. These magnetisms, though wonderful, are the daily thought forces, which include the subconscious desires, hopes, ambitions, aspirations, etc. They crystalize into moods, and finally into character, events, and circumstances. Although they are the materials of which character is built, they are likewise the results of character previously built, and of an inherent evo-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lutionary law of attraction from which the drawing powers of mind are derived.

It is by virtue of this interior law of attraction that one's daily thoughts and permanent moods are prophesies of what his future will be. They are prophesies which contain within themselves the power of fulfillment. It is man's privilege and duty to gain that thought control by which he can control his moods, and thereby create opportunities, conditions and circumstances to his liking.

The dreams of youth are generally more than fulfilled in old age or before. As Emerson says, "Nature magically suits the man to his fortunes, by making these the fruits of his character. Every solid in the universe is ready to become fluid on the approach of mind, and the power to flux it is the measure of the mind. The soul contains the event that shall befall it, for the event is only the actualization of its thoughts; and what we pray for is always granted; what we seek we shall find; what we flee from flees from us; and hence the high caution, that since we are sure of having what we wish, we beware to ask only for high things. A good intention clothes itself with sudden power. The whole world is the flux of matter over the wires of thought to the poles or points where it would build."

Man's acts, his associations and his surrounding circumstances, therefore, disclose the secrets of his soul, at least to knowing ones who have been duly initiated into the mysterious workings of nature. His every thought is a vibratory emanation, or species of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

breath, that emits an odor, foul or sweet, a form hideous or graceful, and a subdued sound, discordant or harmonious, thereby telling the story of his prevailing conditions of mind and soul. His clothing is generally selected more or less with reference to his tastes and predominating tendencies of character, and is therefore loquaciously communicative, whenever in the presence of those whose cultivated intuitions, instincts and senses, have been thoroughly educated in the silent language and influence of dress.

As clothing is worn, it necessarily absorbs the thought vibrations of the wearer, thus increasing its mute eloquence, until it in time becomes a relatively accurate mirror of his mind and prevailing moods. When fortune smiles, it is natural, and common courtesy almost demands, that a smile of recognition be given in return, even to the extent of fresh and comely attire; and when fortune frowns, it would seem to be more than unwise to advertise the fact by a careless and "seedy" appearance, or by other evidences of "hard luck," especially as it would tend to repel, instead of attract, the helpful associates and opportunities that are in the thought-currents of success. There is a degree of philosophy and wisdom, in P. T. Barnums business rule, "Put on the semblance of success and the reality is then almost sure to follow."

Moods of success help to produce and attract the thought-currents of success, and an external embodiment of the desires and thoughts; hence the importance of that knowledge of thought-laws, and of the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

consequent thought control, by which moods of success can be produced at will and maintained.

The structure of success should begin as a thought-ideal; and as the thought forces leave the cells of the physical organism, their next point of contact with the external world, is with the clothing, it is therefore eminently proper to give early and suitable expression to improved thought-moods, with reference to matters of dress. There are in fact various sufficient reasons why it is worth while to study and understand the laws, language and influence of dress. First, as a means of avoiding those expensive crimes against good taste, and the uncalled for infringements of these natural laws, that are so common, even among the most ardent votaries of fashion. Second, as a matter of pure economy, in that it enables one to get much better results in dress, even with a greatly decreased expenditure of money. Third, as a wholesome and ever available means of intelligently attracting friends, acquaintances and strangers, for purposes of mutual helpfulness and companionship.

Man's true success in life, materially, and from the higher standpoints of the intellectual and spiritual life, demands, that he aspire to the improved surrounding conditions, which if properly used, instead of abused, help to gratify his love of beauty and his other finer tastes. He should aim to dress tastefully and becomingly, if not "as well as purse can afford." To be sure, material surroundings, money, or dress, do not "make the man," but they go a long way toward making his appearance, and can generally be regarded

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

as a relatively true index of his educational attainments, his force of character, his associations and his physical, mental and spiritual conditions. Though it requires something more than "fine feathers" to make "fine birds," it is nevertheless natural, and in line with evolutionary law, for "birds of a feather" to "flock together," and for cultivated people—even those whose predominant spirituality incline them toward objects of charity—to instinctively avoid close contact and association with persons who are too slovenly and slipshod to exercise proper care in reference to their "feathers," or clothing.

These affinities help to preserve the integrity of nature, as is shown by their responsiveness to its underlying unity and law of beauty. They should be regarded as somewhat sacred, rather than as a crime against nature's fundamental and universal law of Love and Unity.

Even the man of genius, can ill afford to waste his talents in trying to overcome such natural prejudices, and the instinctive love of beauty, of harmony, and of order, which is "heaven's first law."

Beauty of form, of conduct and of environment, may well be worshiped, but only as a symbol of a higher and purer beauty of soul, which is God's perceptible image in man and in all nature.

This leads to a point to be emphasized as the essential principle in the language of dress, viz: that it should fairly breathe, with those beauties of soul, which through every form, are ceaselessly striving

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

for more adequate expression of the essence that underlies all life.

This soul of beauty is the very soul of dress. It should be expressed through dress and in every proper way. It is something more than a matter for other peoples eyes. It is not an instigator of vanity, or of envy. Its origin is an interior God or law of perfection, from which the universal desire for and possibilities of perfection come. Its love is for the sake of love, and its beauty for the sake of beauty, regardless of all appeals to vain and superficial peacock instincts.

There are thousands of talented persons, whose money, time and energies are almost wholly sqandered in the shallow and silly effort to become shining social lights, but whose abnormally predominant approbativeness has rendered them temporarily incapable of viewing things in their right proportions; hence their exaggerated efforts in dress only serve to expose their defects, making of them little more than mere carricatures and a laughing stock for all sensible observers.

Their imitative shams, hypocracies and monkey-shines, are almost sufficient to throw a grass-hopper into a fit; and they find many followers among persons whose impecuniosity keep them from equally ambitious social pretensions.

Devotees of beauty and taste, should keep in mind the Biblical injunction, "Let all things be done decently and in order," for otherwise, they are liable to put reason, common sense and the priciples of good

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

taste to the blush, and ignominously fail in that which is their chief pursuit; and in various ways, this is the common experience of multitudes who forget the spirit of things, in their too close attachment to externals.

It is often noticable that wealth evades the grasp of those who pursue it too ardently. The fact that it is so often made a God, is perhaps sufficient to account for the enormous percentage of failures in business life. He who seeks righteousness and the true spiritual wealth in his life pursuits, is relatively sure to find it, and to likewise be more successful in the attainment of its symbols.

The business man can ill afford to be unpoetical, or to allow his merc antile arder in barter and sale, to bury the instincts of taste, into an oblivion of hybernation; he should awaken to the commercial value of beauty; he should not dress like a scare-crow, or use other methods to repel, so long as he desires paying customers; he should "dress according to his work," but at the same time keep an eye on the position in life he desires to fill; for his real work and place in the world, is where his thoughts, aspirations and ideals are.

There was once a very successful man, who started out in business life as a humble and ragged boot-black. One day he conceived the bright idea of blacking his own boots, and his real success started from that day, because it inspired in him a desire to also mend his tattered trousers and then his coat, shirt and hat, so that they might better correspond with the improved

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

condition of his boots. As this spirit of aspiration stole over him, it awakened a determination that led to new boots, new clothing, and finally to a new and higher occupation, in which he gained marked success and renown. His motto in life was, "Live up to your boots."

He who possesses fairly good natural talents, dominated by such aspirations and by a soulful love of beauty, is almost certain to rise in the world, through the resultant control of nature's finer forces and affinities; for if temporarily down, and with the world's army of unemployed, he will not consent to inertly remain there, but will accept the best position that is offered, and then use it as a stepping stone to something higher. Even if it is but to sell shoe strings, or to black shoes, it would perhaps afford him an opportunity to come in contact with shrewd and intuitive business men, who are ever on the alert to further their own interests, by filling the more responsible positions under their control, with those wide-awake ones who "Live up to their boots," and who are willing to "carry the message to Garcia" without stopping to ask unnecessary questions.

It is during his hours of social relaxation, or perhaps while having a "shine," that the business man can get and assimilate glimpses of the inner life of those with whom he then comes in contact, and if there is in them, latent abilities, or high aspirations, he is in the mood to perceive and try to utilize. The more experienced employers will surely acknowledge that the real demand, is for workers whose services are

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

worth five to fifteen thousand dollars or more per year, while the competition for positions, is among those who do not look a year ahead, and who are more than willing to accept a mere pittance of a few dollars per week.

There are thousands who wish to advance their worldly interests, where there is one who is willing to pay the price, of permanent aspiration, thought control and patient effort step by step.

Even those who have learned that "thoughts are things," and that their latest thoughts are of their newest selves, seem unwilling to conform to the thought-laws of success, as is indicated by their reluctance in discarding useless trappings, such as old clothing that has become saturated with worn out thought forces and consequently with the old dead self.

They perhaps wear the same clothing morning, noon and evening, day in and out the year around, and therefore continually re-absorb the contagion of its accumulated death-like inertia. Worn clothing is in need of rest, air and sunshine, the same as is all other things which breathe; and like machinery, if continually used, is thereby subjected to unnecessary strain. This strain is of the spirit. Its philosophy is explained by the laws of thought. The fact is readily apparent to those of refined sensations, who perceive their refreshed feelings, when they put on long worn clothing that has been thoroughly renovated during a needed rest of weeks or months.

It is desirable to forget business during hours of recreation, therefore a business suit that is steeped in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the vibrations of business thought, should not be then worn. He who wears a dress-suit each evening at dinner and after, will find it easier to forget his business cares. The effects of frequent changes of apparel are still more noticable when colors are worn. The constant use of black clothing is physiologically unwholesome. It has its spiritual correspondence to death and decay. If there was virtue in deformity, decay and mourning, the hues of nature and of heaven would doubtless be that of a "second hand clothing shop" or of the worn out trash in a superanuated auction house. On the other hand, there is virtue in life, and in the varied rainbow hues of nature in the springtime, when every growing thing seems to strivingly bespeak the soul of beauty, in an effort to tell of an ever-living God from which its life is derived and nurtured.

Black clothing is suggestive of the shadowy evening twilight and wintry darkness of life's close, and, therefore, serves to attract similar vibratory influences from the invisible and from the conscious thoughts and subconscious forces of every living thing that surrounds the wearer. Its gravity is downward, instead of upward; while the gravity of color, beauty and spirituality is upward, rather than downward.

The story of many a garment, is, more or less, a story of crime or of infringed natural laws, dating back perhaps far beyond the horrors of sweatshops, and the diabolical moods of underpaid and over-worked, half-starved, working-men and working-women, whose hating thought forces stabbed themselves into the cloth

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

with every stitch. It would no doubt be interesting to certain super-sensative ones, to know the history of their clothing all the way back to the silkworm, or the seal and its life, or to the innocent sheep, that was perhaps murdered to supply food to well meaning missionaries who are teaching the sublime ethical system of true religion, to so called "heathen" who are foolish (?) enough to believe in the sacredness of all life—even of animal life. But as I wear leather shoes, I do not wish to trace the thread of influence back to its very beginning; or to the agonies of a butchered calf; but only sufficiently to emphasize the fact, that every thought of a dissatisfied, ill treated workman, is a real element put into the garment he makes, and that it carries its esoteric influence to the very soul of the wearer.

He whose lust for mere cheapness, leads to a thoughtless disregard of a workman's just compensation in the making of clothing, is liable to invoke penalties and be brought to time, by the exact justice of a secret natural law.

All things have color, form and attractive vibratory powers. It is wise to wear the colors of beauty and success, rather than of deformity and failure. It is said that heliotrope is the original color, and that to wear it, even if beneath the outer clothing, will serve to focalize helpful vibratory forces and influences, that can be made factors in the pursuit of success; but as each nature has its special vibration and color, it is wise for each person to obtain scientific knowledge concerning his natural colors, so that the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

intuitive selections may be supplemented by definate knowledge, as a means of avoiding blunders and incongruities that might otherwise result from despondent and other negative moods of failure and unhappiness.

As it is desirable to have frequent changes of tasteful, well chosen apparel, and the various surroundings of harmony and beauty that add charm to the legitimate joys of life, it is likewise desirable to work for them, and by right methods.

The first step is to form the right standards of beauty, and to worship its reality rather than its mere symbols. True beauty is but expression, and is therefore ever suggestive of a source which is perfection itself Let us strive through every act, to build anew our altars to this central law of unity and Love, which in the fulfillment of a blessed necessity, endows every original act of the soul with the rhythmic charm of beauty.

Let us consecrate our desires, ambitions, aspirations, talents and efforts, to the one God of Beauty, which is "all and within all, here and everywhere, now and forever;" for it is only thus that we can fulfill the golden rule, and endow mankind with the blessings of our highest love.

NOTE.

We have previously published thirty-nine, of this series of essays by Ernest Loomis, which can be obtained at 25 cents each. Some of them have been read with interest by hundreds of thousands of persons, and we stand ready to guarantee satisfaction to those who, on the strength of this recommendation, may send for one or more, of our selection.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Twenty Nine—Test Questions.

449. What is beauty?
450. What is the soul of beauty?
451. From what source do mankind derive their standards of beauty?
452. Why do those standards change?
453. Why is woman beautiful?
454. How can woman become more beautiful?
455. Why is not man her equal in beauty?
456. If Beauty signifies Perfection does it necessarily follow that woman is more highly evolved than man?
457. Why?
458. How do the sexes compare in their stages of evolvement?
459. To what extent should the love of beauty be given emphasis in one's life?
460. What relation, if any, exists between Beauty and Truth?
461. Do lies breed disease, inharmony and hideousness?
462. If so, why?
463. Is it conducive to health, harmony and happiness to perceive the soul—the inherent beauty—of things?
464. Why?

One's self-protection demands that the love of beauty be given due expression in his life. But as he learns to perceive the soul of things, events and circumstances he will become more and more independent of outward forms of beauty because he will see them as parts of the great whole which is truly beautiful; and by thus dominating his sense of beauty by the spirit of things he will set up invisible causes and create forces which will tend to bring the outward forms of beauty into his life. Whatever may be your circumstances it is your privilege to create for yourself and live in an interior world of beauty which time will objectify. Here again comes in the principle "Seek ye first the Kingdom of Heaven and its righteousness and all these things shall be added unto you."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87L
No.30

Mary D. Michner



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 30

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.30

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Thirty—Aims And Objects.

Why should the circumstances of a life be as uncertain and fluctuating as a weathercock? Is it necessary that life should remain a continual conflict between the opposing forces of nature? Yes, until they become poised and unified within the individual soul, through the power of Love. The secret of this and of so unifying the forces may be found within any single atom or cell which has its opposing poles and an indestructible attraction between them.

In man's efforts to evolve he is liable to temporarily draw away from the common things which he perhaps begins to think are beneath his notice, but Love brings him back and sometimes leads him to the opposite extreme as a means of again balancing the forces of his nature. Extremes of action lead unerringly to as violent reactions, for "reaction is equal to action and in the opposite direction." This is equivalent to saying that the masculine or positive and the feminine or negative poles of being are exact equals—that man and woman are necessarily equal.

Do not forget to love the things of the underworld for in the Kingdom of God there is no high and low. Look for the soul of things if you would find the soul and secret of fortune. Love is that secret, for love is the soul of attraction. If you love mere things too well, the spirit of Love will call you to account for neglecting the spiritual essence of things. If in your search for the spiritual you neglect the so-called common, you will be led back to learn anew the lessons that "common" things are intended to teach. Think of this with reference to karma and reincarnation.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The Soul of Fortune.

Copyright, 1900 by Ernest Loomis.

The truly great and successful man is necessarily a causationist; a believer not in mere luck but in cause and effect, or in the application of means to ends. His greatness may be measured by his knowledge of causes, his accuracy in measuring them, his power to marshal and control them and his consecration to the righteous purposes of the cause-world. His cause-world is within himself. It has its foundation in the power to think, in character and in character-building.

This interior kingdom of force is necessarily his individual arena of real action, as is proven by the eternal unity of all life, of all force and of the causal laws of force through which all life evolves and becomes manifest. He can reach the central source of life and of his force, only through the narrow interior avenue of his own thought organism, because that is his only line of connection with it. He must understandingly conform to its laws, before he can successfully exercise permanent dominion over its resultant forces, or even store any large amount of force. Until then, his fortunes will be subject to humiliatingly unsatisfactory fluctuations.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The question immediately arises, is it possible for man, the finite, to comprehend the laws or command the forces of the Infinite, as a means of gaining freedom from the natural uncertainties of life? Bearing upon this momentous question, is that unequivocal promise of the Christ, "The Truth shall make you free," which likewise indicates the method of deliverance, viz: by gaining knowledge of the Infinite laws of life; and a moment's thought points to that as the very thing to which man's constitution, or power to think, is adapted.

Our questionings and desires, are demands, which are necessarily answerable, for their laws are likewise the creative laws of supply. As Emerson says, "We must trust the perfection of the creation so far, as to believe that whatever curiosity the order of things has awakened in our minds, the order of things can satisfy." The desire to know, is at the seat of every impulse, power and process of the soul. The power to think, or soul principle, is the source of this desire to know, and its object is to express or manifest the omnipotence of Divine Truth and Love, as a means of giving happiness to man.

The powerful interior awakening of legitimate curiosity, or the desire to know, regarding the higher meanings of life and the divine possibilities offered by virtue of our connection with this soul of thought and soul of the soul, is, therefore, an important part in the character-building work of soul-development.

The primal inner thought-laws are forever backed by the opulence of omnipotence, and will generate

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

power, through the individual thought organism, as rapidly as it is demanded, providing such demands are accompanied by the requisite conformity to those thought-laws; or in other words, applied "knowledge is power."

The soul of the individual is necessarily the soul of his fortune. His power is the power of thought. The power of his thought is guaged largely by his knowledge, self-mastery and thought-control. Thought-control is manifestly essential in the masterful use of the soul-forces of thought. These soul-forces and their resultants, constitute man's entire "stock in trade," or "ten talents" and natural capital, which must be put regularly into the crucible of controlled thought-moods, before an entirely satisfactory accounting to "The wise master-builder" can be finally made.

There is nothing that can successfully oppose or obstruct the forces of instructed thought. They boldly penetrate to the center of the densest so-called solid, the same as if it were but tinsel or "vacant space;" and their vibratory power cannot fail to stimulate and influence the inner forces of that to which they are sent, however dense it may be.

They cannot so reach the center or any other point within a solid, without thereby establishing a corresponding pole or polarity, which likewise completes a circuit and current of interchanging force, and places the object more or less under the controlling will of the sender of the original thought force;

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and particularly so when he has learned to awaken high thought-vibrations within himself.

There are many valuable lessons to be drawn from this interesting scientific principle and fact. First the important lesson that we must command our thought forces instead of being commanded by them; for until we do, we cannot reasonably hope to control the universally related forces of which their center is a causal unit.

Stop, now, and inquire to what extent you are controlled by your moods. Has the creaking door, or the disagreeable person or circumstance, the power to disturb your mental equilibrium and peace of mind? Then you have not yet attained that self-poise which is at the source of sure success and permanent happiness. The moment you thus lose your self-poise, your forces become disorganized and perhaps panicy, like a routed and retreating army of raw recruits. The natural line of retreat for those forces is then toward ill-fortune and the poor-house.

Does this seem illogical, and the connection obscure? Did you not, by your disturbed mental conditions, thus slavishly generate a distorted, discordant and inharmonious thought-force that is indissolubly connected with every other force in the universe, and that must therefore act and react upon your every surrounding, to repel harmony and attract inharmony? Do not presume to take the untenable position of accepting the proved and commonly understood scientific principle of the unity of all life and of all force,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

but of then denying its logical sequence and applications to the individual affairs of your life.

It is by virtue of your independent power, at will, to generate thought forces to your liking, that your possibilities of self-mastery and free-will consist. To surrender this power is to temporarily make of yourself a slave. "Thoughts are things." To think, necessarily sends out forces of thought which touch sympathetic chords throughout "The Great Unit," thereby establishing polarities and interchanging circuits or force-currents, reaching to the ends of the universe.

The establishment of yourself within the great force-currents of Infinite Good, is but a matter of your own thought creations in the worship of a God or law of Infinite Love. It is your privilege to thus gain an entree to an ideal world. It depends upon the clearness, potency and permanency of your thought-ideals. They cannot be permanent unless they conform to the great Christ principle of man's relatedness to his fellow-men. It is by getting, through worship, into the Love-currents and endless circulation of the Father Heart, that the right attractions can be reached or set up. The Father's footsteps of Infinite Love are but the universal force-currents of natural law—the laws of thought.

The Christ said in His "Sermon on the Mount,' that He "came not to destroy the law" but to "fulfill it," and that it could not be destroyed until fulfilled, indicating that he was not a special creation, but a possible example for us all; aud that "the Lord's

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Prayer" formulated in the same sermon, was to be answered because of the universality of law, rather than in opposition to law, or as an act of "special providence."

Each soul who desires to progress, should therefore learn the science of true prayer, for it is only thus that he can keep within the higher harmonies of the Father's tender Love, and thereby become impervious to the reacting forces of those whose lives are but a continual wail and pain. The Love forces so acquired, direct from the primal source within, can then be sent out with every thought as a means of helping others, and in a way that is a protection against their sorrows and pains.

The universal interchange of force is such, that stringed instruments have often been noticed to produce music, as a result of the overflow of harmonious thought forces which came from those in the room, and who were, in no other ways, physically connected with such instruments.

Before man can truly and permanently be happy, he must become relatively independent of the happiness or misery of others. He can do this only by relatively drawing his life-giving sensations of happiness from within, through the thought-faculties, which is their true source.

The ultimates of soul-growth are so great, that human friendships must necessarily be more or less disappointing, because unable to entirely fulfill the desires, promises and prophecies of the great and awful soul. But when through an understanding of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

what man is, and his methods of growth, these friendships are accepted, not as dependencies for happiness, or as finalities, but rather as symbols of true love, in the united effort to find its essence and reality and at its one and only source, then thay become immediately transformed into something pure and holy, which nothing external can take away. Such companionships are prized as a living presence and reality, though the mere object is, physically, thousands of miles away.

And the same rule applies to the attainment of worldly possessions. They are already attained esoterically or in reality, by the mere acquisition of the power to attain them, and the relative independence they offer, is a matter of these powers, rather than of the things themselves. We must attain them as masters, rather than as slaves, before they can contribute greatly to our real independence; and we can do this only by becoming practically independent of their necessity, as we will be when we consciously acquire our rightful inheritance of power. In other words, it is self-mastery alone, which can give true and lasting independence.

The conscious generation and attainment of force and power is largely a matter of knitting more closely together the thought forces and faculties of the mentality. This is done through the use of scientifically devotional practices of thought-concentration; or through the intelligent worship of that causal law of force within the mentality, which is the Infinite source of our every power and of our everlasting life.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

We cannot let the thought permanently dwell upon this interior principle of Infinite life, even in the most groping and primitive way, without gradually becoming thrilled with the harmonious potencies of its Divine elixir; and to the extent that we gain its conscious presence, do we likewise gain its power and the happiness of its constant ecstasy. Power thus attained necessarily means health and happiness as well.

It is through these practices of intelligent worship, that we may ever more firmly establish ourselves within the interior causal pole of everlasting life; and from this point of centrality, we can then penetrate to the corresponding polarities within all external things and thereby exercise righteous power over them.

The thought organism and its every force-center must thus co-operatively enter into the sacred and ever-living presence of the Infinite life and power, before it can unerringly send the attractive force-currents of its consequent pulsations of harmonious power to those with whom it then comes into mutually helpful associations and contact.

In these ways, aiding forces may be gathered from the ends of the earth, but as the process is devotional, the power to misuse it for malign purposes, is therefore exceedingly limited. This is but the necessary safe-guard of a perfect law, against the permanent perversion of its altruistic purposes and blessed omnipotence.

Man's real power consists of his ability to quietly sit at home with the primary causal law of things and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

reposefully awaken, through thought and from within, the harmonious forces which gradually gather around him, an external embodiment of harmony. This condition of masterful harmony begins in knowledge and in the specific directions through which that knowledge can be applied, first in the mastery of the forces and then of the external conditions.

The following directions, though by no means complete, can be made helpful, and are suggestive of much that can be appropriated in the effort to demonstrate practically, the deeper principles involved. The main thing is to gain actual helps and added powers, that can then be constantly utilized according to the individual desires and needs.

The first step is to thoroughly concentrate the forces, and establish within the self a realizing presence of the Infinite life and its powers. The preliminary establishment of this center or polarity of force, is all-important, and the slightest detail should not be neglected in the effort to do that. Get in an easy and reposeful condition. Try to think and act reposefully. See, for instance, how slowly and deliberately you can raise your hand. Repeat the process several times until you can feel the harmonious action of the nervous system, at least in your hands. You might also try to carry the thoughts to some object in the room, and let them dwell on that object for several minutes. The main purpose is to get the mind perfectly steady and the forces daily reposeful; and most any process that helps toward that end may be utilized.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

As it is a mental or spiritual object to accompiish, the methods of concentration should be spiritual, rather than material, although material methods need not be despised at first. The concentration of mental forces, with most persons, is almost like learning to walk, and props are sometimes temporarily useful until true strength, self-confidence and self-poise can be gained.

Every act affords an opportunity to practice the important precept of St Paul, viz: "this one thing I do." "What's worth doing is worth doing well," but a thing can't ordinarily be done well when there is a scatteration of the forces, therefore you should "do with your might what your hands find to do," and, in this way, likewise cultivate concentration.

Those who fully grasp and appreciate these principles, suggestions and directions, will thereby gain clues to some of the more esoteric methods of exerting extraordinary powers in the accomplishment of desirable objects, and in the attainment of the preliminary requisite of self-poise, thought-control and a proper concentration of the forces.

Try for the time being to obediently follow one by one and exactly as directed, these steps toward the inner cause-world or esoteric temple of life and power within yourself. Carry your thoughts, now, to the law of force within the center of your head, or, if you prefer, to some other force-center within the bodily organism, such as the lungs, heart, solar plexus or generative functions; and then quietly think of that chosen force-center as a source of the Infinite life

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

This should be easy, because the one law of life is necessarily everywhere—wherever life or activity is.

In taking this step, you will perhaps find it helpful to slowly use, and several times silently repeat the following affirmation viz: I-now-commune-with-the spiritual-interior-principle-and-essence-of-my-life. My-consciousness-is-now-being-drawn-within-and-in-and-in,-while-the-music-of-its-vibration-becomes-softer-and-sweeter. My-senses-are-hushed-as-I-imbibe-the-rapturous-peace-and-power-of-that-heavenly-interior-city-of-God-where-absolute-harmony-silently-reigns-supreme. Take plenty of time for this practice.

Now see how reposefully you can imagine an almost infinite number of little rills of force, magically springing up from, and gradually gathering around this chosen force-center or law of life within the self. As "thoughts are things," you cannot so hold these thoughts of force and of the force-laws, steadily within the mind, without thus generating and stimulating the forces into greater activity; and in a way that will make them more and more of a factor and living issue to be scientifically utilized daily in the individual life.

The next step should be to hold thoughts of repose and steadiness, as a means of more thoroughly regulating the forces. Let your chief effort now be to *hold* the gradually accumulating forces, until the pressure, from within, gives your thoughts and acts this newly acquired and ever increasing potency; and as you afterwards proceed to *use* the forces, let it be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

at first with the greatest of deliberation and repose. Take plenty of time to bask in the sunshine of that God-given consciousness of strength, which is the natural consequence of drinking these deep draughts from the fountain of life within. You can afford to be happy and reposeful, now that your powers and possibilities of accomplishment are to be greatly increased. Realize that the arena of real action is these spiritual thought-moods of deliberation and repose; and that your progress will be measured largely by the interior calmness of your present concentrated actions.

As you progress in these successive steps, you will find it desirable to watchfully note the interesting spectacle of your growing peacefulness and increased consciousness of power, as the forces gradually gather in their approach to the equilibrium of silence. This will help you to comprehensively understand the scientific use of your private individual key to the great art of true concentration and worship.

One object of these methods of concentration is to temporarily turn the faculties and forces from the evolutionary hubbub of external activities and force-spending, to the involutionary force-gathering process of communion with the higher self, or Infinite interior force-creating fountain of life and power within. Keep this fact in mind as a means of better understanding these clues to the more esoteric methods.

Be careful to distinguish this involutionary method of concentration from that evolutionary method which,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is more representative of such phrenological faculties as "firmness," "self-esteem," "concentrativeness," and even of "combativeness" and "destructiveness," both of which faculties stimulate the mind to activity, scatteration and strained efforts, rather than to the added concentration of repose, centrality and silence.

This evolutionary method is of the external mind, and though useful, particularly to those who are troubled with a disease of inverted psychical action commonly called clairvoyance, and also in the expenditure of power already stored or accumulated within the bodily organic cells, is hardly to be compared with the above involutionary method, which not only more judiciously expends stored energy, but likewise generates it, by reaching and awakening into activity the latent storage battery and deeply interior omnipotence of the higher self, or everlasting law of life within.

Both of these methods may be advantageously used by all, but the higher and more effectual method for trained thinkers and for those who are willing to systematically become trained in thought-power and self-control, by following directions, is unquestionably this involutionary method of scientific worship of the God within, and which alone, is able to comply with the life commands of Holy Writ and with the scientific teachings of the Christ, recorded therein.

To the extent that the forces are at first poised and held, will they centralize around the law of force within the self, and gradually endow each atom of the physical organism with the peaceful harmony of its

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

interior perfection. This is the natural result of its overflow of gathering forces thus held.

But this individualizing process likewise leads to more far-reaching effects, first in helping to establish a like point of centrality or of individuality within the related factors of the life, and then by sending out upon the currents of thought, its newly generated forces, as a means of deepening and broadening the personal relations of the life and of forming the channels through which these causal esoteric influences are enabled to attract such related factors and thereby become externalized.

Hush the senses for a few moments, and image the thought that your forces thus conserved and then sent out, have reached the hearts or points of centrality within thousands of persons and things that could be helpful to you along your future line of march through life.

Can you not almost hear and sense their sighs of relief, as the pulsating love forces of your kindly thoughts, thus increased, reach and stimulate the inner chambers of their souls? Are you so unphilosophical as to consider it possible to carry your thought-consciousness to the inner soul of your soul, and steadily hold it there, without likewise reaching, at least nearer, to the soul and thought currents of all other souls? Can there be a unity of all life through the one God or interior law of the thought organism, without endowing each instructed thinker with the power to co-operate in the fulfillment of the righteous purposes of its almighty wisdom? As all external

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

things are but the products of this law, they necessarily organize around the gravitating center of each thought organism, who, by consciously reaching its interior omnipotence, thus attract these its products into right relations with itself. To do this is your privilege and your duty.

As individuals thus learn to conform to the higher laws of life, they necessarily become united in thought and purpose; and now that these principles are being freely given out, it will, at an early date, call together the chosen 144,000 Elect souls, and afterwards countless multitudes, who will have this seal of God's law, deeply written within their hearts, as stated in the Book of Revelation. When so gathered together as a united army of workers, there is nothing that can successfully resist their onward march toward the inevitable readjustments to the laws of man's higher nature, of our social system, that will then come like an avalanche.

People little realize with what rapidity our present social and governmental systems, or foundations, are crumbling; nor do they realize how rapidly these wonderful forces and their divinely chosen representatives, are, quietly gathering in the name of the "Almighty," to take possession of the world, and transform it into a Universal Republic of Light, based upon the Infinite wisdom, harmony and lovingly just guidance of natural law, and the scientific principles of life which these representatives are, already, gradually demonstrating.

Each well meaning person will find it greatly to his interests to immediately educate himself in the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

spiritual principles involved, as a means of getting into the incoming tide of Infinite good that is being heralded by this God's triumphant procession of consecrated workers. These workers are destined in time to organize mankind and reorganize our institutions into a Millennial Kingdom of righteousness, which will be "according to the measure of the man" as a whole, rather than according to his lower propensities or selfish faculties alone, as are many of our present institutions. Their organization methods and purposes will also be along the line of individualism, but will take into consideration man as he is potentially, as he is outwardly, and as he is to outwardly be.

Even he whose intensely narrow selfishness inclines him to the exclusive worship of mammon, cannot afford to carelessly disregard these signs of the times, by failing to study their underlying principles. It is a subject which, through natural attraction or otherwise, all who survive, must in time listen to, for times of turbulence are almost sure to come as its fore-runner and force its issues upon one and all.

In a subsequent essay to be entitled "The Soul of the Future," these important matters will be considered, as a means of showing not only the general workings of the law, which insure an early outpouring of wholesome preliminary disturbances that awakened souls will welcome, but also with a view to explaining esoteric methods by which individuals may properly organize enlarging force-currents that will more harmoniously relate them to everything throughout the whole external world.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Thirty—Test Questions.

465. Define the term success?
466. What is the true standard of success?
467. What is the law of success?
468. Is success the result of acquired soul qualities?
469. Why?
470. If so, what are those qualities?
471. How may they be acquired?
472. What are the supreme compensations of life?
473 Does the soul grow and obtain compensations as a result of inherent causes and resultant forces?
474. Why?
475. Are man's desires likely in the future to radically change?
476. If so, are also his methods of satisfying desires?
477. Why?
478. What, if any part, has desire in the attainment of success results?
479. What, if any, are the main uses of desire and faith?
480. How may one's thought forces best be made available in the attainment of fortune?

Fortune should be considered with reference to the results during one's entire future. As man evolves he comes more and more into the realm of causes and is content to deal with causes rather than with results. He acts, regardless of the fruits of action, knowing that the two are one and inseparable. Learn to be whatever you would seem to be: The world has its crude way of judging of merits and is inherently just. Whenever justice is postponed due consideration is given to the question of compound interest. You are certain to get justice. Perhaps that is what you fear. "Perfect love casteth out fear." Be a lover and you will be loved.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. **They show how to apply Life Science principles to all things which concern man.**

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87e
No32

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 32

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Part Thirty-Two—Aims And Objects.

Home is the center around which man's love and life work should cluster. If the soul is infinite in its inherent potentialities it can become a center of attraction and of expression through which all things may be made manifest. "And I if I be lifted up will draw all men unto me." The society of the best souls may be obtained by adhering closely to the soul of Love, which is the soul of all things.

There is a Brotherhood of Consecrated Lives which you may join simply by becoming duly consecrated. There is a great center of force within yourself wherein all the forces of the universe converge. That center is your true home. It is the home of your soul. Its soul is Love and its loves are infinite and eternal. There is possible for you a quality of love which will fully satisfy every craving and need of both body and mind. That love is infinite. It belongs to the cosmic or universal consciousness. It brings blessings to itself exactly to the extent that it gives of its love; and that is the divine order of all life. That is the law of attraction in action.

If you want better friends, a better home, better surroundings and better opportunities for advancement then earn them in the coin of love and you will get them. If you want the supreme gift of happiness and perfect peace then "Love the Lord—the Law—Thy God with all thy mind and heart and soul and strength and thy neighbor as thyself." This will bring you all the rewards that Heaven or Earth can offer.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
no.32-40

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 1972
AUG 1 5 1972

L161—O-1096

The ideal l
whose supreme
which, when thu
ness, loves and s
in everybody, i

He finds it c
to regard himse
which the Soul
effort to consci

His constan
better and the
building proces
into benefits a
to others.

He believes
loving Unity, w
lies all life, how
gives to Love i
blessings to bo

It is by virtu
in the unity a
that he is encouraged to boldly make such broad and sweeping claims for himself, but as a safe-guard against haughtiness, tyranny and oppression, the very logic of his position would almost compel him to bow in loving recognition to the same powers and in-

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

herent merits of the Infinite Life within all others. Therefore out of respect for this intrinsic goodness of all things, instead of despising persons, events, things, circumstances, loves, tastes and even aversions of here and now, he is almost irresistibly inclined to regard their existence in his life as somewhat holy and as sufficient evidence that they belong there, at least until their meanings and lessons to him are more thoroughly learned, and, taking the hint, he thankfully accepts the then interesting knowledge-gaining task of converting even the most lowly of these circumstances, etc., into opportunities and stepping stones to the higher and better.

It is thus that the lonely individualistic pathway of Initiation into Love's deeper mysteries may become a royal road that leads directly to the heart of God or kingdom of Heaven within, and to a relatively complete consciousness of the everlasting Now.

It is the tendency of Love to warm and soften the natural aversions and asperities of uninstructed selfishness, into a cheerful and non-resistant spirit of dignified humility, which is born of profound reverence for the divinity within, and of abiding faith in the all-devouring unity and power of Infinite Love to maintain justice for all who humbly open minds and hearts to a consciousness of its sacred all-protecting omnipresence.

The executive faculties of mind, which prompt man to oppose things, are so constituted that they feed upon opposition, and are therefore liable to continue to oppose or to even tear down, so long as such

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

opposition lasts, unless, perchance, their energies are withdrawn and directed into the more legitimate, constructive province of helping to fulfill the all-inclusive law of Love, by an effort to assist in the execution of its perfect work.

The surest self-protection for man is that non-resistant, reverential attitude of loving trust in the Infinite Life, which, by abandoning all individual interests to its omnipotent Love, and through the love forces thus awakened thereby disarms opposition, or allays the fears, jealousies, envyings, etc., which cause opposition.

Nor is it possible to eliminate selfishness by any scolding process, or by dispising the deeply seated universal instincts of individualism, which are here to stay, until, through encouragement, education and love, they broaden into an earnest desire to protect, and to confer benefits upon even the most distant part of the all-related real self.

The mind is the standard of the man. It is Love's external method of expression. It is the measure of man's capacity for the success of true happiness. It functions first in the low form of a desire for external life, hence its thoughts are for a time confined almost wholly to the desire for food, but subsequently ripens into other loves, even into that love of knowledge, which, in the form of pure intellect, is often falsely classified as entirely synonymous with mind.

It is thus that the individual selfhood expands and merges into that universal Love whose chief purpose and effort is to confer benefits. Love and its inherent

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tendency to give of happiness, etc., is the only motive that has genuine merit. It is the measure of all merit. It is in this respect that the original giver of life is most blessed, and that man can best profit by imitation. Love is life. To give of love is to increase the life in proportion to the purity and abundance of the love so given.

Each and every faculty of the mind is representative of its own specific quality of Love, and it may be regarded as better to implicitly follow the deep and holy instincts or loves, of even the uneducated and undisciplined self-hood, in the orderly development instituted by the God of nature, than to take risks of nurturing a hatred for all virtue, by awkward and spurious "Uriah Heep" exhibitions of so-called self-sacrifice, in unavailing, puerile efforts to follow other magnets than a desire for individual happiness.

The Love of Love for the sake of Love, and of Truth for the sake of Truth, is perhaps the crowning glory of mind, which, to the individualist, comes as an early result of the marriage of his inherent Love and Wisdom principles. His fidelity to the soul is such that his consciousness becomes re-impregnated daily in the silence, with new thought-children of Infinite Love. This facilitates his search for Truth until lo! in time, he becomes consciously at one with it and with its co-existing passion for giving happiness. How marvelously wise and beautiful is that constructive and ever-compensating arrangement, or inherent law of things, which makes giving—at least of Love—the main condition of receiving. But what

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

other than this could we reasonably expect from that cause of life and law of Wisdom which is eternally perfect.

It is inconceivable that any object, other than to give happiness to the created, could have been sufficient to induce the Infinite Love to untertake the vast work of all creation. Nothing less could have entirely satisfied its fatherly tenderness and compassion. Nothing else could have been quite perfect or have inspired perfect and lasting unity as is easily comprehensible even by the finite mind.

It therefore follows as a necessary sequence, that everything in life, including the faculties of mind, is perfectly calculated to give happiness instead of misery, to all the creations of Infinite Good, unless, perchance, we take the untenable intellectual ground that Infinite Wisdom and Omnipotence did not have quite sense or power enough to arrange so that its fathomless Love could be thus fully gratified. This would be a contradiction of the terms omniscience and omnipotence. In essence, all is necessarily good Some things are even better than merely good, and there is one Perfect, or Best.

It is important from the standpoint of man's progress and peace of mind that he sufficiently understand the general plan of creation to perceive the inherent good of so-called evil; and that happiness becomes possible only through temporary growth, and that growth, change, or even external life itself, would be impossible except through that stupendous illusion of the groping senses called evil. To change from perfection to temporary imperfection is what made

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

polarity, vibration and the ceaseless consequent activities of external life possible. Reverse the letters of the word evil by spelling it backwards and there will be revealed something more of its true interior meaning. I wish to maintain, first, that man's every faculty and function of mind and body is calculated for happiness, and if normal in its action must necessarily yield happiness, second, that happiness should be man's object in life and third that it may be obtained by properly imitating the love methods adopted by the Infinite.

"It is more blessed to give than to receive," but should we overlook the fact that is quite impossible to give without having first received? To make the most of one's opportunities to give, implies that with each gift, however large or small, there be also given a part of the self, namely, the thought-blessings of that better self of mind and heart, which as an all pervading force or Soul of Love, is indissolubly attached, as an agency of expression, to the Infinite Wisdom and to its exhaustless supply of Universal Good.

Thoughts and acts convey power only as they are loaded with its life. The possible productiveness of an individual organism is measured by its power to thus act as a channel for the soul forces of Infinite Love. One main question of Love and of generous giving therefore is, how may we more closely attach the consciousness or open the soul to this Soul of Love and soul of the soul, as a means of translating its vital energies into the preamble of conscious thought and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

then into consequent acts and external results. The question is necessarily answerable, for it otherwise could not be provoked, as both are from that one spirit of every individual consciousness which is "all and within all, here and everywhere, now and forever."

The opening of the inner senses to a need of such a conscious connection with the Soul of Love, is the natural prelude to the requisite spiritual illumination which enables the mind to easily find and follow the way. To simply love, even in the most prosaic, commonplace and external way, is often sufficient to stimulate the soul to that action which brings conviction and to an inner, cosmic consciousness which carries with it, wherever it goes, an abundance of the knowledge, wisdom, peace, power and plenty of the Kingdom of Heaven, which is within.

If success is dependent upon the ability to load the consciousness with the omnipotence of Love, then the loading process naturally becomes a question of absorbing interest. In its consideration the mind is immediately and instinctively led to the related questions, is man so constituted that by properly seeking or asking, he can open mind and soul daily to an abundant influx direct from the Infinite Father, of that essence of Love and of force, upon which all being and becoming depends? If so, would this bring permanently a consciousness of the "peace which passeth all understanding?" It is believed that these inquiries can be affirmatively answered, and in a way that will be convincingly satisfactory to all intelligent minds whether they be saint, sinner or scientist.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It seems obvious, if not self-evident, that any influx into the consciousness of love-force, direct from the primal source of force, or causal law of Love within, would necessarily carry with it the happiness-giving love-attributes or endowments of peace, harmony and attractive power; and if these re-enforcements of vital energy can be obtained at will and without stint, by simply conforming to exact life principles which are within, then it would seem that man need never be dependent upon other helpers, or be at a loss for methods of satisfying his deepest longings for knowledge, for power, for happiness, for companionships and for Love. To establish such a polarity, or point of beginning within the self, is the best way of attracting all these external things which are but its natural magnetisms. "He who would save his life shall lose it" but he who for the sake of this Christ principle shall lose life, friendship, companionship and Love, shall find all these things, because such fidelity to the Soul of Love, commands Love and its resultants. There are many who are too blind to perceive this, and as a result, will perhaps regard such principles as lacking in human affection, while the fact is, they serve to establish human affection upon a permanent and more exalted basis.

It would hardly do for man to be entirely lacking in desire or love for external things, nor would it be desirable or possible for him to permanently forget the supreme power within himself, through which, alone, he is enabled to obtain them. They are so closely connected with this one supreme life that any

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and every method of obtaining them would only lead back to it; therefore it is unreasonable to expect to become entirely detached from its eternal polarity and unceasing magnetisms. This supreme interior power is the real self of all things, and even the lowest and meanest set of circumstances must in time become worn into a mirror or soul-awakener that will disclose this stupendous fact. The shortest possible route to a complete mastery of external conditions is the direct interior knowledge-gaining pathway of Love and of worship. It is by virtue of a force-connection thus formed, that the omnipotence of Truth and Love is enabled to become operative in the individual life. The will of man necessarily has its responsibility and share in the transaction. There is nothing except Love and Truth that is quite necessary to the soul, and it is from within, and in the silence of true meditation, that their magnetisms and powers are best built into the consciousness. He who thus obtains for himself the daily companionship of the ever-living "Comforter," or Christ spirit and principle, may well declare his independence of all other friends or aids.

To consider any external relation or companionship as absolutely necessary to ones comfort, happiness and well being, is to overlook this fact and thereby help to forge chains of slavery, which are breeders of discontent and a menace to the permanence of any true friendship. Such an attitude is an evidence of unfitness for the joys of perfect Love, and is an indication that the even serenity of perfect peace is, as

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

yet, far away. The individual is unfitted for the unalloyed happiness of ideal companionship and perfect Love, until, with God as his reliance, and with heart full of sympathy or human affection, he is able to stand upright amid even the greatest of trials, and serenely say, no one is absolutely essential to my life, my welfare, my support, my defense and my peace of mind, except the supreme power within myself, which, as an humble listening follower of its silent commands to my consciousness, I earnestly strive to Love and worship with all my mind and heart and soul and strength. To regard any personal Love as absolutely necessary, is closely allied to the slavish desire for personal possession and ownership. It tends toward distrust, through fear of losing, and toward the generation of undignified, anxious, and repellant thought forces, which often lead to reproach if not to actual wrangling. The instinctive desire of each soul for individual freedom cannot and will not permanently submit to any power or authority less than the supreme power, which is but the laws or law of being; hence, mere personal friendships are incapable of fully satisfying the soul in its deepest longings for Love.

The seemingly harsh and cruel circumstances of so-called fate, such as removals, changes, death, etc., which at intervals break up man's dearest companionships, are only the kindly workings of a supreme spirit or Soul of Love that, as creator, rightfully says to all its creations, at least in substance and by act, "Thou shalt have no other Gods but me."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The mind is so constituted that it is incapable of any truly great love for persons, until by loving principles more, it obtains from them, through their inherent Soul of Love, fresh infusions of force, and thereby becomes impregnated with added powers of Love. This is but to love the real self. Each individual is inherently endowed with the perfect principles of universal Love, and, as a result, the external mind will continue to expand until it becomes wholly representative of those unlimited principles and of their consequent impartial or unbiased love impulses.

The usual conceptions in regard to twin-souls are therefore erroneous and but the prattling of spiritual babes. Multitudes have ignorantly risked, forsaken, and in many cases lost all else that they held dear, in the nonsensical search for soul-mate phantoms, which, when unmasked, proved to be little if anything more than the mere carricatures and shattered remnants of false ideals. For the the sake of those, who, though innocent as to motives, are now ripe to be thus victimized, I would utter a few words of warning by explaining why the soul is too great to be ever fully satisfied with but a limited or personal part, or less than the all of every object of life.

The principles involved are necessarily the basic vibratory principles of every organism, which, having been explained in previous essays of this series, need only to be briefly referred to in this, namely: As this evolutionary law of vibration is to every single organization, the supreme law of Love or original creative power, it follows that wherever there is an organism,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

or even a single cell, there is vibration, life, polarity, duality, sex, masculine and feminine principles, change, activity, motion,—in fact all the attributes and inherent potentialities or omnipotence of that law which we call God; together with the changeless tendency to become fully manifest through that individual organism, or to advance towards the ultimate of absolute perfection and external omnipotence. In this respect each and every individual, whether man or woman, is "The only begotten son of God," because representative of varying degrees of the one general type or generic man, which is eternally potential within all, and which will, in time, bring each separate organism to a full consciousness of the inherent oneness of all persons and things and of the perfect independence of absolute dependence upon God.

Then is it to be reasonably expected that a dual-soul or soul-mate will be able, permanently, to fully satisfy the love longings of the soul? Will individuals be always willing to fence in one single object of affection, and, by acts, say, my love being centered entirely upon this, extends only to this fence or dividing line, and none others are equally dear to the soul of my soul? Could the infinite Love be guilty of such distinctions or preferences and yet, from the standpoint of universality, remain truly regarded as infinite? Is not the essence or principle of Infinite Love inherent within one and all? Are we not commanded, and compelled by nature, to love this Infinite Life wherever we find it? Will we not, in time, be able to recognize it equally in all and within all things?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

If God is all and within all, everywhere and at all times, would it be true and perfect worship to do less than this?

We have not learned to recognize the fullness of our own better selves until we can likewise find this infinite essence in all things. We must first find perfect Love within ourselves, before we can attract to ourselves the more perfect types of its other external manifestations. There is but one perfectly straight cut to a full consciousness of God's omnipresent love. A straight cut, or direct line, is necessarily "the shortest space between two points," but there is no space between God and man, and to ascertain that fact is to entirely annihilate the imaginary distance. For these and other reasons, it becomes possible for the individual love-longings to be entirely satisfied from within the individual consciousness, and if the whole truth but be known, that is the only way in which they can be fully satisfied. It is of course conceded that the duality of Love implies the uniting of but one woman with one man in the God given institution of marriage, but this should be regarded as only a little more than a means to an end instead of as an absolute ultimate as is indicated by the fact that physical death severs these external matrimonial ties while Love itself is eternal.

All external loves, necessarily attach the consciousness to externals, and thereby withdraw its energies from the interior source of energy and of Love. For this reason if made pre-eminent they tend toward depolarization and death, and are manifestly incapable

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of including or comprehending the all of things, or all objects of love. The blessed underlying unity or related law of life, which alone prompts love, will of course rebel against this because of its like irresistible attraction towards all the other objects or creations of its affection.

There is a love that represents but little more than the stored energy of the body. This has a borrowed life of its own, which, is the very limited external source of most merely personal loves. The Love that endures forever is that Love of Love, which, being polarized toward itself, necessarily feeds upon itself and is thereby eternally sustained. This is a possibility to every soul. "The soul that sinneth" by attachments to externals, "shall surely die" or depolarize as a separate part or expression of Love, for "thus saith the Lord" or law of vibration.

To properly hold within the consciousness, a true ideal of Love in its essence, is to awaken vibrations from within which tend to satisfy the longings for Love of both mind and body. The bodily loves or passions are so limited, violent and greedy in their desires for satisfaction, that they would feast at every opportunity, and they thereby kill or depolarize themtelves. To this fact many persons who have tasted the fleeting pleasures of sex-passion can testify. In many cases, positive revulsion is the immediate consequence of gratification.

The violence of passion leads naturally to depolarization and to wastes of force. Man as a consciousness, becomes externally permanent, or like his source,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

immortal, not by wastes, but by the conservation of all his energies, and the higher methods of nature must take this fact into due consideration and properly provide for it, as is shown by the force-massing laws of worship and by vibraology which likewise prove this to be the case.

Marriage is, nevertheless, one of nature's chief methods of developing a Love that is universal, and in itself is a reason why it is unsafe to precipitately break down the ordinary matrimonial laws in the search for soul-mates, especially when one has not gotten beyond the desire for ownership and possession, which, too often, if not as a rule, prompts such searches. Marriage is most excellent as a means to an end, just as the plane of generation is the natural prelude to the higher plane of regeneration, but it should not be mistaken for the end, instead of only as an important means. Through regeneration and the regeneration of the forces, death and generation, which is but re-birth, becomes unnecessary. When man learns to properly love or worship the God or law of life and of force which is within himself, then will he learn to so conserve and mass his forces that he will become as eternal as is that law.

This is the principle of perpetual youth, and the doorway to the "Kingdom of Heaven" of peace and power which is within. It is this which leads to the serenity or true majesty of calmness. Calmness is one of the rarest qualities in human life. As one author has said. "It is the poise of a great nature, in harmony with itself and its ideals. Calmness is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the moral atmosphere of a life self-centered, self-reliant and self-controlled. Calmness is singleness of purpose, absolute confidence and conscious power ready to be focussed in an instant to meet any crisis. The Sphinx is not a true type of calmness,—petrifaction is not calmness. That is death, the silencing of all the energies; while no one lives his life more fully, more intensely and more consciously than the man who is calm.

The Fatalist is not calm. He is the coward slave of his environment; he is hopelessly surrendering to his present condition, recklessly indifferent to his future. He accepts his life as a rudderless ship, drifting on the ocean of time. He has no compass, no chart, no known port to which he is sailing. His self-confessed inferiority to all nature is shown in his existence of constant surrender. It is not calmness.

The man who is calm has his course in life clearly marked on his chart. His hand is ever on the helm. Storm, fog, night, tempest, danger, hidden reefs,—he is ever prepared and ready for them. He is made calm and serene by the realization that in these crises of his voyage he needs a clear mind and a cool head; that he has naught to do but to do each day the best he can by the light he has; that he will never flinch or falter for a moment; that, though he may have to tack and leave his course for a time, he will never drift, he will get back into the true channel, he will keep ever headed toward his harbor. *When* he will reach it, *how* he will reach it, matters not to him. He rests in calmness, knowing he has done his best. If

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

his best seem to be overthrown or overruled, then he must still bow his head,—in calmness. To no man is permitted to know the future of his life, the finality. God commits to man ever only new beginnings, new wisdom, and new days to use to the best of his knowledge.

Calmness comes ever from within. It is the peace and restfulness of the depths of our nature. The fury of storm and of wind agitate only the surface of the sea; they can penetrate only two or three hundred feet,—below that is the calm, unruffled deep. To be ready for the great crises of life we must learn calmness in our daily living. Calmness is the crown of self-control.

When the worries and cares of the day fret you, and begin to wear upon you, and you chafe under the friction,—be calm. Stop, rest for a moment, and let calmness and peace assert themselves. If you let these irritating outside influences get the better of you, you are confessing your inferiority to them, by permitting them to dominate you. Study the disturbing elements, each by itself, bring all the will-power of your nature to bear upon them, and you will find that they will, one by one, melt into nothingness, like vapors fading before the sun. The glow of calmness that will then pervade your mind, the tingling sensation of an inflow of new strength, may be to you the beginning of the revelation of the supreme calmness that is possible for you. Then, in some great hour of your life, when you stand face to face with some awful trial, when the structure of your ambition and life-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

work crumbles in a moment, you will be brave. You can then fold your arms calmly, look out undismayed and undaunted upon the ashes of your hope, upon the wreck of what you faithfully built, and with firm heart and firm voice you may say: "So let it be,—I will build again."

When the tongue of malice and slander, the persecution of inferiority, tempts you for just a moment to retaliate, when for a moment you forget yourself so far as to hunger for revenge,—be calm. When the gray heron is pursued by its enemy, the eagle, it does not run to escape; it remains calm, takes a dignified stand, and waits quietly, facing the enemy unmoved. With the terrific force with which the eagle makes its attack, the boasted king of birds is often impaled and run through on the quiet, lancelike bill of the heron. The means that man takes to kill another's character becomes suicide of his own.

No man in the world ever attempted to injure another without being injured in return,—someway, somehow, sometime. The only weapon of offense that Nature seems to recognize is the boomerang. Nature keeps her books admirably; she puts down every item, she closes all accounts finally, but she does not always balance her books at the end of the month. To the man who is calm, revenge is so far beneath him that he cannot reach it,—even by stooping. When injured, he does not retaliate; he wraps around him the royal robes of Calmness, and he goes quietly on his way.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

When the hand of Death touches some one we hold dearest, paralyzes our energy, and eclipses the sun of our life, the calmness that has been accumulating in long years becomes in a moment our refuge, our reserve strength.

The most subtle of all temptations is the *seeming* success of the wicked. It requires moral courage to see, without flinching, material prosperity coming to men who are dishonest; to see politicians rise into prominence, power and wealth by trickery and corruption; to see virtue in rags and vice in velvets; to see ignorance at a premium, and knowledge at a discount. To the man who is really calm these puzzles of life do not appeal. He is living his life as best he can; he is not worrying about the problems of justice, whose solution must be left to Omniscience to solve.

When man has develeped the spirit of calmness until it becomes so absolutely part of him that his very presence radiates it, he has made great progress in life. Calmness cannot be acquired of itself and by itself; it must come as the culmination of a series of virtues. What the world needs and what individuals need is a higher standard of living, a great realizing sense of the privilege and dignity of life, a higher and nobler conception of individuality.

With this great sense of calmness permeating an individual, man becomes able to retire more into himself, away from the noise, the confusion and strife of the world, which come to his ears only as faint, far-off rumblings, or as the babble of the life of a city heard only as a buzzing hum by a man in a balloon.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The man who is calm does not selfishly isolate himself from the world, for he is intensely interested in all that concerns the welfare of humanity. His calmness is but a Holy of Holies into which he can retire *from* the world to get strength to live *in* the world. He realizes that the full glory of individuality, the crowning of his self-control is,—the majesty of calmness" which at all times, places and seasons, and in every proper way he earnestly strives to cultivate. He cultivates it by his reposeful manners and moods, by his habits of concentrated thought, by his loving interest in the act of the moment, by his faith in the dignity of individual life and of his own ideals, by his trust in the omnipresence of Love, and in the companionship of loving thoughts, and by his ever-growing reliance upon the ever-imminent supreme power which brings him a subdued but intense consciousness of present success even in times of greatest trial and seeming disaster, because to thus rely upon these inner powers enables him to exultingly surmount every obstacle as if it were but a crested wave to carry him higher and nearer to the heart of Being where all is eternally calm, peaceful, joyous and harmonious.

The mind is necessarily the source of both happiness and misery. Whether of happiness or misery depends mainly upon these habitual interior conditions as expressed through the feelings and affections. Joy is of the emotions rather than of the mere intellect. It is the tendency of intellect to disparage the value of emotion and to maintain an atti-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tude of severity, reserve and distrust, that instinctively serves to paralyze and chill.

It is the tendency of true love to give and to trust. It can afford to give and trust, because backed by an unfathomable source of wisdom and power to which it is irrevocably connected. The essence of Love is "too pure to behold in iquity," or to perceive anything but a likeness of itself, and for this reason has often been called blind. It is not blind. It is Love alone that can perceive, in right relations, the true realities of life. It is only the good and pure that are sufficiently real to permanently stand.

In thetriumphant march of eternal Truth and Love as manifested through each individual organism or consciousness, all shortcomings must necessarily fade away into their native nothingness, or die, for lack of vitality, like the flies of an hour; hence our charity, like its causal law of Love, should be absolutely without limits. To carpingly criticise the shortcomings of others, supplies vitality to the things criticised, and feeds the corresponding germs within ourselves which incited the criticism.

Intellect has its important province as representing theWisdom principle of Love, but its work should be constructive, or tempered with Love, rather than merely destructive. Man should ever remember that intellect is only a single star in the firmament of Love and Truth, and that its greatest and brightest splendor is therefore but a borrowed light. It should be used to help "Cast the beam out of thine own eye" and should be revitalized daily by the habit of retiring in-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to the innermost self, where by awakening the slumbering Christ principle or teacher and "Comforter" it can receive in silence the joyful, peace-giving message of a "sermon on the mount." It must be baptized with a spirit of true devotion before it can be seen at its best.

Each individual may well begin by a worship of his own now latent perfect. There is this God side to every man and to truly love it is but to worship God. The command "Love thy neighbor as thyself," implies the propriety of thus loving the real self, for, if otherwise, we would have been commanded to love our neighbors better than ourselves, which because of man's true nature is manifestly impossible. It is useless and indeed harmful to try to thus exalt others to a position above the God-self, which, to each individual, is necessarily the supreme power, whether he now knows it or not. The higher self, when duly awakened, will command man to love his neighbor as himself, simply because all others are actual and essential parts of this the real self.

Love will, in time, harmonize the various methods of truth-seeking so thoroughly that each will then find his own invisible doorway to the inner cause-world of all power and happiness, and thus become too deeply engrossed in its actualities to even want to take part in hair-splitting, word-chopping intellectual contentions (over mere bubbles,) such as have long prevailed at the circumference of things where most people now live.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The researches of the scientist are but a prayer to know the Truth. Well may he say with mind and heart, "Lord teach me how to pray," for he is not truly scientific until through the involutionary process of thought-concentration and prayer, he learns how to thus open up direct interior channels to the whole ocean of Truth and Love, and to that heavenly citadel of God, wherein dwells the supreme law, and the basic principles of all life. He cannot afford to persist in his present nonsensical efforts to be all eyes or to entirely ignore theories and principles, for the so-called facts which the senses perceive are but transitory. Those eyes of the mentality which pertain to faith, Love, intuition, insight and to principles, are even more real, because they penetrate to the permanent facts or principles and laws on which all things transitory are strung. For that matter "The whole object of Science is to find a theory of nature" or of Being, hence in all our investigations it is folly to try to divorce the faculties of observation, reason, intuition and Love, which all spring from a common origin or center which can best be reached through Love and devotion.

It is by mastering the science of Love and by consequent prayers, that man is enabled to bring the external mind into more direct relations with the vibratory center or force-creating law of the Infinite Life, and thus absorb Truth at first hands, much as a dry sponge would absorb the water. This process of absorbing the vital energies of Truth must become habitual before Love can be permanently enthroned

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

within the individual consciousness. Until then, man's friendships and closer companionships will fluctuate, at least so far as the underlying ties of real feeling are concerned.

The power to pray, or Love scientifically, should, by students, thinkers and all progressive minds, be regarded as a tool of advancement and success which is perhaps, next in importance to the thinking apparatus itself.

Scientists are ordinarily inclined to at least regard with doubt and suspicion, any intellectual proposition that does not carry with it the complete evidence and backing of such external senses as seeing, hearing, feeling, tasting or smelling; but they should remember that even from the strictest scientific standpoint, the greatest verity or reality in the universe is Truth, because Truth like the universe itself, is whatever is; and they must likewise admit that the essence of what--ever is changeless, even though its external form is ceaselessly changing, and that by virtue of the underlying unity of all things, is likewise inherently at one with the Highest and Best; therefore man's real Being, of which his consciousness itself is sufficient evidence, is not the senses and their merely transitory illusions, but is, rather, that something within, which is eternally at one with all Truth and which necessarily is directly connected with his consciousness

Then is it unreasonable to believe that through knowledge and obedience, man may voluntarily absorb of the inner vibratory life essence of Truth and Love, simply by more closely connecting his Individual

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

consciousness directly to that interior law of Love, which, as the primal source of all force, is eternally the Highest and Best? Is there any other method of absorption that can equal scientific devotion as a means of conforming to these interior laws and of drawing upon their resultant forces? Is there any other practice that will more thoroughly identify the consciousness with that essence of Love which is infinite in its power to attract and to bless? Can man as a magnet make the most of his ever-increasing attractive powers except to the extent that in these and other ways he becomes a rapidly evolving, living, conscious incarnation of Infinite Love and Truth? Is there any doorway of opportunity that is equally far-reaching in possibilities or that is more easily opened?

The story of all evolution is but the story of an individual soul-life that is, or will become, common to all. Each self-conscious soul-life has already experienced almost numberless pre-existances. Evolutionary principles necessarily apply to the soul. The soul of generic man is the soul of all manifested life. It is only the external that can die or change. So called death is but a progressive, renewing process of Love and life.

It is through Love that the soul expands. Love's deepest mysteries lie concealed within the tiniest atom, but it is impossible for them to permanently remain concealed. It is the knowledge-gaining inherent impulses of Love which encourages the atom to undertake its long voyage of self-discovery. It is love that comforts and cares for the atom when through

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

weariness it is tempted to abandon the task of living. It is the mercy principle of Love that creates pain and inharmony as a warning wherever man gets on the wrong track in his soul-voyage of self-discovery.

Love serves to open and refine the spiritual senses and perceptions, through which the mind intuitively discerns the invisible interior barriers to advancement and the love methods by which every barrier to its evolvement may be noiselessly removed. Every life of each soul-life helps to educate and discipline mind and will in the science of Love so that to an increased extent the omnipotence of Love becomes manifest in external ways. Whenever difficulties arise the habitual attitude should therefore be that of student and learner. Each day and hour may be regarded as the new beginning of a joyful loving task that is endless.

It is important that each person should clearly understand the esoteric and other methods by which he may at will, invoke or call to himself the present satisfaction of his every impulse of Love. He must know the source of Love before he can voluntarily connect the consciousness with its deepest source and thus command its external correspondences or become independent of them.

The ordinary loves are a mixture of good, bad and indifferent. Much that passes current as love is of such a base quality that it would perhaps be more appropriate and accurate to regard it as a counterfeit. True Love is quick to detect the false ring of counterfeits and to perceive genuineness. It ever recognizes

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

its own. It is true to the extent that it permanently satisfies. Counterfeits are necessarily disappointing. It is Love alone that can satisfy. Every activity in life springs from it as an expression and is nurtured by its ever flowing vibratory sustenance. As Love is a law and is exact in its relationships, it is consequently possible for man to be as exact in obedience or in the effort to co-operate with its underlying principles. It is only thus that its full benefits can come to him.

The true saint is not so narrow bigoted and ignorant as to dispise or entirely ignore the baser forms of Love. He regards all desires of the heart and faculties of mind as but windows of the soul through which to view those creations of the evolutionary law of vibration, which even the Infinite Love has never ceased to regard as "very good." His earnest prayers are not incompatible with the universality of law, but are based upon that universality as a reliance and made availing through their intelligent conformity to the perfect, primal law of all Being. He believes in the Biblical doctrine of cause and effect, or that "Whatsoever any man soweth, that shall he also reap" and therefore bases this faith upon the definite application of spiritual means to his just ends or altruistic objects. He accepts those words of the Christ "Think not that I came to destroy the law or the prophets; I came not to destroy but to fulfill, for verily I say unto you, till heaven and earth pass; one jot or one tittle shall in no wise pass from the law till all be fulfilled."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The most exact and exacting of natural philosopher or scientist, could hardly take issue with this, and even the "sinners," like all others, may find hope in the connecting statement and promise viz: "Ask and it shall be given you; seek and ye shall find; knock and it shall be opened unto you" also the related promise "seek ye first the kingdom of God and his righteousness and all these things shall be added unto you" which likewise indicates that man is more than a mere automaton or puppet in the hands of natural law and that he can, through his consciousness, appropriate its underlying universal laws in the effort to "rule his spirit" and attract to himself the opulence of their omnipotence.

In fact the very idea of prayer, pre-supposes this possibility, and if we may take "the Lord's Prayer' as a model, it plainly states that "Our Father" to whom we ought to pray, is in "heaven," and the Christ elsewhere said that "The kingdom of heaven is within you," therefore it is evident that we should pray as a scientific proccss to that universal evolutionary law of life *within* us which in essence is likewise within all everywhere and always. This interpretation, if not already self-evident, is also strongly emphasized by the fact that this model prayer in question was given in the same sermon wherein the Christ spoke as above of the universality of law.

The points I would especially emphasize are, first, that prayer is answered, second, that it is a scientific process of the soul-consciousncss, that deals with the Infinite evolutionary law of all force which is within

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ourselves and wherever force or an organism is. In other words, prayer is answered as a result of consciously conforming to the supreme law of life or of force within ourselves, instead of as an act of "special providence" wherein natural law is set aside as is ordinarily supposed to be the case, by many who are religiously inclined. The very fact that christian people, the world over, have been continually craning their necks to pray to an exterior, and, therefore, to them, "unknown God," is in itself almost sufficient to bring prayer into undeserved disrepute, and may account in part for the appalling decrease in the devotional spirit of humanity. God is, at least to some extent unknown, until approached in the most direct manner and as a supreme principle of life that is ever within. The laws of prayer are so comprehensively great and far reaching, that even the most imperfect prayers are to some extent availing and much better than none at all.

We pray whenever we desire, because desire is thought-force, which, by forming force-connections with things desired, thus attracts them at least nearer. To desire in a faith that is founded upon an understanding of the underlying laws of desire or of prayer, is to multiply its possibilities of attracting the things desired, because it disarms those negative thought forces of anxiety and uncertainty, which, in proportion to their intensity, would otherwise opposingly act to neutralize results.

We need not abruptly discard our normal earthly loves of the present, but should simply change our

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Thirty-Two—Test Questions.

497. What is love?
498. What is the soul of love?
499. Does each individual have rightful access to that soul?
500. If so, how?
501. What is the difference between Love and Worship?
502. Do you believe in human love?
503. Why?
504. What, if any, are its advantages?
505. Do you believe in what is termed "twin souls"?
506. Why?
507. Is the method of Infinite Love a proper standard for man's love?
508. Why?
509. Does that standard permit of love of one person to the exclusion of all others?
510. Are all persons inherently worthy of love?
511. Have they all the same inherent potentialities and the same final destiny?
512. If so, then why should not man love as God loves?

The question of what man believes is a matter of great importance to himself and to others. It constitutes the difference between Perfection and all the different grades of imperfection, between liberty and slavery, between purity and degradation, between happiness and unhappiness and between all other species of good and so called bad. The Truth gives freedom because it gives power. It reveals the hidden mysteries of things and inspires unceasing love for the soul of things. The law of Love is exact. By learning the law you will be able to comply with it and obtain its exact benefits as your reward.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
.87L
No.33

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 33

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 '37

AUG 5 '

L161—O-1096

The e reigns
on ear w range
it mus viewed
from t tion or
unfold: lities of
extern hingness
and th c which
spans he very
eyes tl uld not
see the

You nstances
and y ms—the
legitim radually
change ur char-
acter. Justice,
which ill leave
you th e lessons
they w to learn
that tl hen you
will m rn their
secret- y some-
thing That is
the ro

Env ch binds
one to ling, his
nate c anything
it is because you do not comprehend its secret. To hate
a task is the mark of a slave. Don't be a slave. Be your
best self.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.33

The Soul of Your Surroundings.

Copyright, 1901, by Ernest Loomis.

LBF42

Every material object, in this world of forms, or of external effects, being composed entirely of force, is continually in transit, while its soul "stays at home with the cause," as virtuous and evolved souls should do.

The masterful man is he, who, through thought training and self-control, is able, at will, to withdraw the consciousness to an interior world of causes, wherein, by communing with the soul of things, he can righteously gain permanent command over the vast network of esoteric force-currents of which his surrounding environments are composed, and then more successfully mould or evolve them into ideal forms, with a view to the progress and welfare of all concerned.

His thought-consciousness is his well earned sceptre of power. It is endowed with possibilities far beyond the wildest fancies of his present imagination. It was given him that he might "subdue the earth," and help to arouse and liberate the sleeping souls of his fellowmen. It is his business to transmute into higher and more lasting forms, all natural energies in his surroundings that have not yet attained to his present somewhat exalted, but comparatively low plane of evolution. Every act of the soul is prompted by a desire for spiritual liberation, or for the freedom of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

power, and by building a force-cell, carries the mentality one step nearer to its final goal.

The thought organism is so constructed that man can gain lasting power only to the degree that he approaches in consciousness, that interior arena of real action where all things transpire and are one. His understanding and experience will at length teach him how closely interwoven are the underlying realities of things, and that he cannot misuse his powers, or in any way do injury to others, without thereby inflicting even greater injuries and self-acting punishments upon himself, simply because the inflicting instrument, viz: his thought, being nearest strikes hardest at his own then unprotected vitals.

It is absolutely impossible to enslave others, except so long as the binding chains are likewise attached to the self, for a chain cannot have one end, without having another also. It is impossible to heap up riches for narrowly selfish purposes, without thereby forming and maintaining esoteric force-connections that are an obstruction to the workings of fundamental natural laws, which, being all-powerful, must ultimately prevail, even to the discomfort and temporary detriment of all who presume to stand in the way.

It was admirably courageous for the ignorant bull to boldly stand on the track, and, with neck drawn, undertake an unequal, open battle, with the ponderous engine, of an onrushing train, but, as a natural result of the collision the scattered remnants of "minced beef" were offered as a monument to the value of knowledge, and to the wisdom of balancing courage

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and mere bull-head-ed-ness with a liberal degree of judgment and common sense. It would be more courageous than wise, for a blind man to wildly brandish an axe while in the midst of both friends and foes.

The world is not lacking in powerful souls who are ignorantly, carelessly, or maliciously using their thought forces to injure themselves as well as others. The present wave of general interest in the occult, will, to an appalling extent, multiply instances of the misuse of magical powers, and, as a consequence, the rapidly growing wisdom of the masses will be dearly bought. This increase of interest and the resultant knowledge of nature's finer forces, may be regarded as the first act in a drama of events such as the world has never before witnessed. Those who by fidelity to the cause-world, have kept in touch with the underlying spiritual realities of this drama, which has already transpired in the unseen, know something of what its external counterpart will be, and are therefore comparatively well prepared to meet the wild rush of external action which may soon characterize our daily life and history.

It is chiefly by concentrating the thought upon that within which is changeless, that the mind becomes thoroughly anchored to the eternal verities, and is then more capable of calmly meeting the greatest whirlwind of disturbing external events. In fact, concentration is the great secret of soul-power.

The concentration of all power into each separate, atomic cell, was the one stern condition and impartial

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

method by which the Universal Soul, originally became incarnate. And it is by passing back, through this same narrow doorway of concentration, that man's consequent endowment of omnipotence becomes operative in the individual life. This secret passage-way to external power, though always open, must be approached from the within, and for this and other reasons has been rightly called "the narrow way." It is so narrow that only one at a time, can enter; or, in other words, the way of attainment is necessarily individual to each soul.

To enter, is to again become at one with the Universal Soul, and thus make The At-one-ment, as did the Christ. "I and The Father are one," externally, only to the extent that through thought-concentration or otherwise, the consciousness becomes identified with that omnipotent, interior principle of life which is from everlasting to everlasting.

If each atomic cell of every organism is inherently endowed with the concentrated power of the Universal Spirit, then the organism itself, as an aggregation of cells or atoms, must necessarily be, and its method of taking on power, is, through the growing consciousness to create new force-cells with each thought-act. It is the evolving soul-consciousness which impels thought. Thought precedes every external act and is the essence of each new experience. The creation of force-cells is invariably the act of thought. It is by virtue of man's soul-consciousness, or original endowment of these omnipotent thought-laws of force, which are likewise inherent in all cell-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

life and in all organisms as the organizing power, that, in the immortal language of our valued Declaration of Independence, "We hold it true that all men are born equal, and are endowed by nature with certain inalienable rights, among which are life, liberty and the pursuit of happiness." Life, liberty and happiness are the irresistible magnets toward which the human heart must ever strive; and it is, in part, the true work of evolved souls, at every available opportunity, to help along the soul-building process within others who are lower than they on the evolutionary scale. Things are so constructed that this is the best method of obtaining true freedom for the self. It is only the few who have been able, as yet, to realize that stupendous fact, and that is one reason progress for the many has hitherto been comparatively slow.

That external side of man's nature, which, to the great, unwashed and uninstructed majority, seems most real, if left to itself, easily becomes but little more than a ghost-like, imitating, echoing, inefficient, vascillating, weak-kneed, overly-anxious, cowardly, skulking shadow and scoundrelly impersonator of his real self. If the history of present and past civilizations were truly written, its record of events would be made up largely of the monkey pranks, blundering stupidities and bungling misrepresentations of such mumbling, idiotic, walking, stalking, squawking half-truths, which are mere carricatures of the God-side of man.

The voluminous newspaper accounts of daily crimes, hypocracies and shams, together with that natural timidity and exaggerated, child-like propensity for

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

crawling which springs from ignorance, tend to unfit the average mind for adequately relishing the ludicrous grotesqueness of such stupendous spectacles of monumental folly, which, after all, are natural and have their educative use in this elementary, evolutionary stage, and therefore should not be condemned in unmeasured terms.

One pitifully comical feature of it is that the superficial externalities of this menagerie-like existance should be taken so seriously, or as the real life, even by those who are supposed to have outgrown them; and some persons have gone so far as to declare, that man has almost reached his summit of external power and perfection, and that our present institutions are representative of the permanent condition of society. The fact is, we have hardly begun the evolutionary ascent as is indicated by our comparatively crude methods of life, which unwittingly give almost undisputed sway and chaotic dominion to the sensual appetites, and to slavish ambitions for baubles of wealth and vanities of power, whose gravity, being of the earth, earthy, serve to bedraggle aspiration in the dust, until the higher nature, or base of power and supply, in the interests of purity and common decency, practically withdraws its forces, thereby gradually severing its connection with the body.

It would be perhaps difficult to find a quicker or surer way to poverty, disease, deformity, depravity, defeat, degradation, complete downfall, utter ruin and final death, than to thus turn traitor to the ever-progressive real self, by giving absolute license to the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lower faculties, whose tendency when entirely unrestrained, is to increase and intensify into a mania for indulgence, possession and show. It is but natural for avarice, lust, etc, to beget envy, distrust, bitterness and that spiritual paralysis which leads to senseless, unsettling fears of loss and failure. The mind thus becomes incapable of seeing things in their right relations, and, in proportion to the intensity of the fearing thought-forces thus sent out, then acts as a powerful vortex to attract the things feared.

Herein may be found one primal cause of the surprisingly large percentage of failures among those who seek with greatest ardor, the external fruits of success. They forget that the true success of all work, may be measured best by its character-building results upon the self, and that any external victory that serves to undermine or bankrupt the character, is so dearly bought that it could be more properly classified or regarded as defeat.

There is a side of man's nature, which, if given proper supremecy in all the affairs of life, attracts success and every good thing that the heart can desire, as instinctively and unerringly as its external counterpart, when separated from it, attracts failure. It is always strong, wise, calm, reposeful, deliberate, prudent, self-poised, alert, confident, bold, self-reliant, born to command, equal to all demands and capable of all things, because inseparably attached, as an individualized agency of expression, to the supreme Universal Spirit and to all that is.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"When, through the awakening of this Best side of human nature, the mind acquires the conscious power, at will and whenever needed, to immediately obtain even the most difficult and distant objects of its heart's affections, it will no longer desire to possess more than is necessary to a life of refined and educated simplicity, unless as a means of serving others, for anything more would be burdensome and uncalled for. It is the sense of limitation and fear of loss or of coming want that stimulates undue cravings for mere possessions. Such sordid, unholy desires are therefore ignoble and should become a source of shame instead of pride as is too often the case. It is cowardly to heap up millions without making corresponding efforts to devote them to the true welfare of those who are weak and needy.

Persons of great wealth who are ignorant of the vast responsibilities involved, are unconsciously forging chains or force-currents that may require ages of servitude and the most severe discipline to unloose. Then who are our slaves of today? The question is more easily asked than answered. The mind that through fear is entirely absorbed in the passion for acquiring transitory possessions, is thereby becoming a magnet that will attract force-currents of failure and the corresponding thought-conditions of constant compromise and surrender.

While, in a sense, all persons are born free and equal, in another very real sense they are all slaves, and are constantly scrambling and jostling each other to get free. That squeezing process which was

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

adopted by the Infinite as a means of compressing all spiritual power into each separate cell of every organism, would seem to be sufficient to goad individuals to the most vociferous demands for more room, more power and for true freedom, therefore their ignorant mistakes are excusable. Absolute freedom necessarily means external omnipotence as a consequence of the requisite liberation of the forces.

Every heart is endowed with the power to answer its most earnest prayers, and with the tendency to keep on praying or desiring, until, through complete gratification, there is nothing left to pray for. True thought-concentration is a species of prayer which is made an imperative condition of evolving into external perfection the inherent powers of the atom and of the man. Every cherished wish, hope, ambition and aspiration of the soul, is but the unvoiced demand of latent spiritual laws, for a more complete external expression of their intrinsic powers and merits. Every act and experience, being born of thought, necessarily contributes power to the general work of soul-emancipation. They are the negative of the souls positive, and help to mirror forth that which is unchangeably inherent as soul-principle.

It is because each individual life and its every force, is intimately connected with all other life and with the primal source of force, that it is given the power, through its daily thoughts and wayside moods, to construct of plastic thought, and, through the concentration of its thought forces, attract to itself the worthiest objects of its heart's desires; but by virtue

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of these very connections, every misuse of the forces must necessarily react upon the self and attract corresponding consequences of evil.

Napoleon's victories in war, were evidently won largely as a result of his powers of prompt and persistent concentration, as is indicated by his brief statement that "The art of war consists in having always more force than the enemy on the point where the enemy is attacked or where he attacks," and by the fact that he marched always on the enemy at an angle, as a means of destroying his forces in detail. This keynote to his success, is equally applicable in the accomplishment of more constructive and worthy objects. In the large majority of cases, it is the thorough man who best succeeds.

It should be a source of happiness and of hopeful satisfaction, especially to those whose conditions of life are seemingly difficult, that they always have the powers of thought and the omnipotent laws of being as their all-sufficient reliance, and that it is ever their privilege to live noble lives, by earnest efforts to more thoroughly master these inherent powers and to devote them wisely to the good of all.

All things and events are inherently good, and are calculated to confer personal benefits to the degree that their purposes and lessons are perceived and appropriated.

One of the greatest personal benefits that can come to any one from another, or from any outside source, is to be introduced anew to himself, to that unlimited principle of immortal life, or law within,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which, being the source of genius, of inspiration and of every power, needs only to be awakened and understandingly conformed to, to attract every good thing that is within the undescribed and indescribable radius of its magic charm. It is thus that the divine image, or best self, may become more fully manifest in ever-improving surroundings.

Man's present surroundings, being but the crystalized sediment of thought forces which have slowly gathered around his mentality during the countless ages of its previous existences, are, therefore, always subject to his ever changing soul-conditions. If they represent deformity, degradation and the unwholesome germs of disease and decay, he has only himself to blame, and should search within, for the soil, weeds and soul-conditions that made such circumstances possible to him. He should also search within, for the means, or causal forces to eradicate such conditions by replacing them with something better.

The joys of life are always dependent largely upon the new aspirations and renewed endeavors which lead most directly to advancement and to improved external conditions. It is by being drawn into nearer, dearer, and more active, intimate and vital working relations with the inmost self, that these aspirations are born. Books, events, surrounding objects, general associations with others, and even severe experiences such as so-called misfortunes are often sufficient to accomplish this object.

The value of such an introduction to the real self is measureable only by its power to bring and give

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lasting happiness, therefore the best way to obtain it is, not by hard knocks of bitter experience, which often serve to sour instead of to improve the disposition, but by the more constructive misery-avoiding process of Love and of knowledge-gaining, wherein is made paramount a systematic study of life in general, of the self and nature's plan for its evolvement in particular, and of the scientific principles of being which underlie all things.

The events of life may be properly regarded as but a series of character-building lessons. An attitude of rebellion toward these lessons only makes matters worse for us and in itself is an evidence that we are not adequately appropriating the instructions and helps our circumstances were intended to convey.

We have great reason to be profoundly thankful that the changeless laws of nature or of Love are absolutely unrelenting in their beneficent efforts to commandingly disarm and shield from self-inflicted blows, those who through ignorance or perversity, would otherwise do permanent injury to themselves and to others. From the sighings of these self-created winds of puerile opposition, is raised melodious refrains, which, if accepted as a hint or warning against further infringements, will help to soothe the wounds of disappointment and cheer the heart to loving, worshipful obedience, from which may be subsequently received as further encouragement, the generous, self-acting, accompanying rewards. It is only when these early warnings are disregarded and despised, that they increase to roaring whirlwinds of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

echoing scorn and seemingly exultant derision, even to the point of permanent and triumphant disarmament.

The inmost vibratory law of life, being the creator of man's every force, is abundantly able to insure that no other gods are permanently worshipped by him, because in the absence of obedient devotion to its principles, his supply of sustaining force is gradually cut off as a self-acting consequence. In other words, his powers of opposition, or "sinews of war," being derived from the limited supply of accumulated force that has resulted from a degree of past obedience, naturally wanes to the extent that through opposition he shuts off their supply.

The "devil" or tempter, is but the voices of ignorance that attract the consciousness to fleeting external gods of time and sense, which, by each individual, are made toys and playthings during the innumerable ages of his soul's early childhood. They are implicitly followed as a "will-o-the-wisp" except when exhaustion brings temporary defeat, the periodical ebb-tides of the soul-forces and the evolutionary pauses known as physical death; unless, perchance, through knowledge, the mentality is decoyed from senseless external dissipations of over-activity, and brought face to face with that something within, which, having eternal life, becomes conscious of the comparative unreality and nothingness of all else.

The external organism is but the densified vibratory sediment of exhausted thought forces of the past, or the sloughing skin of a dead self and soul life

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of yesterday. Man's circumstances of to-day are accusers, which indicate to what extent and in what ways he has neglected his opportunities in this and previous lives of his never ending soul-existence.

The home of the soul and of the soul-forces is the within. Its law of force is a "Father's house where there is always bread (vibratory sustenance or force) enough and to spare." To mentally wander away from this stationary point or home of the forces, is to prodigally "waste substance in riotous living" or in opposition to the main laws of life. The abiding presence and power of the Infinite can be invoked and expressed through the individual organism, only to the extent of its conscious conformity to the far-reaching laws of devotion and of love.

The mind must exalt its own soul-principles and laws to the supreme point of the Godhead, before it can consciously bring the powers of God into the here and now. It must pray as if it had already received, as a means of bringing into actual realization, the presence and powers of God. It must acknowledge the absolute supremecy of its interior force-creating laws, before it can truly pray to "Our Father which art in Heaven"—within.

True prayer is a scientific proposition, or a matter of intelligently conforming to the inmost laws of being. It is therefore a matter of degrees and is answered only to the extent of our conscious or unconscious conformity to the force-creating laws of being. Its power to command is exercised by virtue of its offering controlling connections with the interior

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cause-world of force. It is able to thereby change the course and almost control the currents of all the forces which comprise one's external environment. Fidelity to its law is the source of all true inspiration, all genius and all goodness. Its power to help, is comparatively limited, so long as the mind persists in the pernicious popular habit of mentally roving.

Such habits of roving tend to shut the consciousness out from its rightful kingdom of interior power, by keeping it continually upon the outer rim of existence. They lead to those exhaustions of force which afflict the organism with slow starvation and with soul-stagnation. They court a famine of the spiritual forces and a consequent failure in the attainment of life's highest and best prizes,—the prizes of health, happiness and true success. They help to shut the consciousness off from the soul of its surroundings and from the society of its soul-companions. They dull the sensibilities to the interesting things that are ever transpiring within the inner circle of the world's moving forces. They gradually lull the inner senses to a hypnotic sleep which tends toward the temporary oblivion of physical death. They serve to make the mentality almost incapable of coming into sympathetic touch with the real lives of those with whom it comes in external social or business contact.

The real opportunities of life are slowly generated within the cause-world of interior forces and therefore are best reached by thoughtful meditation, by love and by scientific devotion. The mind must get

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

into thought conditions of repose, before it can generate or attract the thought-currents that represent life's highest purposes and privileges. It is in daily need of the silence, as a means of invoking that magic wand of loving force, which unerringly reaches through the subterraneum avenues of love to the inner soul-forces of man, even to those perrenial springs of human action which serve to develop within others new life, new resources, new relations with the self and a constant return or reacting flow of helpful force.

God entrusts his septres of power to the keeping of men, only to the extent that through worship, they become at one with the supreme powers and purposes of the Divinity. Life is cold, barren and comparatively worthless as a happiness producer unless reinvigorated daily by a fresh influx of the Divine energy. As these influxes become habitual they will bring the satisfaction of ever increasing power, and frequent thrills of conscious ecstacy until joy becomes habitual.

If we could but fully perceive the soul or interiors of our present surroundings, it would serve as an introduction to that within which, when thus recognized, would attract to us the better and the best of all that earth can offer. Every object, circumstance and condition in the passing panorama of external life, is an expression of a universal interior life which has its correspondence within each individual organism, and may be made to mean much in the unceasing effort to construct more perfect ideals both in character and in environment. As one's personal belongings are necessarily few they should, as a help in character-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

building, suggest beauty, strength, refinement, character and utility, instead of deformity, weakness and degradation. If the latter qualities are predominant, it is an indication that there are important lessons yet unappropriated and a greatly needed work to do within the self.

Man's real companions are his thoughts, his real world is his thought-world, his real opportunities consist of the use he makes of his thought forces. If his present surroundings are not to his liking he may utilize his desires and daily thoughts as a means of substituting something better—something that will not mar the mental picture of a relatively perfect ideal. Thought forces are so plastic that through thought control he may live in an ideal world now; and as he persists in the effort to do so the disagreeable things, if in his present environment will gradually drop away.

Whenever the mind is called to the subject of its thought-life or world, it should evolve and entertain new thought angels of harmony and peace. Its daily moods of the present are advance agents which announce or prophecy the external performances of its future. It is by dealing with causes er by the application of thought means to chosen ends, that the mind may prophecy its own future and prophecy truly, much as a publisher would be able to know in advance what was to appear upon the pages of a future publication.

There is for you as for all, a self-sustaining life of the spirit or constant influx of new ideas, new inspi-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

rations and new forces, that can come to you wherever you are. It is accessible to every part of the universe. If your thought world is not such as can give you lasting peace and happiness, you should begin in thought to manufacture a world that will, for you are not likely to get away from the present one until you do. You will find it difficult to obtain any essential change in circumstances simply by a change of place, because you must carry yourself with you wherever you go. It is from within yourself that thought moods of peace and harmony may be produced and sustained. Your external circumstances will begin to change, whenever you manufacture for yourself a new set of thought-negatives and thought-causes.

How often do we see it proven or demonstrated, that until the mind is right, external things are powerless to yield permanent happiness, great fame and true success. When the mind is once restored to conditions of harmony, most any set of circumstances will answer as a beginning in living the ideal life. We always get exactly what we earn, and therefore if what we have is not pleasing, we should look within ourselves for the cause, instead of senselessly searching for scapegoats. To the degree that we have earned advancement, are we justified in believing we will get it and that our merits will become apparent to an admiring public.

The great secret of success is thoroughness. Things of beauty, strength and utility are a species of thoroughness. If we are careless in dress, in manners, in speech and in acts, we are thereby in-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

creasing our magnetic attractions for shams and counterfeits. If we are in a snugly organized thought condition, our natural tendency will be to restore order, correct relationships, love and beauty wherever it may be now lacking in our lives. If slipshod people are around us, we may, by such moods, create incompatible, harmonious force-currents, that will help to carry them away, in response to the natural attractions of their inferior affinities.

There is real and lasting satisfaction in true advancement. If our circumstances are at present disagreeable, they surely offer abundant opportunities for improvement and it is through improvement that true progress comes. Improvement is progress. It is the privilege of each one to at least restore order in the action of his brain forces, and when this is done, doorways of opportunity which lead to endless possibilities, will at once swing open, because these forces lead back to the Infinite resources.

Your physical organism is only the rough external covering of your forces. It is but a focusing point through which the Universal Soul can act. The same can be truly said of every person and thing. The real activities and realities of life are behind these external scenes and shell-like masks. If our forces fail to reach these interior activities, it is evident that we are as yet associating with mere ghosts. Let us wake up, by becoming acquainted with ourselves and then with the real selves of others.

There is no one who can permanently keep us from that to which we have intrinsic right. Through the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

avenue of thought, we may have continual access to the most exclusive society circles, providing it is our real place in the world as indicated by our dominant desires and daily moods. Those who are entirely pure in heart, are constantly generating thought forces which ever mingle with the like forces of all others who are equally pure. There is no society so esoteric that it is inaccessible to any one who is sufficiently esoteric to belong there. It is idle to yearn for opportunities for which by nature we are fitted It is ever our privilege to take that to which we have inherent or acquired right, therefore we need not inertly stand back and whine. It is equally idle to yearn for opportunities for which we are unfitted, because to obtain them, were that possible, would bring misery instead of happiness. Unearned successes are a natural force-runner of humiliation, for it is impossible to retain prematurely obtained riches or positions. The thing to do is to merit good things as the sure means of gaining them. What was and is the power to obtain things, rather than the external things themselves. The law of the universe is a compensating law of give and take. To take, implies that in some way we must pay the price. But virtue is the affirmative of being, for which there are no penalties.

The best way to become surrounded by things of beauty and elegance, is to now live in their thought-currents by our love for their esoteric merits. Disorder attracts disorder. Order attracts general conditions of order. It pays to live in the thought-currents of those who are aspiring and truly successful.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Through thought-concentration, we may, at the noon hour, establish force-connections with thousands of our Brotherhood members who are aspiring and successful. Small economies are often the greatest of extravagances. They are apt to connect us with force-currents and associations of penury and want.

What kind of friends do you like best? Do you like those, who, being spoiled by wealth, are ever making a vulgar and snobbish display of their belongings, as if they considered them of supreme worth and even better than the human soul? Do you value wealth more than character? What are your real standards of life? Can you appreciate the self-respecting dignity of a Carlyle, who refused a peerage and its wasteful, time and strength-consuming trappings, in order that he might more successfully continue his childlike life of simplicity and of humble communion with the spirit of thought or of truth? Could you respect as your equal one who would sell even his soul for a mess of pottage, or for the necessarily temporary position afforded by a title?

The soul of your surroundings is Love. Don t wait about beginning the life of Love. Live it now. Things are incapable of yielding much, therefore however great the external changes that might come to you, it would make but little difference with your soul, so long as it is "in tune with the Infinite." You may have, now, the true companionship of all advanced souls or even of the Infinite itself, and not wait for better opportunities. If things are crude, begin at once to make them better.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The bitterness and destruction, that, in the near future may visit the multitudes, will doubtless bring important lessons, but the lesson that is most needed, is an increased appreciation of the all-important consciousness, that the Infinite life is omnipresent, now. May we not appropriate that lesson now? Why not seek the best opportunities of the present, for real usefulness, and use those opportunities as a stepping stone to something better, that may come later? It is the veteran soldier who does the most effective service. True, there is an advantage in silence, quiet, solitude and meditation, but why cannot that be our method of work in whatever we do instead of simply an excuse for idleness and inaction?

We cannot hope for new thought faculties. The awakening and growth of present ones will necessarily be gradual. They all have their uses now and always. They are ever our source of happiness, or of misery. Let us use them normally now, instead of recklessly squandering time and force in indiscriminate condemnation of all the things of here and now. All is good. Let us alternate in our periods of activity and silence. Those who live the true life to-day and then each day as it comes, "canst not hope too much or dare too much."

The well poised soul is at home everywhere and always. The faculties of "self-esteem," "firmness," "concentration" and "worship," imply that subsequently the body may not travel much, if any, because of an increased consciousness of the omnipresence of all things. The faculty of "locality," which pertains

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

especially to traveling, is capable of finding an adequate field for employment and activity in the silence. The love of home implies stability. In fact, all intellectual faculties could, perhaps, be gratified more successfully without roaming.

In our concentrated efforts to "stay at home with the soul," let us try to establish the body as a temple of the living God. Let us strive to make our thought-life the life and light of that temple. Let those travel who have not yet found themselves and who know no better way. Why should we go away? What is the matter of here and now? The soul of here and now, is the soul of all. The soul that is capable of carrying all things with it, need rarely if ever travel.

A tendency not to travel would seem to be almost a necessity in the establishment of a holy city. Mankind must some day learn to get still. Until the mania for traveling is over, man could not be contented even in a holy city, or with the soul companionship of angels. We all may have here and now the companionship of God. What more could we reasonably ask? Through that companionship, we may draw to ourselves such external companionships as we most desire, "and I, if I be lifted up, will draw all men unto me." We are unfitted for the joys of true companionship, until, through communion with the infinite spirit, we are able, if necessary, to contentedly do without it. One of the greatest of discoveries is that all things are already here, as well as everywhere. People would run away from the most perfect environments, until fitted to appreciate the infinite, omnipresent love.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The soul of our surroundings is that which is capable, now, of exalting us above all surroundings.

Is it not possible for us to unitedly establish an institution of learning that will more successfully help students to an acquaintance with their own better selves, with higher ideals and with the true life within? Such an institution might at length become an example for all the world. It could comprehend the study of all life, and could include present methods of investigation, as well as the more advanced methods known to some esoteric students. It could be made a helpful source of satisfaction to therein prove that all methods of investigation, if faithfully followed, at length lead to essentially the same point or conclusions. It could combine practice with precept, and thus teach by example. It could become a holy temple, and the beginning of a holy city. It could help in bringing together, people of high aspirations, ideals and tastes, who could unite to live the ideal life as an example to all, and who through books, lectures, teaching, preaching, etc., could widely disseminate the intellectual and spiritual results of their united investigations.

True leadership must be learned in the harness. Most people are hypnotized by their surroundings, by people, customs, circumstances, anything and everything that happens to present a bold front. As we are representative manifestations of the Infinite life, we need not be unduly tyrannized over by brass buttons and iron bars.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

He who fools away his time, in meaningless association with those who have no sympathetic interests in that which is best and deepest in his mental life, is thereby committing a crime against himself, against his real progress and against the Infinite life. Men little realize to what extent they are swayed and governed by mere shadows or scarecrows, and how wonderful are the possibilities of accomplishment for those, who, instead of being governed, will govern themselves, not by ever-changing impulses but by principles, or by those basic laws of being which are Infinite and infinity itself. Many a good project and undertaking has died a premature derth as a result of the absorption of the lower thought element of purposeless down-at-the-heel associates.

We are sure to absorb from our surroundings, hence the importance of true ideals and of ideal surroundings. The best is the cheapest. There is nothing that is too good for the soul. It is only the good that is permanently true. All else is transitory. The external soul of our surroundings is the home, and that in turn is but representative of Love, which is everywhere.

There is nothing to come in the future, that is not inherently of the present also. Nothing ever dies. That which we call death is but the prelude to a new birth. That which we call birth, is only a new morning, or day of the soul which is eternal by virtue of its connection with the infinite. The home is a resting-place for strength gaining. It is where should be nurtured great thoughts as the necessary preliminary to

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

great acts. The "nine lives of a cat" are, in part, a result of its deeply seated home instincts. As a rule, travelers do not live long, unless their travelling has for its object, a deeper purpose than mere sight-seeing, or the attainment of pleasure.

God is ever at home in his holy temple. The fact that "thoughts are things," throws a wondrous light upon the subjects of home and of travelling. By the establishment of a certain mental or thought polarity within ourselves, and a force-centre or home within our surroundings, we may then send out a constant flow of life-giving forces, even to the ends of the earth, and gain in return the benefits of re-acting forces of love, and of companionship with sympathetic persons, though they be on the opposite side of the globe. This principle of the reaction of related force currents, helps to substantiate the fact that we can gain every good thing through the medium of thought and by the control of our forces. To merely be in body near or with others for whom we have no genuine sympathy, does not imply that we are then in close communication with their souls, and is hardly equal as a soul-conveyor to a pantomime exhibition, or to the jabberings of foreigners who converse, however eloquently, in an unknown tongue.

Books are an ever-available medium through which all readers may communicate with the great thoughts and soul-forces of great minds.

They help to lift aspiring minds to the high plane of the greatest moments which come to such souls. They bring a subdued sense of peaceful and quiet

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

companionship, whose most suitable setting is the seclusion and silence of the home. If we should meet the writers of such books, they would almost invariably be a disappointment, unless we had first become sufficiently acquainted with the Universal Soul, to truly appreciate that in them which is too esoteric to be carried on the sleeves.

A half year of conventional fencing in ordinary social life, would hardly equal a book in ability to convey to the soul a message of true love. If, in meeting authors or others for whom we have cherished feelings of unusual reverence we are bitterly disappointed, let us at least be thankful for the discovery that much can be accomplished by those who, in looks and acts, seem but commonplace. It should be to us a source of satisfaction that the greatest of thoughts can filter through the most ordinary organs of speech.

We each should become vehicles for high truths, not necessarily through writing but through the instrumentality of some wisely chosen work which may be made a source of inspiration and helpfulness to others. The greatest acts of our greatest men are as nothing, when compared with that which in early possibilities is native to all lines.

Books should be selected with reference to that which we would build into our ideals and into character. Though we place the library on an equality with parlor, dining-room and bed-room, in its possibilities of contributing to the powers and joys of life, let us be ever mindful of the fact that the greatest benefits to be derived from books are but reflex, and that the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

most important lessons they can teach, is, how to get along without them, or how to come into direct, daily communication with the Universal Soul which is the untiring inspirer of every good thought, word and act. May its richest blessings fill each mind and heart with joy unspeakable and with that understanding of the soul of things, which will best express its omnipresent onmiscience and omnipotence.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Thirty-Three—Test Questions.

513. In what respects, if any, is life a school?
514. Why is the unknown of such interest to man?
515. What was the original impulse and intent of life?
516. What causes the wide inequalities of people's earthly conditions?
517. To what extent, if any, is man a sharer in the work of creation?
518 Why does the hen lay an egg?
519. Why does she cackle after laying it?
520. Is it natural for man to feel relieved and happy after he has done his work well?
521. Why?
522. Is "do your work and be kind" a sufficiently comprehensive creed?
523. Is it instinctive for man to seek the appreciation of a particular one of the opposite sex after having done his work well?
524. If so, why?
525. Is all creative work more or less connected with the sexual instincts?
526. Why?
527. Is, also, Art, Art expression and the desire for power and for things of beauty?
528. What is the ultimate expression of sex instincts?

The love of Beauty is sensuous and yet divine. Manifested life is inseparable from sensation. Sex polarity and attraction is the beginning of vibration. It is the Alpha and Omega of life. The Infinite Love, which comprehends both poles of being is the only perfect expression of sex. The love of man for the perfect type of Being or for his own Perfect Self is the only thing that can give him perfect satisfaction permanently. It is the only road to complete dominion over the world and over the body. That is what it means to "subdue the earth" and "the last great enemy, death." Sex is death, degradation, regeneration, resurrection and immortality.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

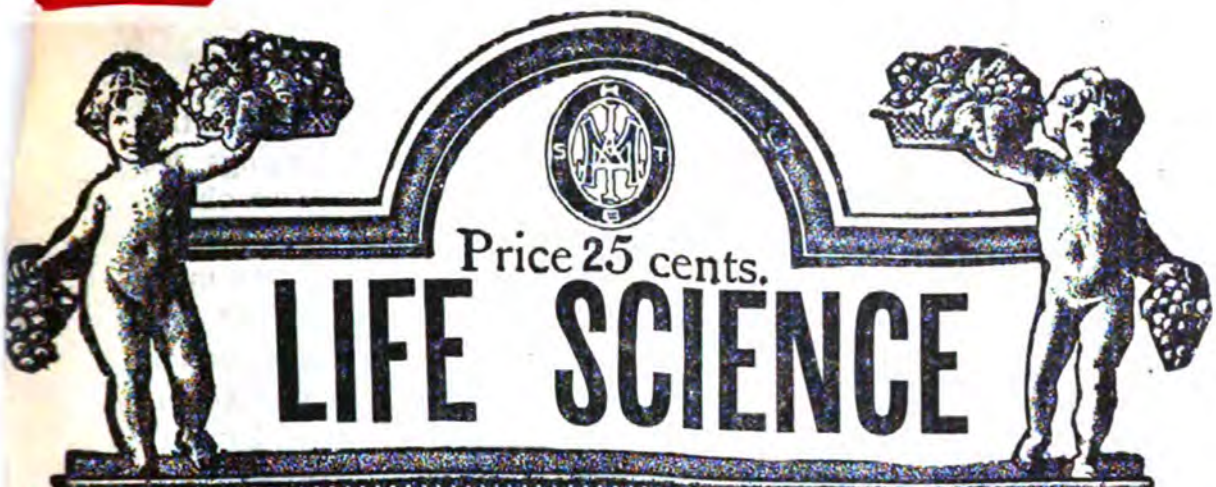
All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

876
N034

Mary D McNair



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 34

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

S YOU.

wish students for this
the law of things, we
e proper way to obtain
. For this, and other
rnest efforts into mak-
be, and all that any
r than in the direction
sive methods of adver-
derive no real benefit.
world is to know and
r and every reward is
our eyes you may take
y calculate the benefits
nally by earnestly pur-
crease your happiness,
our life, multiply your
city and actually help
e matter upon a cold
e subjects and synopsis
rein contained and see
s it bring to you an in-
our success is depend-
e the higher phases of
hake you better, purer
and better conditions?
universe, that in the
will get good things
them, and that all ad-
n character and self-

improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

L87L
no.34

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Thirty-Four—Aims And Objects.

"I came that ye might have life and have it more abundantly," said the Christ. The ever living Christ Principle which is within each soul is the giver and sustainer of life in all its forms. The above text might be modified to read: "I came into the consciousness that ye might have life, and have it more abundantly." Health is a matter of soul awakening. In the Christ Principle, which is within, "we live and move and have our Being." People become diseased as a result of their ignorant interferences with this interior connection. Disease is primarily a matter of consciousness, or the want of it.

The great purpose of all real teaching is to develop, within the student, a new consciousness—the cosmic or universal consciousness which intuitively believes and knows. These lessons are intended as a help in making you think for yourself and to understand yourself. To what extent, if any, are they developing a new consciousness within you? If they are not a help, then why not? Is it their fault or is it yours? Are they too aggressive in their attempts to bring conviction of error of the instruments of righteousness and of judgment to come? Are they too direct and matter of fact? Nathan said, "Thou art the man." I say, You are a transgressor of the law, and this exposition of the law is for your help in avoiding the consequences of further transgressions. The time may come when you will welcome the helping hand, however humble or work-begrimed it may be. If I err on the side of directness or of intensity it is because I am too much in earnest to willingly be "mealy-mouthed."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The Soul of Health, or Secret of Perpetual Youth.

Copyright, 1901, by Ernest Loomis.

Man accepts and seems to highly prize the gracious gift of life, but easily forgets the Giver, and thereby unwittingly acts as his own executioner. It is from within the changeless laws of mind, which are within, that life was originally derived and is eternally sustained. To permanently withdraw the consciousness from these supreme interior laws, is to gradually disconnect the forces from this their source of supply. As a natural result, the body soon exhausts its accumulated resources of stored energy and can then answer its crying need of equilibrium, only by passing temporarily into that involutionary, force-gaining condition of rest and assimilation known as physical death. In fact this is, directly or indirectly, one main cause of so-called death.

The self-created purgatory of unnecessary pains, that often occur before and immediately after death of the body, are due to these exhaustions of force which are the result of ignorance, and to other inversions of the true laws of growth. Ignorance is the one valid excuse for living only "three score years and ten." The laws which produce life, being changeless, are absolutely compelled to respond unstintingly to every demand for life and force, which is made in full compliance with the force-creating laws of mind.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The brain and the bodily organism are storage batteries of force. Their cells represent the aggregate accumulations of vibratory sediment or the essence of every thought-act and soul-experience that may have transpired during the almost numberless pre-existences of the one soul-life. The intermittent, involutionary intervals between incarnations, which occur from time to time during this long period of semi-conscious growth, is nature's temporary method of maintaining an equilibrium of the forces. It is used, until, through knowledge, man becomes able, as a conscious being, to intelligently take full charge of his every force, and thereby restore all wastes, or balance accounts day by day as he goes along. The external organism is not upon a permanent, independent and truly self-sustaining basis, until it is able to obtain a daily influx of force from within, sufficient to supply its every need, or that is at least equal to the outgo.

If life is worth having, it is equally well worth preserving, hence the wisdom of every well directed effort to clearly outline the principles of perpetual youth, and to ascertain the best methods of applying these principles in practical ways that will improve the health and prolong the life. Every effort that may be devoted to this purpose is of use, for even the simple desire to prolong life, is availing, in that it serves to direct the forces to the corresponding phrenological organs through which the "love of life" functions. The relative prominence and strength of these batteries of force or faculties such as "vitative-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ness," etc., are a standard or criterion by which practiced observers may determine the power of the natural constitution, and fore-tell the length of life to be ordinarily expected, for the desires which formed these organs of manifestation, are the main builders of what is commonly called "a good constitution."

It is an unvarying law of mind, that man's conscious and subconscious desires, purposes and thoughts of himself, are a statement of Being, or invisible framework, into which his mind-forces are continually flowing. "Thoughts are things." The highest conceivable thought-statements of Being are inherently true, therefore to wisely ask, is to receive. To seek in the right direction, is to find. "The kingdom of heaven within," wherein dwells God's omnipotence, is invariably the right direction in which to seek and ask for power and for every other blessing of life. Since by virtue of these laws, we are permitted to have whatever we may ask, it therefore behooves us to seek or ask for only those high things which will not turn to the bitterness of gall with the receiving. We may safely ask for qualities and virtues, and for the gift of perpetual youth, all of which are within the province of the infinite laws to grant. But until we are able to look beyond these mere external gifts, to the heavenly communion with the Infinite, which makes it possible for us to receive, will we be able to extract permanent happiness even from such conditions. As God is the law of life, He is necessarily omnipresent, or wherever life is, therefore we need not look beyond ourselves, or wait for the last trumpet, before

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

we seek that which will endow us with perpetual youth as a consequence.

There is profit in the thought that within, is something that cannot be hurt or injured, something which, being absolutely perfect, now and always, is ever in perfect health. That something is the real self, or power to think. It is the spiritual essence, or principle of immortality into which man's best forces are forever flowing. It is slowly evolving his external organism into an embodiment of his highest ideals. As the organism is thereby refined and the character improved, his ideals will also improve and gradually enlarge, until their rapidly receding boundary lines of limitation finally disappear altogether. The rapidity of his individual progress is measurable by the intelligence and intensity of his adoration for the perfect model. At the final union of the positive and negative principles, into perfect oneness with the Universal Soul, there will be born within, a consciousness of every inherent power which existed with God from the beginning, and the mind then acts as a sensitized plate, or negative, from which may be photographed into manifestation, all that is real in the infinite kingdom of heavenly perfection—all, in fact, that the universe contains.

The all-inclusive principle of unity or law of attraction, which is inherent in all things, is the great reality of Being and the power behind the throne, which, through the agency of thought, guarantees that each soul will become and obtain, whatever it permanently desires, for it is through desire or the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"law of necessity" that it sets up the causes of which such attainments are but the slow effects. These laws generate thought-messengers of faith and hope, that encouragingly entice the soul on and ever on toward a fulfillment of its higher possibilities; and in times of danger, or of great trial and tribulation, they follow as a veritable "guardian angel" even into "the valley of the shadow of death," and, by acts, soothingly say, "fear no evil for I am with thee, my rod and my staff will ever comfort thee."

The self-assertive instincts of individualism may temporarily blind man to the urgent need of such a Comforter, but in times of extremity, through the consequent exhaustions of his accumulated resources, a reaction must inevitably take place, when the same instinctive desires for individual growth will insure that a listening ear be turned to this "still small voice within," and he will find it comforting to believe that the help thus gained is from his own better self and is therefore a part of himself.

The creation of a thought-organism was the first beginning of individual existence. It led naturally to the searching inquiries, "Who am I? Where am I? What am I?" It also led through the law of affinity to almost endless experiments with the available materials nearest at hand, with a view to the solution of this and every other mystery, thereby making the way of attainment one long and circuitous or cyclic voyage of self-discovery.

The purpose of life is character-building through self-discovery. The attainment of ideal character is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

therefore the true standard of success. Character is success. It is upon character that all desirable accomplishments are founded. To think, is to build character. To persistently hold in thought, such ideals as the attainment of true success, perfect health or perpetual youth, is to awaken mind-forces and force-currents which immediately begin to pour into the spiritual frame-work of those thought-statements, to the end that their underlying Truth may thus become more fully externalized. It is to pierce the domain of the real as a means of embodying the Spirit of Truth. It is to "breathe into the nostrils" of those ideal realities a "breath of life" which helps them to function through the individual organism as "a living thing."

The Spirit of Truth contains all that is real. The soul-principles that are inherent within individual man, are the only instrumentality through which these underlying realities of Universal Law, or of the Infinite Spirit, can become fully manifest, as is indicated by the fact that to the human mentality alone, are they even thinkable as ideals. It is important that man should understand this stupendous fact, that he may become more fully awakened to the vast responsibilities which the gift of life implies.

But he may well take comfort in the thought that these are possibilities as well, and that the privileges and advantages thereby derived, necessarily outweigh all accompanying responsibilities, for life was wisely given, not as a mere discipline, but that all might have an abundance of true happiness. In fact, with

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the inherent laws of God as an ever-available helper, there are no responsibilities so great that they can become more than the individual mind is thus offered the strength to bear.

And this also suggests the fact that man becomes consciously equal to the responsibilities imposed upon him, only to the extent that directly or indirectly and through intelligent compliance with these laws, he draws nearer to a full consciousness of this infinite indwelling presence. In other words, the main requirement in masterfully meeting great responsibilities, is to invoke from within, the holiest aspirations for that which is eternally the Highest and Best, or for the wisdom and power to become in consciousness, a full embodiment of all that is real—all that is inherent in the spirit of the universe.

The effort to attain this consciousness, tends to awaken harmonious interior vibrations of active power, which invariably serve to improve the health and prolong the life, as well as to improve the surrounding conditions in every way. Man is paid in such results to the degree that he obtains for himself the fullness of this precious consciousness of power. The thought-consciousness is the dynamo through which all power is generated and finally expressed. The single cell, or so-called atom, is an embryonic thought-consciousness or mind.

Mind is the great healing power, as may be known by the fact that it is from within the mind, that all the forces originate and then emanate. Conditions of mental harmony must be maintained within the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mind, before perfect harmony of the forces and of the environments can be permanently maintained or reasonably expected. The soul of man at present expresses the underlying realities of the Universal Spirit, only by intermittent flashes, and to about the same relative degree that a fire-fly expresses the full possibilities of light. He obtains, at times, a faint, far off, glimmering perception of his inherent God-powers and consequent possibilities, but the spectacle, or mental picture, is in such strong contrast to his present narrow limitations and weakness, that too often he is immediately subdued or frightened into continued servility and submission, or perhaps involuntarily surrenders the inherent right to contemplate these staggering foreshadowings of future victories, which are native, as possibilities, to every Son of God. This, however, is but a coquettish postponement of the issue, for each soul will inevitably be led on, to a complete awakening and to the highest demonstrations of power, by the same inquisitive, knowledge-gaining spirit of investigation which tempted Mother Eve to sample "the forbidden fruit." To climb "the tree of knowledge" is the only way to find and then retain possession of "the tree of life."

As mind is the instrument of power, through which all great results are accomplished, to intelligently apply all of its laws, is all any person need do to become truly successful. Do I hear it said that in this busy life there is not sufficient time to think, or to study and obey the creative laws of thought? But that is what the mind is for. It is what time is for. To neg-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lect it is to neglect to live. It is to squander time by wasting the best of opportunities. It is to drift into conditions of lethargy and soul-starvation which invite fears, anxieties, calamities, moth, rust, fossilization, physical decay and death.

Thought is the power by which spirit-substance, mind and time are converted into money. It is the raw material from which health, happiness and long life may be manufactured. To neglect thought is to fail indeed. It is to slight the Giver of life, or of the power to think, and for which natural law has provided the just penalties of weakness, pain and defeat.

Natural law is but another name for the thought-organism, and that, in turn, is but another name for man. Man is his power to think. God gave him that power. Man is God manifest. A thought-organism is the only manifesting agency of the Divinity. The power to think, is the image of God, which was given to man that he might finish the work of creation. God finished His work by lighting this torch of life, and it is for man to do the rest. His thought-organism enables him to do all things and to do them well. His productions are ever the result of his thoughts.

The single cell or atom was the first external manifestation of a thought-organism. By virtue of its self-existent laws of life, it is given the power to evolve into a full manifestation of the omnipotence of those laws, hence the real work is already accomplished in the absolute, or "as good as done," and it would hardly be improper or an over-statement of the case, to re-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

gard each atom as a man, and to treat it with the reverential deference that is due to every other manifestation or incarnation of God.

This attitude of worshipful love for the underlying law of life, wherever found, would, when properly established, necessarily be carried as a deserved blessing to the entire animal creation, which is entitled to a kindlier fate at man's hands than to be killed for mere pleasure or to stuff the stomachs of gormounds. Since one part of creation cannot suffer without inflicting sufferings upon every other part, the proper treatment of animals would result in important reflex advantages to man, in the way of improved health, etc.

All are related. There is, in reality, but one generic man in the universe and that man is the general power to think, in which all are possessors, or are inherently entitled to equal privileges. Each individual could truly say of his real self, "I am the Only Son of God." God is all and within all. "God is Truth and they that worship him must worship him in Spirit and in Truth." There is only one Truth, or Perfect, because there is only one God. God or Truth is the Father-principle and main factor in what is called "The Trinity." The power to think, which is common to all, even to all atoms, is the natural counterpart of Truth. It is the reflected image of the Infinite Life, and is therefore the "Only Son of God" or second factor of The Trinity. The third factor, which is thought, is the natural counterpart or reflection of the power to think, and is the "Holy Ghost" of The Trinity. From the standpoint of absolute Being,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thought and the productions of thought, are an illusion, or a literal "ghost," because only transitory, but they are indeed "holy," by virtue of their power, and purpose of happiness-giving, therefore to deny the "mortal mind" or the other productions of thought, is to "sin against the Holy Ghost."

As thought and man are, both, essential factors of "The Trinity" and therefore at one with the Godhead, is it strange, then, that the inherent omnipotence of this infinite combination or law, should be delegated to his power to think and to his thought? Is it strange that thought should possess all the inherent powers of the God-hood and that man's greatest duty and privilege is to think? Is it strange that the worshipful study of his ideal self, or of his now latent Perfect, should offer him his chief possibilities of reward? Is it strange that the way to perfect health and perpetual youth, when sought at its true source from within, should become strewn with the thought-blessings of answered prayers? Is it strange that able minds should believe in the power of mind to bring the life-giving potences of these laws, even in the form of perpetual youth, into the here and now?

As the laws of Being cannot change, the attainment of power is necessarily the work of man, and as it is attained only through co-operation with the infinite laws, it must manifest now, to the degree that man understandingly complies with those laws. Why should man postpone the work of understanding and of conforming to the laws of immortality, which, being changeless, can never become more [illegible]

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

now? What work can be more blessed than to worship into manifestation, the inherent powers and perfections of the higher self?

Perfection, though at present inconceivable, is the great reality of Being. To conceive of it would be to degrade it into a creation or product, which is necessarily less than the producing cause, and, therefore, less than perfect. Good is but a relative term which necessarily suggests degrees and its opposite quality of imperfection and evil. It is but a name for man's growing perception that the infinite is Perfection itself.

The creation of a consciousness, or of man, was the beginning of good and of evil, or of duality, sex, polarity, attraction, repulsion, vibration, sound, noise, discord, inharmony and in fact the whole great drama of external existence, which, being the opposite of essence, is but an illusion of the senses, or the vapory shadow of Truth's ever-dawning Light.

The object of life is happiness. This can be obtained only through a consciousness; and consciousness is a product of duality, or of "the tree of good and evil," which made change, knowledge-gaining, improvement and progress possible. The eternal laws cannot change or vibrate. The domain of vibration is the external universe, which was the production of consciousness or of a thought-organism. The ever-changing panorama of good and evil throughout the universe, which, to man, seems most real, is but the product of his own mind or God-consciousness. It is real, in a sense, because always an inherent possibility of Truth. It is that upon which Truth is depenpent

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

for manifestation. The manifesting principle of duality is always inherent in Truth, but until man learns to fully perceive the good of so-called evil and that all things are inherently good, will he but drift, or remain upon the slow plane of semi-conscious growth and of unconscious evolution. It is only when he understandingly uses his will and his power to think, in the creation and control of those high potencies which relate to things permanent, that he will be able to fulfill his higher possibilities, or mould his forces into a complete representation of the divine likeness.

The greatest blessing, is life itself, for it is upon this that all other blessings and enjoyments depend. To prolong life by legitimate methods, is to increase its fullness and thereby multiply its enjoyments and successes. All enjoyments are but harmonious sensations of the consciousness. They imply an expenditure of vibratory force and are therefore a species of dying. True enjoyments also imply the reception of added vibratory forces, which, through knowledge, may be made to much more than balance the accompanying expenditures of force. For this and other reasons, it is possible to constantly add to the original supply of force and greatly prolong the life, or perhaps attain even to the enviable condition of perpetual youth.

Man's failure in the attainment of lasting happiness and of perpetual youth, is the natural result of his ignorant efforts to extract sensual sweets from their tax, and to his consequent inability to maintain

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

proper connections with the source of force or with his base of supply.

As the law of force is fully represented within each separate organism, it is sure to respond to every demand for force that is made in entire co-operation with its principles. This law is unfailing in resources, and is able to supply all the force that may be required in the attainment of perpetual youth, to whoever will but understandingly comply with its every condition for giving. This means that the consciousness must be adjusted perfectly to its inherent principles of changeless perfection.

If we were to measure the possibilities of attaining perpetual youth wholly by available statistics, we might be quickly led to the conclusion that it is utterly unattainable, and that the thought originated in the disordered mind of some hair-brained ignoramus. The fact is, that, as a rule, the belief is held to most strenuously by those who are generally acknowledged to be the world's greatest thinkers. Statistics, at best, are not quite reliable, as may be known by the fact that progress is a fixed principle of evolution, or established law of all things. If the world's great inventors had been governed entirely by avilable statistics, we would have been without the inestimable benefits and blessings of electricity, steam-power and other great improvements of the age. Our familiarity with such blessings is liable to make us forgetful of their wonderful importance. If, for a time, we were compelled to suffer the numerous inconveniences of confining ourselves to the use of old methods of life,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the contrast would thus be made so striking and apparent, that we would willingly listen with patience to the presentation of new ideas, however startling, which could offer even a faint hope or far-off promise of improvement and success.

The belief in the possibility of perpetual youth, though somewhat startling to those who have not given the subject searching consideration, is based, not upon statistics, or known facts of its having been actually attained to by persons now living, but upon faith and upon principles of Being which are gradually becoming more generally understood. Faith, in itself, is not bad evidence, as is indicated by the fact that many of man's strongest private beliefs, though accepted without reservation, have no other backing than faith. To the large majority of persons, the belief in individual immortality has no other foundation.

It is impossible to even imagine conditions of immortality that bear no direct relation to man's present faculties of mind, because it is through these faculties that all such conceptions are obtained. His faculties are perfectly adapted to the general character of the external world, therefore it is reasonable to suppose that all enjoyments of a future life, will at least pertain to the same set of faculties, if not to practically the same general conditions.

It is an established evolutionary law, that "nature makes no long or sudden jumps," and that man must remain in essentially his present conditions, until, by his own thought-acts, he manufactures other conditions for himself. But as real changes come to

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

him only through his growing power to co-operate with the infinite laws, which are within, therefore through the discovery of new principles of Being, it is possible for him to become able to change the interior force-connections and conditions almost in the twinkling of an eye, or so quickly as to make the consequent external changes seem most radical, abrupt, and like a plain contradiction of nature's principle of gradual evolvement.

As the laws of life are exact, there is, consequently, an exact Science of Being, as was maintained by the Christ, who said he "Came not to destroy the law but to fulfill it." It is by virtue of these laws, that all may follow His example in overcoming death, and that through conformity to such laws, resurrections may subsequently be made to take place all about us and as an every-day affair.

The religious sentiments, are an expression of the human tendency to evolve by becoming more closely bound to that which is eternally divine and perfect. All great Religions are founded upon man's desires for improvement, for a continuation of his present life, and for the heavenly joys of immortality. These Religions regard faith as one main condition of "salvation," but like love it need not be blind. It should become established upon the tangible evidences of understood fundamental principles which are scientifically true, and, so far as may be possible, upon the additional evidence of facts which sustain them, therefore all religious teachers, as well as their followers,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

should welcome every advanced statement of the principles of Being.

There are many semi-scientific, materialistic and other minds, that at present willingly accept as proof of immortality, the illusive evidences offered by spiritualistic phenomena, but it has been proven in previous essays of this series that these so-called evidences of the continuity of life, are thoroughly unreliable and by no means what they seem to be; and the very statement of principles that has thus upset or disproved these false assumptions, has served to establish evidences of a truly scientific character, which are absolutely convincing.

St Paul defined faith as "the substance of things hoped for, the evidence of things not seen." The only mode of knowing a thing, is through the consciousness, and although we may be already convinced of the immortality of the soul, we should not regard lightly, any principles or facts which may make the fact more convincing to reason and to all other faculties of the understanding.

Hitherto, many profound thinkers, though willing to accept the theory of immortality, tentatively, or as "a natural hypothesis," have been unable to gain sufficient knowledge of evolutionary principles to carry this hypothesis beyond the embryonic state of seeming unnaturalness, or beyond the stubborn facts which seem to disprove the doctrine of bodily immortality.

It is believed the following effort to briefly outline some of the main principles and facts involved, may be made helpful as a means of adding tangibility

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to the present evidences of faith and also in pointing the way toward the goal of perpetual youth. It is desired that they be given such consideration as their importance may seem to justify.

First. Man's deep and instinctive desire for perpetual youth, or for a permanent continuation of his life in at least some form, is the result of something more than his ignorance of the beyond. It is an earnest prayer which must be answered, in conformity to the law, "seek and ye shall find."

Second. The hope of immortality which is like wise instinctive, is also a prophecy of its own ful fulfillment. It is an established principle of Being, that the human constitution contains nothing but what is adapted to the general conditions of external existence, such as are found in the world. There is a mental faculty of "hope," which could not exist except in a universe that is adapted to its healthful activity and reasonable satisfaction. Every faculty of mind is needed.

Third. Man's faith, is, in itself, an almost conclusive proof that immortality is a fact. It would be the height of cruelty for the Infinite to create desires and hopes simply to mock or tantalize man. The Infinite could not be so unjust. Justice is an essential of unity and of a universe.

Fourth. It is an incontrovertible fact, that life exists now, and as progression is a law of things, it is evident that without man's consent, his conditions in life cannot retrograde but must improve. The very existence of time, and of mental faculties which take cognizance

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of time, is an evidence of eternity and that those faculties were created for eternity. The Infinite is too wisely economical to create anything so complicated as is the human organism, for only this one short life, which, to many, is but a few days or hours.

Fifth. Life is derived from a law which is unceasing or eternal. It therefore cannot cease to exist.

Sixth. It is impossible for anything in the universe to actually die. The most it can do is to change its form. Whatever is, must exist eternally. Man's consciousness is a sufficient evidence that he is. He must therefore exist eternally as a living being.

Seventh. As the principles or laws of life are exact, it is self-evident, that, through knowledge, these eternal laws may be conformed to with exactness. Such conformity is the only requisite of continued existence and of perpetual youth. The study and application of these laws is the thing above all others that the human mentality is adapted to. Man's desires for life are a guaranty that he will be impelled to study and apply these laws with ever-increasing success, because this is made a condition of improvement and increased happiness. It is inevitable that through the attainment and application of knowledge, he will, in time, obtain for himself a greatly increased abundance of life and of its rewards.

Eighth. The Resurrection of the Christ may be regarded by those who believe in it, as an evidence that His purpose to become an example for man's guidance did not miscarry, but that all will in time follow Him in this and all other respects. It can be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

proven that the Christ principles of everlasting life are inherent within all, and that we should worship this ever-living Christ, rather than a dead Jesus. The evolutionary laws are necessarily represented within each separate part of the universe, as is taught by evolutionary science, and supported by the religious doctrine of God's omnipresence. In fact the very existence of a universe is dependent upon the perfect uniformity of the underlying laws of its every separate part.

Ninth. The fact that deep thinkers and those who have given the most study to these questions of life, are, as a rule, the ones who believe most firmly in the continuity of life, is an indication that their investigations of evolutionary principles have confirmed the belief, instead of destroying it.

Tenth. It is self-evident that there is but one life, or but one synthetic Truth and law of life at the basis of all life, for unity could not otherwise exist. If we have life now, we must necessarily continue to have it.

Eleventh. Perfection is the great reality of Being. It is an accepted principle of evolution, that, by virtue of the laws of life, there is inherent within each separate atom, a spiritual striving or tendency toward perfection, which insures that it will finally reach an ultimate expression of its every inherent power, namely a full expression of the omnipotent laws which give it Being.

Twelfth. The law of vibration proves that man is the only manifesting agency of the divinity, and that his power to think, makes of him an inseparable

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

part of The Trinity which is eternal, and endows his thought with every possibility of its omnipotence.

Thirteenth. Truth is eternal. Man, or the power to think, which is its counterpart, must be equally so. The Image of God must last so long as God is, which is forever.

Fourteenth. The Christ made the at-one-ment by coming into conscious harmony or atonement and co-operation with the principles of life or the infinite law. All conscious Beings are so constituted that they can study and discern these laws, as is their tendency to do. This is their means of self-improvement and of life-getting. Self-preservation is one of the first laws of creation or of consciousness, which insures that the power to think *will be utilized* in learning and obeying the laws of life.

Fifteenth. The law of life and its consequent forces is all that is. Life is, and can never cease to be. Therefore its consequent forces can never cease.

Sixteenth. Thought and the power to think is what makes man all that he is. It has the indestructible power to make him all that he may wish to be. The powers of mind which are able to wish, are likewise able to satisfy that wish. Every permanent desire is a prophecy of future conditions, in that it is thought-force that can satisfy itself. All transitory changes, including death of the body, are but the march of the soul toward a fuller expression of life, or of that which changes not. They are the casting off of worn out material, which, having served its purpose of usefulness, is inimical to the continuation of life.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The belief in duality and in man's separateness from his fellowmen, was the beginning of individuality or of the I-AM-I consciousness, through which all things external originally came into manifestation. Unity is ever the sustaining power of duality, and is the Father-principle which includes both positive and negative poles. Love is the basis of unity. It is the attractive power which permanently holds together the positive and negative poles of Being. These three factors, namely, a positive and negative pole and an attraction between them, fulfill those conditions of vibratory law which makes vibration and the resultant products of all existence possible.

It is by recognizing the illusive unreality of the external shadowings of the senses for what they are, and in their relations to that within which is changeless, that a consciousness of everlasting life can come to the individual. A belief in both good and evil—or in duality, was the beginning of the Adam-consciousness, and a belief in the good of so-called evil, or in the inherent goodness or unity and oneness of all things, is a beginning of the God-consciousness through which external immortality may, perhaps, be brought consciously by you, into the here and now. It is by virtue of this consciousness that the higher degress of power may become manifest here and now.

The law of life cannot die and neither can the consciousness that understandingly draws all its forces as needed from the very center of its exhaustless interior supply. The time will come when man can retain the body as long as he wants it, but the chances

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

are against his then wanting it, for what he really desires and needs is the power to do, rather than the mere doing or even the fruits of doing.

But do you ask how all of these things can be made immediately practical?

First, it is by understanding these principles of Being that a true Statement of Being, or of perpetual youth, can be built into the very heart of the mentality, and until it is so built, the forces will tend toward death, rather than toward life, or toward the ordinary Statement of Being which is to the effect that death is inevitable. It is therefore important to realize the principles of perpetual life.

Second, if after establishing this consciousness or Statement of Being, anything comes up which seems to disturb it, or to create anxieties and fears concerning it, it is possible, in the silence, to re-consider these principles as a means of gaining calmness or of regaining a belief in good only, or in the fundamental proposition of inherent harmony and unity.

Third, the understanding of these principles leads to a belief in the omnipresence of all things needful, and in the strength of the self to counteract the effects of disease-germs or of other destructive forces that may seem to act as an enemy to the individual life. There are, in fact, many ways in which this knowledge can be utilized, but it is perhaps better that these ways should be discovered by each individual student, through a careful study of these principles and their almost numberless applications.

Be careful not to go so far as to destroy the conception of individuality, which is the spiritual frame-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

work for life-forces and force-currents *of power* upon which all accomplishment depends. To maintain the statement of unity or of the universal, too strongly and persistently, might go so far as to scatter the forces into the universal currents, and in a way that would injure the individuality. Individuality is a necessity of existence. It is the main thing existant. A rounded out individuality is that which is most needed. Individuality is the germ of existence and should not be subjected to the destructive influences of thought-denials.

It is believed by many, that to merely read such statements as are herein made, is sufficient to heal disease, and that to live in such thoughts until their spirit is fuily absorbed, will help in even the most difficult cases of disease. This belief is based, not only on experience, but also upon the undeviating principle that the highest Statements of Being that can at present be conceived of by the human mind, are even less than the full Truth, and, when faithfully held to in thought, begin immediately to send the life-forces coursing more freely through every avenue of the Being.

It is also believed by many, that there are people on earth today who will utilize these laws sufficiently to put themselves into an entirely different class, in the workings of cyclic law, and that instead of living only the allotted three score years and ten, they will live for a thousand years or more—in fact until they have demonstrated the *power* to live eternally. Man's ignorance has placed him in an attitude which makes

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of the psychic forces of the invisible world a veritable octupus. It is possible, if not probable, that after a brief period of great tribulation wherein the very souls of men will be most sorely tried by these forces and in fighting out to a finish these and other questions, through the final victory, the few surviving ones will be temporarily relieved of this octupus and will then easily live to the end of a thousand year cycle, when "Satan" will again be turned loose for a time; but this leads to an important subject which is too long to be herein discussed, but which will perhaps be taken up in later issues. In connection with this subject, it would be well to re-read the two essays of the series, entitled "Health" and "Health Recipes."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Thirty-Four—Test Questions.

529. Is it literally true that "as a man thinketh *in his heart*, so is he"?
530. Why?
531. What, if any, relation has this to health?
532. Is one's power to think, necessarily immortal?
533. Why?
534. Is immortality in the flesh possible or desirable?
535. If so, how and why?
536. Why does the mind instinctively crave immortality?
537. Does one's belief that he will live long, help him to do so?
538. Why?
539. Does faith in immortality indicate a sub-conscious memory of previous incarnations, or that the soul has survived innumerable graves?
540. What is the cause of faith?
541. What are the main causes of long life?
542. Do you believe Methuselah lived to be nearly a thousand years old?
543. If such age has been attained, can it be again?
544. Why, and how?

There are substantial philosophic and other reasons for believing that man's physical life can be sustained, under certain comparatively easy conditions, for a thousand years, but until he learns to make a better use of his life forces it is hardly possible or even desirable that he should do so. If death comes to the body it is because death, all things considered, is more desirable than life perhaps under conditions of ignorance and decay. Use determines the existence of all things, and happiness is the primary standard of use. Be useful if you would be happy and live long. Study also the questions of attachment and non-attachment so you will know how to cling to things that are real.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
NO.35

Mary D. Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 35

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 1917

L161—O-1096

Pa

This and the
voted to the g
drills and the
concentration f
March 1st and

When many
and with the sa
of their though
benefits to eac
the great soul,
These are meth
soul may be he
the great cente
which great so
fit to do so.
aspiration beco
natural and yet
the mind and h
its ignorance,
progress.

The spiritual
sensuous to the
consciousness.
the human lov
spirit of love is always pure. The spirit of love divine and the bliss of the purified may be realized through prayer or concentration. Ask. Knock. Seek.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

110
L87L
no.35

28Fe25

Noonday Helps for the Universal Church of Silent Demand.

Copyright, 1899, by Ernest Loomis.

1. Methods of Concentration.—The central object of these Daily Subjects is to encourage the habit of concentration. When all the members of the Brotherhood fully realize the need of and will practice thought co-operation, the work accomplished will be fourfold. Concentration is the act of fixing the mind upon some certain object most desired, and seeking it without diffusion. Mind being at all times the master, and thoughts being things, and the object sought being a righteous one, is it to be doubted that when our entire Brotherhood hold a single thought in unison, marvelous results are to be expected? As these subjects are numbered to correspond with the day of the month, nothing is easier than for each member to know something of what is passing in the minds of the other members. Take for the first of the month, and during the noon-hour this subject of Concentration. It is a most prolific subject. If possible, after meditation talk about it, and try to evolve some new thoughts concerning it. Even if you are busy at work you can give a single thought to it. If you are sitting in private or in company with friends, you are all the more fitted to perform your part successfully. Thus giving forth a series of like thoughts in unison with the many others, you will soon begin to receive rich returns. If you are in trouble, the trouble will begin to grow less; if

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ailing in body or mind, the ailment will begin to drop away, and in time you will find yourself healed or out of trouble If you are an advocate of some worthy reform, after you have acquired the habit of concentration you can soon do that reform an inestimable service, because you are in fact sharing in the silent sympathy and support of thousands of others. We have been waiting for the time to come when these Subjects might be given out advantageously. We believe the hour has now arrived, and every member is requested to observe and report his or her experiences as time goes on, receiving in return our silent replies of kindly thoughts. Throughout each month cultivate the habit of concentration, not only during the noon hour, but in all the affairs of life, and do this with a well-directed fixedness of purpose. When this habit has been fully formed, results in business and social life will come to you and make you strong and self-reliant, and in time you will be able to affirm that you are at least a living factor in the world, able to stand alone as a shining light in aid of your weaker brethren. This is the law made manifest. Not some new and recently enacted law, but the law under which the entire universe has been built. As Love is the fulfilling of the Law, so is obedience to the law a sacred privilege. If you can no more than read several times over the day's subject, until you are thoroughly familiar with it, then evolve at least a thought or two upon it of your own, your work will be most admirably begun. In time you will no more do without the sustaining helps thus derived than you would miss your meals. Feeding the soul is quite as necessary as nourishing the body. Both of these when well done help to build up the soul and remove the wrinkles from the face. A warming spark of comfort comes into the heart, and the mind becomes trained to better things naturally.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

2. The Secret of Power. Affirmation: *I-am-the-law-of power.* True life power, though it exists everywhere without stint, is in reality appropriated only by the few. Why is this? Is it not because of the limited vision of the individual? or is it because the individual feels no special need of aspiring beyond his narrow field of action? Strong men and women in history have aspired, reached their zenith, and have fallen. They sought worldly gain by outward means. Their spiritual gifts were either unheeded or unknown. Within the realms over which they ruled humble philosophers may have lived, and thought, and worked perhaps as peasants. Love was their tenet of faith, and their religion was without pretensions of any sort. Their sovereigns, even at the zenith of their glory, were not as truly great as they. In the freighted silence a glow of heart comes to the philosopher and gives him hope. The ruler, proud and outwardly strong, feels upon victory the keeness of pride, but closely following this stalks the darkening shadows of remorse, for something—some vital supply of kinship—is missing, and his heart is heavy and complaining. Could we combine the outward rulership with the inward self-mastery, what a power would ensue! "He that ruleth his own spirit is greater than him that taketh a city." The potentate is prone to be dazzled by the glitter of court display; his lowly subject of the valley feels the glow of love-light in his heart and soul centers. That which is of the king's seeking is weakness; of the peasants's, strength. Must our higher powers, then, come to us clothed in purple and fine linen? or is it not well that they come to us in modest garb? Since men first existed, power in some form has been sought. With his limited vision the savage seeks his with the club and fire-brand. The mystic of all history has sought his in the holy silence, with love as his guiding star. The former is fleeting; the latter is eternal,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and therefore of God. Now, to discover the secret of power we need not scour the highways with flaming torch, but we ought rather to seek the genial retreats where, with a warm heart as guide, we can take up and follow the silken thread that leads to perpetual sunlight. Power thus found is ours by sovereign right.

3. **To Avoid Diffusion.** Affirmation: *I–now–concentrate all–my–forces.* One never enters a successful business establishment but he feels the tense atmosphere of concentrated forces. The words spoken are *finals*, and the employe obeys without a murmur of hesitation. For, had the directing mind to go into details and explain why such and such an order is given, how long would it be before his business would be shattered? Our daily lives are subject to these same fixed requirements. Were we to speak conclusions rather than effusions, there would of course be less words used, but there would be more service performed. The reason of this is apparent. Less words mean more thought. More thought means greater conservation of the forces. When we give out prudently our acts and words have greater effect, because there is a further supply back of them. An immoderate talker wears a wan face and a nervous air. His business ventures are short and indifferent ones, because he diffuses his forces from his tongue's end; while a discreet and moderate use of words—kindly and firmly spoken—impresses the hearer and invariably commands attention. Many business men are unconsciously practicing genuine thought methods, because they seem to have been born with them. They perhaps could not explain why they succeed—they simply do—and an observing world must find out and understand why as best it can. Our purpose is to make a scientific rendering of this same practical principle for the use and good of the student who expects to grow, and can grow, by the one practice of avoiding all useless diffusion.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

4. **Daily Drill.**—Probably one of the best knownthought practices is to repeat mentally or orally some sentence or text containing life-giving vibratory sound. For example, suppose you were to say this: "*My vision is perfect, and therefore without limit. My love is universal, and therefore without end.—Peace—peace—peace.*" The last three words are added, slowly and calmly, to make the mind more receptive to the interior meaning of the text. Or, each student may be able to formulate some sentence which may better suit his or her needs. Only, when you have fixed upon a text, use no other so long as it yields a due amount of rest and healing. It is not perhaps that the words have any great meaning—for sometimes one sentence will do as well as another—but it is the equalizing effect of the spirit of the phraseology that you need. Make it yours and repeat it as you work or rest, and it can be followed up quite as easily as any other habit. Thus habit becomes a servant rather than a master. Certain people find themselves humming mentally a strain of music, others repeating some couplet of poetry from a favorite author. In a way this is a direct proof that that very tendency of the mind into habit can be utilized to advantage. For, if our thoughts will wander about aimlessly, they can be directed by a slight systematic observance. Have you not had some experience bearing upon this subject which you can add to what we have written above? If so, kindly make that also a part of the day's lesson.

5. **Soul Presence.** Affirmation: *I-now-feel-my-soul's-sacred-presence.* Soul may be termed the true measure of one's past experience. A person whom we call a "great soul" is necessarily broad and deep in his nature. As he comes near you, though not a word is spoken, you somehow feel his presence. A "small soul" or one of limited experience, impresses you but slightly. Can it not be said that the primary purpose of our sojourn upon earth is the acquisi-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tion of soul? Then the soul aura which surrounds each individual should be looked upon as so much spiritual capital. Not that our experiences must be manifold and always severe, but that we shall aim to get at least some wisdom out of every contact and thought of our lives. We find it hard to imagine a lost soul, though we must agree that certain people seem to be losing it faster than they acquire it. Then must not the individual soul at last lose its individuality from the very nature of things? Right living, right thinking, careful observation of all that is passing, making practical every aspiring thought, and right associations, must certainly build up the soul accretions, and then there is no loss, but a steady, legitimate gain. This is progress. Imagine the ultimate of a soul which grows in spite of the travail of terrestrial life!

6. Evidence of Soul. Affirmation: *I-am-my-higher-self, my-power-to-think.* In line with the foregoing, a word may be offered upon the evidences which indicate the extent of a person's depth of soul. After you have studiedthese laws for a time, you very naturally form the habit of studying human nature. We all find that the successful business or professional man is not the blustering, theorizing, loud-talking, pompous citizen who spreads momentary alarm among his associates. Witness if you will the movements and style of the true man who has amassed a fortune. Quietly aggressive, calm in demeanor, steady in his habits, genial but never over-communicative toward his fellows; kind, and above all, conservative in his plannings. For a time the world loses sight of him because of his unostentatious ways, and he is considered dull by the plunging multitude which goes in for noise and sudden enterprises. He goes quietly on massing his forces while others follow up the mad whirl of civic display. Do we hear from him in the future? Study that certain gleam in his eye, which puzzles you the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

more you see of it. It is a direct evidence of a growing soul. Out of those windows the inner man is peering at you and looking you through. He is the citizen who in time builds those palatial business blocks and gives millions to found art halls and in aid of charities. In another earth life, with his vast accretions of soul, that person will awaken to find himself a mystic indeed, providing, of course, that his motive for and methods of amassing a fortune were sufficiently altruistic.

7. Thought, Contemplation, Revery. Affirmation: *I-now-draw-on-interior-forces-only.* There is a certain harmful method of thought, as when the contemplative mind, losing itself needlessly, drops off into habitual, non-productive, thought-drifting revery. Victor Hugo says: Woe to the brain worker who allows himself to fall entirely from thought into revery. . . Thought is the toil of intelligence, revery is its voluptuousness." In other words, dreaminess of self may become a species of idleness, while thought—either active or abstract—is its opposite. When engaged in meditation care should be taken not to permit the mind to drift. Sleep is nature's choicest revery. At such time the outward mind takes no cognizance of passing things, and the body and brain are in a state of rest. The habit of desultory day-dreaming revery has been the bane of many a worthy mind. The springtime, with all its awakening glories, may tempt the dreamer to bask in the very sunlight which is given him to further his active needs, while that same natural scenery might become the incentive to a needed revery and interior silence most holy. A purely dreamy state, therefore, is as much to be avoided as is a state of constant restlessness.

8. The Troubled Self. Affirmation: *I-will-arise-above-all-grief.* Certain members of our Brotherhood are to-day bowed in grief. Let us take a word of counsel in behalf of these. One of the hardest lessons to learn is the selfishness

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of grief. A companion has gone away and tears spring to our eyes unbidden. Why these tears? Had we progressed so far that all wisdom was ours, would we grieve? Think of the mystical mind which sees the universe as one vast whole! Death to such a soul has been abolished, and all is life and activity. Two hearts which truly love are never separated. We mourn because *we feel uncomfortable*, not because the loved one has gone higher, and is therefore happier. To overcome grief a new and more rigorous habit of concentration is necessary. Each added experience broadens our field of action, and our eyes are the more inclined to wander afar over the widening expanse. Then arises the need of a greater focusing of the scattered forces. We now have thoughts of greater magnitude to concentrate, and therefore must be found equal to the harder task given us. Work—steady, untiring work—is the one certain remedy for all phases of grief, and Love, which is eternal, is the passport to the valley of peace wherein dwell the kindred souls which have gone before.

9. The Power of True Faith. Affirmation: *I-am-led-of the-spirit.* When Paul made his appeal before King Agrippa, what less than an apostle's abiding faith could have moved the king to reply: "With but little persuasion thou wouldst fain make me a Christian." Every word spoken in the spirit has an inner meaning surcharged with power. That power is massed by the true apostle, perhaps, in the silent watches of the night, or it may fall upon one in the busy marts of the world. A merchant prince may be inspired to speak a word of kindness to one of his employes. That word may be the means of turning a doubting heart into the higher paths of life, and another soul is thereby saved. The Christ love was certainly back of that gentle word. So was this selfsame divine impulse back of Joan of Arc when she led forward her armied hosts. The merchant, by years of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

patient discipline, perhaps, has learned the potency of an encouraging word. The maid of Orleans received her guidance from the still small voice from out the divine silence. Is there, then, a royal road to heaven? or is it not true that the most humble by-path often leads thereto in mysterious ways?

10. Divine Training. Affirmation: *I-control-my-thoughts, my-speech-and-my-actions.* When focusing the mind upon these daily subjects, how many realize with what magnificent forces they are dealing? How many of us reflect, that if the work were not for the whole world, but intended to benefit the few only, what a dynamic power for harm could be created? The Christ love was a universal love, the same in the highway as in the places of worship. Hence we ought all to bring our minds to one early, common understanding. Find, first, the true aim of our Brotherhood, which is Love. The Universal Church is to be founded upon love, pure and simple—that patient, undismayed love which in time surmounts the most difficult obstacles in life. Concentrate upon this all-important fact, then enter the inner temple of your being with complacent mien and an abiding faith. This done, you will begin to draw to you new friends, truer and more constant companions, and the light shining within will illumine your countenance with a new and surprising light. Yours is the same divine life that put healing into the hands of the mystics of old. Why not use your gifts in the same way to-day, even now at the present moment?

11. Thought Photography. Affirmation: *My-inner-vision pictures-only-that-which-is-real-and-perfect.* When we turn the eyes inward it is to focus upon the soul's retina a form worthy of expression. When this is found, the flashlight of circumstance must be forthcoming at the critical moment and the exposure made. The entire process throws a pic-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ture upon the sensitized plate previously made ready for it, and as the thought is steadily held becomes more and more thoroughly photographed upon the sub-conscious mind. With wonderful fidelity is every detail finally brought out, even to the tiniest shadow in the background. Here is a picture to be bequeathed to eternity for better or worse. If it be a holy one, sympathetic eyes will behold and respond with looks of reverence. If it be tinged with badness, the searching eye of the youth, perchance, cathces it and the heat of passion at once enters his soul. The lover, more than the sage, involuntarily conjures up these photographic images and sends them adrift to tempt or elevate the maiden's heart. Upon the negative soul, not yet used to experience nor yet grown wise, these chance pictures fall indiscriminately. Who shall be responsible if they are not wholly true and deserving ones? Mind impressions are but pictures wrought by mental photography. Their suggestions may have been shapen ages ago, but were waiting for sympathetic affinities and a more distinct focusing of their forms ere they could be made fully manifest. One picture may be clothed in the red aura of anger, another in the pale blue of love and devotion. In either case it seeks expression and will find it only as we open the way by previous preparation. Considering the briefness of life, can we best afford to admit such mental images as retard, or those which make us better and wiser?

12. Cleanliness of Mind and Body. Affirmation: *My-spirit-is-clean. I-think-true-thoughts-only. My-body-is-pure-and-chaste.* Every act of our daily lives has a distinct parallel in the thought realm of the spirit. To say, "I will be clean in body," is to affirm, "My spirit is clean and therefore holy." When taking the daily bath the thought of absolute cleanliness should be engaged in, together with a mood of cheeriness and hope. The same when we take

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

food that is clean and nutritious. Knowing as we do that it is clean, the corresponding knowledge of the spirit gives it better assimilation and better building qualities. When the mind houses a thought that is unclean, there comes a parallel shadow across the spirit, and the soul becomes troubled and distrustful, for thought and soul is spirit in manifestation. These better methods of practice carried on constantly, gives an exterior beauty and sweetness to the face, graceful and deliberate movements to the body, and rest to the spirit. What an excellent habit of concentration can a person acquire who leads an ideal life of cleanliness! One's power, though of the quiet order, becomes that of the athlete, and the speaker's words are mellow and tempered with kindness and respect. Chaste thoughts, thought control and a thoroughly chaste life, by conserving the vibratory sex forces, at once improves the vibration and quality of the voice. We people the invisible realm with light or shadows constantly. These are the children of our bodies and spirit united. Ought they not to be clean and therefore godly?

13. Transmutation. Affirmation: *I-am-an-instrument-of-that-omnipotent-law-which-is-love. I-will-transmute-all-its forces.* Force of character is indeed a spiritual inheritance. There exists the lower or grosser fibre, which may be called the external or personal self. The forcefulness of animal life manifests itself eagerly and impetuously. The spirit which has full control molds and guides these lower attributes which are very essential in the upbuilding of the human structure. When dominated over the beasts of prey become docile, and instincts of love for their keeper follows. By fixing the inner eye upon the ideal cosmic center, and holding it there steadily and with no eagerness for results, the transmutation of the lower to the higher becomes a daily process and pleasure. Passion, right enough in its place, can be transmuted into the higer vibrations of love,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

evil into good, and hatred into tolerance. To-day let us give this important subject specific thought. Focus the mind carefully and note the change of motives which you can invoke even after a few honest attempts. When impulses come to speak unkind words, hold the lips firmly together until the moment of transmutation takes place. How easy, then, to speak with a spirit of kindness instead. A thought which carries a harsh vibration need not be spoken at all, but can be replaced by one of peace, which may be spoken with open eyes of good will and trustfulness.

14. The Living Present. Affirmation: *I-am-conscious-of-the-eternal-now.* One of the most difficult lessons to learn is to let go the past. Of the future we need know but little, but in the present there comes to us promise and fulfillment hourly. True, the past has been fertile with human progress. Every movement in the religious and moral world has been upward—and yet different. This is necessarily so during the various historic periods. And yet the past is past, and we cannot repeat it and grow. To grow is to so mass our forces that they will express more and more of that Infinite interior law from which they spring and for which we stand. We need not try to bring the past down to date and make it over. The material about us is limitless. It is only the lack of concentration of our inner forces that hinders us from grasping and making use of the vast resources which are ours by virtue of this power to obtain them. The seer's vision of what is yet to come to us may perhaps seem startling; yet it will be natural and commonplace when understood, because its essence is knowledge and truth. To prepare best for the future we need only to live the present with steady nerves, a discerning vision and willing hands. This makes it the living present, in no wise responsible for the dead past, which should be allowed to bury its dead.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

15. Example as well as Precept. Affirmation: *I-am-master-of-my-forces-and-conditions. I-live-for-the-eternal.* Those who live the true life need but few precepts, rules or maxims to corroborate what they teach. One whose life is an example can leave the precepts lying on the shelves and yet not forget them, for his life is precept and principle combined. The child's mind is like a sensitized photographic plate. Its surroundings are transferred thereon daily and hourly. These little observers are quick of eye and mellow of heart. A teacher who is living the life puts love unconsciously into the little soul, and respect into the immature mind. Teachers of our philosophy frequently fail because of the life they are leading. We are all children, and sense truth as much as children do. Somehow the inconsistencies of teachers are among the first things one observes. We are implored to give up gossip, love our neighbors as ourselves, and so on down the long lists of old-time maxims, and yet we perhaps find said teacher listening with eager ears to this folly or that when off duty, almost the same as ordinary people do. He or she who lives the life need not wear a badge to proclaim it; it will advertise itself in such teacher's every word and gesture. The good thought uppermost on duty or off bodes success to us all, teachers and lay members alike.

16. The Prayerful Attitude. Affirmation: *I-am-that Infinite-law-which-is-all. I-am-free; I-demand-that-which-is-mine.* Our lesson to-day is a most important one. That prayer is never answered has everywhere been the thought of the doubter, and for a reason. In the first place, the one who prays in doubt and ignorance perhaps *asks*, but does not *demand*. If you are a soldier in the army and the sutler cuts short your rations, you can with right demand your allowance forthwith. If you are a part of the Infinite—mark this: *a part*—is not your demand as legitimate as that of any

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

other part? When you supplicate you express the negative side and perhaps weaken your cause. To pray is to deal with higher forces. It should be done understandingly and scientifically. Man was not born a beggar. When we live in an attitude of conscious oneness with the Infinite, every breath we draw will be a prayer, every thought a means of getting nearer to the great supply. Yet the demand should be, not merely for some personal gratification or specific thing, but that the consummation of the great Law, as suited to your needs, shall go on unimpeded; in other words, you should deal with principles rather than with the specific things which your intellect may deem wise. A positive affirmation draws from the akasa something tangible, if no more than a wave of solace which sweeps over the soul; while to ask merely, even with an humble (and therefore negative) meekness of the saint, is liable to put the supply farther from you, as a result of the negative forces thus set up. The above truths are important ones for the Universal Church of Silent Demand. Its adherents do not seek merely the negative but rather the positive and scientific side of worship. The discarding of the special pleas to suit our finite wishes makes the efficacy of prayer altogether possible. Along with our steady, unruffled, cheerful polarization toward a worthy end, if the demand is spoken or thought at the opportune moment, an answer must surely come in some form. But when the personal self does the praying, and even shouts its words into the ears of God as if he were deaf or far away, the answer will be problemetical, of course. Constant prayer is best, which is put forth in the prayerful attitude which builds with reverence and sobriety. This attitude can best be maintained by an unceasing love for our fellow-creatures—a divine and impromptu love—which does not need to bow to or recognize religious creeds or dogmas of any sort.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

17. The External Garb. Affirmation: *My-life-is-eternal. I-am-clothed-in-the-glow-of-perpetual-day.* A leading scientist has told us that a smile is contagious, and therefore helpful. What, then, of the garb of mourning worn by fashionable woman, who thus draw to themselves gloomy thoughts continually? While it is true that many of the adherents of the new school have put aside this queerly-conceived notion of respect for the departed, there are yet some who, having never given much thought to the subject, little dream of the harm they do themselves as well as those for whom they mourn by wearing a badge so sombre. "Thoughts are things," which easily penetrate the narrow veil between the visible and invisible. If you go dressed in black, you say to every passer-by, "I am separated from those I love by a hand that is mightier than mine. I am sad and disconsolate, and must remain so the length of time prescribed by society usage." Directly in return the passer-by joins you in your negative admission of the law, and then you have an added amount of gloom thrown about you. The next pedestrian you meet helps to treble the gloom, and as you follow on down the street other eyes stare at you with sympathetic tremors, until there gathers about you a perpetual cloud of depressing thought force, something like the soft-coal smoke which frequently envelopes a railroad train. Just over the border our loved ones are perhaps waiting for this period of castigation to end, for they, being then negative, are receptive to painful thought forces. It should be remembered that this transformation is not death, but life. Death exists only in the worn out thoughts we carry about us. Your sadness (which is self) makes them sad, and so they, too, become parties to the harmful usage which society has imposed upon you. If ever you needed cheerful thoughts from others and a cheerful attitude of mind, it is immediately after the loved one has

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

gone away. The inverse of this seems to have been the theory in the past.

18. Religion, not Authority. Affirmation: *I-draw-Truth direct-from-its-eternal-center-within-myself. I-am-not-dependent-upon-authority. I-and-the-Father-are-one.* The writer of this was once associated with a friend who was a very good man. So good was he that he had grown to discredit the general run of religious views, because of the tedium of formalities and restrictions which are imposed upon the churches. I was one day explaining to him that people born in his zodiacal sign were usually of a deeply religious turn of mind. A smile of incredulity at once crept over his face. In his estimation I had gone wide of the mark, for he had put himself down as a very irreligious man. "But," I protested, "do you know what is the true meaning of the term 'religious?' I will tell you. It means among other things to be honest, or to be bound to the Truth. An honest man is said to be the noblest work of God, and the noblest man that walks the earth to-day must needs be a religious man, of course. The term 'religion' has no special or necessary relation to the term 'authority,' for there is no chosen standard for goodness except principle and Infinite law itself, nor never was." His smile at once became more tolerant, and if to-day he does not claim to be a Christian *per se*, it is because there is no one near to recognize that he is one. Authority is one thing, and true religion is another. If the Christ ever had an idea of establishing a creed, who can imagine what that creed would be like? The universe has many lights and shadows, climes and nations, large planets and small, and the cohesion of these does not depend upon racial belief or a fixed authority from any human source. The true Christian can well afford to be honest. "There is no religion higher than Truth." All else is but transient and from the standpoint of the eternal will die "like the flies of an hour."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

19. The Spirit of Eating. Affirmation: *I-absorb-the-spirit-of-my-foods. I-eat-reposefully.* Nothing gives such relish to what we eat as a contented mind. Smiles and chatter about the table do much to aid digestion, but a strictly harmonious person can obtain strength from food with the keenest of relish. It depends a great deal upon who kneads the magnetism into that bread—mother's bread, for instance! Have you boys and girls eaten anything like it anywhere? Why? Because mother not only makes bread and pastry that tastes good, but she actually puts thoughts of love into it. Then when John and Lemuel get married their wives are told such marvelous stories about mother's cooking. What hidden fact do we deduce therefrom? My dearly beloved and newly-married Benedicts, your mothers made no better bread than hundreds of other mothers. You imbibed of her love those golden days. Your doting parent responded to your needs with all the love that was in her generous soul, and whatever she touched received a loving benediction. When we are obliged to eat food prepared by a cook who is concealing bitter thoughts against her mistress, eat sparingly. Such food is hard to digest. You can abide sand-burrs in what you eat about as safely as you can the needles and pins of hate. Thus you see the law is ready to express itself in every avenue of life. The secret proneness to anger, the hidden plot to cheat, the stealthy deception, the underhanded scheme to outwit the inoffensive neighbor, all carry with themselves a thought message written in poison. Upon the sensitive heart the message is traced, and the pen spatters the poison to the other vitals. A semblance of disease at last appears, and rather than search for the first cause, the imprudent victim resorts to medicines and specifics to cure the trouble. No, the trouble began with the thought. The food, if it were not cooked under harmonious conditions, is never rightly or easily assimilated.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Dyspepsia is a common ailment among unhappy people, while health is the rule among people who laugh and think kind thoughts at meal time and between meals.

20. The Sense of Separateness. Affirmation: *I-am-one-with-the-eternal. I-attract-good-only.* The human race separates itself from the desirable things of life in ways almost without number. The love of sense excitement, when followed to excess, separates the man from a realization of his better soul qualities, from "that peace which passeth all understanding." For example, we will say a circumstance which is provocative of laughter comes unexpectedly about, and like children we try our best to reproduce its vibratory sensation. But we find its savor is lost, and somehow the whole thing seems insipid and out of harmony. On the other hand, had we let the incident pass without trying to repeat it, the circumstance would have filled its just place and none other. Then, with open heart and eyes we would be the better prepared for the next thing in order, the next circumstance which must come about and pass on naturally to be properly appreciated. When the habit of drink is humored for the sensation it produces, how far it tends to remove man from his divine inheritance! The illusion is brief, poisonous, and leaves the soul steeped in bitterness, and only a more frequent indulgence in the libation will allay the gnawing thirst. A love of entertainment, as if the hours of rest and meditation were to be overlooked entirely, is a common fault of the longing soul. Hungry is that soul indeed, but knowing no other way it unceasingly searches for every sensation within its reach, till the spirit cries out in despair, and the hard lines written on the face depicts the truth of what is going on at the seat of life. Then the earth is roamed over for a remedy to restore the wasted parts. In some extreme moment, perhaps, a gleam of the true light is let in upon that fellow-creature—another, then

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

another—the heart begins at last to feel the warmth of divine love, and the remedy is found, not in the far-away Himalayas, but in the very soul center, where all light and life is generated in fact. Then the feeling of separateness wears away, and in time a soul is saved through a knowledge of the interior source of its life and without the sacrifice called death.

21. Harmony is Universal. Affirmation: *I-rest-in-the-peace-and-harmony-of-universal-Truth.* Meditation upon this subject is both sustaining and educational. However rugged may have been your past life, is it not true that there is a vein of harmony running through it? if such and such a thing had not transpired, could you have attained to certain desired ends? Or, what, indeed, would you take for the wisdom gained in that one difficulty of life which perhaps cost you many hours of pain and unrest? Would you have been able to teach, to feel for others, to know what real life is had you missed that one experience? We should strive to gain a lesson from every experience, for with this attitude, no matter how bitter the experience, it will become a stepping-stone to something higher. As in our small lives there is harmony, so there is harmony throughout all creation. Astronomers can calculate the exact movements of the stars for any number of years in advance. Must it not be supposed, then, that all life, which is vibration, has a central keynote of harmony? Are we not parts of this one universal system? If all is harmony, why this struggle to outdo our fellows, this excessive effort to be famous, to be rich, or to sail in ships of splendor? Had we the one faculty of desiring only that which belongs to us by divine right, how soon would the church of fellowship be realized. Our demands would be largely silent, and therefore just; unselfish, and therefore without conflict with the rest of the human family. The Universal Church must be built in harmony

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and in keeping with this Law, since it is self-evident that harmony is universal, nothing is to be feared from any source.

22. Vibratory Centers. Affirmation: *I-am-the-Infinite-law-made-manifest-through-vibration. My-soul-consciousness-is-polarized-to-that-unchangeable-law.* In the great arcana of Nature there exists a set of sensitory nerves and force centers, corresponding with those of the human system. Every nerve related thereto has its use. Each planet, like the molecule in the circulatory organ, draws to itself, and gives out certain life-imparting qualities. To unbalance any portion of this exact and universal process, means an inharmony to the whole. The question arises, Can manifestation go on without the element of seeming inharmony? Is this not the needed friction of Discipline, under whose guardianship all nature is striving to attain an equilibrium and manifest its potencies? If so, even the inconsistencies of a body politic, a creed, a faith or dogma of any kind is but the workings of the law after all, the leaven in the bread which is eaten at the passover. And yet, is it not also an edict of manifestation that said inharmonious relationships shall be reconciled in time and ultimate harmony at last restored? Let us concentrate upon this thought to-day and each of us draw our own conclusions. We are in fact only self-taught after all. That which does not prove true does not stay by us. That which is truth and truth to us, no man can deprive us of by force of will or otherwise. Truth is a pleasant vibratory influence which pervades our organism like a lotion of love. Let us polarize, then, upon the thought of universal harmony; let us fix it in the sub-conscious memory ready for future emergencies.

23. Science and Thought. Affirmation: *My-will-is-in-harmony-with-Infinite-law. Its-boundless-resources-are-at-my command.* It was recently the privilege of the writer to wit-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ness an instance of wireless telegraphy. There was assembled in a large auditorium a good-sized audience, and the exhibitor in charge, with instruments and batteries, sent a message over the heads of the people to the farther side of the room. No wires were used nor was there any sound emitted from the transmitter to produce vibration How does this most significant performance border upon the promised uses of thought! We were told by the scientific gentleman that the long sought discovery had positively been made, but that, like the first uses of the telephone, it is yet a question of distances. That when we are able to successfully focus and send in a straight-away direction the force needed to transmit the message across the room, which, because of the lack of sufficient discovery, was greatly diffused, the invention would be quickly made of commercial use. Do you ask how these discoveries are made? By constant, untiring concentration and subtle forethought. No class of people more than inventors need to learn the ins and outs of Life Science. Their duty is to make the material subservient to the now unseen forces, by that species of evolution and involution which genius alone is capable of. It is now indeed logical to predict that the sending of thought messages will yet become a daily custom—aye, even more; the veil between the seen and the unseen worlds will yet be torn aside, and all being spiritually one, will be commonly understood.

24. The Power of Silence. Affirmation; *In-the-breathless stillness-there-is-a-holiness-which-is-beyond-words.* It is a well-attested fact that just after the crash comes in a railway disaster, there is a single instant of awful silence. Imagine if you will the tenseness of the vibrations crowded into that supreme moment. Consternation, pain, agony of mind—and yet not a cry is heard. A mighty power is generated during that one moment of suspense, a power made mighty

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

by the simultaneous thoughts of every victim. Evey mind hurls it one terrible thought into space at once, and could the intensity of these thoughts thus corraled be measured, the savants of science would stand appalled. When the first shock is past, and the cries of the wounded fill the air, only a minority of that thought intensity remains. The confusion is great, but the power that has been so suddenly generated is almost wholly dissipated. Cannot a modification of this thought action be made to apply to everyday life? For, silence is a wonderful weapon against an antagonist. Rivet a calm eye upon the tigress, and speak not a word, and she crouches before you in fear. An opponent who attempts to belabor you with abuse is baffled by your measure of silence. Here we have a thought law which can be made use of almost hourly. To reply to a remark with a smile and a tilt of the shoulders will sometimes quiet a controversy. Argument is not often indulged in by the wise scientist. Is it not his vested power of silence and that which goes with it that is apt to make him master? Not argue, do you say? Certainly; who of the human family ever surrenders and owns up to defeat? If you do not debate the question there is a tolerable good chance that, if you are in the right, your dissenter will next week be advocating your opinions exactly. Had you opposed him in words he would have clung to his ideas for tradition's sake, if for nothing more. Thus is silence golden, indeed, and is sometimes a remedy for a much-overheated brain fermentation.

25. Personal Presence. Affirmation: *I-am-conscious-of-my-soul's-overshadowing-presence. My-every-act-springs-from my-higher-self.* We come into the presence of one individual and are moved to talk with him fluently; in the presence of another we are perhaps tongue-tied and restive. Why is this? It is because of their peculiar gifts of soul-presence,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which have a harmonious or inharmonious blending with our own. The psychological effect of one person upon another is an interesting study. We could cite a case of a man whose acquirement of soul presence is so marked and peculiar that nearly every person with whom he comes in contact feels it. It is certainly not owing to personal egotism or aggressiveness, for he has a retiring and unassuming disposition. But clerks fumble and make mistakes while waiting upon him, and frequently give him too much change, necessitating repeated corrections. So many times have these things occurred that he has been obliged to put on an air of indifference to counteract the difficulty. Were the clerks versed in the law of magnetic contact they would not be thus affected. This is whatLife Scienceaims to teach. Such knowledge (which is power) would at once relieve the clerk and give him an easy freedom of mind and of movements. The man referred to carries an element of force which would stand him well in hand during an emergency; the flustrated servant feels but does not understand it. The successful clerk should have a well-balanced hand and mind, and his employer, even, may perhaps be at a loss to understand why his sales exceed those of other clerks. We call this unseen master Individuality—a psycho-mental acquirement that, being of the Infinite, is capable of unlimited growth.

26. **The Value of Truth.** Affirmation: *Infinite-Truth-is-the-law-of-my-Spirit;-it-is-therefore-absolute.* It is most important to know that the vibrations which surround a truthful word or thought are always those of harmony. To speak an untruth is like sounding two discordant notes of music at once. However smooth the tongue may be, however gifted with ingenious word-methods, a lie has no backing, but an indifferent effect upon those who hear it. Even though it be an honest conviction of the speaker, if it is not

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

truth according to universal law, it soon fades from our memory quite. So with a play upon the stage. Even though a work of fiction, if it has plenty of true human nature running through it, we remember it and cherish the memory always. But if the drama is false in its conceptions, and a made-up fabric of seemingly logical things merely, it goes from us, no matter how able are the actors who present it. It is this that tempts the refined mind to patronize the best dramas of the day. Instead of truth being the "best policy," it is the best investment in the long run they can make of their money. A story, though filled with fictitious characters and events, may be as truthful—even more truthful than the most authentic history. It is because there exists in the author's make-up an affinity for truth, and he attracts many lovers of truth to him. Music has this same sentiment of harmony running through it, and builds elevating thoughts into the hearers' lives according to the degree of truth which the composer invoked who wrote it. There is a spiritual force in Truth which the untruth can never personate.

27. Overcoming Prejudice. Affirmation: *My-heart-is-warm-with-the-spirit-of-eternal-love. I-think-only-that-which is-wise-and-just-and-true.* Time will overcome all prejudice, if it be not of the egotistical kind. Youth loves to assert its vigorous self, and find flaws in the beliefs of others. The gray-haired sage listens to the strongly-asserted opinions of the youth, and smiles inwardly. He has discovered that the boy's self-esteem is little more than a matter of puberty; that however dogmatic a religion, however unalterable the opinions of a people, fond "hearts that beat as one" are ever to be found among them. He has discovered that God sanctions the religion of any people who have love in their hearts and courage to live their lives according to the dictates of conscience. Add a few years to the youth's

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

age, and he softens toward those with whom he has differed. A few years more, and his prejudice is found to be crumbling away, for, after all, there is no religion or community of souls that has no good in it. Not an egotist at heart, that young man grows at last to have kindly thoughts for those whose ways and beliefs he has formerly criticized. Could we all cast prejudice aside and substitute love in its place, it would be sooner discovered that the human race does not differ so much in the essentials, but in its many-sided conceptions of right.

28. A Secret of Wisdom. Affirmation: *I-aspire-to-the-highest-and-best-attainments. I-am-just-to-all.* To-day let us reflect upon the desirability of wisdom. There are few secrets more valuable than to know that when we give forth one thought, two will arrive to take its place. To keep a grain of knowledge pent up and away from those who hunger, is to impoverish the soul. By teaching we grow wise. The most humble among us can evolve some thought, and possessing that thought by dint of untiring concentration, can impart it to others who can add their mite to it and thus give it further impetus and expression. The bookworm gloats over dead men's thoughts and dares not evolve one of his own. What, then, of an entire Brotherhood whose members are evolving and interchanging thoughts daily and hourly, not for themselves alone, but for all mankind? Put forth your thought, if only in the silence, for there is ever a receptive mind waiting to receive it. This is the secret of profound wisdom.

29. Our Two Lives. Affirmation: *Infinite-powers-are-within-me. I-now-develop-them-through-realization.* Living as we do constantly in the world of sense and in the spiritual world, how vast are our resources for enlightenment! The inner illumination is the wisdom we get from a contact with the higher self as well as that which we find about us.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

When we see or hear, we weigh, compare, and assimilate that which is good and elevating. The sum total of our wisdom partakes largely of the quality of our surroundings, and, we might say, our surroundings being but magnetisms, are more or less affected by the quality of our wisdom, spoken to others perhaps only in the silence. Then is life not well worth living? Heaven here and now, and rebirth daily and hourly.

30. A Review. Affirmation: *I-now-assimilate-the-essence and-spirit-of-all-these-daily-meditations.* Now at the close of this number, it may be well to go over what has been given, in casual review. Note, if you will, what effect it has had upon your inner life. Has it inspired you to a single act more benign, or a thought more consecrated? If so, give silent thanks to the God within yourself.

31. The Love-Coin. Affirmation: *I-am-the-law-of-love. I-express-true-love-in-my-every-act.*

Pass it along, it is simon pure—
'Twere mined in the realm of song.
A talisman rare is this coin so fair;—
Delay not, but pass it along!
In the maiden's glance, in the mother's prayer,
In the beggar's thanks, as well
This love-coin lurks, and what good it works
To those who have love to sell!

No counterfeit here, nor beggarly stamp
To give it a current seeming—
The token is thine, or his, or mine,
Be we either awake or dreaming.
First coined when Jehovah's breath went forth,
When the cycle of time began—
This love-coin came without weight or name
And endured till the age of man;

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

And then, forsooth! by the carthy hand
It were fondled as if 'twere new:
'Tis fondled to-day in the selfsame way
For its purity through and through.
Then pass it along, it is simon pure—
'Twere mined in the realm of song.
A talisman rare is this coin most fair;
Then for Love's sake pass it along!

ALWYN M. THURBER.

[NOTE.—Mr. Loomis' duties in connection with this work have become so pressing, that he finds it necessary to decline consultations by letter or in person, except through the degrees of the Brotherhood, whereby he can base his advice upon scientific principles and the requisite data. To do otherwise involves not only the time but a responsibility which he is unwilling to incur.]

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Thirty-Five—Test Questions.

545. What is mental concentration?
546. What are its main objects?
547. To what extent, if any, is it allied to prayer?
548. What is prayer?
549. What are the main steps or factors in "The Lord's Prayer"?
550. What is meant in the "Sermon on the Mount" by "Enter into thy closet and shut the door," etc.?
551. Do those instructions concerning prayer also apply to the work of thought concentration?
552. In what respects, if any?
553. Is it desirable to focus the life energies?
554. Can this be done through prayer or concentration?
555. What are the main requirements in focusing the mind forces?
556. Is there what might be termed an involutionary, also an evolutionary method of thought concentration?
557. If so, in what important respects do these differ?
558. What are their main advantages and disadvantages?
559. Is the prayerful method necessarily involutionary?
560. Is true prayer the best method of thought concentration, and, if so, why?

At the very beginning of these special practices in thought concentration it is well for the student to lay out for his use, what might be called the general landmarks of involutionary concentration—the steps to be taken and the order of those steps. For instance, first, to get quiet; second, to centralize the attention; third, to still the senses, and fourth, to draw the consciousness within and in until it becomes poised, still, steady and restful. Then notice the result as the consciousness becomes thrilled with an influx of vibratory energies which sometimes result from thus connecting it with its source. That is a secret of power.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
No.36

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 36

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 5 1972

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.36

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; ıtroduces the student to himself -to his own higher powers and ɔssibilities; gives success secrets.

Part 2. POWER OF THOUGHT; ıows how to accomplish results all business and art through the lent powers of mind.

Part 3. LOVE IS POWER; ıows how to cultivate the love e and what the results will be.

Part 4. WOMAN'S SECRET)WERS; Gives the secret of ɯman's virtues and powers and ows how to improve them.

Part 5. HOW TO RULE YOUR NGDOM; Shows how to master ; self and control circumstances.

Part 6. USEFUL PRACTICES; ows how to develop and use your wers by unusual methods.

Part 7. ESOTERIC LAWS OF PPINESS; Shows how perman- : happiness may be insured and at practical results will ensue.

Part 8. MENTAL HELPS; res practical methods of devel- ng and using special talents.

Part 9. LIFE SCIENCE IN A ITSHELL; One of the most werful, practical and popular of ; series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OP- PORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS: Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS

OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Thirty-Six—Aims And Objects.

The Brotherhood of Man is perhaps as basic in man's constitution as is the individual Fatherhood of God. Try to think what it may mean to you to silently connect your thoughts each day with a new system or world of force-currents and of minds in which the spirit of prayer and of aspiration are dominant factors.

Do you hesitate to speak the brave truth and voice your deeper inclinations, whatever they may be, fearing, perhaps, that by so doing you would offend those upon whom you are depending for sympathy and association? Never fear. There is something in them, also, which loves the Truth. Perhaps they, too, are hesitating for fear of offending you. If so, it is like a spectacle consisting of two or more timid shadows trying to frighten each other or to make terms for the continuance of their apologetic, half-existence. Come out into the open, and be yourself. Hesitate and apologize no longer. You have the right to exist and to name your own conditions of existence. Whatever is permanent in you is eternally real.

Seek in silence for the real and the true as a means of bringing true friends to you. Seek there for the spirit of Truth that its heavenly currents may bring all knowledge to you. Seek there for power, for that is the source of power. Seek there for happiness and peace, for that is your Kingdom of Heaven.

"Come unto me [the Christ Principle within] all ye that are weary and heavy laden and I will give you rest." Your soul craves complete rest. Then let these words silently echo in your heart and see if the spirit of rest and peace will quickly steal over you.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Daily Subjects and Drills for the Universal Church of Silent Demand.

Copyright, 1899, by Ernest Loomis.

1. Home. Let us use together the syllable OM as a means of acquiring mental power. This syllable and its sounds as you perhaps know, carries with it a wonderful vibratory influence, and we suggest that it be used to-day in connection with the breathing, both in exhaling and inhaling. Its meaning is the All, the Omnipotent, and whenever we inhale let us think of awakening and obtaining through the medium of breath the all of force which springs from the omnipotent law of our lives which is within ourselves. Then when we exhale let us also silently pronounce this syllable, and thus infuse its omnipotence into every relation of our lives. Let us in thought image our breath as going entirely around the globe, acting as the carrying power for those laws and thought-energies. When we inhale let the breath also act as a carrying medium to attract all that is needful in our lives. This simple practice is suggestive of the way we can use our latent forces in the attainment of all just objects. Let us beware how we attempt to invoke these powers for other purposes than for good. The cross currents thus engendered would be dangerous and self-destructive. The Life Science Library is devoted almost exclusively to teaching these laws and how one's powers may be safely invoked. We should first demand wisdom and qualities rather than things, and should particularly

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

study the principles and laws of mental force, so that we will not ignorantly play with the fire. It would be well in this connection to re-read essay on "The Power of Integrity," also the one entitled "Methods of Using Your Powers."

2. Home. Let us again silently use the word "home" or the syllable OM, in connection with our breathings and meditations to-day. The external home or place where we live is of course important, but still more important is the interior home of the soul which is an Infinite and Omnipotent law within ourselves. This is the home to be kept in thought while silently pronouncing the syllable OM, both in exhaling and inhaling. Let us image this home as the ultimate of our daily experiences, the more sacred at this time for coming to us on a day of rest. We should bear in mind that the purpose of these noonday meditations is to put us each more thoroughly in touch with the higher self, and that to carry the thought to the real interior home of the soul is to accomplish this result. This done, we can safely use our acquired powers in every act and hour of our lives. During this period of concentration, it is best to so mold our life purposes that they will put forth such creative forces as will attract true success. First of all we should aim to preserve that unbroken silence which finally enables us to become conscious of the overshadowing presence of the soul, and which is typified by the word OM, above given.

3. Home. Some have wondered why the song "Home, Sweet Home" has had such a lasting and increasing popularity. To the Scientist that fact does not seem at all strange, because he is aware of the vibratory forces which are contained in its words and melody. First of all is the electric word "home," which includes the syllable OM, and the vibratory emanations of that for which the home should stand, viz, Love. To-day let us silently use some of the words and melody of this song in our meditations. We will

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

each be led to those words which best answer our individual needs, and above all things let us not forget that interior and all-important home of the soul which it is our sacred privilege now to enter. When we have entered it we can send on the wings of thought its creative forces of love as a potent means of harmonizing the conditions in our external homes, or in the lives of those whom we may desire to help. Love is a chord to which the human heart will always respond, however feebly.

4. Silence. It may be well upon this date to give some thought to the important subject of vibration. All life, or manifestation, is vibratory, and therefore vibration is universal. When the period of absolute silence is reached there will be no vibration, for the ego and all mundane life will have returned to its eternal dwelling place before vibration began. Yet we have in this life of ours a comparative silence, which we can invoke while dwelling in the interior home. This may be termed "Silent thought," or thought-revery into which words need not enter. It is a breathing and inbreathing of soul qualities which can be acquired only in the silence. Not that it is necessary to seek absolute solitude. The adept can withdraw within himself amid noise and confusion, and successfully commune with his higher self. Nature affords us some notable examples. There is the period of rest, or winter, in plant life; daylight and darkness, giving us the hours of sleep. Days in our lives when our activity of self is lacking, just before there comes to us a period of awakening. Silence to us is the medium through which we are to obtain our highest spiritual knowledge. Hence it is not what teacher we may have, but the quality of silence we invoke, that brings us wisdom. Let the effort to-day be silent—absolutely silent. Let us still the senses and thereby seek that power which comes through repose.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

5. The Silent Act. Suppose for the twenty-four hours to come the readers of this were to observe, among their everyday associates, which act is most potent—the one that is done with few or no words, or the one which the doer performs with many words. It is an interesting study of people. There are those who have plans—unspoken ones—but they seldom voice them to others. The first we know an act is done, and usually well done, because the vitality the doer wastes telling of his plans beforehand, is reserved for the act itself. Were the writer of a story to unfold his plans fully to another mind, some of the savor of the book would be lost. Only the deeper student knows how much of his strength is parted with by habitually narrating to others what he "is going to do." By the time he gets to it, at least one-half of the utility of his plan is vitiated, and the chances are that the act is never performed at all. The above is only another way of advising a more strict economy of our forces, that we may further our desired spiritual welfare. Much is lost by an overuse of words. Observe closely this fact for a day or even a week, and it may fall to your lot to make an important discovery, one which you can put to a profitable use. Let the thought for to-day's meditations be, "*That-silence-which-is-golden.*"

6. The Omitted Word. It is quite in line with our foregoing subject, to offer a word on the use and misuse of the mere pronoun "I." One of the first lessons given out by some teachers, is to set the student to watching himself to see how often he uses it in his daily conversation. It is rather startling what a discovery can be made. Let us try it for a brief time, at least. It is not to be supposed that the one-lettered word can or should be dispensed with entirely, but a too frequent use of it is an indication of seeming egotism. Many very good people are egotistical. Also in this line are certain phrases we use from habit. Some of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

them are even productive of bodily or mental difficulties. You say, for example, "I can't see how that is;" "I don't see it that way; or, "I don't see what has become of my spectacles." These innocent affirmations of "don't see" or "can't see" will in time impair the eyesight. It is a very deserving feature of soul culture to gradually lay aside these queerly constructed and negative phrases, which have not the directly affirmative qualities of speech within them. Let the silent thought for to-day be, *I-AM.*

7. The Prayerful Silence. In our zeal to do, and be, and to overcome obstacles, there comes into each of our lives certain moments filled with what might be termed, a prayerful silence—a silence when hope seems to falter, the clouds to gather, and our hearts beat with deep expectancy. Into our meditations to-day we can invite much of this element of harmony better known to some as faith consciousness, or an expectancy that only the best will come to us. Hold if you will this thought of perfect oneness, and breathe into the silence the prayerfulness of absolute faith. When fear knocks at your door, disregard the summons, and command all negative visitants to depart. This is a drill which is fruitful of much strength if followed out either during the day or nightime. An attitude like this will outpicture itself in our daily lives, and will serve to heal and encourage those around us. It is the theory of thought associations carried into practice, which in time becomes voluntary, as if from habit. This in turn is taken up by those around you, and thus the element of harmony becomes habit, and the home is made more secure from the unwelcome thought forces and conditions. Hold the thought, *I-am-led-of-the-Spirit.*

8. The Silence of Loneliness. It may be well before we leave the subject of Silence, to devote a thought or two upon the experiences many of us have passed through after a loved one has been born into the higher life. A wife and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mother, perhaps, is absent, and the silence in the home speaks volumes to the husband as he enters and greets not her loving face and cheery words. Yet with a knowledge that true love knows no separateness, the message he catches in the wordless silence is one of sacred, yes, heavenly import. The world calls it a period of grief, but the awakened husband and father feels and knows that it is only the uses to which a higher love can be put to teach a simple lesson, made necessary by the ever-recurring law of change. Of this silence it can be said that there is none other like it. Some of those who read this have entered the deep, yet sacred presence, and though tears come to the eyes and a pang of loneliness to the heart, the great Watcher of the night bids one look up and catch the glimmer of hope which comes tremblingly through the lattice, telling of the coming day. When we truly know that no separation has in fact taken place, the silence is made even holier. If we grieve and refuse to be comforted, the silence becomes oppressive and filled with disquieting shadows. Who of us during the next few hours will be the first to drop a word of cheer to the loved one who is in trouble? For such we can at least send out encouraging thoughts during the noon-hour meditation, and thus help create an atmosphere of kindly help for those who need it. But,

> Think not with sadness, for the day will bring
> The olive branch beneath the plumaged wing.
> Love is the passport, faith the robes of white;
> Thoughts fondly centered travel day and night.

Meditate to-day upon the thought of that oneness with the Father (within) which knows no separation from all his works, and which is always able in time to bring on the wings of co-operative thought those true companionships which best satisfy the soul.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

9. The Silent Worship. There is a certain sense of sacredness to the Sabbath which is felt by the many, but understood by the few. The shop whistles are still, the world is at rest, and the thought atmosphere is more quiet than on any other day of the week. There sweeps into the gifted soul an influx of things spiritual, because of the universal cessation of the great wheels of trade and competition, and because of the thousands of uplifting thoughts which are being told forth from pulpits and rostrums, as well as those which come to the awakened spirits in every clime. The home building done on the Sabbath sometimes outweighs all the home building of the week. Why should not the capable Scientist go into his temple daily and invoke to some extent this same sacred inheritance of spiritual capital? It can assuredly be done on a day of rest, with signal effect. Suppose we keep in mind the following words of Emerson: "I the imperfect adore my own perfect."

10. Thought. What we have given thus far this month has been in line with the vibratory and far-reaching significance of the name, "Home Silent Thought Brotherhood." We have briefly considered the terms "Home" and "Silence." Now let us assume that the word "Thought," as indicative of the product of the mind, is logically a necessary factor in the home, and during all silent meditations. Thought steadily held, carefully guarded from impure features, and therefore of a high spiritual order, is the power made manifest. Did we not know its potency, we would not have the patience to so persistently advise co-operation, or to expect favorable results therefrom. Of the many who are to-day meditating upon this all-important subject, only those will get direct benefits who have been previously prepared by habitual, daily focusing of the mental activities. As we attempt to compass the magnitude of the results attainable by, say, ten

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thousand people thinking upon the same thoughts at the same time, let us not overlook the fact that the results are not for the moment only, but that a thought once held, and sincerely held for a certain number of minutes, fits the thinker to grasp that thought again at some future time and use it with added power, because it has been thus photographed clearly upon the subjective mind. We read of literary men jotting down their thoughts here and there lest they forget and lose them. The average student does not often do this. Thoughts come to him and they pass in pleasing review through his mind. He does not snatch at them, to hold them, but rests in the abiding assurance that when he needs them they will be ready for instant use. In fact, all thought impressions are not expected to be used instanter, but are to be put away in the mental storehouse by a method of daily habit, for future use. This is a very important lesson, and will bear much earnest consideration. To polarize our forces successfully to-day, let us use the words, *I-am-the-center of-omnipotent-thought.*

11. **Thought Economy**, like word economy, is always desirable. Mind reading is becoming so common nowadays, that it is being noticed everywhere, and is practiced, sometimes unconsciously and harmfully, by the many. There are times when it is best to keep a thought as our very own. It may be a secret we wish to keep. If so, keep the hands closed. We give off from the ends of our fingers many a message we ought at times to keep. A hand constantly open is easily read; the same with an open mind. True, a constantly closed hand, or, we might say, a clinched fist, denotes a miserly person, who keeps not only his thoughts to himself, but his money as well. The lesson we wish to impart to-day is that of legitimate thought economy. Our thoughts which run at random or are allowed to crowd in one upon the other in confusion, are wasteful. Try to-day,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

if you will, to hold your mind fixed upon one thing one minute. No other thought must for that minute enter your consciousness. When you can successfully do this, you can scarcely estimate the value it will be to you. Very few persons as yet have accomplished the feat. But it can be done and is done by those who have followed up thought concentration daily. The wonderful mechanism of the mind and its effect upon the body can thus be tested as in few other ways. Try it.

12. Thought Renewal. A thought that is out-of-date, or, a thought once current and suited to the days gone by, and not to this, and which has been worn threadbare by over-reiteration, is as much to be deplored as any other symptom of mental despepsia. There are those people well along in years who can quote the ancient writers glibly, but who seem to forget that writers so much as exist to-day. They forget that most thoughts in current literature, as well as our pulpit thoughts, are best intended for the day in which they are put forth. It is true that there are classics, some of them far in advance of their day, like the truisms of Emerson or Marcus Aurelius, which have enough of thought renewal in them to last for ages. This is because they are born of the spirit, and contain eternal truths which only the sage or Life Scientist isable to evolve. But what is to be deplored is the reiteration of old-time sentiment and theologies not adapted to our present needs, and which is frequently insisted upon by scholars and orators who have grown old in their cherished memories of the past. Coming together to-day, is it not possible, even during the noon hour, to so center ourselves that we can entertain some truly live and current thought, that, being of the present, and for the present, will find live, receptive minds somewhere ready to receive it? It is best to put the conscious self into a reposeful, harmonious state, and try to demonstrate, in-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

wardly, the fact that thought renewal is but the evidence of the sumptuous love of the soul finding a happy mental balance. Hold the thought, *I-constantly-receive-new-thought and-new-life.*

13. Thought Association. There is a species of thought association which Life Scientists above most intellectual thinkers, can observe with considerable profit. To find what plane you are on, do this: observe the kind of people who affect you most. Are you easily moved in your sympathies and loves by those who live purely for the world—for worldly effect or for worldly recognition? or are you most affected by those who live deeply conscientious and moral, and therefore spiritual lives? If by the former, you are on the material plane; if by the latter, you are inclined to things spiritual and beneficent. A very good test is this for those who do not quite know where they stand. Some very good people do love to eagerly scan the gossipy columns of the papers in search of scandals and sensations, while another class take up their papers and read them through and will not catch more than a headline or two of these questionable subjects. The thought associations of some people bring unrest, of others, peace of soul. Let us to-day spend a few minutes in self-searching. It is not a very difficult question to decide, for you are pretty apt to belong to one class or the other. Perhaps you can in some way discover why you are not altogether happy, or why you are happy while others are despondent. By thinking a certain class of thoughts you attract like thought from others, but you can oftentimes let them tangle you up in a web of difficulties before you are aware of it. After you have discovered what plane of being you are on, and have decided which is best, will it not be wise to observe that best when you choose your future thought associations? Let the spirit within ask of you, "*Where-art-thou?*"

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

14. Fineness of Quality. As the sparkling diamonds, hid away in the bosom of mother earth, can be likened to the tears of love dropped by the Infinite during the great day of creation, so can the gems of thought which are hidden here and there in the unknown be said to glitter even in their solitude, only awaiting the faith-loving hand of him or her who cares to seek the inner life to find them. Is it not possible for us to-day to so fathom the ocean of love and bountiful thought, that amid the dross we may discover the watery gem and hold it up to view, so that it will glisten in the perfect sunlight of manifestation? Turn the eyes inward, and wait. Concentrate your mind forces with restful absorption upon the Infinite love which has placed these gems of priceless worth all about us. Command that which is best and rarest, and you will somehow be led to uncover the sparkling treasure, purposely hidden, and therefore all the more precious. Let the word for the noon hour meditation be: "*Love-is-the-fulfilling-of-the-law.*" *I-am-the-law of-Love.*

15. Healing Thoughts. Thoughts that can and do heal are many times wordless, and partake of those soul qualities which move strong hearts to deeds of love. If to-day we would be healed, we must blend as harmoniously as possible with our surroundings. Discord disturbs, while harmony tends to arrange our polarizations in parallel order, so that the vibrations become attuned to a correct musical scale. Thoughts that heal are of two kinds, those which are projected, and those which are receptive. If we are the ones to receive, instead of expecting that another person can heal us, we should take that person's thought offerings as suggestions merely, and then make use of them interiorly. That is, we should formulate in our own thoughts the expectation that all that is ours will come to us, not from outer visible sources, nor from the mind of another, but from our

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

one great Infinite supply within ourselves. When in this way we shall open our ears and hearts to sermons and addresses, and consider them not as direct messages from above, but as suggestions to awaken the forces and latent knowledge within us, it will result in better interior lives. They will not only heal us, but become strength to us after we are healed. Out from the depths sparkles the real fountain of life, while the surface waters are often tainted with many personal magnetisms. For those who are to be healed to-day, let us hold the thought of assurance that of health there is an abundance for all. That the laws of healing are fixed, unalterable, perfect and permanent, and therefore their forces are ever ready to be administered to those who need them. Healing thoughts are born of the spirit, and are full of silent, undemonstrative emotion. Hold in prayerful repose this sentence: *I-am-that-perfect-vibratory-law-which-is-all,-and-within-all-here-and-everywhere,-now-and-forever. I-am-now-conscious-of-its-holy-presence.*

16. Thoughts of Reverence. Even the coarsest type of mankind will at times evince a reverence for the gray-haired sage, and men will do and dare in the presence of woman, and revere her name with kindly and patriotic thoughts and words. The dumb brute's reverence for his master is none the less marked. In the human heart there are traits which bid us believe that all is not bad, but that good exists in everybody. The peaceful soul reveres his Sabbath, and the churchgoer his privileges of worship. The countryman has thoughts of reverence for his national emblems, and the soldier reveres and obeys his commander without a murmur. In brief, we find the reverential thought about us everywhere. To-day the calm of the Sabbath ought to add something to our store of reverence. Would it not be well to look inwardly as we inhale and exhale the evenly-tempered atmosphere of love, and yet stand erect in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

spirit, and recall to mind some one or more thoughts of reverence that will add, if only in the slightest degree, a finer quality to our inner beings. Remember that the day of rest is also a day of spiritual activity. We can grow then as on no other day. Let us concentrate upon the affirmation: *I-will-love-my-God (the interior law of my life—my higher self) with-all-my-heart-and-mind-and soul-and strength.*

17. The Unwelcome Thought. This is a truly proper term to use for the thought which intrudes. Unwelcome because it produces unpleasant vibrations, and because it overshadows our better and more productive thoughts. We have met with some experience, and for a time the result therefrom hangs about us like an ever-present trouble. If, perchance, we forget it during some momentary entertainment, when it returns it seems to have doubled in its severity, and we wonder how we could have forgotten it at all. Here is a lesson most instructive. We do not banish the sombre thought because of the self. Our sense-self demands continual indulgence, and our sorrows, like our joys, find places uppermost in our consciousness for the time being. One of the best tests of our powers of concentration is to find to what extent we can banish the unwelcome thought. If we can do this for three minutes at a time, and can supplant it with a life-building thought, we are growing spiritually. The person who meets the shock of personal loss, and has a store of withstanding qualities left, is the master always. But when the experience outweighs and overshadows one's supply of holding power, the result is often lamentable. A thought that lowers our standards of right is truly an unwelcome one. To-day let the entire Brotherhood unite in a trial to banish some unwelcome thought. Think reposefully, and do not exert the mere will in a personal way, but call upon the higher aiding powers to enter and illuminate the inner being. This accomplished, there

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

will be an immediate effect upon your exterior, visible self, as well as upon your surroundings. Concentrate upon the words: *I-control-my-thoughts.*

18. Thought Habit. Thoughts that renew or destroy our bodies must indeed be vital ones. But observe if you will the effects everywhere of the thought habit. You will be able with very little study to read the quality of thought of every person you meet. If the thoughts be of fear or of lowly things, certain angular lines show upon the skin, an unsteady, apprehensive look is in the eyes, and there are uncertain and hesitating movements about the body. If the thougnts be lofty ones, honorable, and filled with charity, sobriety and reverence, you discover a winsome something on the person's face that attracts you and bids you look again. A heart that is set to palpitating at every noise or happening, will soon outpicture upon its owner's countenance many traces of suffering. The object of these daily lessons and drills is largely to bring about improved thought habits. A person cannot engage in metaphysical thinking without changing in some degree his thought polarizations. Change implies a better or worse condition. Can we not for the next twenty-four hours so mold our thoughts that we will at least notice some slight improvement in ourselves? Do not expect to get your thoughts wholly from others, but try and evolve the best of them from within, as your own individual capital. In keeping with your worthiest effort, your body and brain forces will soon begin to respond favorably, and the habit continued, health and peace of soul are assured beyond a shadow of doubt. During the hour of meditation, fix the mind intently upon some one thought that is renewing. Hold to it silently, and do not attempt to impart it to others. The thought, "*I-am-divine-and-at-one-with-the-eternal-law,*" is a very helpful one. Others you may suggest yourself, however, may be fully as good.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

19. Thought Methods. If one's methods of thinking lacks system, or continuity, or the quality of order in any way, the results obtained are far from satisfactory. Some of our most successful story-writers rely almost wholly upon a certain subconscious thought method which is sometimes startling in quality and far-seeing effect. For example, if the writer of a story has such implicit faith in the great supply of ideas, that he can go to bed at night knowing, from habit, that the next succeeding events in his story will come to him in the early morning, they will come with scarcely a variation as to the hour, and there will somehow be in his work a smooth and most methodical run of events and character blending which the mechanical thinker can not easily produce. In other words, writing that is inspired needs comparatively little outward thought. Somewhere exists that inner thought action which never sleeps, and which if we do not worry, will provide us with ideas and promote results in the visible realm to a surprising extent. But it takes a faith only acquired by earnest souls—souls which live much above the mere material things of life. A person whose life is consecrated to a chosen work thinks a sort of faith-thought not couched in words and sometimes wholly imperceptible to the outer senses. This can be acquired in all daily thinking which requires system to produce results. There can be no better drill during to-day's noon hour than for each of us to seek to find and make use of this subconscious mode of thought. Do not sit with the expectation that your thought is influenced by contact with other minds, but that it comes from the great Supply direct. Affirm, with frequent repetitions, the sentence: *My-thought-comes-to-me-in-the-perfect-order-of-that-interior-law-from-which-it-springs.*

20. Thought Moods. In business life we find traces of negative thought moods almost if not quite as much as in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

social life. A merchant opens a letter during such a mood, and tosses it lightly aside; whereas, had he been in a different mood it might have received a more fitting and perhaps a more profitable treatment. It is surprising to learn to what extent people act during these momentary thought moods. It has become a part of the commercial salesman's tact to avoid the undesirable moods of his patrons. He knows that if the buyer is in a comfortable, pleasant mood it means large orders; a depressing mood, even though it be for the moment only, means small orders or none at all. Now, an important purpose of the true student is to so become master of himself and his surroundings that unsuccessful moods, or the effects of such, do not enter into his dealings. It is rash and unprofitable to humor them. Could every business man or woman insist upon the privilege of a noon-hour rest and meditation—absolute rest and relaxation from all cares and worry—all such indifferent moods would soon disappear. During this noon hour more than the equivalent of the forces needed each day could be massed and held in store for any emergency. Thus one could have vital energy to spare when night comes, to induce sleep. Habit is quickly formed, and an hour or so set aside becomes in time an imperative necessity in the successful following of any pursuit. Let us to-day demonstrate this fact by holding the affirmation: *I-am-master-of-my moods-and-my-forces.*

21. **Impressions—How to make use of them.** An impression is the vibratory shadow of our own or another's thought cast before. We all get them, but are sometimes unable to find practical uses for them. Approached with a proposition from another, we somehow weigh that proposition at least to some extent, by the impressions we first receive. Sometimes we allow later impressions or self-desires to creep in and overrule us in deciding what to do.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

It is a very good method to observe, when negotiating a deal, that if you feel any undue anxiety, it is an indication that the transaction is liable not to result favorably to you. If you feel restful, and if, after you have done your part, you nearly or quite forget it, you will frequently find the deal is very likely to culminate to your advantage. The reason for this is apparent. Right doing is an important means of inducing harmony. The vibratory law of causation is an established law. If it is best that we do a certain thing, and the law is conformed with, it will also be in harmony with our aims and highest motives. We frequently find it best not to follow up a trade that backs away from us. If it is best it should meet us half way with an open countenance. These may seem like very commonplace examples of daily living, but has the occult philosophy anything more deserving to offer than practical, everyday hints one can easily grasp and use? For to-day let us affirm: *I-am-the-Image-of-God-and-a-servant-of-the-law.*

22. Thought Enthusiasm, rightly directed and controlled, is a sure indication of a growing soul. When it is scattered and without the quality of moderation, it sometimes retards the truth-seeker's progress. We are so organized that when a little wisdom comes glimmering through our skies, we feel at once the thrill of delight, and we are prone to believe we have the whole aggregate of knowledge and religious inspiration. But wait. It is the after effect that tells the story. Too much enthusiasm sometimes leads us to catch at this and that teaching with hungry eagerness, and stay by it only as long as the novelty lasts. The trained Scientist knows that the swelling and over-joyous heart must be curbed and not allowed to spend its vital energy in wasteful indulgence. Seek the balance between the two extremes, and remember that in the broadest sense all is day and that there is in fact no night. Affirm in meditation: ***I-am-the-unchangeable-image-of-God.***

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

23. Brotherhood. Upon this day of rest let our efforts be to find in the silence and from within our own souls, the esoteric meanings of the word Brotherhood. To the extent that we thus perceive its esotericism will we awaken to some of the higher meanings and purposes of the Home Silent Thought Brotherhood. To what extent do we now perceive its esoteric purposes and thereby appreciate its force-massing helps? It is from within that we will find this force, the peace, the repose, the inspiration and the vibrations of loving companionship which the Brotherhood practices serve as helps in awakening. Let our hearts now be filled with its interior religion of love. Use the affirmation: *Brotherhood-is-but-Love-in-manifestation.*

24. Objects of the Brotherhood. Mankind is stimulated to better endeavors by the life which puts into practice a mutual helpfulness to all. The word "Brotherhood" implies the exercise of human love in its broadest sense. While it is wise that we stand alone as individuals, it is also wise that we stand united for the strength which comes to us through unity. Kindly vibrations emanate from true brotherhood relationships, for we are as parts of one great whole. It has been shown us that there exists a need for secret, resourceful ways of getting away at times from the exactions of old-time fellowships, and seeking in one's retreat a contemplative communion with each other and with the great First Cause which is a law within ourselves. We need a unity of the minds which are awakening to the needs of the hour. Since the foundation of brotherhood is love, its future offering must necessarily be a purely-conceived religion of the heart. Can we not to-day so blend our common thought interests that the world's standards of morality shall be positively elevated thereby? Combined thought makes great things possible. Earnest souls are constantly sending out fervent prayers into the livid silence.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

These ought to find sympathetic fellowship with our best thoughts and desires. To help make this possible, let us take for our noonday meditation: *The-Fatherhood-of-God-and-the-Brotherhood-of-man.*

25. Brotherhood Co-operation. The burden of the teachings of thispublicationhave been, self-help, self-mastery, and self-building. When every brotherhood member shall have attained to all these, the co-operation of our common interests will have reached an ideal state. At first thought one might say that the benefits of a brotherhood should go to the weak and dependent. If this were all, a brotherhood would not last. Imagine, if you will, a conclave of strong, thoroughly individualized minds. While there may be some weaker than the rest, it is the strong ones upon whom we rely. A united thought sent out from a bevy of well polarized minds can move nations to acts of beneficence. Let each of us to-day center our thoughts upon the one important fact, that in individual strength lies the possibilities of true brotherhood co-operation. Admit only the positive assertion of self-mastery. A solid front can vanquish all undesirable intrusions. Re-affirm with restful, confident thought, the truth: *I-am-the-law-of-God-made-manifest.*

26. Organization. There is organization in all vital life. When a body of thinkers begin to put forth thought, the tendency is to organize to give that thought greater currency. When a brotherhood has been organized without the affiliations of creed, and on a basis of absolute good will and mutual helpfulness, students who become its members enter the life with better prospects of success. This is evidenced by the many who have taken the degrees in the Home Silent Thought Brotherhood. Their powers are becoming centralized and of greater practical use. Their forces, organized for better results, are less scattered, while the spiritual benefits derived are such as can not well be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

estimated. A brotherhood which seeks and finds harmony of thought and precept becomes not only a powerful organization, but a church as broad as the firmament. Is not the Universal Church of Silent Demand already an existing fact in the cosmic law under which we live? There is no doubt of it whatever. Then to help this to seem more manifestly true, let us to-day give the subject some serious, contemplative thought. Seek the light from the center only. Use in connection with your thought the affirmation: *All-life-is-inseparable-and-eternal. I-am-that-I-am.*

27. The Obligation. There exist in every walk of life the customary obligations between friends and neighbors, of courtesy, helpfulness and love. Who can afford to neglect them? It is a fact in social science that the more steadfastly we stand upright in our independence the better prepared are we to honor a just obligation. We evolve thoughts that are good and thereby cancel our obligations to those who need their beneficent influences. We can each become self-reliant examples of the human family, and thus discharge our obligations to the oncoming generations who are to profit by the legacies of thought and independence we leave them. Suppose we each strive to fit ourselves to discharge some one wholesome, fraternal obligation, either in thought or action, which we may owe to mankind at large. Concentrate with extreme fidelity upon this privilege and duty throughout the noon-hour, and hold to it with equal composure of self until the morrow. Make more potent the thought by using the affirmation: *I-answer-my-true-relations to-all-mankind. I-give-of-my-love-in-loving-service.*

28. Brotherhood Ties. Next to the ties of family kinship are those of brotherhood and church. In touch in spirit as well as in mind, the ties we are forming have a spiritual value untold. They can rarely be broken. The passing of the spirit does not sever them. Life is sweeter

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

when we know that we are each an important link in the great chain of being. To aid in bringing nearer to us this code of fellowship, let us meditate upon the thought and endeavor to realize, that we are members of one great family, living above the mere bickerings of materiality and the self. It might assist the spiritual union of our interests to affirm: *I-now-draw-my-true-companions-to-me-by-the-ties-of-spiritual-love.*

29. Father and Son. Since the teachings of the Christ in ancient times, brotherhood plans and objects have abounded everywhere. That these have not always been published broadcast, gives more weight to the belief in the potency of silence. The universal Father gave to the sons of earth the parables of the scriptures. It has taken centuries for these to be understood, until now it is gradually dawning upon the minds of multitudes that what the Christ did not say more than equals what he did say, as is evidenced by the deep, often very deep, occult meanings of his words. It is to gather together and make plain and practical these hidden pearls of great price, and to outwardly establish the true Christ principles, that The Home Silent Thought Brotherhood has come into existence. By an exhaustive plan of united thought alone can its aims be accomplished. It is the work that has been set by the universal Father for us to do. Are we indeed capable of performing our several parts with willingness, and thoroughly? Lastly for the month let us affirm: *As-a-devoted-child-of-the-Father-I-conform-to-the-true-Christ-principles-and-give-forth-only-that-which-is-good.*

30. Review. It might be well to give the entire month's lessons a careful reading, and thus try to discover how many of these teachings you are able at the present moment to make use of in your daily life. Has the series of helps been a benefit to you thus far; and how? Meditate upon this.

ALWYN M. THURBER.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Thirty-Six—Test Questions.

561. What are the real ties which bind all mankind into one great Brotherhood?
562. Have these any relation to the Fatherhood of God?
563. If so, what?
564. Can they be revivified or strengthened by any thought process?
565. If so, what?
566. What, if any, are the benefits of so doing?
567. Are your friends a relatively perfect reflection of your present stage of growth—of what you are?
568. Do they satisfy the deeper longings of your soul?
569. If not, does this imply that there is something in you that is striving for freer expression?
570. Why?
571. What, if any advantages are to be derived by silently meditating upon your highest ideals?
572. Would such thoughts cause actual vibrations or forces to emanate from your mind?
573. If so, where would they go and what would they do?
574. Why?
575. What are the real moving forces of the world?
576. What relation have your thoughts to opportunities?

As these studies progress a new and better life ideal should gradually take shape in your mind. The lessons and questions afford you a means of burnishing that ideal at every point so it will be impervious to the filth and slime which may afterward come in the shape of thoughts or ideas. The invisible is pregnant with false ideals as well as with true ones. You must form true ones for yourself as a means of attracting the true. You attract according to what you are. If you attract filth and slime it is because such things and their bitter lessons are needed to teach you what you are and may become.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87E
NO.40

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 40

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 1974

AUG 1 9 OCT

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
LB7l
no.40

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 822 test questions which are brought out for review.

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Part Forty—Aims And Objects.

The Child can be made to believe that the moon is made of green cheese, as the expression goes, because of his ignorance of life and of his relations to external objects. The worst effects of ignorance are fear and hate. The best result of comprehensively understanding life is that perfect Love which "casteth out fear" and insures permanent peace, prosperity and happiness.

To understand the law of vibration is the greatest of helps to perfect self-knowledge and to an understanding of all things, including your relations to all things. That law gives a key to the minutial of things as well as to its general effects which constitute the history of civilizations. By taking it as your model you may know about what is to occur during the coming years and how best to fortify yourself for the radical changes that must inevitably come.

We are steadily approaching greater changes than our known history has as yet recorded. The life methods of the past must make way for methods based upon the laws of thought and the Principles of Being. The invisible forces are being recognized more and more as factors in life. The general recognition of the invisible opens for contemplation a world that is no longer vague and far off. It is here, now, and must be dealt with, understandingly or otherwise. Which shall it be in your case?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Daily Subjects and Drills for the Universal Church of Silent Demand.--Continued.

Copyright, 1899, by Ernest Loomis.

1. Hopefulness. The spirit of continued cheerfulness and hopefulness is expressive of many virtues, some of which, being beneath the surface, are commonly overlooked. But the truly hopeful and courageous one does not feel the necessity of having his good deeds heralded from the housetops. It is sufficient that he himself knows of them and of the heroic spirit which prompted them. From the Scientists standpoint it may be seen how the power gained and thus expressed and held constantly makes itself felt, and that in the long run the brave soul must be accepted and appreciated at its true worth.

Let us today content ourselves with power-gaining, or of acquiring the spirit of hopefulness and contentment, knowing that it will ever act even while externally inactive. "A cheerful spirit is a continual feast" which we each may have by going to its true source within. Hold the affirmation: *The-best-must-occur. I-now-produce-and-will-maintain-the-powerful-mood-of-true-hopefulness. I-seek-its-essence.*

2. Faith and Insight. It is a wonderful thing to be "led of the spirit" into all good. It is worth our while to inquire how such leadings may be obtained. They can be obtained by living from the spirit, or higher self. Through the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

habitual practice of true thought-concentration, we may keep closely in touch with the higher self and thus awaken from within, a steady flow of vibratory power, direct from the spirit, or higher self. This enters the consciousness as a leading and power which then expresses itself through our every act and gradually weaves that web of force-currents which makes up our entire environments. It is in that way that our environments may be improved by thus getting into and producing the interior thought-currents of Infinite good. Blunders, wrong judgments, accidents, obstacles etc., are not very likely to then come to us, simply because we are not in their thought-currents, but are in the force-currents which carry us away from such things and they away from us. The falling brick etc., is not likely to touch him who by producing these thought currents or interior leadings, throws around himself the only safe armor of protection. Hold the thought: *I-am-led-of-the-spirit,-into-the-currents-of-Infinite-good. Praise-the-Law-*(Lord)*-for-its-powers-and-protecting-influences.*

3. Self-Teaching. He who wishes an inflow of knowledge and wisdom, should learn how to throw himself into the reposeful mood of true thought-concentration. The wise teacher would not undertake to teach his pupils during the pandemonium of an intermission, but would first restore order, and that is the first step in thought-concentration. We should still the senses, get quiet, and temporarily suspend our mental activities, by listening for the whisperings of "the still small voice" within. This carries us to the mood which is our beginning. Then as thoughts are reposefully held, their related thoughts will come until we see the subject in its entirety and thus become master of it. Let the lawyer follow this plan in working up a difficult case and he will find, as the mood is carried to the courtroom, that in reposefully presenting his case (if a righteous one,)

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to the jury or Judge, in the natural and concentrated order in which it became settled in his mind, his words will carry conviction because backed by the spirit. Let us spend more time in getting ready or in power-gaining, and less in power-spending if we would lessen our labors and multiply results. That is the way to organize victory. The rule may be modified to suit nearly all purposes, conditions and circumstances. Hold the thought: *I-now-restore-order-and-reposeful-harmony among-my-faculties-and-forces. I-seek-the-mood-of-power-and repose.*

4. **Self-Knowledge** is the secret of the Scientist's power. The way is therefore now open to every true seeker. There are comparatively few who comprehend the powers and possibilities offered through the attainment of self-knowledge from the sources now available. They overlook the scientific value of Life Science methods. They seem to think that the question is emphasized simply as a means of getting dollars and thus they go on in the old way, cheating themselves at every step of the opportunities, powers and satisfactions which rightfully belong to them.

How few there are who can learn anything of importance except through sad and bitter experience. People seem to learn nature's law only to the extent that they feel its coercive forces. There is a better way for whoever will but awaken from the Adam sleep of self-ignorance. The silence will lead the way. Ask yourselves the questions: *Am-I-making-the-most-of-my-powers-and-opportunities? Why-not? How-shall-I-find-and-apply-the-remedy.*

5. **Self-Culture.** The true Life Science students soon learns by results, why so much stress is herein given to the matter of attaining qualities and powers, instead of mere external results. When the requisite qualities and powers are first attained, abundant success comes as the natural sequence. Character-building or power-gaining is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the true object of life. Happiness, power, service, self-mastery and Love go hand in hand. Life Science principles must be applied before they can be outwardly demonstrated by results. Our noonday practice of concentration is but an effort to apply them. But they should be understandingly applied, therefore these practices should go hand in hand with the study of our four text-books. Do not jump at the conclusion that these methods are of but little if any use, for until you have tried them in connection with a thorough study of the principles involved, as stated in these books or otherwise, if not in connection also with the degrees of the Brotherhood and our entire course of study, you are hardly in a position to judge. All of these degrees and the course of study are but methods of self-culture. They are the best available methods we know. Do not make the mistake of regarding this simply as a plea for your patronage for we do not need it, nor do we wan't it unless it can be made decidedly to your advantage as well. We are and have been able to demonstrate these laws in the attainment of success, at least to a sufficient extent to make solicitation unnecessary. Place this matter upon its own merits and silently decide upon your own course. Affirm: *I-am-led-of-the-spirit-only-to-that-which-is-best-for-me.*

6. Self-Control. All persons are constantly afforded ample opportunities for the cultivation of self-control. That they do not properly cultivate it is perhaps because their *desires* for its attainment are "but skin deep." But little can be done until our efforts are backed by our keen desires, because desire is thought force and therefore carries with it the powers of thought. Even our efforts to live moral and spiritual lives are not likely to carry us very high, until we know philosophically and beyond a doubt, that morality *pays* and that "honesty is truly the best policy." Life Science teaches this. People are very willing to reap the rewards

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of self-control but seem equally unwilling to pay the price. Natural law will not have things that way and the sooner people know it, will they be able to deeply *desire* and then to successfully cultivate true self-control. Self-control is but thought control; and it is through that, that the Scientist derives his powers. Silently try now, to realize that these things are strictly true, and then aspire earnestly to the clearness of thought, the strength of will and the deep desire to cultivate self-control as a means of obtaining its rewards and satisfactions. The opportunity is here. Get your minds clear on the subject and the desire will follow. Hold the thought: *I-will-love-the-interior-omnipotent-law-by conforming-to-its-principles-in-the-attainment-of-self-control,-or thought-control-and-its-rewards.*

7. Self-Defense. "Order is heaven's first law." Self-defense is its second. Self-defense is the first offspring of individualism. It was through individualism that the universe, or manifestation, became possible. Man the individual is God's sole manifesting agent. In that sense "God sent his *only* begotten son (the power to think or individualism) into the world (or into manifestation) that whosoever (the individual) believeth on him (to the extent of also exercising fidelity to the *universal* laws or forces) might be saved" and thus come back to those universal laws or its source—the source of individualism. All evolution is but an effort of the lowest to come back to its source, or to the highest and thus manifest God or its inherent potentialities (the potentialities of universal law—the law of force.) That is why the first commandment is so full of meaning. In loving "thy God with all thy heart and mind and soul and strength" you are but loving your higher self or interior universal law of life; therefore to be true to this law of individualism, or of your higher self, is to be also true to all universal laws. They are one, and in the realization and un-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

derstanding of their oneness is your strength and self-defense. There is much in this to think about, therefore after restoring order among your faculties and forces, let the mind silently and *reposefully* dwell on what has been herein said. Polarize your forces to the unchangeable interior law of life and your soul-life voyage will never go far astray from its direct course.

8. Self-Help. He who *masters* the subject of yesterday will need to be told little, if anything, regarding self-help. He will understand why and how "God helps him who helps himself," and that all true self-help is from within. Thought-concentration unifies the forces and faculties in their efforts to draw on the Infinite supply within and to get into the consequent thought-currents of Infinite good. We can do that now. Steady the forces and faculties and hold in thought the subject and purpose of self-help, also the affirmation: *I-desire-and-demand-good,-first-to-myself,-in-order-that-I-may-do-good-wisely-to-others. I-demand-wisdom,-power-and-the-upholding-of-that-interior-law-which-is-God.*

9. Self-Recovery. You once possessed yourself, but for purposes of manifestation and in answer to the impulses of individualism, you "descended into hell" or to the lowest point of evolution, or discordant vibration, and are now slowly working your way back over the evolutionary road which leads to the source of the Divine monad and to a consciousness of the interior Christ spirit. Through thought-concentration and its consequent self-mastery or self-recovery of this Christ spirit, it will, in time, be true of you, that "the third day (of the trinity of manifestation) he arose from the dead (in manifestation) and sitteth on the right hand of God the Father Almighty, (or infinite evolutionary law within) from when he shall come (into the manifest with full power) to judge the quick and the dead." Then you will find it easy to believe in the "Holy Ghost" or Christ

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

spirit and comfortor and in a way which means something. Silently use this part of the Apostles creed, and in the light of its esotericism. In this way you may hasten that self-recovery of knowledge which will make possible to you the third day of manifestation

10. Self-Esteem. Why should we not esteem ourselves? Failure to do so implies a lack of self-knowledge and also the condemnation of that which we are potentially, were and ever shall be. It implies that the thought consciousness is in the bondage and limitations of externals instead of in its interior home or higher self. To thus live in externals is to necessarily suffer the limitations and bondage of low external vibrations. We must rise in self-esteem to the within, or to that which we eternally are, if we would manifest our higher powers. The faculty of self-esteem is truly a leader.

Let us now silently polarize to its leadership by meditating upon those laws and powers of our permanent Being which give us the divine right to esteem ourselves most highly and as the Sons of God. We all are "fallen angels" or "*Prodigal* Sons" who should silently say: *I-will-arise-and-go-to-my-Father-within,-by-holding-my-thought-consciousness-receptive-to-its-meanings-and-powers I—AM.*

11. Leo-Currents. Love currents can, by the Scientist, be produced at will, and by a simple process of thought-concentration. It is worth while to learn that art, for Love is power. It requires considerable practice and a thorough knowledge of the principles involved, to get beyond its A, B, C' The universal Leo currents are now favorable for its study, practice and understanding. Let us thus become more than lions—yes God-like—in strength, and God-like in Love and tenderness. Silently think of Love in its universal relations. Think of the heart. Re-read the essays entitled "Love is power,' "Health Recipes" and Life Science

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

in a Nutshell," and thus learn of Love's esoteric meanings and of the thought-methods by which its powers may be awakened. Hold the affirmation: *I-am-Love. Love-is-power. Love-is-the-fulfilling-of-the-law. God-is-Love. God is-the-law. It-is-within-me.*

12. Honesty. You would perhaps be shocked to be told that you are not honest. Are you honest with yourself? Then why should you be shocked if told that you are dishonest? Are you not even willing to face that question and let your honesty shine, at least to yourself, to the degree that it is a reality and unalloyed? Do you comprehend all that absolute honesty to self and others implies? Then you comprehend a great deal and have a fit foundation for occult development Face yourself, now. Peer into the awful depths of your soul and see if you can find no traces of dishonesty. Are there no shams in your life? No remaining scars from the "brand of Cain"? Is there no trace of selfishness in your heart? Then you are not true to yourself—your higher self—for individualism is God's method of manifesting the omnipotence of His Infinite law within each heart. You are not true to yourself or to his methods and purposes if you are lacking in fidelity to self—your higher self. The poor word selfishness has been painfully abused by those who do not comprehend what the true or higher self is. The true self is all related. All things are but parts of itself, therefore justice to these parts demands that man be ever true to himself, or honest to self, as his first and only duty. This duty is all inclusive because the true self is all inclusive. Your selfishness needs to be instructed, developed and directed, rather than restrained. Then, and not till then, will you be honest "to the core," and simply because your individualism will instinctively rebel so long as you ignorantly think that the course of absolute honesty is a sacrifice to its interests Hold the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thought: *I-will-be-true-to-myself-and-all-others. Honesty-pays. I-demand-absolute-confidence-in-its-powers-for-my-external-good.*

13. Tact. Let us polarize to the thought of tact, as a means of adapting the deepest life principles to our needs in the external world. "Nature never makes any long jumps." It is possible for one's entire attitude of mind to become revolutionized almost instantaneously, but if we attempt to then live entirely in involution, rather than in evolution, we will fail, and perhaps become "neither one thing nor another." What we need is to utilize thought-concentration and its basic principles, as the involutionary or spiritual method of transforming or spiritualizing external things, so they will give greater joy to the soul and greater power to the mind in its efforts to fulfill the Infinite purposes of external creation. We all are the instruments of an Infinite law which is placed within ourselves and which must, in time, become fulfilled externally, through each one individually. Let us not only realize the imminence of spirit, but at the same time be true to the evolutionary principles of our individualism, instead of to vaguely "live in the clouds" in a way that withdraws our attention and powers from the practical duties of the day and hour. If your duty is at present to scrub floors, then do it with the grace and God-like dignity which will attract all others, not to the mere scrubbing brush, or act, but to the *mood* which is able to use the scrubbing brush as a stepping stone to loving and faithful dominion over all God's works. Hold the thought: *I-adapt-the-deepest-occult-principles-to-my-daily-needs-and-duties. I-am-practical. I-fulfill-God's-purposes. I-demand-wisdom-to-understand-and-follow-the-way-to-the-highest-goal. I-see-good-in-all-things.*

14. Generosity. Our inherent powers imply the right and duty of planning and living our lives "on a generous

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

scale." We should not too closely limit our hopes, our desires, our aspirations and our expectations but should build for the eternal. Generosity does not necessarily imply extravagance or improvidence. Generosity should become that consciousness or overflow of strength which results from a reliance upon the omnipotent law within and which is ever willing to give of itself in loving service. Opportunities for service are ever at hand. We serve simply by living the life, or by a life of justice first to the self and then to all others. "Justice before generosity." To give implies that we first receive. If we would "give good gifts" we should, through thought concentration, go to the living fountain or vibratory law of life within and receive of its life and power until we are full to overflowing. Then our giving will be but the spontaneous outburst of a heart filled with Love. Gifts prompted by duty *only*, are lacking in this one quality of Love, which makes of them "perfect gifts." To give as we receive, instead of waiting till we are filled, stimulates and gives a healthful outlet to the interior fountain of Love. Its vibratory forces then flow into our lives like the currents of a river, and like the river should flow on unobstructed and for the good of all. The millionaire who gives, simply because death wrenches his possessions from his grasp, thereby then becomes all the more a slave, where he was once the seeming master. Are we such slaves, perhaps on a smaller scale? If so let us now break the shackles which bind us, by silently holding the affirmation: *I-am-free. The-Infinite-law-within-is-my-unfailing-supply. I-love it. I-express-its-Love-through-service-to-all. I-am-free.*

15. Non-Resistance. "I say unto you resist not evil but over-come evil with good" were the words of the Christ. This does not imply that we should use ourselves as foot-bridges for every one to walk over. It does imply a recognition of the good, first within ourselves and then within

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

others. We overcome evil in others only by thus awakening that which is good in them, viz, the higher principles of their souls—their higher selves. The arm which is raised to strike, is composed of vibration and is at once disarmed when through loving recognition we get command of the causal law and the vibratory forces from which it derives its powers. Through the awakening of the law of Love in another, his will and body at once come under the dominion of that law. Then self center your thought forces upon that law within yourself. Your thought consciousness thus becomes so filled with its good things that you will then see no evil in yourself or others. In that way the thought causes are set up which carry you into the thought currents of Infinite good where no harm can come upon you. Evil becomes eliminated from your life. You see and judge of things according to their esoteric merits and with the eyes of Love, therefore "with that judgement ye judge shall ye be judged" at once brings to you the righteous judgment of Love and exonerates instead of incriminates you with evil taints. Hold the affirmation: *I-and-the-interior-Father-are-one. Its-omnipotence-keeps-me-from-all-harm. It-cares-for-me. "Though-I-walk-through-the-valley-of-the-shadow-of death-I-will-fear-no-evil-for-thou-art-with-me. Thy-rod-and thy-staff-they-comfort-me.*

16. Order. Order, comprehensiveness and harmonious perfection are essentials of the omnipotent universal interior evolutionary law. The law itself is changeless. It is only its products that can change. Vibration, or primal energy, is the essence of all its products. The power to think is the universal instrument of vibration and of vibratory or evolutionary law. The manifestation of this latent power is a matter of restoring order among the thought faculties and forces; or in other words a matter of co-operating with that law which is the perfection of order and har-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mony. Within that law absolute silence reigns supreme, because the law is changeless. Wherever there is change, motion or vibration, there is necessarily noise or sound. We cannot at once obtain absolute silence. If we did, its omnipotence would instantaneously desintegrate all physical or other forms, for forms necessarily imply boundary lines, limitation or bondage. "Matter is retarded motion.' We need not fear that through silence our physical forms will become disintegrated. Our nearest approach to absolute silence will merely carry us into that region of high vibratory potency which will fill the body and consciousness with renewed life and power. Concentration is a matter of silence, or of stilling the senses etc., by restoring order among the faculties and forces. Let us do that now. Hold the thought: "*Be-still-and-know-that-I-am-God.*" *The-silence-is-the-Infinite-law-itself. I-am-that.*

17. **Fire.** Let us imbibe the spirit of the fire as a means of purification. The human metal should become free from the dross of low impure thoughts and their retarding vibrations. Purity and high vibration means *power*, *harmony* and *happiness.* As through silence we draw nearer to the vibratory law or God within, the consciousness at once becomes filled more and more with those resultants of its purity and potency. Our mental attitude toward the Sun, helps to determine the quality of force which its rays bring to us. Let us be Sun worshipers to the extent of perceiving the esoteric significance of the Sun, so that its life giving rays will bring us more and more of the power of God which is within it. By perceiving the God, within it, we thus furnish more fertile soil from which it can serve to awaken or bring into manifestation the same God or law within us. There is but the one God. In worshiping the essence of its every symbol we are but worshiping our higher selves or the God within. Hold the affirmation: *All-the-power-of-the-Sun-is-mine. Its*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

God-is-my-God-or-law. I-perceive-its-power-as-my-own. I thus-appropriate-its-power. I-love-its-rays.

18. Force. The external universe is composed of force and nothing but force. We, as parts of the universe, are composed of force and force *only*. Our chief need is to understand and co-operate with the law of force which is within us. It is only in that way that we can manifest its omnipotence or fulfull the purposes of life. We must in time fulfill those purposes. We *must* obtain the self-knowledge which makes that possible. This science is but the science of force and of life. It is the science of Love, for Love is life. It is the science of vibration, for vibration is but Love or life in manifestation. The degrees of our Brotherhood, our books and our course of study are for the sole purpose of teaching and applying this all inclusive science. They explain the law of force. Do you realize what they might mean to you? Co-operative thought-concentration is but the practice of the principles of that science. The books, degrees, etc., are scientific helps in that practice. Hold the thought: *I-will-learn-and-fulfill-the-law-of-force. I-am-it.*

19. Time. The very existence of time and of a mental faculty which can comprehend time, together with the mental desire for continued life, implies and almost conclusively proves immortality and eternity. The Infinite does not and would not create desires and normal cravings (for continued life etc.,) that could not be legitimately satisfied. To do so would be the height of cruelty, and the Infinite is not cruel. Cruelty is inharmony or inharmonious vibration and an obstruction to the workings of that vibratory law of life which is perfect harmony. Inharmony is necessarily self-destructive and therefore impermanent. Within our minds is, at least to some extent, the results of a race fear of "eternal punishment," and the fear that perhaps immortality is not a fact. Let us silently wipe from the consciousness every ves-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tage of these fear forces and of their expression. They may express themselves only indirectly, but so long as they remain in the consciousnes they will, directly or indirectly, disturb the peace, harmony and power of our lives. Hold the thought: *I-and-the-Father-*(within)*-are-one-and-inseparable. This-unchangeable-and-eternal-interior-law-is-my-refuge,-my-strength-and-my-eternal-life. My-power-to-think-is-eternal. I am-that-eternal-law.*

20. Music. Let us silently listen for "the music of the spheres" within ourselves. All music is but vibration, and together with its causal law is fully represented within ourselves, at least latently. In finding the interior music of perfect harmony, we are but finding the higher planes of interior vibratory potency, which will then become expressed, to a greater or less degree, through our every act and thought. Harmony is an essential of true silence and can be used as an aid in approaching that interior law which is the *only* absolute silence. Quiet the faculties and forces. Try to hush the senses. Avoid thought for the time-being, and gradually the consciousness will be carried to the within where true power and harmony reigns supreme. Hold the affirmation: *I-am-that-vibratory-law-which-is-perfect-harmony. I-now-catch-the-rhythm-of-its-music. My-consciousness-now-becomes-responsive-to-the-grand-chorus-of-God-which-lies-at-the-seat-of-my-Being. Words-become-profane-as I-get-into-the-harmony-of-perfect-silence. Its-joy-is-unspeakable. I-imbibe-its-life-and-omnipotence.*

21. Reason. Basic principles and laws are the only permanent facts. All else is transitory and constantly changing. The outward expression, or "thoughts of God. pause but a moment at any one point." All transitory things are ever changing into those causal laws which change not. These laws are inherent in all that is transitory and are the polarity which makes the evolution of transitory things pos-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sible. It should therefore be plain to all thinking minds that those faculties of reason etc., which take cognizance of those permanent facts called laws and principles, are important if not pre-eminent. He who wishes to now live for the eternal, should habitually exercise these faculties, by dealing with things intellectual, from the standpoint of principle, rather than of mere impulse. There are many who seem to think that "to be led of the spirit" implies the blind following of intuition or impulse, entirely regardless of the reasoning and other faculties. Every faculty was created for use and cannot, with impunity, be neglected. Nature will not permanently permit it. Still the mental faculties and then call up that mood of mind which brings all of the faculties into normal activity. When this is done try to formulate definite principles of life and standards of thought. Think from the standpoint of principle. Hold the thought: *I-am-the-law-of-manifestation. I-utilize-all-my-faculties-and forces. I-think-from-the-standpoint-of-principle. My-judgments are-wise-and-righteous. I-have-spiritual-understanding.*

22. Discrimination. We are just beginning to come, for a time, under the special influence of the Virgo planetary forces and force-currents, therefore let us try to exercise more of the Virgo discriminating powers, particularly in the matter of thought-concentration and in the due recognition and observance of those important life principles which pertain to it. We are continually infringing some of these principles and laws, as is shown by the fact that we get but imperfect and limited, though important results. To *fully* co-operate with the underlying laws, would be to realize and fully manifest their ultimate and always inherent omnipotence, therefore let us each take this matter of judgment, understanding and discrimination, home to ourselves. When people hear these things they are apt to say "Oh don't that hit our friend so and so" when it was perhaps intended es-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pecially for themselves. Even Virgo characters are more apt to use their splendid discriminating powers on others than upon themselves. As you concentrate today, try to exercise all possible discrimination in making *sure* that you are drawing on the vibrations from within, rather than upon those from without. Hold in thought the question: *How-can-I-know-when-I-am-drawing-on-the-inner-vibrations-only? I-am-my-higher-self. It-is-my-power-to-think. It-is-within. I-am-now-conscious-of-its-peaceful-and-harmonious-presence.*

23. Criticism. True criticism is constructive rather than destructive. The "faults" and shortcomings of others as well as of ourselves, should be dealt with gently, and with that kindness, reverence and charity which is inspired by a knowledge and realization of what we are potentially or basically. The underlying law of life, if truly perceived, shows infinite promise even through its lowest and meanest representatives. To the extent that it is perceived when obscure, does it thus manifest itself in the one so perceiving it. Our mantle of charity should be as broad as the universe. Our critical faculties should be used chiefly to discover virtues instead of vices. A little praise, when inspired by Love, is sufficient to always bring into bolder relief, God's image in man. Let us use it in perceiving and in thus awakening our own better qualities and powers; and particularly in awakening that rare quality which seeks and finds good, and good only, in *all* things. Let the Divine law of life shine within us so brightly, that it will bring to the light of manifestation, our every virtue, and disclose to us the sublime fact that only the *good* is real and true. Vice thus is made to evaporate into its native nothingness. Hold the affirmation: *I-see-good-only,-in-all-things. I-thus-find-lessons-and-good-things-in-every-experience-and-circumstance. I-transmute my-possibilities-into-opportunities,-powers-and-achievements.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

24. Foods. The true bread of life comes only from the vibratory law or "tree of life" within. The interior flow of life-force which is produced through true thought concentration, should be maintained by a habitual observance of that mental practice. This should become more and more our reliance and source of sustenance. Material foods and the digestive process, are a tax upon the vital system, especially with the many whose digestive organs are never allowed to rest. It is thus, that with many, the system becomes so clogged, that every force, faculty and power is injuriously affected. Nervous diseases, billiousness, eczema, rheumatism or some other complaint is the natural outcome. Most persons constantly eat from one to thirty days ahead of their appetite, therefore that mental, alimentive faculty, is abnormal or perverted in its action. It isn't even cultivated, because not allowed to really act. There is a method of using foods so that every mental and physical faculty will become multiplied in its powers, but it could hardly be given here and belongs more to our higher degrees and delineation department where individual tendencies can be taken into due consideration. The question of foods is important and can well be dealt with during the Virgo month when the external force-currents are so favorable. Hold the thought: *How-can-I-multiply-my-powers-through-foods-or-otherwise. I-demand-to-be-led-of-the-spirit-in-this-and-all-other-matters. My-tree-or-source-of-life-is-within.*

25. Circulation. Specialized or individual tendencies of character generally are interferences with the interior force-currents. The undercurrents of a character should be known and scientifically controlled. Thought control and thought concentration has a direct bearing upon this matter and should be used as the main reliance in harmonizing and strengthening the interior forces and force-currents. It is difficult to thoroughly control the thoughts, or to *master* the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

art of thought concentration, until the nature and tendencies of these force-currents within yourself, are understood. Most people pride themselves on their self-knowledge (too often upon their defects) but are ever ready to admit that most others are sadly lacking in this one essential of self-culture and power-gaining. Self-pride of this kind "goeth before a fall." If, in any way, you fall short of a fulfillment of your highest ambitions and aspirations, you may know that you are lacking and in need of self-knowledge and self-control. Try to silently drive out all fear and to overcome all ignorance as a potent means of removing all interferences with the harmonious and powerful circulation of your interior forces and force-currents. Hold the thought: *My-faith looks-within-to-thee,-thou-law-of-calvary,-Saviour-divine. I-have-no-fear. There-is-nothing-that-can-interfere-with-the-harmony-of-my-forces. Let-the-law-of-my-life-manifest-itself-in-full-through-me. I-am-free.*

26. Vital Force. Esoteric students often overlook the importance of cultivating the three brain faculties which the Phrenologists call "Alimentiveness" "vitativeness" and "amativeness," as a means of building up the vital forces. These are the faculties which relate to foods, to the love of life and to sex love. Their physical correspondence are the stomach, the lungs and the heart. They lie at the base of the brain and are intended as the base or main support of physical life. As a rule, they are very perverted in their action and therefore bring to individuals all manner of evil consequences, while they might and should bring much good. Are you suffering from the perverted or abnormal action of these faculties? If so you must find and remove the cause before you can escape these unnecessary pains. Pain and unhappiness is nature's hint that you are infringing natural laws. Knowledge and obedience is the only method of obtaining their satisfactions and compensations. Which will

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

you have? You determine by your acts. Think the matter out during the silence and if possible devise scientific methods of removing the difficulties and in bettering your conditions. Hold the thought: *I-draw-my-force-from-within. I-demand-to-know-how-to-use-every-physical-or-other-means-of-answering-my-needs,-of-increasing-my-happiness-and of-fulfilling-my-true-life-purposes. I-will-live-for-my-best.*

27. Vibration. The law of vibration is the one permanent fact which we call God. It is all and within all, here and everywhere, now and forever. The universe is but its product. Each separate part of the universe, no matter how infinitesimal, is representative of the trinity of factors or essentials which makes the manifestation of that law possible, therefore it is representative of the wholeness of that law and must in time manifest its omnipotence. A thinker, or the power to think, is the one and only instrument, or "only son," of vibratory law—the Father principle. The manifested universe is its transitory ghost, or "Holy Ghost." Vibration or motion is the very opposite of stillness and therefore is necessarily transitory. In fact it is necessarily a "ghost" or illusion, from the standpoint of absolute Being. That which is absolutely still and perfect, or the law itself which we call God, is the only unchangeable and real, in the absolute sense. Let our effort today be to draw the thought consciousness nearer to that interior stillness, or law, as a means of acquiring its leadings of the spirit or "holy ghost," its higher potencies and more of its perfection. Power-gaining is necessarily a matter of bringing that law of force into action by co-operation with its principles. Hold the thought: *I-now-carry-my-thought-consciousness-nearer-to-that-interior-stillness-or-law-which-is-God. My-soul-aspires-to-its-condition-of-perfection. I-demand-the-wisdom-to-find-and-express-its-omnipotence. I-demand-perfect-knowledge-of-vibratory-law.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

28. Positive. Every organism is but vibration, or a thinker in action. Wherever an organism is, there also are positive and negative poles and an attraction between them which results in both positive and negative forces. Wherever vibration is, there also is the perfect and complete law of vibration. It is from that interior universal law, that each atom derives its tendency and power to finally serve universal ends. The final evolution of all atoms and of all aggregations of atoms is therefore a foregone conclusion and absolute necessity. Vibratory law is that power behind tendency which makes of necessity "the mother of invention." Invention is its self-created instrument of easier expression. Invention is but a form of self-knowledge. Power is ever the creature of self-knowledge. Self-knowledge is the positive formulated methods of co-operation with vibratory law. Our Brotherhood degrees or methods of self-culture are but efforts to co-operate with vibratory law. This all-important law of vibration is clearly and fully explained in this course of study. So far as we know "and to the best of our knowledge and belief" as lawyers would say, there is no other source than this, (or that is not at least borrowed from this) where the law of vibration has been fully and conclusively explained. Our explanations make each of its essential principles absolutely self-evident, and that is the *only conclusive* authority. Hold the affirmation: *I-am-the-law-of-vibration-in-action. I-demand-that-understanding-through-which-I-can-manifest-its-omnipotence. My-present-demand-for-this-knowledge-is-the-self-created-positive-pole-which-must-bring-that-knowledge———its-negative.*

29. Negative forces represent the "slack-rope" of power. Negative conditions are representative of the preliminary halt, which marks the beginning of our polarization back toward first cause, through the involutionary process of physical death. They tend to withdraw the un-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

derlying support from that which we have already accomplished. We should become negative to the interior vibratory forces *only* and by thus renewing our powers, *uphold* accomplishment. So long as we are in the positive outgoing evolutionary process of manifestation, let us thus manifest for all we are worth; and we should not forget this important habit and practice of thought-concentration as a means of turning on a pressure of power which will make our acts fairly glow with the manifesting power of Divine Love. The negative moods of thought-concentration are for the self-centering purpose of thus giving a better backing of power to positive acts and moods. Hold the affirmation; *I become-negative-to-the-interior-vibrations-only. I-thus-draw-my-positive-power-from-within. God-is-my-strength. I-imbibe-a-consciousness-of-my-interior-omnipotence.*

30. Attraction. Love is the supreme gift and fact of existence. Your thought dwells upon and attracts that which you love. You love that which will make you happy. You can become permanently and supremely happy only by that wisdom and self-knowledge through which you are able to fulfill the divine purposes of your existence. You should therefore let the thought dwell upon the subject of wisdom and self-knowledge until you thus attract it and its resultants to yourself. Solomon wisely wished for and obtained wisdom. The proper study of mankind is that manifesting law within, which is both man and God. Thought-concentration polarizes the mental forces to this interior law and serves to fill the consciousness with the power of silence. If you wish to be successful then keep your thought battery well charged with the powers to be derived in the silence. "Learn to labor and to wait." Those who search too earnestly for knowledge, happiness and power from the without, will be compelled to wait for it until they learn how to find it in the silence, or by thus waiting. Hold

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the affirmation: *I-am-the-power-of-silence. I-attract-my-own-by-finding-the-deep-and-more-powerful-vibratory-currents within. I-now-seek-perfect-rest-and-silence.*

31. Circles. Let us think of the many individual members of the Brotherhood, each of whom is trying, however feebly, to represent this great truth of man's inherent divinity; and to build within the self (through this devotional practice) a fire of Divine Love which will bring to the surface a better manifestation of Divine power. Think of the aggregate results of these united powers. To observe the practice by yourself would insure rich blessings, but to act as a representative or link in this great ever enlarging chain which encircles the globe, and the influence of which will, sooner or later, permeate its every avenue, is to set up causal forces which will surely attract co-operative helps, the possibilities of which, only the eye of faith and spiritual understanding can perceive. Let us silently praise and glorify the law which makes such things possible. Let us feel reverentially thankful that happiness, power, knowledge, wisdom and attainment go hand in hand and that being obtained on the easy terms of thought control, are thus placed at our disposal and absolute command. Silently search in thought for "the best thing of the month" which has come during these noonday devotional practices, and thus build the essence of their helps more deeply into the soul as a living active factor and power for your future good. Renew your resolution to observe still more faithfully for the coming month the true principles of thought concentration. Hold the thought: *I-love-myself-and-all-others. That-within-myself-which-I-love-most-is-likewise-inherent-within-all-others. In-loving-it-and-them,-I-am-but-loving-myself——my-higher-self.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty—Test Questions.

625. What is the use of hopefulness, faith and insight?
626. " " " " " self-teaching and self-knowledge?
627. " " " " " self-culture and self-control?
628. " " " " " self-defense and self-help?
629. " " " " " self-recovery and self-esteem?
630. " " " " " honesty and generosity?
631. " " " " " tact and order?
632. " " " " " reason, criticism and discrimination?
633. Is there any available way in which all these and other good qualities may be cultivated collectively?
634. If so, what?
635. Is it desirable that they also be cultivated separately?
636. Why?
637. What, if any, faculties should be given supremacy and dominion?
638. Why?
639. Is it pleasurable to use one's faculties and strength in overcoming obstacles?
640. Why?

Strength is for use. It develops through trial and effort. Life affords each one endless opportunities, and in proportion to his strength. Your present duty is your opportunity. Be sure that you understand what is your duty. Your supreme duty is to your Best Self. Be true to that at all hazards and you will be true to all others. Learn to correctly measure the results of your acts. Calculate in advance the results of any proposed line of action. Failure is often due to the lack of this. The faculty of calculation, like all other faculties of mind, was created for use. It is no crime to be calculating. It is a mark of virtue to unite in action the wisdom and love principles of life. Be wise if you would be true to yourself, to others and to your best opportunities.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87e
No. 41

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 41

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 30

L161—O-1096

In pla ... **fifty-two less** ... **tly improved f** ... **which has alre** ... **sands.**

Each as each ... **practica** ... **they, to** ... **a life-time.** ... **t questions wi** ... **keys of knowlec** ... **he way through** ...

It wi ... **brough and pra** ... **l mind. In fact i** ... **Science —to th** ... **he universe a** ...

All t ... **s are in black a** ... **ed and reviewe** ... **d every stateme** ... **ly challenge a** ... **ney pertain to** ... **should receive** ...

Ther ... **e is but one Sc** ... **e might have u** ... **ect, but being** ... **e heads** of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.41-52

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Forty-One—Aims And Objects.

We love life because of the happiness it is capable of bringing. We would appreciate it more if we made a better use of our power to think, if we had the proper ideals, a better philosophy of life, better methods of life, a better command over ourselves and over the desires and forces we possess. We lack continuity of purpose and power of concentration. We are bound by our ignorance. The soul goes out, instead of within itself, for more light. It asks what was the beginning of things and what the genesis of itself and receives an echo for an answer. It goes to Biology but therein gains no adequate light on these subjects of life and destiny. It goes to the Bible and learns that woman was made from Adam's rib. Not understanding this mystic story, it goes to God, but to a God external to the self, hence the door is shut upon its own interior holy of holies and upon the divine inward breath through which an avenue of easy access to the Infinite might be obtained. In its external search for its source the soul drifts into the astral realms and through psychic perception is beguiled by a snake or tempter to sound the depths of a self-made purgatory in the effort to satisfy its cravings for knowledge concerning itself, and its environment. If it but knew its power to be still and know that it is at one with God and with all His works—if it but understood its relations to the one law from which all things proceed, all blessings flow—the whole Science of Life would be made clear, and the path of personal advancement equally so. The law of vibration is the one basic law of all life.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Concentration Methods and Helps.

Copyright, 1899 by Ernest Loomis.

1. The Power to Think, is directly or indirectly, the sum total of man's Infinite inheritance. His present personality, or individuality, is the result of his own soul building through the use of that power. Inherent in that power, is endless possibilities and limitless reserved force. Whatever there is in the universe is for whoever will pay the price of thought force and thereby appropriate it. There is no permanent foundation for true success, except merit. All true merit is but character or character-building and is founded upon the power to think. As a rule, this fundamental of success is almost entirely forgotten and life becomes little more than an agonizing, frantic and unsuccessful scramble for the *fruits* of power. Power and its fruits through action are one and inseparable. If we would concern ourselves more with power gaining through silent thought action, and less with the mere results, we would get more of both power and its fruits. He who has or will manufacture a useful talent and then use it, need have little fear but its products will find a market. The world constantly desires and needs better things instead of cheaper things. There is misery and endless competition in mere cheapness. Its thought currents tend toward its low level. Silently meditate upon the question of your talents and their uses, and perhaps you will discover some method or opportunity of using your powers to think in a way that will be more productive to yourself and others. Hold the affirmation: *I-am-my-higher-self,—my-*

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

power-to-think. I-desire-opportunities-to-use-this-power-in-higher-and-more-important-ways. I-desire-occupation-that-will-cultivate-my-best-talents-and-powers.

2. Love of Life. Esoteric students who catch fragmentary glimpses of the beauties of the higher spiritual life, are liable to ignorantly assume that earthly things are a misfortune and mistake, to be gotten rid of at the earliest possible moment. This broad assumption that God's method of manifestation is wrong, is hardly in accordance with Life Scienceprinciples. What life science demands of its students is the changed and spiritual attitude which is able to sympathetically perceive the interior meanings and lessons in common things, and, consequently, to get happiness and good from all things. Teachings which merely sow seeds of discontent, instead of the true seeds of Love, trust and happiness, are not the highest teachings, because lacking in the essential of universal Love. A philosophy which causes its students to pretend love for everybody and every thing *except* each other and the things around them, is somewhat lacking in the true spirit of Love, as well as in wisdom. philosophyconvincingly teaches universal Love and that your Love should begin at home, with yourself, in the changed attitude which can truly love common things and common people however glaring their shortcomings. When we understand the underlying laws of things, we will perceive the Infinite promise which lies below the surface of the most lowly exterior. Will we then have the heart to condemn these lowly works of the Divine creative law? Most emphatically no. Nor will we be too hasty in discarding the common things of external life, for in our changed attitude will we extract happiness from them instead of misery or discontent. Hold the thought: *I-love-my-life,-and-all-manifestations-of-life. I-love-the-law-of-life-supremely.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

3. Ideals. It is always the tendency of your highest ideals to become externally real. The perfect ideal is the only real, in the absolute sense. You are what you wish to be, yes more. Hold to your ideals, and they will quickly become externalized. Array on their side instead of against them all the powers of your imagination, your desires your faith, your intuitions, your understanding of basic laws, your love and your will. Use every intellectual and spiritual faculty as a means of giving clearness and definiteness to their outlines. Be sure that your ideals are in line with your individual tendencies, and the natural laws and higher tendencies of the human constitution, for otherwise their powers would act as a booomerang and bring you evil instead of good. Nature's forces are so constructed that its only method of self protection is the boomerang. A deep insight into the constitution of man is an absolute necessity in the work of happiness finding. Formulate your ideas in the silence and when the mind and forces get thoroughly stilled, hold those ideals in thought and mentally see them grow into perfect fulfillment. A useful affirmation would be: *I-am-my-higher self,-my-power-to-think. My-ideals-are-the-real,-for-otherwise I-could-not-think-of-them. The-highest-ideals-and-powers-must-become-manifest-through-me. I-demand-a-better-body,-better-mental-powers,-better-surroundings-and-all-that-could-make-life-better-and-happier.*

4. Philosophy pertains to the principles or science of life. We must live and therefore should live scientifically. The purposeless man or woman is an object worthy of pity. The one who pursues the wrong objects and methods of life is little if any less pitiful, and yet that is the almost inevitable result of neglecting a serious and intelligent study of the philosophy or science of life. The real object of all, is directly or indirectly, happiness. Universal experience teaches that it is rarely attained, and the cause must lie not in

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the absence of its existance but in failure to perceive and follow the right methods, through ignorance of the true science of life. The cause of all misery is ignorance. By your neglect of esoteric philosophy you are perhaps choosing failure, disappointment and misery. Do you not understand why? What folly! But do not cry over the past. The present and future are yours. Hold the affirmation: *I-desire-to-live-each-moment-for-my-best. I-concentrate my-forces,-that-my-spirit-may-teach-me-the-way-of-life. I-seek-the-mood-of-power-and-happiness. I-invoke,-from-within, the-power-to-maintain-that-mood. I-will-learn-and-apply-the true-science-of-Being.*

5. **Method,** order, system, good plans and good management are indispensibles in the attainment of true business success. These qualities should have a spiritual origin and should be led by the "Holy Spirit" within man. In that way they become avenues for a constant outpouring of new ideas and spiritual power. This "Holy (whole) Spirit" should be thoroughly awakened, before plans and methods are finally adopted and should then be kept active until they are fully carried out. Thought-concentration as the true method of awakening it, should therefore also be habitually practiced as a means of keeping it and its congress of mental faculties duly active and in power. To be led of the "Holy Spirit" means to be led of the *whole* spirit and is the only method of insuring permanent unity in the action of the faculties. Until this is done the faculties which represent order, system, method etc., are not likely to entirely fulfill their important duties. Hold the thought: *I-am-led-of-the-spirit. I-am-reposeful,-orderly,-methodical,-deliberate-and-concentrated-in-all-that-I-do. I-act-from-the-whole-spirit or-higher-self. My-every-undertaking-must-be-successful. I-invoke-the-wisdom-and-leadings-of-the-spirit.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

6. Rule Thyself. "He that ruleth his own spirit is greater than him that taketh a city." Our true work is always at home with the cause. The soul is all related. In ruling it we gain conscious command of its endless correspondences. We cannot rule it except by forming a partnership with the all-related law of force, or spirit within ourselves. Silent communion with the interior spirit is the true vibratory thought method of forming this partnership or "everlasting covenant" with the God within. The vibratory fusing power of loving thought communion with this soul of your soul and life of your eternal life, serves to form an ever widening web, or sphere of influence and power, which is solid to the core. Its backing is omnipotent law itself. As it permeates not only your thought consciousness and bodily organism, but also your surrounding environments, it gives an upholding spiritual power which enables you to float to success in your every undertaking, and without the necessity of much bodily or external exertion. Improved bodily and mental conditions keep the working machinery in perfect condition and remove the possibility of friction. Worry, anger, etc., cannot enter a soul which thus becomes permeated with the faith and power of Divine Love. Follow this devotional method of permeating your soul and surroundings with the eternal fires of Love. Hold the thought: *I-now-form-an-everlasting-covenant-of-Love-with-the-Father-within. I-commune-with-this-innermost-essence-of-my-soul,-or-power-to-think.*

7. Desire. When the desires are properly controlled, their vibratory forces thus become converted into spiritual power. Women naturally loves the man who is almost bursting with amative force properly controlled. All the natural desires are, in essence, but a desire for happiness, and if normal in their action are capable of yielding happiness. Love instinctively desires to give happiness. Love was the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

underlying impulse from which all desires originated. It is only through Love desires that the outward manifestation of Truth—the Father—becomes possible. If it were possible to "kill out desire," as so many metaphysical teachers so ardently but ignorantly advocate, to do so would also do away with the manifestation of Truth. Vibration becomes possible only through the desires and tendencies of a thinker. The essence of desire is necessarily thought, and its expression is the object of a thinker, for desire normally gratified, brings the consciousness of happiness—the object of creation. Man was born to be rich. His desires and powers imply the need of something more than a mere subsistance. Hold the thought: *I-will-subdue-my-desires-and-thus-hold-my-forces-so-that-the-pressure-of-desire-and-power-may-become-greater. I-demand-the-happiness-which-external-life-was-intended-to-convey.*

8. Continuity. Americans as a rule are comparatively brilliant, but if the scatteration of the forces continues to be cultivated at the old rate, this brilliancy will be almost as short lived as is the flashlight of Fouth of July fire-works. But its cultivation will not continue at the old rate. Life Scientists have already called a halt and occult students are rapidly forming the van-guard which will demonstrate the desirability and necessity of concentration, or of massing power, instead of merely scattering it. The brain faculty of "continuity" is one of the weakest in the American head and character and constitutes a glaring defect. It can and should be cultivated by the practice of concentration in thought and act. There is power in calmness and repose. The leaders in the social, intellectual and business world, do not act as though their clothing was lined with yellow jackets. Their walk and actions at least suggest the possibility of the interior activity of the thoughts. They are not the ones who march in our St. Vitus' parade. Try to be more

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

reposeful and concentrated in your thoughts and acts. Cultivate the reposeful mood. Do not allow the thought forces to go ahead, from the act in hand to a proposed act of the future, unless perchance, you wish to train for failure instead of for success. The permanent mood of success is more important than is outward acts which are lacking in calmness, deliberation and repose, for the real activity is in the thought world of vibratory forces. Every act offers an opportunity for thought training and thought control. Hold the affirmation: *I-steady-my-forces——steady——steady——. I-maintain-reposeful-moods-of-success. I-feel——the-consciousness———of——power——. I-infuse-this-power-into-all-that-I-do. It-upholds-my-every-accomplishment.*

9. **Freedom.** There is nothing so precious as wisdom. Ignorance is the only bondage. The only true freedom is perfect co-operation with natural law. "The truth shall make you free." We are bound by the tendencies and laws of our constitution to finally conform to the perfect universal principles underlying them. There is no vow or power that can permanently bind us to a method of wisdom getting which is wrong or limited. Thought concentration is a method of wisdom-getting, or of co-operation with the interior force-massing law of our constitution which is *unlimited* in its possibilities. Force-massing or wisdom-getting is necessarily a matter of shackle-removing. Nothing but ignorance concerning the laws of force, has power to bind or limit the action of our forces. Every instinct within human nature will demand co-operation with the laws of the human constitution, simply to the extent that such co-operation is perceived to be the method of yielding the most personal happiness. That is why ethical principles cannot be taught with entire success, except in connection with the life philosophy which proves that the instincts of selfishness—fidelity to the higher self or individualism is at one

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

with the universal laws of Love and right, and that man cannot afford to transgress any moral law. Meditate upon these perfect adjustments which make it impossible to obtain perfect and permanent happiness, success and power except by intelligent obedience to the perfect law of Love. Hold the thought: *I-am-free. The-law-of-Love-is-my-life. There is-no-bondage-in-Love. I-demand-self-knowledge-and-wisdom -that-I-may-conform-to-the-perfect-law-of-my-constitution.*

10. Divine Chemistry. The one law of vibration, or cause of force, is all and within all, and therefore overshadows the workings of all with its Divine harmony and omnipotence. There is no inharmony except in the surface vibrations of externals. If we would become at one with the interior harmonies of this universal chemical compound, we need only to get into oneness with its overshadowing law within ourselves There, all is peace, order, repose and power. When prairie dogs become alarmed they dive into their holes. When we ignorantly become alarmed or immersed in the retarded, discordant inharmonious surface vibratory currents, we have within ourselves a place of refuge and of harmony which can be reached without diving, viz, through thought-concentration.

Let us go there now by simply changing the attitude and activities of the thought consciousness to that introspective stillness and "peace which passeth all understanding." Hold the thought: "*Peace-be-still.*" Thus still the over-activities of the senses. Reposefully hold the thoughts to a center. If they wander, then quietly haul them back, and keep doing so until they get steady and concentrated. As they get started toward the involutionary consciousness, the task becomes easier and easier until all becomes blissfully steady and peaceful. Do not too quickly disturb the mood thus attained, but carefully avoid allowing the consciousness to drift.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

11. "Let there Be Light and there was light." Let there be the manifestation through you of your inherent powers. Let there be that illumination of your soul, which will make such manifestation possible. Let there be absolute fidelity, on your part, to the basic principles and thought methods through which such illumination comes as an inevitable consequence. Let there be unwavering devotion to the philosophy which teaches those principles and methods. Let the Holy (whole) Spirit within, speak through you now. Let it say unto you and all, "this is my beloved Son in whom I am well pleased." Let its natural laws have uninterrupted access to your consciousness and to every atom of your being, so that by co-operation with this interior Father principle or law, it may be truly said of you, "*I-and-the-Father-are-one.*" Let this benediction of the spirit "rest upon you and abide with you now and evermore"——

12. In the Beginning was the word," and man is God's messenger in carrying "the word" or law of life, into manifestation. Each thinker must in time manifest its ultimates. Listen in the silence for the "lost word." Perhaps the "still small voice" within, will whisper it to you. Perhaps it will say, *I AM* it. Carry me—the real me—into the world. Preach to all creatures the law or gospel of man's inherent Divinity. Teach all to uplift the eyes of faith and trust, as a means of knowing and seeing this God within themselves and others. Blessed are the true messengers of these glad tidings. We each are God's messengers. Truth and Love are the staple commodities in which we should deal. Loving hearts will bless us to the extent that we thus bring to them the true bread of life. Our opportunities for loving thought co-operation are always at hand and especially at the noon hour when the Sun is at its zenith. The Sun then casts no shadow, and there is no shadow of ignorance too dense for the arrow of loving thought to then penetrate.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

The true beginning is of course within ourselves. We should penetrate the depths of our own souls and find that "lost word" which, from the beginning, has been the message of Truth or God, which we are to carry to all nations. Hold the thought: *In-my-beginning-was-that-word-of-Truth-which was-and-is-God-and-man. I-am-its-messenger. I-listen-for-its-message-to-my-heart. It-fills-me-with-joy-and-power.*

13. **Genesis.** "In the beginning was the word (Truth or vibratory law) and the word was with God and the word (or law) was God." The genesis of *rapid* evolutionary strides is that love of self-knowledge and consequent fidelity to, or co-operation with, the interior evolutionary law (God) which awakens its more powerful forces and therefore more rapidly fulfills its manifesting mission. "Tne Truth (or knowledge) shall make you free" is noticably in harmony with vibratory law and therefore can be absolutely relied upon, for all things are but the outcome, or products, of vibratory law—Truth—God. Our discovery of the cause of force, or law of vibration, was made entirely independent of the Bible and without even a thought of consulting it, but was afterwards found to be singularly in accordance with its esoteric teachings, not only regarding the creation, or Genesis of all things, but also with the whole Biblical account of the work of manifestation, or history of the soul. This all-sufficient key to scriptural interpretations throws a flood of light upon these sacred teachings and soon will, in connection with this work, be dealt with in a way which is bound to bring conviction to thousands who now doubt that the Bible is either scientific or true. Hold the thought: *I-now-polarize-my-forces-to-that-interior-causal-law-which-is-God. I-demand-its-esoteric-knowledge-that-I-may-manifest-its-omnipotence. I-invoke-its-blessings.*

14. **Biology.** True biology, or the science of life, necessarily revolves around the one law of vibration. Biologists,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

scientists and all great thinkers, have hitherto been in the dark concerning the origin and true science of life, simply because they did not understand this underlying law of vibration. Many of them deeply realized the importance of understanding it and that hardly any great question of philosophy, or of life, could be finally and absolutely disposed of, until the exact workings of this law is clearly understood and explained. If they could but believe and understand the fact that it is so explained in our course of study, they would allow nothing to prevent them from taking it, simply because nothing else could give such an impetus of success to their investigations and efforts: nor is there perhaps any one thing of equal importance to the lay mind, or ordinary student who would understand and conform to every condition which makes true success and happiness possible. These are of course strong statements, but they should be convincingly self-evident to comprehensive, thinking minds. From an understanding of this law, has evolved numerous scientific principles of life and thought practices, which are taught in our course of study and the Brotherhood degrees. The chief practice is this one of daily thought-concentration. Its underlying and related principles must be understood before its deepest esotericism can be entirely perceived; but we can each practice it even now, to at least some degree. Through practice we will gradually obtain deeper and deeper perceptions of its methods, its importance and its possibilities. Hold the thought: *I-am-the-law-of-life. I-will-understand-myself-and-the-science-of-true-living. I-delve-for-knowledge-to-its-true-source-within-myself.*

15. **Adam's Rib** or support in the work of manifestation, was his positiveness or outgoing evolutionary tendency. From this positive pole, support or vertebra of manifestation, was made its corresponding negative pole or counterpart—woman, ("Eve.") There can be no positive without its cor-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

responding negative, and in that sense "It was not good (or even possible) for man to be alone." The positive or masculine and the negative or feminine principles in nature, are necessarily exact counterparts and equals. Man represents the outgoing or evolutionary tendency and in that sense is "first" or the 'head" of the family in the work of universal manifestation. But woman represents the involutionary indrawing tendency to polarize back to Truth—the Father principle, and in that sense lies still nearer to the heart of God. Woman has more than ordinary capacity for successful effort in the coming spiritual evolution or revolution, because she is especially representative of spiritual and spiritualizing forces.

scientists hold that man and woman need not and should not be separated in any part of the higher evolutionary road. The law of life in man and woman alike, is both masculine and feminine in its principles, and therefore is to be finally manifested in its fullness in each individual life. But man and woman are natural helpers or help-mates during the entire process of soul evolution, even in the work of regeneration or conservation of the sex forces. Each student should know why and how, as a means of understanding how to make those fine adjustments in the sex life and in the relations of the sexes, which means so much in the way of happiness, power and true success. As it is, a large percentage of students ignorantly permit themselves to be real enemies instead of rightful helpers of the opposite sex, in leading the higher life. Hold the thought: *How-can-I-better-adjust-my-sex-life-and-relations-with-the-opposite-sex. I-demand wisdom.*

16. Virgo Vibrations. The Zodiacal sign Virgo, which is now in power, is, to a large extent, representative of the law of vibration. It is therefore desirable that we utilize its chemical powers in harmonizing "mind, body and estate."

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

We should perhaps begin with the mind, for "As a man thinketh, so is he." We should try to weed out the crudities of thought which have perhaps resulted from carelessness, from prejudice or conventionality, from ignorance and from the now obsolete traditions, founded upon ignorance, which we have perhaps inherited from ancestors or from the race thought.

Our thinking is too largely a matter of mere geography or heredity, as may be known perhaps by our politics, our religion, or our conventional ideas. We think or accept things, whether true or false, simply because parents, friends, acquaintances or the public do. How few there are who have the independence, the vigor and the thoughtful discrimination, to thing and act from *principles* which are *true* and to discard commonly accepted errors. Silently review your principles and your methods of thinking and acting. Are they truly representative of the soul and of the independence of Truth? Hold the thought: *Truth-is-my-reliance. I-dare-to-live-for-it. I-will-manifest-it-in-thought,-act and-deed.*

17. The Virgin, or Virgo, symbolizes gender, femininity, purity, conservation, thought concentration, magnetism, involution and the first vibratory fruits of the law of vibration itself. This law is the polarity which makes all of these things possible. Thorough thought concentration, purity, the forgiveness (or wiping out) of sins, and true virginity, are always possible to both man and woman. Thought concentration is feminine or magnetic in quality and involutionary in character. Man's true love is that interior law which is God. His forces being electric are in need of its magnetic balancing power. That law, being both masculine and feminine, is likewise woman's true ideal and polarity. The very indrawing or intuitional and involutionary tendency of her forces is what makes them magnetic instead of electric. If she

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

would retain or reclaim her virgin purity, let her be true to this tendency and intuitional power of her nature.

To invert the intuitions by ignorantly using them as a channel for the reception of external psychic forces, is to unconsciously lose one's true virginity by thus inviting and having semi-carnal or psychic intercourse with passion psychisms with which the invisible during sleep and at night is swarming. During sleep nearly all of the brain activity (and consequent psychic affinity) is through the Cerebellum or amative faculty. Sleep is a process of concontrating the forces which act chiefly through gender, of which the amative faculty is representative; but its true objects cannot be entirely fulfilled, so long as our wrong thought habits set up causes which invite dreams and invert the action of the intuitions, making of them an avenue for the reception of psychic leaches. This may seem horrible, but is nevertheless true and is the natural consequence of wrong thought habits and lack of habitual observance of the practice of true thought-concentration. These principles apply to both man and woman alike. Who are our perfect virgins? "Who will cast the first stone?" Hold the thought: *I-regain-and-retain-sex-balance-by-loving-devotion-to-that-interior-law-which is-God.*

18. Touch and Touchiness. Sensitiveness to harmonies or inharmonies implies discrimination if free from what might be termed "touchiness." The wasp is touchy. Sensitiveness should mean something more than a waspy condition of disordered nerves. It should mean that adherance in consciousness, to the higher self, which brings to us the discriminating powers and leadings of its chemical law. Thus may we obtain and follow its leadings even in the details which pertain to everyday life and particularly in the more important events of life. If we would find, trust and follow those leadings in the choice and use of foods, we

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

would be less apt to clog the system with an oversupply and thus throw upon the nerves and vital organs a load which makes them "touchy" as a mere matter of self-defense. Discrimination in regard to the selection, quantity and use of foods, etc., is a Virgo characteristic which we should cultivate even when under the influences of other Zodiacal signs. Hold the thought: *I-govern-myself-by-true-basic-principles. I-am-sensitive-to-the-leadings-of-the-higher-self. I-exercise-spiritual-understanding-and-discrimination-in-all-things. My-own-comes-to-me. I-do-not-attract-inharmonies.*

19. Mechanics. The universe might be regarded as a complicated but perfect machine. The law of vibration is its secret. This law explains the whole and likewise the general workings of its every separate part. To comprehend the whole system requires a cultivated and active mechanical instinct. The constructive faculty acts with reference to thoughts, ideas and principles, as well as in connection with things commonly regarded as purely mechanical. If we would understand ourselves or the exact workings of our power to think, we must use our mechanical and other faculties in studying and comprehending the all-inclusive law of vibration, and also the various functions, relations and inter-relations of our forty-two or more mental faculties. All successful accomplishment, including the building of machines, necessitates a general understanding in advance, of the objects to be gained and of the adaptations and methods of action of each part or factor in the structure. What is your problem in life? What is your purpose, your methods of accomplishment and the weak points, if any, in those methods? Silence your every sense and faculty until the spirit within, pushes for utterance. Then, if possible, answer the question while each faculty is at its best and filled with the spirit which is all, within all and overshadowing all. Hold the preliminary thought: *The-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

spirit-of-silence-within-is-my-refuge-and-strength. I-demand-a-consciousness-of-its-holy-presence.

20. Conscience is that inate monitor or faculty which functions the desire for abstract right. Its sense of right becomes educated through bitter soul experiences covering ages of time. The fearing faculty of "caution" which "dreads the fire" of repeating such experiences, is its right hand man. Conscience acts according to its highest knowledge of right and wrong. It is dependent upon other faculties for this knowledge. At its best it is but representative of negative right. It is the law nature, or "shalt not," of the last nine Biblical commandments, and cannot become perfect until it is inspired by the "thou shalt" of the first commandment of Love. Conscience, when backed by fear, superstition, ignorance, intense selfishness and over-abundant executive force, hangs or burns "witches" as a "religious principle" (founded on ignorance). Perhaps you are yet hanging or burning the witches of new spiritual thoughts, principles and truths. If so you are thus using your powers in consuming your own possibilities, prospects and opportunities. You thus cheat yourself of progress and happiness. Try in silence to awaken within yourself that loving spirit of understanding which "casteth out fear," ignorance and penalties, and which is ever receptive to the bewitching influences of interior spiritual forces and truths. Hold the affirmation: *I-demaud-a-perfect-understanding-of-the-principles-of-life. I-demand-power-to-conform-to-those-principles. I-respect-all-forms-of-life. I-demand-wisdom. May-the-spirit-bless-me-and-mine. The-world-is-my-family.*

21. Sensitiveness to the interior law should and will bring foresight and perception; but not the deceptive psychic serpent of receptivity to mere externals. During thought-concentration we should become passive, negative and receptive to the inner vibratory forces *only*. We cannot

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

exercise too much discrimination at this point, and at all times should religiously rule out every external psychic stranger which knocks for admittance to the thought consciousness. If we open up these psychic doors, or intuitional avenues, for such strangers to enter, they will act upon the passional faculties during sleep and drain us of precious forces without our even knowing it. We will find it impossible to entirely conserve the reproductive vibratory fluids, so long as we neglect and misuse thesethoughtpractices of concentration, which, when wisely used, by awakening and maintaining the true interior flow of vibratory force, thus protect us from all less positive external forces. If we would insure a constant supply of that interior joy-giving force, from the higher self, which also gives us power and efficiency in action, we must exercise due fidelity to the true principles of thought concentration. There is no other satisfactory way. Hold the thought: *I-am-true-to-my-higher-self. I-practice-the-true-principles-and-methods-of-thought-concentration. I-draw-upon-the-interior-vibratory-forces-only. I-am-my-higher-self.*

22. Clairvoyance. A large percentage of those who investigate the mysterious workings of nature's finer forces, are led to do so through an interest in some of the various forms of psychic phenomena. Thousands never get beyond this mire-hole of so called metaphysics There are countless thousands, even of those who perhaps have never heard of psychic phenomena as such, who are fairly reeking with its filth and miasma. In fact there are perhaps comparatively few who adhere to basic principles and methods with sufficient fidelity to entirely free themselves from all taints of these inversions of those principles. The clairvoyant or intuitive faculties are designed by nature to act as an avenue through which the thought consciousness can get Truth, power, harmony and happiness, at first hand, direct from the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Infinite vibratory law of force or fountain of Truth and omnipotence within. This use includes all other uses of these faculties. As "all things evolve from within outwards" there is no need whatever of that inverted action and receptive condition of these clairvoyant faculties which would enable them to sense things and conditions from without, and thus open the thought organism to the harmful action, during unprotected periods, of every psychism and force-current in the invisible. There is no way to entirely prevent such consequences except by avoiding their cause, or in learning and conforming strictly to those principles of philosophy and of thought concentration. Hold the thought: *I-draw-on-the-inner-vibrations-only.*

23. **Psychometry**, like Clairvoyance, offers alluring and seemingly innocent methods of prostituting your powers. The line cannot be too sharply drawn against it. Exercise judgment and great discrimination in your methods of thought concentration or you will tumble into the psychometric pit falls. The feminine mind is peculiarly susceptible to such dangers, and particularly so during the coming month when the Libra Zodiacal influences are unusually strong. Steady your senses and thought forces. Calmly and reposefully inhale a long breath of fresh air. At the same time silently hold the sacred syllable OM, and think of it as the inner principle of life itself. Then as the breathing becomes reposefully natural, take a small stick in both hands, grasping it as lightly as possible. After a moment of repose, let the hands very gradually tighten their grasp until considerable strength is finally thus exercised. Continue to silently hold the syllable OM, and to think of its life-giving powers. Repeat the whole operation several times and watch your sensations as you do so. If you thus gain new life and its consciousness of power, you could, if desired, repeat the entire process every half hour or hour during the day. This could

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

be used as one means of improving your health, but as there are many principles involved and things to be considered in the matter of preserving or regaining health you should make a careful study of the entire subject either through our Brotherhood degrees or otherwise.

24. Psychic Power. As a rule, every power increases by use, but psychic powers cannot be increased or even preserved, through the ordinary methods of their use, or rather misuse. Those methods deplete and scatter the forces and therefore lead in the direction of psychic insanity. The alarming increase in insanity is due almost wholly to those and other methods of depleting the soul powers. To use the psychic faculties in clairvoyant ways, is to cultivate moods which not only carry the consciousness out of the bodily temple, but which also act as doors through which swarms of psychic demons can enter and rule. The disconnected and disjointed words, thoughts and actions of the insane, are but spoken wails and silent echos from the psychic or unseen world. Insanity is nearly always accompanied by some perversion of the sex functions, which, in most cases, is caused by thus becoming a victim of psychic vampires who live on these borrowed vibrations of sex forces. To psychically step out of the body, is to turn traitor against the individuality and interior God. There are countless thousands who ignorantly do this, and the only way to entirely avoid it is by the force-massing practices which life science offers. That vacant stare and soulless expression, which is so common with people who have dried up, at least so far as their interests in life are concerned, is due to the thought scattering and other methods of stepping out of the body. As you concentrate and become silent today, let the thought reposefully dwell upon that life interest which lies nearest your heart. Hold the thought: *I-will-wisely-gratify my-deepest-desires. My-constitution-is-holy-and-righteous.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

25. Psychic Perception. Libra characters are, as a rule, liberally endowed with the powers of psychic perception. They should exercise great wisdom in their use of such powers. These soul capacities are organized largely through the concentrating powers of gender or sex. Their use of these powers determines, to a large degree, whether or not they will balance the scales of Libra. Libra is representative of the reproductive nature. The scales of Libra justice, must become balanced at that point of conservation (of the sex forces) where true transmutation and regeneration becomes possible. By thus conserving the psychic germs which are organized through sex, the Libra perceptions and intuitions are quickened and become almost infallible.

If you would become truly illumined, then go to that interior source of light where there is no darkness or ignorance. Hold your thought consciousness as a medium for that light and it will shine more and more through your every outward act. Light is an indispensible of life. To turn your psychic or intuitive faculties to the without, is to allow foreign bodies to enter and produce perhaps a total eclipse of your Sun of life. This tends to shut you off from your life supplies. Hold the affirmation: *I-have-the-perception-and-spiritual-understanding-to-apply-those-interior-methods-which-produce-spiritual-illumination. I-see-God-face to-face,-to-the-extent-that-I-find-the-within.*

26. Foresight. Let us set up vibratory causes which will surround us with an armor of protection against mistakes. Let us create those constructive and harmonious interior thought currents of Infinite good which will protect us from accidents, emergencies, scandals, fires, robberies, burglaries, etc., so that when the brick accidentally falls from the scaffold, we will not be in its thought current. The intuitive faculties act with reference to things which mere reason cannot know of—because dependent upon facts not

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

yet transpired. They send spiritual forces or thought currents ahead of the body and thus create that so called good luck, or foresight, which is the natural result of being led of the spirit. We are, by our moods of mind, constantly creating thought currents good or bad, but should at times start more positive and specific spiritual forces, and with definite objects in view such as the attainment of foresight, protection, spiritual perception, etc. Hold the affirmation: *I-now-surround-myself-with-a-spiritual-armor-of-protection-against-all-harm. I-live-in-the-thought-currents-of-Infinite-good. I-demand-wisdom-and-foresight. I-am-led-of-the-spirit-to-the-right-thought,-the-right-speech-and-the-right-action,-at-the-right-time-and-in-the-right-place.*

27. Sagacity and shrewdness are terms which, as ordinarily used, imply dishonesty, trickery and deceit. True sagacity avoids trickery and deceit as it would the leprosy, in the sure knowledge and faith that the eternal laws of Right, Justice and Love must inevitably prevail. Such sagacity is the product of that deep insight which is able to mentally penetrate to the heart of things, and to understand their interior workings and methods of action. To thus send the thought forces to the interiors of things, is to set up attractive causes or force currents which will lead them to action, therefore sagacity is, to an extent, that co-operation with and perception of natural laws, which *creates* the causal forces that bring its subsequent success. Begin with yourself. Penetrate in thought to the interiors of your life methods, and exercise true sagacity in finding and removing the obstructions and barriers to your success. Is your health perfect? Then make it so. Is your business righteous and sufficiently successful? Then ferret out the weak points. Are you happy and joyous? Are you fulfilling all the responsibilities of life? Self improvement should be the keynote to your efforts in thought concentration, for with

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

it comes powers and opportunities, the very attainment of which brings many consequent achievements. Hold the thought of spiritual insight regarding the undercurrents of your own life, also the affirmation: *I-demand-the-insight-to-penetrate-to-the-strong-and-weak-points-in-my-life-and-life-methods.*

28. Divine Inward Breath. We imbibe life by a trinity of methods and sources, chief of which is the divine inward breath. Foods are dependent for their assimilation upon pure blood. That in turn is dependent upon breath or oxygen, as a means of removing dead tissues and building up new ones; and the power of common oxygen, or breath, to do that, is dependent upon a certain impulse of life which might be called spiritual inbreathing, or the divine inward breath of scientific devotion and thought concentration. This latter principle, if properly applied to health, would yield better results, even from a poor and limited supply of foods and oxygen, than could be obtained from an abundance, but with its absence, therefore should be given thoughtful attention by him who would know what true living means. Your mentality is your soul principle, or life. Properly cultivate your forty-two mental faculties, and good health as well as happiness and success will follow. Silently steady the mind and then think of your higher self as an everlasting law of life. By properly holding this in the consciousness, you gradually eliminate from the consciousness the fear of and tendency toward physical death. Hold the affirmation: *I-am-that-indestructible-and-omnipotent-evolutionary-law-which-is——all——and-within——all-here——and-everywhere——now——and-forever. I-am-now-conscious-of-its-holy-presence.*

29. Drawing on The Unseen. The air is unseen. By your attitude of mind try to convert the oxygen of air, into the higher vibratory force of true life. Let the process of com-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

bustion or transmutation take place between this coarse form of oxygen and the higher potencies of the divine inward breath. Thus may it become converted into an ecstacy of physical life. Reposefully breathe deeply, and as you do so think of your fondest and highest life hopes. As you exhale, think of those hopes as purposes which are now being accomplished through the unseen powers of breath backed by divine law. The breath thus acts as a carrier for potent thought forces. After a few slow repetitions of the above, then substitute the syllable *OM* as you inhale, realizing at the same time that you are thus drawing nearer to the true home of the soul, or law of life and power within yourself. As you slowly expel the breath, think of these powers as going to your every environment. After this practice has been slowly repeated for a few times, then slowly extend the arms with palms downward, using only sufficient stength to hold them up. As you slowly inhale, gradually close the hands and tighten their grip (not too tight) until your lungs are *full*, then hold the breath and try to feel the pleasant sensations of the nervous system and of the incoming life through that avenue. There are important esoteric reasons for doing this and for frequently repeating the process. The entire subject will be thoroughly dealt with later.

30. The Holy of Holies. There is no reason why the noon hour cannot be made the most pleasant and profitable of each day. As the higher potencies of thought concentration are reached, its vibratory powers to bless, will increase, until finally it becomes a holy of holies second only to that interior holy of holies from which its rich blessings are derived. Utilize the hour today in reposefully reviewing your noonday experiences of the month and in picking out the brighter ones as helps for the future. By thus building their essences more deeply into the subjective mind you will be stronger, better and nobler in every way. It would be de-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sirable to resolve that some part of each noon hour during the coming month will be devoted to this practice, and if you will note your progress by recording in a book kept for the purpose, the best thoughts, impulses, etc., which come to you from time to time, you will doubtless find the practice interesting and important in the work of character-building.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Part Forty-One—Test Questions.

641. Is matter permanent as an original essence or is it but transitory?
642. What is an "atom"?
643. Are all so-called "atoms" divisible and porous?
644. What are the proofs?
645. Does this destroy the so-called "atomic theory"?
646. Why?
647. Is the law of vibration the essence of every soul?
648. How is it possible for all individuals in their basic soul principles to each possess this same law?
649. Is that law the central polarity which preserves the unity of the universe?
650. Why?
651. What caused man's original impulse to think?
652. Is that cause, and likewise its result, indestructible?
653. Why?
654. Define the terms, personality, individuality, the soul, the higher self and the spirit, in their application to individual man?
655. May these be likened in their permanence to the leaves, the branches, the body, the soul and the spirit of a tree?
656. Does the relative permanence and importance of these in a tree in any way correspond to the repeated incarnations of man's personality, and if so, why?

It is well to clearly comprehend these relationships as a means of judging values or of measuring the relative importance of the things which go to make up an individual life. The body or personality is preserved only by its connection with the individuality, soul and higher self, therefore, to live for things that are permanent tends to lengthen the life. Prayer or concentration by right methods helps to relate the forces of the body with that which is eternal and indestructible. The average clergyman lives long, even though his prayers are imperfect and inadequate as compared to what is possible when the laws through which prayers are answered are clearly understood. Use the daily concentration subjects as a help in your prayers.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
No. 42

Mary D Richmond



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 42

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG . 5 1972

L161—O-1096

E

In placing ... **two lessons** ... **proved form** ... **has already** ...

Each of th ... as each deal ... practical app ... they, togeth ... time. This ... tions which ... knowledge t ... through the ... It will be ... and practical ... In fact it, alc ...—to the law ... verse are fo ...

All the st ... black and w ... reviewed, if ... statement w ... lenge any or ... tain to that ... receive the ...

There is ... one Science ... have used ... being techn ... of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.42

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

29 Fe 25

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 852 test questions which are brought out for review

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty-Two—Test Questions.

657. What is the general character of the forces which at all times surround us?
658. To what extent, if any, are the disintegrating forces of those who are but recently dead, attached to the scene of their past bodily activities?
659. Would these forces tend to centralize in densely populated localities or in particular sections of cities?
660. Why?
661. What, if any, other invisible factors are there which would characterize the force-currents of large cities?
662. If so, why, and in what ways?
663. Would the selfish or sensuous thoughts and longings of the multitude tend to qualify these force-currents?
664. If so, why?
665. What quality of disintegrating forces would these naturally attract?
666. Why?
667. Would the law of polarity divide into two great centres the positive or good and the negative or so-called evil forces of the world?
668. Would these great force currents tend to unify into classes, organizations and localities?
669. If so, why?
670. What, if any, existing organization, locality or nation represent the strongest and best force-currents of the world?
671. What, if any, is representative of the worst?
672. What will these have to do with "the coming conflict of nations, classes and organized powers?

The intent here is to open up a fruitful subject of philosophic inquiry. It is well that these factors of life be studied in connection with current events. It will expand the mind and tend to give it a greatly increased interest in the drama that is silently taking place almost unobserved and before our very eyes. These questions have their practical bearing in your life as time and events will quickly prove. The world is awakening. Great changes are about to take place. They can be foreseen by those who adequately understand the causes now at work.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Concentration Methods and Helps.

Copyright, 1899, by Ernest Loomis.

1. Economy of Force. External life, or activity, is a species of force-spending, exhaustion, or dying. The processes of life and of death within the human organism, are so interrelated, that each seems to be the other. The constant work of destruction is a process of life, which is ever arranging the forces into new forms and more in line with the universal laws. These laws themselves, together with our consciousness of them, are the only things which are fit to finally and eternally survive. The destructive principle in nature is constantly hinting to man, that he *must* build into his consciousness a complete knowledge of the universal laws. Knowledge gaining is the only process which enables him to permanently survive. Perpetual youth, great power and keen happiness is possible to each one who will but learn how to create force as fast or faster than he spends it. The most simple act, even the involutionary act of breathing, is a process of tearing down and casting out worn out life tissues or vibratory forces, and at the same time replacing them with new and better ones. The machinery of the body will gradually wear out, unless we learn how to make it perform its most simple functions in the light of deeply esoteric knowledge. Let us silently breathe these deeper laws of our being into our external consciousness through thought-concentration. Use the affirmation: *I-now draw-force-direct-from-its-law-within-myself. I-demand-to-know-and-follow-the-best-methods-of-thought-concentration.*

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

2. Nervous Prostration. The cause and cure of all disease lies within the range of man's forty-two thought faculties. The harmonious activity of those faculties necessarily produces harmony in the action of their consequent vibratory forces. Nervous prostration is the result of force-wasting and force-scattering, or of casting unnecessary burdens upon the force-centers. Thought control would enable us to avoid force-scattering. The due exercise of our thought faculties would result in habits of eating, drinking, breathing, etc., which would not clog the system with an over supply of food. Nature, however, can stand much abuse, providing its life impulses are sufficiently strong. The cultivation of happiness giving life impulses is something that cannot, with impunity, be neglected. Life is vibration. Its true source is within. To impede its forces by lack of interest in the common things of life, is to prostrate the nerve centers. The creation of positive and negative poles, or masculine and feminine principles, is the original impulse of life, or nature, which resulted in vibration and its manifesting powers. This love between masculine and feminine, if interrupted or perverted, impedes the life forces and is one of the most common causes of nervous prostration or diseases. Love is basic in the human constitution. Become scientific in expressing your Love nature and your general life interests, or loves, and the impetus of life, will do the rest. Life Science is the science of Love and of true living. Concentrate upon this subject. Master it. Live the perfect love life. Hold the affirmation: *I-am-Love. I-love-my-God,-my-self-and-all-living-things.*

3. Restoring Balance. "A small leak will sink a great ship." If the forces are not kept in harmony, or balance, they will scatter and waste. Individual tendencies of character indicate the trend of these wastes, and likewise furnish soil for the growth of force-wasting germs which will de-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

stroy the life. Within each unbalanced organism, is a germ of tendency which will finally sink it into the concentrating or involutionary process of physical death. Why not do this concentrating daily, and thus at least counteract or retard the life destroying powers of those force-wasting germs of tendency? Your higher self is balanced. Its forces will harmoniously express themselves through you, if you will but go to it. You can go to it in the silence and thus balance your forces. You can maintain that balance by persistently practicing the thought concentrating silent process which produced it. But will you? Don't unless you want to. It is your matter rather than mine. I most cheerfully accord to you and all others the rightful absolute freedom of individual action which I demand for myself. If you are too blind to perceive the importance to you of practicing these and other life principles, I shall not complain. You are the chief loser. My God is all-sufficient for my needs. Yours will in time awaken you to a realization of your needs, and there is no reason why either of us should unbalance ourselves, or intemperately use our forces by quarreling, simply because the other does not follow our imperfect methods. Let us each choose our own "Infernos" and invite all others to do likewise. To cut off from exter nals by worshiping and fully relying upon the God within, or by fulfilling the first commandment of Love and worship, is a reverential way of telling everybody to "go to h——l." It likewise teaches, by example, how to get to heaven. The h——l of discord will, in time, indirectly teach each soul its needs, and what it is that the human constitution "cannot stomach." As compared with the direct process of scientific knowledge-getting, it is a slow way of regaining a "lost paradise." Restore balance of soul by silently repeating the esoteric meanings of the Lord's prayer.

4. Extremes. "Reaction is equal to action and in the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

opposite direction" is a philosophic law. Extremes of happiness, which have *only* a foundation of externals, are almost sure to be followed by corresponding moods of depression. That vibratory consciousness of happiness which results when the thought is reposefully carried to the law of vibration within, and to its higher harmonies is an affirmation of Being and natural soul condition which is not likely to be followed by extreme depression, or by other negative and unhappy moods, providing the thought concentrating causes which produced the happy mood, is properly and habitually practiced. If we would avoid these extremes of feeling and their unhappy consequences, let us faithfully follow the requisite preventative methods of thought concentration. Let us now try to call up a happy and reposeful frame of mind, or mood. Cease all anxiety and hurry. The soul is in no hurry. It has an eternity in which to do its work. Reposeful moods are essential to its success. Ride upon the shoulders of earth's cares and responsibilities rather than allow them to ride upon your shoulders. Take plenty of time to compose yourself and to nestle more closely to that interior law which is the *I-AM* of your Being. When the reposeful and happy mood of power is today attained, do not be too hasty in disturbing it.

5. Justice. The universe is run upon principles of exact justice. You as a part of that vast universal system, must come into perfect oneness with its justice. To fail in this is to obstruct and retard its helpful force currents in their efforts to act through you. As you live more and more in your interior soul principles, or from your higher self, you will as gradually get into the interior region of absolute justice, where the helpful force currents of universal law are not retarded. Now that the Libra force currents are so active, is the very time to seek deeper and deeper adjustments of your forces with reference to this matter of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

justice. Obtain for yourself the true reposeful mood, then in the silence hold the thought of absolute justice, and as you love your life, your success and your happiness do not fear or hesitate to eliminate from your life every element of injustice. Deal with the underlying realities, or principles, and your efforts to become more perfect in this respect will make themselves known in ways which will attract to you more favorable external conditions. You might hold the affirmation: *I-am-that-all-wise-law-which-is-just-to-all—its-related-parts. I-am-just-to-myself-and-all-others. I-love-all. Love-is-just.*

6. Justice to Self. Both justice and charity "begin at home," but should not end there. Your nature justly demands perfect happiness, through the harmonious activity of your interior forces, and the normal and ultimately complete gratification of your every faculty. This is your birthright. Your mentality is your very life. These thought faculties, desires, etc., constitute your mentality. They were created for happiness instead of for misery. If they were incapable of being finally and rightfully gratified, life would necessarily end in abject misery, for these soul principles, inherent in the power to think, are deathless. Justice to self necessarily includes justice to all others, for the true self is indissolubly related to all others. To be unjust to others, is as unjust to yourself as it would be to lascerate your own flesh. You absolutely cannot change or cheat the laws of perfect justice which underlie your own constitution. God never plots against himself. His only method of punishment is the boomerang. His methods of reward are numberless and all related. You are unjust to others and to yourself, if you teach or permanently permit them to lean upon you, instead of upon the infinite law within. True justice demands that you gently but firmly teach them the divine lesson of self help. The Infinite law within is ever

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

saying: "*Come-unto-me-all-ye-that-labor-or-are-weary-and-heavy-laden-and-I——will-give-you-rest.*" *Rest-now-in-the-silent-harmony-of-that-blessed-interior-voice-and-promise.*

7. Judgment. That justice to self and sensitiveness to the interior law, which comes from within, is likewise the source of sound judgment. It is desirable that you should learn by practice and in silence, how to know from within. Until you do so learn, you will necessarily lean on others instead of upon the only reliable prop or law within yourself. God's method of manifestation is through individualism. The law of Love is but the law of self help, and is the only true means of obtaining individual happiness. It will not permit service to others, except in teaching them to follow the first commandment, to lean upon the God within. Its helps are withdrawn as fast as self-help becomes externally possible. Are you in the habit of promiscuously asking or following the careless and unscientific advice of others? You must in time awaken and follow the true interior inspirations and judgments. Get silent and then search out the strong and weak points in your methods of forming judgments. We become so accustomed to our errors and false methods of life, that we perhaps don't even try to turn on the search-light of our interior judgment, as the first step toward improvement. Hold the affirmation: *I-judge-and-know-from-within: I-use-every-faculty-and-power-in-my-judgment. I-live-from-the-higher-self. I-am-led-of-the-spirit-to-right-thoughts,-right-speech-and-right-actions.*

8. Perception. To "know from within" is to properly exercise the intuitive faculties of spiritual perception. To psychically perceive things from without, is to invert the proper action of those same spiritual faculties. There is where the line should be strictly drawn. Libra characters are very generously endowed with these wonderful percep-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tive faculties, but through ignorance are often the very ones to most outrageously infringe the true methods of using them. To so misuse them is to awaken extremes of feeling and also nature's self-acting penalties. The scales of Libra can become balanced in judgment and perception only when the central law within is found, or properly brought into action. This Libra month is a good time to become mechanically, mathematically and artistically correct in our use of the perceptive and intuitive faculties. In seeking these interior adjustments we are likely to awaken into more powerful action those Libra faculties which bring true inspiration and spiritual illumination. Practice this art in the silence. Hold the thought: *I-perceive-that-thought-method-which-illumines-my-life-with-wisdom,-power-and-Divine-Love. I-am Love. My-Love-is-power. I-attract-all-desirable-things. My own-will-come-to-me. Only-the-best-can-occur.*

9. Reading Secret Thoughts. Try to read your own most secret thoughts. They need the light. Face them squarely, that you may know what you are bringing into your external life, for perhaps it may not be all that you desire. If so you should not lose any time in replacing those secret causal thoughts with others which will build environments that are more to your liking. Many people seem to be afraid to be left alone. Afraid to have any inner life. They keep themselves on the outer rim of existance. They live in their surface vibrations, constantly fliting about like butterflies, and perhaps entirely unconscious of an inner life or of the real undercurrents of desire and thought, which if properly lived in, could bring so much success and real enjoyment. Silence and repose will greatly aid in bringing to the surface those interior life powers, which, when used, are always productive of good results. When man once awakens to a comprehensive understanding of the science of life, he will use these Libra powers of penetra-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tion, not only with himself, but also in sympathetically and charitably judging by all acts, the motives and thoughts of others, thus getting a deeper and deeper insight into human nature and into that deepest of all studies—God, as manifested through man. Hold the thought of *introspection*, as a means of forming right purposes and of awakening those deeper undercurrents of thought which will thus send out the necessarythoughtforces to accomplish those purposes.

10. The Soul of Things is somewhat difficult to penetrate to, but we each should make the attempt. Repose and silence will help us to carry the thought consciousness to our own deeper soul principles. If to begin with we can thus get behind the scenes, it will then be comparatively easy to follow out the unseen lines of force connection and consequently see things as they are. The soul loves to deal with such underlying realities. The general love ofLife Scienceis therefore an evidence of soul power and soul growth. When once we get a taste of the true inner consciousness, nothing less will again satisfy. When the soul once perceives its own inner treasures and life's underlying realities, the outward attitude toward life becomes forever changed. External things will take on new and higher meanings, because their inner realities are then perceived. Human and animal life, even in its lowest and most hideous forms, will be regarded with that reverence which is inspired by the perception of the interior soul qualities that endow it with infinite promise. This attitude of loving reverence eliminates hate, and compels us to regard the ignorant mistakes of all mankind with that spirit of universal charity which led the Christ to say, "Father forgive them for they know not what they do." In our silent meditations of today let us try to find that interior Christ principle or consciousness which is able to intercede with the Father, and thus cast out or forgive all of our past errors, that we may be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

transformed into its Divine likeness both in thought and in act. In doing so, the affirmation: *I-and-the-Father-are-one*, may help us to reach the soul of this subject.

11. Harmonial Emotion is another name for that enthusiasm which means, "God with us." Why should we not always consciously have God with and within us? Is not the fact that we do, sufficient to inspire enthusiasm in doing His work? Then are not the thought practices which produce this result, well worthy of daily observance? They are scientific methods of devotion, which bring power and success, as well as the happy consciousness of enthusiasm. Universal experience teaches that success (and surely true and permanent success) is impossible, where this enthusiasm or interest in our work is lacking. Life Science teaches why. We cannot easily exert our greatest powers, except in line with our strongest tendencies; nor can we duly awaken the undercurrents of those tendencies, until through Life Science and its practices, we find the Christ powers within and live closely in touch with the higher self. Harmonious emotion, or permanent enthusiasm, is impossible in any line of effort which is in opposition to natural universal laws and the deeper principles of man's permanent Being. The higher self is the source of life, power and enthusiasm. Happiness is a life giver, as well as the purpose of life. Seek it wisely and thus become proof against failure and disappointments. Hold the thought: *I-choose-and-follow-that-life-which-yields most-happiness-to-myself-and-all-others. I-awaken-enthusiasm by-scientific thought methods. Harmonial-emotion-comes-to-me-as-I-become-silent-and-reposefully-reach-my-higher-self.*

12. Limitation. We each should try to become experts in the control of nature's finer interior forces. We limit our possibilities of accomplishment to the degree that we fail in this. The universe is composed of force *only*, and the universal law of force is within ourselves, therefore we

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

can get command of the whole situation, only to the extent, that. through co-operation, we get conscious control of this causal interior law. The importance of devoting a portion of each day to thethoughtmethods of power gaining should therefore be plainly self-evident. As we try today to come into oneness with the higher self, let us likewise try to obliterate our past boundary lines of limitation, that we may measure ourselves by the standards of inner power and more permanent Being, which through such realization thus become ours. As we awaken to our higher powers, we learn to know exactly what we can accomplish and how to go about it. So long as we set up the right interior causes, will we send out ourthoughtforces and powers in ways which insure progress in the accomplishment of every rightful undertaking. Whatever is right is possible. Whatever ought to be, can be undertaken with the sure knowledge that the omnipotence of universal law is behind us, and to the extent that we perceive and apply it will we in time manifest it by the accomplishment of actual external results. Hold the thought: *All-power-is-mine-saith-the-Lord-or-higher-self. I will-become-Lord-of-my-external-self-and-of-my-environments.*

13. Educated Approbativeness. To desire the good opinion of others is natural and right. This desire, when properly educated, inspires efforts to attain and express those high soul qualities which command the love and reverence of all. Is your outward life in any way a sham or mere pretense? Do you perform monkey pranks for the gratification and approbation of ignorant persons who have but recently graduated from the school of monkeyhood? Do you pride yourself on your defects and thus cater to depraved or uneducated tastes? Does your life stand for its inheren. or for previous stages of mere brute-hood? Although it may not be quite so bad as the latter, it is worth while to often review habits and principles of action, as a

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

means of self-improvement, in making those fine adjustments which better represent the laws of permanent Being. You cannot afford to aim at anything less than the best and highest. Hold the affirmation: *I-aspire-to-the-highest-attainments. I-demand-the-qualities-and-aims-which-invoke-those-sacred-blessings-and-words-of-the-Father-law-"This-is-my-beloved-Son-in-whom-I-am-well-pleased.*

14. Conventionality. Many of the conventional rules of our social life are founded upon sound basic principles as well as upon universal experience and therefore should be observed. There are perhaps but few persons however, who do not, in one way or another, unwisely surrender their native God-like independence, if not their moral principles, for the sake of catering to the various depraved tastes and customs, the ignorance and the traditions, the fancies and commercially engendered fads, of empty headed fops, both male and female, who consider their clothes or other material trappings better than themselves. Thoughtful people are sometimes led to wonder if it isn't almost true that the clothes etc., of such people are really the superior. Libra people are inclined to be rather too conventional, and as the Libra influences are now active, it may be well that we each take ourselves in hand in this one particular, for in such respects nearly "all are sinners." First concentrate and then reposefully consider your life and habits in regard to this question. See if there isn't room for improvement. Improvement begins in thought. Thought ripens into desire, purpose and achievement. It is wise to devote much time to silent thought concentration upon desirable qualities and powers, for in this way we are gradually moulding higher ideals which thus densify into objectivity. Hold the affirmation: *The-Infinite-law-or-higher-self is-my-standard. I-act-from-it. I-discard-all-obstructions-to-my-progress. It-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

interior-tastes-are-holy. My-higher-self-is-perfect. I-am-God's-image,

15. Society and Solitude. Happy is he who, in society, can unobtrusively retain the independence to be gained in solitude. The interior adjustments and refined tinges of character obtained through thought-concentration or solitude, naturally lend the charm of a softening touch or influence, to the independence thereby gained. To thus awaken the interior magnetisms or Love forces of the higher self, is to become a social magnet of increased power. Love, happiness and organized forces attract their correspondences. Incessant bodily activities, whether in the rush of business or the whirl of society, necessarily dissipate and exhaust the forces, leaving the organism open to external attacks. It then attracts harmful and hateful psychic forces and force-currents, thereby engendering hate and a long train of repelling consequences, all of which defeat the very objects so ardently sought. If society people, business men and all others, could but duly comprehend and recognize these basic laws, and the efficacy of our esoteric practices, they would understand that time spent in daily thought concentration is most productive in external results. Hold the thought: *I-seek-silence,-solitude-and-thought-concentration-as-a-means-of-organizing-my-forces. I-am-my-higher-self.*

16. The Law of Demand. "The supply is always equal to the demand." Do you ask why? It is because all things or supplies are but force, and the one only law of force is within. The thought consciousness is its exclusive manifesting agent, or one and "only Son." Through demand or co-operation with this interior law of force, we come into oneness with it, or make the "atonement." It then becomes true of us that "I and the Father are one," and we are thereby enabled through thought, to consciously exercise its omnipotence. Demand is realization or spiritual un-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

derstanding brought into action and finally into manifestation. "In the name" of this law, or by co-operation witn it, we can demand or "ask whatsoever we will" and it will be given unto us. The first step is understanding, the next is a demand and the next is fulfillment. If we fail in underderstanding and faith, our demands are, to that extent, of the lips only. Words are inert until backed by the potency of thought. Teaching is the only true and permanent healing, for only the high conceptions of Truth are able to carry or manifest its omnipotence. Life Science is a religion of Truth, of worship and of Love. Its methods of worship, of asking, or of demanding, are imperative, because scientific. The affluence of Truth is our birthright, therefore to demand is our right, whenever we have conformed to the thought conditions of this our divine inheritance. Hold the affirmation: *I-demand-Infinite-wisdom. I-demand-perfection-power-Love-and-happiness.*

17. The Law Giver. Manifestation, though a transitory and ever changing illusion from the standpoint of the absolute, is nevertheless governed by definate, changeless and eternal principles. Truth itself is the law giver. A thinker is its negative or likeness, and thought is the force of which its ever changing pictures are composed. There are definite laws of thought through which any thinker can, by conforming to theunderlyingthought conditions, throw upon the camera of externality, any picture which he may desire to see. These pictures are for his amusement, but through ignorance he often experiments in the production of pictures which do not prove to be amusing. Every thought, being vibratory, has its corresponding form or picture, and it is through these pictures that man slowly but surely discovers his own nature and learns what pictures are always sufficient to amuse. He must in time deal with the underlying realities, even with the principles themselves, otherwise

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

he would continually blunder, make mistakes and go in the wrong direction. Since happiness is the object of life, we should learn and practicephilosophybecause it deals exclusively with principles and their applications, and places in our hands, instruments of thought, from which we can insure for ourselves that permanent happiness and power that is the natural result of living close to the heart of Being. Silent thought concentration is now able to lead to the true law giver within. Hold the affirmation: *I-control-my-thoughts-and-therefore-produce-pictures-or-material-results-to-my-liking. I-desire-and-demand-the-best-which-existance-is-able-to-rightfully-offer-me. I-demand-wisdom-to-perceive-it.*

18. Inverted Life Science. Discrimination is an important essential in the attainment of satisfactory results through thought concentration practices. Materialistic tendencies incline some beginners in the study, to voraciously devour the "carrion" of inverted practices, or the psychic forces which surround us. That is what the Life Scientist tries to avoid. His Job-like patience is frequently taxed, in repeatedly explaining and emphasizing the unseen lines of distinction which separate the true from the false, and particularly upon this one point of drawing upon the inner vibrations *only*. People say "Oh yes" I recognize the truth of your principles but *my* psychic "voice" is different; it is always pure high minded and spiritual as is shown by what it says to me etc., But what if it is, if in communicating with it you open the doors for the reception of less moral psychic forces, whose methods are too insidious to even be easily perceived. To open the intuitive or psychic doors to one external, however pure, is to pave and open the way for others. This alluring road leads sooner or later to destruction, or disorganization, and there is no way to prevent it except by avoiding the cause. Others will "crane the neck" and speak of "drawing on the universal," in a way which plainly indicates that they do not

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

yet fully realize that the universal is a *law within themselves* and that *their individual* universal, can be found *there-only*. Hold the affirmation: *The-Infinite-universal-law-is-within-me. My-higher-self-is-at-one-with-it. I-am-my-higher-self,-my-power to-think.*

19. Psychic Demons. The "Devil" of disorganization is ceaselessly active. It in time compels people to protect themselves by relying wholly upon the God within, whom to Love or worship in singleness of heart, is to fulfill the whole law, or first commandment, and thereby secure conscious "life eternal." Through practices of thought concentration, this "Devil" becomes chained, but not permanently, so long as we have weak points. By attacking us at weak points, it gradually discloses to us the strength of that interior law on which we should rely. This monster of destruction (ignorance) gnaws at our very vitals during the almost endless period of our unconscious evolution, but a time comes in our soul-life when we begin to comprehend the importance of basic principles or self-knowledge, and then we make concentration, organization, or co-operation with the interior law, a part of our daily lives, so that in a measure, we understandingly protect ourselves. The "Devil" is that interior evolutionary principle which gives us the impulse to look without for our soul satisfactions. It is thus that we are led to desire consciousness and happiness and to express externally our soul potentialities. This tempter is therefore a very good fellow, though "he" must almost despise our weakness at times when we ignorantly forsake the Christ principle and God within, for a mere illusion of the senses. These illusions were originally caused by our "fall" or desire to "eat of the tree of knowledge" (of good and evil) and thereby contrast good with evil, or discover ourselves. *The-tree-of-life-is-within-me. The-Christ-spirit-or-comforter-is-within. "The-kingdom-of-heaven-(harmony)*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is-within-you," are affirmations which might be used in the silence to advantage.

20. Sex Excesses. As organized beings, we are representative of Love, through gender or sex. Vibration itself is but a manifestation of sex polarity. It is through vibration, or sex, that we become conscious beings. It is also through sex, that in our efforts to gratify the sense consciousness, we waste our forces, either through passion wastes and sex indulgences, or upon the psychic passional plane. Much of the novel reading of the day is the result of an effort to gratify the love faculty, but unless discrimination is used, is liable to degenerate into mere psychic sex-excesses. Sex love is of course a mental faculty, therefore to injudiciously excite this faculty of the mentality, through reading, thought, or otherwise, is sufficient to produce disorganizing wastes of vibratory power through sex. Physical wastes of sex force cannot occur in the absolute absence of mental activity upon the passion plane. Passion is violent in its activity and therefore too wasteful and disorganizing in its tendencies to be nature's *permanent* and *ultimate* method of fully satisfying the cravings of the human heart for Love. That must in time be answered from within the self, by coming into oneness with the Love law, which is both masculine and feminine, and is therefore capable of fulfillment from within itself. This is the ultimate toward which our habits should tend. As sex fluids are vibratory forces, it is manifestly important that they be conserved and transmuted. In "the day" or age that they are wasted, "thou shalt surely die." "The heel of the woman," or nature's negative principle, which polarizes back to Truth or first cause, shall finally "crush the serpents head" for tempting (through the senses) man into external methods of knowledge getting and its consequent illusions of manifestation. Thought control, through thought con-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

centration or scientific devotion, is the only perfect method of entering conserving or organizing the sex energies. Hold the thought: *I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

21. Generation. Regeneration must inevitably follow the plane of generation. When, through practices of thought concentration, perfect regeneration becomes a fact, the plane of generation will become unnecessary, because death will thus be replaced by perpetual youth. The grave must in time become thus cheated of its victims of lust and disorganization. When man learns how to live in perfect oneness with that deathless interior law of his life, he will necessarily so mass his forces as to become ever living, like the law itself. Here is the principle of power, of healing, of perpetual youth and of happiness. As man comes more and more into touch with the interior principle of Love, the cravings for love of both body and mind are harmoniously satisfied from within, by its vibrations of perfect Love. Violence or passion and the consequent wastes of force through reaction and depolarization, are then entirely unknown or absent, and life becomes as harmoniously blissful as is Love itself. Regeneration is a work of time, but we make progress toward it, to the extent that we progress in the real art of thought concentration, and we should therefore make that a matter of daily effort and practice. As the mind becomes silent, hold the thought: *I-extract-from-the-plane-of-generation-all-that-is-best. I-thus-become-regenerate. I-am-Love. I-manifest-love-in-all-my-thoughts-and-acts.*

22. Fermentation. Flies, moths, lice, microbes, buzzards and all of nature's parasites and scavengers, have their important work to do. The old must be destroyed and cast out, before it can be replaced by the new and better. It is a law, that when a person or thing has *entirely* outlived its usefulness, it must necessarily cease to exist, for use deter-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mines the quality and existance of everything. A secret of long life is to become useful in the accomplishment of some important and wisely chosen purpose. The highest uses pertain to the promulgation and manifestation of Truth Truth is an everlasting principle, therefore, other things being equal, by allying ourselves to some method of advancing its uses and cause, either as a business, or otherwise, is to add days and years to our lives, for we thus borrow of its life principle and higher uses. Inventors, ministers, writers and others who are fired with some great purpose that is closely related to Truth, as a rule, live to a very old age. It is wise to deal in staples and realities. Saloon keepers and others who constantly imbibe, or relate themselves to the fermentative principle in nature, are generally short lived, because they constantly subject themselves to the crucible of its destructive and disorganizing powers. Here is a principle worth thinking about, because it may lead to readjustments in your life. Hold the thought: *I-am-the-law-of-Truth. I-manifest-its-ever-living-powers.*

23. Secretiveness. Your life has its special and unique place in the mosaic of the universe. You therefore have some special work to do. You also have, or should have, some important plan and purpose, the fulfillment of which fairly fires your heart. You should, as a rule, keep this plan and even your purpose, to yourself, for if you tell it to anyone who is not in entire sympathy with it and with the mental tendencies and thought causes which led up to it, you will at once encounter the inertia of their disbelief. They are likely to "throw cold water" upon your plans and thereby cause you to lose something of your enthusiasm and power of faith. On the other hand, to tell a plan to those whose good will and entire sympathy you are absolutely sure of, is to add a new battery of force to your own thought powers in the work of its accomplishment. There is won-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

derful power in silence. The law of all power is the absolute silence itself. If you are unduly secretive in any cunning or tricky sense of the word, you will thus retard the magnetisms of your body, your mentality and your thought powers, thereby causing disease and inharmony in both body and surroundings. You cannot afford to do this. Dishonesty is inconsistent with the universal laws and their creative "public policy," therefore it is impossible to practice or in any way manifest it, even in your secret thoughts, without thereby cheating yourself of rewards which necessarily accompanying knowledge of and obedience to these universal laws of justice and Love. These laws are absolute. Study them in the silence as a means of adjusting your life to their lovingly generous and just principles. Hold the thought: *I-hold-my-forces. I-respond-to-the-law-of-silence. I-am-led-of-the-spirit-to-right-thoughts,-speech-and-actions-at-the-right-time-and-place.*

24. Lies and Cunning breed disease and inharmony in body, mind and circumstances. They act in accordance with laws already explained. Who can even doubt the immutability of these laws? Are not their principles absolutely self-evident? It is impossible to cheat omniscience and omnipotence, and yet that must be done before dishonesty can become a match for unswerving honesty, or be made to pay even financially. The laws of thought are such, that its powers can be used with temporary external success (as success is ordinarily measured) even in a dishonest cause, but it carries with it horrible self-acting penalties, and is necessarily comparatively short lived, as universal experience, if known, would conclusively prove. The laws themselves are sufficient to prove this. To fully understand their construction, is to gain omnipotence as your ally, instead of having it as your antagonist. Hold the thought: *I-rely-wholly-upon-Truth's-omnipotent-realitie. Truth-makes-me-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

free. Ignorance-is-bondage. Lies,-fear,-etc.,-are-its-illegitimate offspring-which--I-now-disown. I-hate-shams-and-lies.

25. Business-Getting Principles and Rules. 1st. Honesty pays. 2nd. Depend upon realities and Truth. 3rd. Your mentality and its powers is your main stock in trade. 4th. Choose a business which fits your inherent tendencies, for no other can command your permanent interests and your best thought powers, or even make you happy. 5th. Be just to yourself in order that you may be just and perhaps even generous to all others with whom you come in contact. 6th. Do not over-work or otherwise "kill the hen that lays the golden egg." 7th. Keep body and mind in perfect working order. 8th. Mentally concentrate your forces before undertaking any important task. 9th. Do but one thing at a time, for otherwise you would scatter your forces and unfit yourself for important work. "Whatever is worth doing is worth doing well." 10th. Thought carries with it the powers of vibration. Repetition of vibration is omnipotent. Your persistent purpose and will is constantly repeating the vibratory powers of its thought in the work of accomplishment. "Where there is a will there is a way." 11th. Spend a minute or more in silent thought concentration at frequent intervals during the day. Remember the powers of silence. 12th. Utilize the silence as a means of getting inspiration, renewed vibratory power and new ideas. 13th. Act from the higher self in all you do. 14th. Whenever you speak or act, reposefully use each faculty in measuring out, through intonation, inflections, qualities and otherwise, those finer artistic self-controlled touches of vibratory power which best represent the higher self in all its qualities and perfection 15th. Use suitable mantrams, etc., just before retiring, so that you will be protected and strengthened during sleep, and so the subconscious mind will direct, emphasize and attract undercurrents of force which will increase your success

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

16th. Constantly study and practice the principles and methods of thought as a means of power-gaining and self-improvement, as well as in their applications to business success. True success is based upon qualities and self-improvement. Use the silence today as a means of appropriating the esoteric significance of these rules, and particularly of those which relate most intimately to your individual needs. You could advantageously formulate them into affirmations.

26. Lemon Squeezers. Scorpio people and others, sometimes act as if they regarded all persons, things and events as objects to be mercilessly discarded like squeezed lemons, the moment they cease to be useful in contributing to an over-weaning selfishness and acquisitiveness. The Scorpio sting, though useful, is representative of a destructive element in nature, which must in time destroy or disintegrate itself, by becoming converted into new and higher uses. "He who lives by the sword must likewise die by the sword." The sword of Truth will inevitably transmute the Scorpio generative and reproductive forces within man, into regenerative life principles which are eternal. The sooner we undertake this regenerative work of conservation and transmutation, will we do away with the Scorpio sting of death and the consequent necessity of generation or reproduction. It is unnecessary and impossible to actually reproduce that which permanently is. Organization, force-massing, conservation, transmutation, regeneration, etc., are the Christ-like principles of eternal life and of its powers. The promise, hopes and possibilities of Scorpio natures, lie in their powers to conserve and transmute the reproductive or generative forces with which they are so liberally endowed. When they learn the great lesson of conserving and giving, in loving service, or of transmuting as well as of generating or receiving force, will they begin to fulfill the abundant promises of these endowedments. We all are in need of this lesson,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

therefore let us concentrate and then study the principles involved, that we may formulate improved methods of applying them. Again hold the thought: *I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

27. Destruction is not confined to the physical world alone. It is of the thought world also. He who uses his thought forces in destructive ways, is the chief sufferer, because these forces are necessarily most destructive at their source within the self. Their vibrations exhaust themselves as they are sent out. Truethoughtpower is constructive rather than destructive. Life Science deals in the great affirmations of ever living principles and basic Truths, rather than with the mere negations of external manifestation. It carries us in the direction of causal laws and forces which are ever harmonious. Its methods and practices tend to carry the consciousness to the interior realm of nature's higher potencies. It is thus that we become endowed with the thought-power to accomplish every legitimate undertaking. We should hesitate to destroy the old, until we can replace it with something new and better. Our methods of destroying our errors and illusions, should be the constructivethoughtmethods of knowledge-gaining, through which we adjust first the inner life, and then our outward conditions, more and more to the universal laws and principles of our permanent Being. We thus in time become at one with the interior law, which is God, and thereby bring to ourselves the illimitable bounties of its omnipotence. Let us try to do that now. Formulate for yourself, in the silence, an affirmation which best answers your individual needs.

28. Unscientific Exactions. We should freely accord to others the privileges, founded upon basic principles, which we rightfully demand for ourselves. We should not ask or expect perfection in the outward lives of others, so long as we ourselves are outwardly imperfect. Absolute perfection

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is not of the physical world. The principles of physical manifestation are already and always perfect, therefore the outward imperfections of all mankind are only natural. All things natural are on the road to perfection and are sure to finally attain it, therefore we should regard them in the white light of that which they are potentially, and in the sure knowledge that when we become perfect, we will not see any imperfection in this great system of external or physical manifestation. "God is too pure to behold iniquity." When we become as pure, will be time enough to "sit in judgment" upon the shortcomings of others. Our real work is within ourselves. It is to awaken to higher standards of purity. "To the pure all things are pure" and "Evil to him that evil thinketh" are proverbs founded upon these laws. To see evil, is to manifest an evil eye. The real I, (or eye) is perfect and is ever willing to forgive all, at all times and for all offenses. *All-bondage-mistakes-evil-and-shortcomings-are-but-consequences-of-ignorance*, is an affirmation which naturally leads to the Christ spirit which said, "*Father-forgive-them-for-they-know-not-what-they-do.*"

29. **Anger Hatred and Malice** are powers of destruction which exercise their greatest effectiveness within the thought organism, or mentality, which thus perverts its executive faculties. "When angry, count ten before you speak, and if very angry, count one-hundred, is a simple and useful Jeffersonian rule for the attainment of better self-control. If you wish to develop your silent powers of mind, you must rule out anger, hatred and malice from your thought activities. But little can be accomplished until you attain that much thought control. Would you become angry if you did not fear that something or somebody would injure or cheat you by depriving you of some satisfaction? Then do you fear? Are you a moral coward? Are you ignorant or distrustful of that interior universal law which is amply able

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to care for its every product? These perversions of your faculties are unworthy of your God-hood. They are inconsistent with a sound philosophy of life. You can and must overcome them. True knowledge inspires Love and thus "casts out fear" by overcoming the ignorance which caused it. Your anger but displays your ignorance, your fear, your childish lack of self-control and of that thought control through which great power becomes possible. Silently think of how in this and other ways, you have outrageously cheated yourself. Thus you may awaken the deep *desire* to overcome ignorance, fear, anger, hatred, malice and their consequences. You must have such desires before you can make much progress in overcoming your defects. Desire inevitably carries you to the things permanently desired. Hold the thought: *I-desire-perfect-self-control. I-overcome-ignorance,-fear,-anger,-hatred-and-malice,-through-knowledge-of-that-law-of-Love-which-I-am. I-love-all-persons-and-things. My-Love-casts-out-fear.*

30. Jealousy and Revenge. When uninstructed Love is turned to the bitter gall of jealousy, through the fear that it will lose some coveted satisfaction, it is liable to express itself in a malignant and self-destructive form of revenge. How pitifully grotesque, that a quality so exalted and pure, should ignorantly condescend to add power to its very antipodes. True Love instinctively seeks to endow its object with the blessing of liberty and happiness, rather than to enslave it with the bondage of mere ownership. The soul is too large to be permanently enslaved, and as it discovers itself, will lose all desire to enslave or own others.

Let us utilize our silent meditations of today in the work of more thoroughly freeing ourselves from the ignorance which is capable of fearing that others can take from us that which is truly or rightfully ours. There is no companionship or material thing that can become ours, until we are

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

able to appropriate it by gaining the knowledge which gives us power over it, and when that is done, no power in heaven or in earth can permanently take it from us. It is necessarily ours so long as we desire or love it. Love should be satisfied in the giving, asking not that its affection be reciprocated. Love inspires Love. It is a vibratory force which permeates and thus takes possession of its objects. Hold the thought: *I-am-that-perfect-law-of-Love-which-is-all,-all,—all.*

31. **Retrospective and Prospective.** A glance at your past noon-hour experiences in the work of thought concentration, should be sufficient to yield some hint or clue, that could be made useful for the coming month, in more thoroughly applying the true methods and principles of Life ScienceThere iseverything to be gained by these methods and practices. The work of becoming efficient in them, may be slow and at times uninteresting, but it should be persevered in to the end, for it is worthy of whatever effort it may cost. One of the main things is to persist in the purpose. The practice should be made restful and attractive. If, at times, it becomes laborious, you may know that your methods are wrong. At such times, you should simply wait in a calm and reposeful frame of mind. Great powers sometimes come in the twinkling of an eye and as a result of waiting. The great art is to be able to throw yourself into the right mood.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Forty-Two—Aims And Objects.

Most Americans are wildly extravagant in the use they make of their forces. They are overly-active. They scatter their thought forces and waste them upon trifles. They lose power through their emotional intensity, by their efforts to do too many things at a time, by undue bodily exertions, by sexual excesses and by the false relationships they ignorantly form with the invisible world. It should be remembered that the invisible is as real as the visible, in fact, that the world is formed of invisible forces which ceaselessly act and react upon each other. What character of invisible forces are now acting and reacting upon you? This is equivalent to enquiring what are your thoughts, your daily moods and your habits of mind and body. Are you closing the divine gates of your consciousness against the Kingdom of Heaven within from whence its forces proceed? To open wide those gates is one object of prayer or of thought concentration. They must be kept open if you would establish a permanent flow or expression of force from within outwards, and by those outpouring currents of force protect yourself against external disintegrating forces and force-currents which if allowed access, would sap your natural energies night and day. The Infinite law is the source of your forces and of your instincts of individualism. By placing itself within you it hints that by its help you must protect yourself until you learn to command through the power of Love. Being inherent in all things it can, as a soldier or sentinel, be reached in all and commanded, but only through understanding, by Love and by fidelity to the within. "Eternal vigilance is the price of liberty." Be vigilant in your efforts to be true to this interior law of your life, as a means of generating, of conserving and of transmuting your natural forces into life results.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87e
No.43

Mary D Richmer

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 43

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

In plac **fifty-**
two lesso **y im-**
proved fo **which**
has alread **nds.**
Each of **and**
as each d **the**
practical a **airs,**
they, toge **life-**
time. Th **ues-**
tions whic **s of**
knowledge **way**
through th
It will b **ugh**
and practic **nd.**
In fact it, a **nce**
—to the la **ni-**
verse are fc
All the s **in**
black and **nd**
reviewed, if **ry**
statement w **al-**
lenge any or **r-**
tain to that **ld**
receive the e
There is b **ut**
one Science **ht**
have used t **t**
being techni **is**
of many and cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.43

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; Introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your mental endowments.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences.

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING, Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the moods.

Part 52. A PLAN OF LIFE; It would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

LIFE SCIENCE.

Part Forty-Three—Aims And Objects.

Each individual must, in time, "lift up the serpent's head" as did Moses in the wilderness. The serpent symbolizes the desire to know, which is creative power and the beginning of wisdom. The "fall of man" was a fall into ignorance or into the pathway of "knowledge of good and evil." This pathway is up a tree of knowledge that you must climb in your efforts to find "the tree of life" which stands "in the center of the garden" of your own self-hood. That garden is one which you alone can till. No one except you has access to it. The deeper "waters which flow through the garden" may be found in the silence of devotion. The whole allegory applies to the hidden fires and magnetic forces of each soul as well as to the universal soul. Passion and procreation and the serpentine subtleties of lust will bring stings of disappointment if separated from the larger purposes of the soul. "Lift up the serpent's head." Live the regenerate life. Conserve and transmute the generative forces which you possess if you would manifest the full glory and likeness of your inherent divinity. You as an individual are at a point in evolution wherein you can safely rely upon yourself—upon the God within—upon Truth—upon the Principles of Being with which you must in time become at one. This at-one-ment is the mark or goal toward which you should direct your thought energies in the silence daily. It is for you to say what you will be, and to make good the statement, "I will be what I will to be." By your high purposes and firm adherence to those purposes you may lift the natural energies of the body to the brain and soul, and thus "lift up the serpent's head."

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Concentration Methods and Helps.

Copyright, 1899, by Ernest Loomis.

1. The Silence of Devotion offers ever available and almost unlimited opportunities for awakening to those higher conceptions of Truth and to the importance of true and scientific devotional methods, through which the higher potencies and possibilities of Truth become manifest in the individual life and its surroundings. If this were not so, the first commandment of devotion to that interior omnipotent law, which is God—the Infinite, would hardly have been given. Who can fully comprehend the meaning of those words, "*Be-still-and-know-that-I-am-God.*"? Let us see to what extent we can comprehend and bring them home to ourselves, during our noon hour devotions of today. Let us try to better understand their ultimate relation to the basic principles and devotional methods of thought-concentration. Infinite law itself is the only absolute silence. All else is change, activity, vibration, sound, noise, bondage and limitation. The silence of devotion is but an approach to it, but is ever helpful in awakening its higher and still higher potencies. The changeless silent power of "Truth shall make you free," but only when put into practice through scientific, silent devotion, therefore if you would obtain unlimited mental powers, you must first obtain a comprehensive working knowledge of life science.

2. Deep Waters generally run still. Noise, discord and aproar are indications of the absence of *power*. Omnipotence itself is absolutely silent—the only absolute silence. The

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

law of vibration is that great central, synthetic Truth of silence. Its workings become silent to us, to the degree that the thought-consciousness reaches its higher potencies. Silent thought concentration, is the true mental method of reaching, awakening and of then expressing the more powerful potencies of the higher self. So long as the thought consciousness remains in the surface vibrations of noise, discord and externality, will it be unable to adequately express the higher meanings and powers of its life. A thinker is the only manifesting agent of vibratory law or Truth, therefore you must think clearly, powerfully and from within, if you would externalize in your environments your inherent soul potencies. No one can permanently stand in the way of your perfect success, when you but learn and fully apply the vibratory principles and thought methods involved. Learn to think and know from within. Learn the art of silencing the external senses, that you may, at will, polarize to that silent unfathomable ocean of Truth which lies at the center of your soul-life or interior Being. This is but a process of Life Science of silent thought concentration. Hold the affirmation: *I-AM.*

3. Hidden Fires. Vibration is life, heat and power. Learn its law, as a means of awakening the hidden love fires of your heart, and of satisfying their affectional cravings from within yourself. External companionships will never entirely satisfy until you have thus become practically independent of their necessity. You are hardly fit for true soul companionship until you have become independent of its necessity. Until then, your love is almost sure to desire and exact the bondage of possession and ownership. True Love is a universal principal and all-inclusive law, which seeks only to give of itself, as a means of yielding happiness to the individual consciousness. It asks nothing in return, because there is nothing external to itself, or that it cannot

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

command by thus giving of itself. "Give and ye shall receive." Give love and you will get love in return. Give that love which is tinctured too much with the individualistic desire for selfish possession and you will, sooner or later, awaken into almost necessary activity, the same narrowly selfish self-protecting quality of Love, thereby cheating yourself of the perfect quality which alone can fully satisfy the soul. Give physical love *only*, and you will, through wastes, depolarize your forces and thereby become temporarily incapable of feeling the joy of that love which is of mind, soul and spirit. Hold the thought: *I-awaken-Love's-hidden interior-fires. I-attract-perfect-companionship-by-thus-becoming independent-of-its-necessity. I-satisfy-my-heart's-cravings-by-communion-with-that-interior-law-which-is—Love.*

4. Magnetic Power. Love is the vibratory essence of power. A thinker is the organism through which it acts and manifests. The purpose of Love is to give individual happiness to that thinker and thus express the great everlasting aggregate of Truth which lies inherent within itself. Love is God. A thinker is its only child. The multitudinous thought organisms, individuals, or personalities, which from time to time become representative of the soul-life or evolutionary progress in wisdom-getting of that thinker or power to think, are the grand-children of Love. Their every step in wisdom-getting gives its flush of happiness, not only to themselves, but also to that original thinker or thought organism of Love which lies at the center of all Being. Each of these grand-children must, in time, experience the perfect bliss and ultimate of omnipotent wisdom and Love. We experience happiness to the degree that we love according to the law of Love. We become magnets of wisdom, power, goodness and happiness to the extent that our devotional methods are scientific. As we learn this great science of Love we will be able to attract to ourselves and from

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

within ourselves, all that the heart of Being is capable of desiring or of comprehending. It must come to the interior consciousness before it can become expressed in our external environments. Hold the thought: *How-can-I-attract-that-which-would-best-satisfy-my-soul? I-demand-knowledge,—wisdom-and-the-power-of-Love. I-am-Love.*

5. Coolness and Self-poise. The art of thorough self-possession is worth learning. It implies that command of the faculties and forces which comes through a specific knowledge of what the self truly is, and its relations to the causal law of force, as well as to external objects. Perhaps the most important question which each individual can ask is, how can I best understand, cultivate and employ my faculties and forces in answering the purposes of my constitution and my existance, or the general needs of myself and others? To properly answer this great question involves a comprehensive knowledge and understanding of the general workings of the whole universal system of creation, for how can we make these fine adjustments, until we understand ourselves and our relations to first cause and to external objects. Fortunately the universal creative evolutionary law of force is now understood, and so clearly that the narrow way of attainment and progress is made perfectly clear, at least as to essentials. Let us utilize thought concentration now, as a means of massing the interior forces, or of uniting with the higher self and its harmonious potencies. Hold the affirmation: *I-am-my-higher-self,-my-power-to-think. I now-feel-its-sacred-presence. I-will-manifest-its-potencies.* Repeat the above very slowly several times and thus get the forces steady and silent.

6. Mental Medicine and Surgery. The time will come, when even the most difficult surgical operations will be performed by the power of thought. The vibratory law involved, has already been demonstrated in such cases. Vibration is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the essence of all external things. A thinker, or thought organism, is the only primary instrument of vibration. Vibratory forces and force currents are always subject to a trained and instructed will, therefore an instructed thought organism is the true surgical instrument for any and all cases; but we are "fearfully and wonderfully made," and a thorough knowledge of Truth's interior methods of manifesting through the human organism, is necessary, before *perfect* work in healing and surgery can be *uniformly* done. True healing necessarily means teaching, for until the spiritual thought laws of life are known and understandingly observed, a tendency which has once functioned as disease, will, sooner or later, again assert itself in diseased or inharmonious physical conditions, though perhaps in a slightly different form. Scorpio natures incline to the practice of medicine and surgery, but would be even more successful if they would study the human organism in its higher spiritual vibratory aspects. As a means of now restoring greater harmony to your faculties and forces, silently and reposefully concentrate upon the affirmation: *I-am-my-higher-self. Its-vibratory-forces-are-always-harmonious. I-restore-order-among-my-faculties-and-forces-by-attaching-my-thought-consciousness-to-the-higher-self. I-now-receive-an-all-sufficient-influx-of-its-harmonious-forces. I-am-at-peace-with-all-persons-and-things.*

7. Tenacity. The natural tenacity of Scorpio persons, is inclined to be slightly destructive or scorpion-like in its tendencies. Their strong magnetic forces, unless modified by other conditions, are also destructively inclined. When a predominant, narrow and uninstructed selfishness is added, they discard persons and even friendships, as they would squeezed lemons, so soon as they have no further use for them. But that represents the nature only in its lower forms. All this natural power can and should be offered

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

on the altar of nature's higher human and spiritual uses. Then this very tenacity and destructiveness becomes but executive force, thoroughness and efficiency in service to mankind. This nature then no longer destroys life, even in its lower forms, for the mere sake of gratifying and feeding a predominant destructive faculty, but perhaps extracts teeth, or performs other difficult surgical operations, which, though temporarily painful, are for the benevolent purpose of saving life and pain, instead of causing it. Nature's uses are so varied that useful occupations can and should be scientifically chosen with reference to the individual tendencies and cultivation of every temperament. The twelve Zodiacal signs each have their corresponding types in human character, all of which are equally desirable, important and necessary in making up the great aggregate or mosaic of the manifested universe. Hold the affirmation: *I-convert-my-talents,-tendencies and-forces-to-their-highest-uses. But—how?* You will in time get the proper answer.

8. Dictation. We are endowed, at least latently, with all the attributes and qualities of the Divinity or of Infinite law. It is through these endowments, or faculties of the mentality, that we are able to comprehend and worship the Divinity. In worshiping it, we are but bringing our higher selves into manifestation Through worship or thought concentration, we must, in time, bring into full manifestation, all the qualities, attributes, perfections and powers of the God-hood. It is proper that "I the imperfect" should thus "worship my own perfect." To the extent that we comprehend the existance of Divine qualities within ourselves, will we likewise understand that they are inherent in all, and from worshiping them within ourselves, will we gradually learn to serve and worship them in all. In that way we may become true leaders in doing the *real* work of the world. We will thus lead ourselves and others into the higher life. We can es-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

teem ourselves wrongfully, but not too highly. As we learn the thought-laws which govern human existance, including our true relations to others, to the external world and to creative law, we will not degrade our qualities of leadership by trying to hypnotically dictate what others shall do. We will then be content to act as servants of the Most High. The Scorpio tendency to be over-bearing and dictatorial, may thus become transformed into strength of will, executive force and power to lead self and others to that final goal of omnipotent perfection which all must in time reach. Hold the thought: *I-am-led-of-the-spirit. I-follow-the-leadership-of-my-higher-self. In-thus-commanding-my-own-spiritual-forces-I-gain-loving-dominion-over-all-things.*

9. Shrewdness. The Scorpio brain faculty of "secretiveness," which in undeveloped natures and when combined in its action with certain other faculties of the lower brain, often prides itself upon its low, malign, selfish and cunning efforts to "lead people around by the nose" is capable of becoming an important factor in the work of self-improvement or spiritual evolution. Each faculty was given us for use, and cannot be entirely dispensed with at any stage on the evolutionary road. Esoteric students are sometimes slow to learn that fact. The secretive faculty intensifies the desire to unravel unknown mysteries, and is therefore capable of adding depth, penetration and effectiveness to the search for knowledge. It fairly revels in the profound mysteries of the unseen and as the secret workings of nature are perceived, gradually becomes willing and anxious to dedicate its powers to self-improvement and to the service of mankind. As Scorpio persons generally have well developed generative powers, and deeply seated mystic tendencies, their possibilities of utilizing esoteric philosophy in regenerative ways, are therefore very great. When they learn that conservation, transmutation and regeneration

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

through the knowledge and methods offered by science, affords them the only true means of developing their splendid natural powers, their strong selfish instincts then become arrayed on the side of the universal laws of justice and Love, thereby placing within their reach the limitless powers and possibilities of Truth and Right. Hold the affirmation: *I-dedicate-my-talents-to-the-work-of-self-improvement-and-to-the-service-of-mankind.*

10. Flattery. Scorpio natures are rather too susceptible to flattery and are also capable of using it with considerable effectiveness. The approbative faculty which is thus wrongfully appealed to, perhaps for low or unjust purposes, is likewise capable of stimulating the very best faculties within man. It is largely through the thought powers of aspiration, that we become what we wish to be. We are ever drifting toward our ideals. Through scientific self-knowledge, we learn to measure ourselves for what we are and thereby become impervious to the deceptions of flatterers, and able to penetrate to the motives which inspired their unmeant words. Sensitively organized persons, who understand themselves, instinctively shrink from the indiscriminate and uncandid praises of pretended friends. Unmeant compliments or expressions of affection, lash them up one side and down the other. The Approbative faculty is feminine in quality, but its perversion is common to both men and women. Many of woman's virtues, as well as her vices, spring from it. Both man and woman have a work to do in overcoming the self-ignorance and wrong standards of life, which inspire the abuse of the approbative faculty and make them the dupes of flatterers. Let us now silently concentrate upon this subject, as a means of readjusting our lives in these respects. Then try to live from the higher self, and thereby overcome such defects for at least one day. Hold the thought: *I-am-my-higher-self. No-one-can think-too-highly-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of-me. I-cannot-be-flattered. I-forgive-all-efforts-to-do-so. By-my-efforts-I-will-externalize-the-inherent-truth-of-the-highest-compliments-that-could-be-paid-me. I-perceive-the-higher-selves-of-all-persons. I-thus-help-to-bring-them-into-manifestation. I-see-and-speak-the-truth-only.

11. Conceit—Bragging. Self-trust is a most important quality which should be constantly cultivated through praise of and communion with that interior law which is the higher self, and which is at one with all universal manifestation—its products. When it thus learns to regard all things as its products, or at one with itself, the result may be a desire for dominion over them, but it will be a loving and rightful dominion, and for the purpose of serving them instead of being merely served by them. Self-trust is a safe quality when thus tempered by Love. It becomes obnoxious and offensive only when not properly educated or balanced by sound sense. Exhibitions of conceit in others, are liable to overshadow the real virtues which perhaps underlie it, and should cause us to aspire to meekness of spirit. The mere words conceit and bragging, are almost sufficient to cause a shudder, but let us not be too hasty in condemning them. Remember they are on the line of self-improvement and are therefore excusable. The rough knocks of the world will in time properly temper the splendid qualities which lead to even the most ridiculous exhibitions of self-conceit. Our own silent efforts today should be to reposefully formulate higher and more perfect standards of life in these respects. We cannot esteem ourselves too highly. We necessarily drift toward our highest standards of life, and the chief virtue in thought concentration is that it intensifies and more clearly defines these ideals, thus sending out thought currents which will make our drifting more rapid and un-erring. Hold the thought: *I-am-my-higher-self. All-power-is-mine. All-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

things-are-related-to-me. I-glory-in-the-unity-of-all-life. I am-one-with-creative-law.

12. **Vanity and Recklessness** are qualities which sometimes belong to Scorpio characters. "Approbativeness" intensifies the desire for show, and "destructiveness" the inclination to be over-executive, even to the point of recklessness. Anger is one resultant of perverted "destructiveness." It sows discordant vibratory forces throughout the bodily organism and therefore leads toward disease and death. So also does every imperfection of character. All the faculties are good if normal and unperverted in their action. To dispense, even temporarily, with a single faculty, would produce imperfection, by interfering with the consequent magnetisms of the body. Every force we possess, is generated directly or indirectly through the mentality, for the power to think, or mentality, is the soul principle. Scorpio recklessness and vanity, generally expresses some perversion of the sex functions, because Scorpio is representative of the reproductive nature or amative faculty. These sex perversions, or wastes of sex force, rob the organization of its vibratory power, and when its natural consequences of anger, recklessness, etc., are added, so retards and interferes with the magnetisms of the body that heart disease, etc., is the result,——heart disease because the heart is the bodily correspondence of the Scorpio amativeness. When the sex forces are conserved and transmuted through regeneration practices the Scorpio nature is then unusually powerful, because it generates sex vibrations with unusual rapidity. In every case, our points of weakness may be thus converted into points of strength, providing we will obtain and apply the requisite self-knowledge. Your points of vanity, of recklessness, of weakness and of strength, may originate at some other source. Deal with them now in the silence that they all may become points of strength. Hold

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the thought: *I-demand-self-knowledge-and-perfection-of-character.*

13. Subtlety. The faculties must combine and be backed by a great deal of forcefulness, penetration and incisiveness, to be able to perceive some of the deeper meanings of esoteric philosophy and to understand the general construction of evolutionary law as manifested in the constitution of man and otherwise. Some of the most apparent esoteric truths, are blindly discarded in the mad search for them. Students continually clamor for something esoteric, and seem incapable of understanding that thought concentration leads the way, in the right direction, not to the jungles of Hymalaya, but to the source of all esotericism within themselves. How many there are who have eyes, and yet see not? Nor can they see or find that esotericism which they so ardently seek, until they observethosesimplethought practices which inevitably lead to God, or Divine law within. Scorpio natures as a rule are subtle. Their forces are generally pretty well polarized to the interior self: or they at least have unusual power to so polarize them, and to gain through thought concentration. As they persist in this practice of thought concentration, their deep natures will be at length wonderstruck and gratified, almost to the point of ecstacy, by the subtleties of an interior law from which the whole universe is constructed. Then they will understand and be able to wield, their own splendid powers. Hold the thought: *I-now-polarize-my-forces-to-the-higher-self. I-perceive-subtleties-of-construction-which-I-will-utilize-in-my-daily-life.*

14. Stings and Stinging. Soft beds are sometimes easy to get smothered in. Nature's kindly prods and pokes are necessary as a means of keeping us more nearly in line with universal law. They have their important place. The human soul cannot be stung beyond that which it is able to bear. The ability to feel a sting, arises from the latent

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

slowly accumulated vibratory forces or brain cells which are also capable of successfully combating or rising above it. Why should we fear nature's savage vibratory elements, when we ourselves are made up of those same elements. Much time is needlessly spent in whining, or in deploring the necessary experiences of a kindly fate. If unpleasant events and experiences come to us, we may know to a certainty, that we are in need of their lessons. They will benevolently stay by us, until we learn their lessons and thereby rise above the need of them. The soul is unconquerable. Its natural attitude is one of peaceful warfare for the right. Let us say to the elements and elemental forces: *Come-on-and-do-your worst. I-am-ready-for-you. My-soul-is-unconquerable. I-am founded-on-the-rock-of-universal-law. I-love-the-right. I-live-from-my-higher-self. There-is-nothing-to-fear. Nothing-that-can-harm-me-or-cheat-me-of-my-life,-my-strength-and-my-happiness God-is-my-life. God-is-within-me. I-am-the law-of-everlasting-life.*

15. Passion and Procreation. The violence of passion naturally leads to wastes of force and the sting of depolarization. The sex forces should be used for purposes of procreation *only* The weakness of the Scorpio nature, consists largely in its tendency to waste these reproductive forces. Its strength consists in its basic power to thus generate, conserve and transmute these forces. This becomes possible through the intelligent practice of the force-massing laws of thought. Force-massing is character-building, and that should be made the main business of life. Passion is violent and therefore force-wasting, instead of force-massing. It leads to death and to a depletion of the natural powers. Scorpio natures will avoid that, as a matter of self defense, when the law is understood, for they instinctively shrink from being cheated. To what extent, if any, are you thus cheating yourself now? Do you not waste the sex forces?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Are you free, even from the involuntary wastes which result from the harmful nocturnal action of psychic forces? Do you ever dream? Then you have not yet gained absolute thought-control and are in need of thought concentration. Use the following affirmation now and also just before retiring, viz: *I-put-myself-in-the-keeping-of-my-higher-self. Its-Love-forces-will-flow-to-me-while-I-sleep. I-am-Love. I-love-all-things. I-conserve-all-of-my-forces. I-devote-them-to-the-good-of-all. I-rest-in-harmony,-peace-and-Love.*

16. Lust sows discordant vibratory forces throughout the body. These low vibrations or retarded motions, clog the system and lead to disease, unhappiness and death. The force centers thereby become repeatedly depolarized, therefore lowered in tone and incapable of proper self-protection. Passion gives deceptive promises of happiness which necessarily end in disappointment, as it acts as an enemy to the life. Self-preservation and order are the first laws of life, which nothing can permanently oppose with success. All happiness and power is derived through vibration. The conserved harmony of these interior forces, turns on its pressure of power, which is almost necessarily accompanied by pleasurable sensations, sometimes to the point of ecstacy. Your consciousness is your only source of happiness. Keep that in a harmonious condition and happiness is necessarily yours. So also is the power to harmonize your external conditions; but whether harmonious or not, they will then have little, if any power to bring you misery. Lust at best could promise nothing except a fleeting vibratory sensation of pleasure, but it depletes the force-centers, sows vibratory seeds of discord and cheats you of permanent pleasures, which might otherwise be yours. Are you a victim of this thieving "devil" of deception? No? Not even on the psychic plane? Then be thankful, but note well what is said

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

under number 17. Hold the thought: *I-love. My-love-is-pure. I-seek-knowledge-concerning-its-perfect-law.*

17. Amativeness is a word that easily and needlessly scares people. This faculty, with the possible exception of alimentiveness, is the one most easily and universally perverted. It cannot and should not be entirely "squelched," or eradicated from the mentality. It is invaluable as a sleep producer, because sleep is a process of concentrating, or of reorganizing the forces through gender. This faculty is representative of gender. Nearly all the brain action during sleep is through this faculty, as all physiologists will agree. If the faculty is not properly cultivated, the sleep will be unsound, which implies dreaming or drifting into the astral, and a consequent depletion of the forces. Sound sleep is exceedingly important. The mantrams or affirmations which are used on retiring, should be chosen with reference to this faculty, so that its harmonious, but not violent action can be insured. Muscle and brain producing foods for suppers should be avoided, for they cause brain activity, twitching or activity of the muscles and therefore sleeplessness. It is not meant, however, that the system should be overloaded at supper with carbonaceous foods, but simply that they should be taken for supper, rather than at breakfast or dinner. You have a certain amount of sex force, and the power to constantly generate it, at your disposal. You cannot afford to waste it on either the physical or psychic planes. Your power, success and happiness depend upon its conservation and transmutation. You need more specific knowledge concerning the action of this amative faculty, than can be given or hardly hinted at, in this limited space. Try at least to perceive, in the silence, the leading principles involved, so you will understand the importance of that self-knowledge and thought control, which converts the slave into a master.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Hold the thought: *I-master-myself. I-conserve-all-my-forces. I-transmute-them-into-life-results.*

18. Indolence is not in the order of nature. All life is activity—motion—vibration. Its object is happiness to the individual consciousness. Things are valuable and useful, to the degree that they contribute to that end. They contribute to that end only to the degree that they mass force harmoniously. That is but another name for character-building and is used in its stead as a means of avoiding the heart sickening loads of preachy, preachy, platitudes which have become attached to the name. Every organism is but a mass of force. Force-massing, individualism, or organism building, belongs to the scientific realm of vibratory law. It alone can teach the scientific laws of perfect happiness. Excessive external activities are a species of indolence, in that they tend to shut off the real interior organism-building activities. There is a silence of lethargy and indolence, but the true silence of thought concentration, awakens the interiors of every faculty to a high condition of activity, enjoyment and power. As a means of understandingly awakening that condition today, hold the thought: *I-quiet-my-senses-and-draw-nearer—nearer——nearer——to-that-interior-heaven-of-power-where-activity-is-involutionary-and-therefore-restful. I-rest-in-the-harmony-of-its-perfect-peace. I-energize my-whole-Being-with-its-sacred-holiness-and-powers.*

19. Procrastination. He who first awakens from the lethargy of a soul-sleep, sufficiently to make a searching self-examination, generally finds that his "Life is but a bundle of habits" and partially erroneous opinions or traditions, imbibed perhaps without thought from others, and that he has traitorously failed to duly exercise his God given power to think. Does this apply to you? Do you understand the principles of life? Why not? Have you clearly defined purposes in life? Why not? Are your purposes and methods

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of life founded upon sound basic principles? Why not? Do you understand just how to accomplish your purposes in life? Why not? Are you sure you will accomplish them? Why not? Do you know exactly how to cultivate or manufacture the talents which you are perhaps lacking? Why not? Do you know how to make the most of your talents? Why not? Are you not responsible for their proper use? Are you not the main sufferer if you fail to understand, develop and properly use them? Do you enjoy suffering? Then procrastinate no longer. There is a law of life which it is your privilege to learn and obey. Its unlimited rewards are yours to the extent that you understandingly obey it. Which will you do, learn and obey, or suffer? Answer for yourself in the silence. Hold the affirmation: *Infinite-law-is-my-life. I-will-learn-and-obey-its-principles. I-will-utilize-every help-which-I-can-obtain. I-seek-knowledge,-wisdom,-power-and-happiness.*

20. Regeneration is commonly regarded as only an act of faith in an external Jesus Christ, but is really a scientific knowledge of and obedience to all the laws of life. We each must in time become regenerate, and it can only be done by conforming to the true principles of life, or of becoming at one with that interior law which is life. We each must make that atonement or at-one-ment with that Father principle or law. All is force. There is a scientific method of generating force. A thought organism is necessarily a force generator. Its inherent desires are necessarily polarized toward that self-knowledge, which through conscious obedience to the interior law of force, inevitably results in the external manifestation of all the potencies which are inherent within that law—viz, the omnipotence of Truth. That is re-generation. The ability to thus re-generate our forces, enables us to over-come the necessity of physical death, or re-birth, but it is a matter of scientific and applied

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

knowledge rather than of mere faith "*The-Truth-shall-make-me-free.*" Through knowledge each soul will finally overcome that last great enemy death. Hold the thought: *I-conserve,-or-mass,-instead-of-waste-my-forces. I-am-regenerate. I-worship-God-scientifically. The-Christ-spirit-within-me-is-my-life-and-my-Savior. I-seek-Heaven,-the-Christ,-God,-or-Infinite-law,-from-within-my-higher-self. I-AM-that-I-AM.*

21. Conservation. Vibration and consciousness are inseparable, for wherever there is vibration or manifested life, there is an organism—a thought organism—the power to think—consciousness. The lowest forms of organic life necessarily have a species of consciousness. That consciousness enlarges its capacity for happiness, or misery, as the organism is gradually improved, until in man its possibilities of happiness are almost unlimited. As he passes from the plane of semi-conscious growth, he can, by an instructed method of voluntary thought, become entirely and permanently free from pain and sorrow, and by the same process multiply his capacity for enjoyment. This method of Life Science is worth learning. One of its principles is that all happiness is derived from the consciousness, through harmonious vibration, and from within, instead of from external things. All misery is but the result of discordant vibrations within that same consciousness, and is caused by ignorance and a consequent depletion of the forces. If you would be uniformly happy, you must learn to conserve and mass the forces, instead of depleting them. You should conserve the sex or generative forces, not only by abstaining from useless sex indulgences, but also by gaining that thought control which enables you to free yourself from harmful external parasites, psychic forces and force-currents. Thought concentration is a process of force-massing which should be used now and habitually. Hold the thought: *I-am-the-law*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of-force. I-will-understand-that-law,-thus-discover-my-powers and-conserve-my-forces.

22. Transmutation and conservation should go hand in hand. Do not say, "I already have too much sex force, I find it impossible to conserve and transmute it." What, impossible? Does that word belong to the thought dictionary of the Infinite law which is your life? No, for that law is omnipotent. You perhaps can't at once do things which you don't really wan't to do. The first point is to fully comprehend their importance and necessity from the standpoint of your own individual happiness, for that will awaken a sincere desire. Then as you make the most of the opportunities already at your command, the way will at length open. It is a way of knowledge. Life Science teaches it. Exercise your determination in the matter of learning and obeying the life principles involved. Determine to abstain from useless wastes of force. Determine to acquire thought control. Persistently practice thought concentration as a means of gaining thought control. This devotional practice opens the way to a higher understanding of basic life principles. An intellectual understanding of the cold philosophy, is of course necessary, but it also requires its application through scientific devotion, to build it into the soul consciousness as a consuming flame of Divine Love. Methods are of little individual help until they are applied. If while in the early stages of conservation, you find the sex forces stronger than you can command, then take vigorous physical exercise as a means of gaining thorough self-control. Platonic association with the opposite sex is also a safeguard. Hold the thought: *I-will-make-the-most-of-my-forces. I-am-regenerate. I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

23. Manifestation. The mind is the measure of the man. The measure of the mind is its ability to externally manifest its inherent potencies, or the Love and Truth for

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

which it stands. The law of vibration is the one synthetic Truth, which, in its unity, represents the whole great aggregate of universal Truth called God. The unity of all Truth implies this possibility and necessity, therefore this great law is the great I AM, or God of the universe and of man. It is within, and personal to each individual. To manifest its omnipotence and thereby derive individual happiness, is the sole object of life, therefore to learn and obey its divine principles is of transcendent importance. Your power to think is your soul principle. It is derived from this interior law. It is indissolubly attached to it. The attachment becomes closer, as through the involution of silent thought concentration, you inwardly breathe its life essences or forces. They spring into being to the extent that you thus co-operate with their law, imbibe their vibratory potencies and then express their divine purposes of loving helpfulness to all. Be silent now and breathe, silently,—still more silently and reposefully——breathe this elixir of life. Hold the life forces steady and try to feel the harmonious sensations of the nervous system. God is in the silence. God is the only absolute and changeless silence, for where there is activity, vibration and change, there is necessarily sound. Hold the affirmation: *I-am-the-law-of-silence.*

24. **Evolution** is the resultant of a development, through man, of God's divine image. Man watches this holy spectacle from the indifferent and ever-changing standpoint of his growing consciousness, until finally he discovers that it is all the handiwork of his own higher self, and that he (the thought organism) is the central figure in it all, or the "only son" and manifesting agent of the Divine evolutionary law. What a hopefully precious responsibility the power to think involves. Through the power of thought, we make our beds, and we then must lie in them, until through self-discovery and the use of our thought powers, we understandingly

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

master our forces and consciously co-operate with the law, in the fulfillment of its happiness giving purposes. Are you merely drifting along the evolutionary road of semi-consciousness? Then the rough corners of nature's savage individualistic elements will goad you, until you wake up and exercise your own law of individualism. You will suffer such prods and pokes, until you learn to exercise it, and in harmony with the universal laws of Love. The inherent tendencies of your soul principle, or permanent thought organism, will, in time, compel you to fulfill their divinely altruistic purposes. As you persist in the practice of thought concentration in connection with these subjects, you will at length find the one practice which best answers your needs, and then the true esoteric methods will become comparatively plain to you, and, through obedience, will be yours for time and eternity. Hold the thought: *Thou-Oh-interior-law-art-my-life,-my-strength,-my-health,-my-counsellor,-my-defense-and-my-eternal-support.*

25. **Individualism** is the evolutionary half of that universal law called God. Its original impulse was the creative force, inherent in Truth, which caused its first manifestation. All of these important scientific, biological principles of life, are convincingly dealt with in our course of study, hence its importance as a help in unravelling all the main mysteries and tangles of life, and in fulfilling its opportunities, powers and obligations. You as an individual, have omnipotent law to back you. A knowledge of that law is your main need The now prevailing Zodiacal sign Sagittarius, is, to a large extent, representative of the principle of individualism, and now is therefore a time when to study these laws, gives you the backing of universal force-currents. There are times when you would, to some extent, receive their opposition, and would, perhaps, as a result, get the whole matter tangled in your mind. When through knowledge of these individu-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

alistic laws, you become master of your forces, you likewise are able to neutralize and counteract harmful external force currents. Until then, you will be but little more than their slave. Utilize the silence as a means of freeing yourself. Hold the affirmation: *I-am-free. I-rest-in-the-strength-of-that-Infinite-law-which-I-am. It-liberates-every-force-in-my-body. They-circulate-freely-and-harmoniously-at-the-bidding-of-my-words. The-law-of-my-words-is-absolute. There-is-nothing-that-can-obstruct-them. I-am-absolutely-free-in-every atom-of-my-Being.* This would be a good general treatment for constipation, or for fear, etc.

26. Self-Reliance. From Truth,—the Father principle, comes the power to think and the desire to know. The instincts of individualism and self-reliance thus strike out in the bold search for knowledge and progress. Each experience carries with it a vibration which adds to the complexities of the organism and therefore increases the necessity of self-defense or self-protection. It would be interesting to trace the slow evolution of the brain faculties, from the desire for food, for self-protection through caution, secretiveness, destructiveness, combativeness, etc., for pairing with its kind (amativeness etc., and friendship,) for the desire to see, hear, feel, taste, smell, measure distances, construct a home, acquire supplies for future needs, and from those faculties to the memory, reason, kindness, worship, spirituality, faith and the final discovery of man's oneness with his Infinite cause, and a consequent childlike reliance on that all sufficient Father law of the higher self, which is ever able to care for all its children. Let us today try to cultivate this high form of self-reliance and worship of the higher self or Infinite law. Through thought concentration we may invoke its holy presence and that Love which "casteth out fear," ignorance and its painful consequences. Hold the thought: *I-am-my*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

higher-self. It-is-my-strength,-my-reliance-and-my-defense. I-seek-a-perfect-understanding-of-its-law.

27. The Atonement. "I and the Father are one" said the Christ. In a sense he said it for you, for me and for every one; and yet it is an individual work for each to do. We each must outwardly become at one with that interior law which is the Father, because it is our tendency and nature to finally manifest the very ultimate of its omnipotent perfection. We are inseparable from that law. Its forces are our very life and its unchangeable perfection is the source of our immortality. That law is Truth, therefore we must "worship it in spirit and in truth," or by scientific, exact, and common sense methods. This implies knowledge of ourselves, of our source and of our relations to external objects. The whole matter must be comprehensively understood as one grand and united universal system. But merely intellectual knowledge is cold, until, by being applied, it becomes imbedded even within the remotest parts of the individual organism. This implies practice, or worship. Let our worship today be the marriage feast of Divine Love and Wisdom. Let the Christ spirit within, give its blessing and loving benediction to our acknowledgement of its law. Be silent. Listen for those words of the Father-law. "*This-is my-beloved-Son-*(or product)*-in-whom-I-am-well-pleased.*" Happiness is the object of all external life, therefore let the blessing of the spirit give us each "that peace which passeth all understanding."

28. Truth in its aggregate is one. This perfect unity, necessarily implies a great central truth or law, which is representative of the whole, and represented within each part. Man is a part whose nature is founded upon that law. A thinker is the only synthetic organism through which Truth, the omnipotent, can act. Action is but vibration. The law

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

of vibration, or power to think, is the everlasting essence or soul principle within man, through which he becomes consciously at one with all Truth and all life. Through thought concentration he consciously absorbs this essence and builds it into his external organism. Breath is a species of this absorption. Its power to thus give life is increased, as the mind is polarized more and more to its central underlying vibratory law The human stomach is also a related octupus which aids in absorbing vibratory life from food and drink. Its powers of absorption become greater, as it learns to work in harmony with breath, nature, pure thought moods and the highest forms of this underlying law. Our thought moods, or mental attitudes, signify our present powers of absorption. Thought concentration is a process of invoking these moods. As we persist in its practice, we insure moods of constant absorption of the powers of Truth. As we learn to thus invoke these moods at will, the success of our every undertaking thereby becomes assured, because we then are able to act as instruments of the Divine will, or Divine law, in the execution of any just purpose which we may select. Hold the thought: *I-am-at-one-with-omnipotent-Truth. I-absorb-Truth's-powers-through-thought-concentration. I-demand-to-know-the-best-methods-of-such-absorption-and-the-underlying-principles-involved.*

29. The Archer symbolizes the Zodiacal sign Sagittarius. It signifies a warlike independence and directness of purpose, which is the natural attitude of the unconquerable soul. The Sagittarius perceptions of Truth, are somewhat keen and prophetic, and its arrows generally take about the shortest cut in getting to the point. Its nature is not given to compromises, or parleying; but is constructive, rather than destructive. Its keen perceptions and general constructive powers, accurately measure distances, and intuitively understand the mechanism of vibratory law and of its every pro-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

duct. The Archer's primitive methods of warfare, are indicative of the pioneer in the perception, defense and promulgation of new truths. The Sagittarius nature ordinarily belongs to the priesthood, and it will perhaps be the real leader in the peaceful revolution which is now ushering in the sublime Life Science truths and a new wave of spiritual Truth. This new cycle, or dispensation, offers its special opportunities to such natures and to all who will adopt the better Sagittarius characteristics and its humanizing tendencies, not only in "living the life," but also in promulgating the highest and best methods of life. Hold the thought: *My-soul-is-unconquerable. I-boldly-stand-for-its-everlasting-principles. I-am-a-standard-bearer-of-Divine-Truth. I-manifest its-powers. I-speak-Truth-and-stand-for-its-principles-at-all-times.*

30. Review. You perhaps may not even remotely realize, to what extent, you are now closing the books of an old dispensation. You are about to enter upon a new life which is more representative of spiritual laws. Try to lay by every thought relic which belongs to the dead past and build into the consciousness, only that which can be used in the ever-living present. Thought concentration is representative of the highest spiritual laws. You will need it as your daily companion in absorbing Truth from its primary and silent source within yourself. Your religion, from this time on, should be chiefly a religion of silence. If during the past month, or months, you have learned anything of value, which pertains to these practices and methods, then silently prize it as you would a rare gem which was to buy your freedom and happiness. Your work is to outgrow your errors, therefore you should not cling to unpleasant experiences of the past, after you have learned their lessons. Cultivate the Sagittarius characteristic of ever looking forward. Try now to absorb the right mood and then try to

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

carry it with you, until the books of the century are finally closed. Meditate upon those methods of thought concentration, which, during the month, have been most helpful to you.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty-Three—Test Questions.

673. Is there a fermentative or destructive principle in Nature?
674. If so, what is its use?
675. Is there a corresponding faculty of "destructiveness" in the mind?
676. If so, what is its use?
677. Should man fear the savage elements of Nature if he himself is made up of those same elements or forces?
678. Is there anything that he should fear?
679. If so, what?
680. What is the cause of fear?
681. What are the natural results of fear?
682. Why?
683. How is the best way to control fear?
684. How may thought concentration or prayer be used to control fear?
685. What is the influence of fear upon disease?
686. Why?
687. What effects, if any, does thought concentration have upon the vital forces of the body?
688. How may it be utilized to harmonize and transmute the sex energies into life results?

"Man is fearfully and wonderfully made." He is a complicated piece of self-acting mechanism which must be understood before it can fulfill its true purposes. What are the purposes of your mind? Are they at one with the divine purposes for which you were created? How can you reasonably expect to fulfill high purposes that you do not even understand? How can you expect to understand the intricacies of divine law without the closest study? How hard would you study if certain that the result to you would be a fortune of a million dollars? What is a million dollars, (which, at best, would have to be left behind at death of the body) when compared with permanent happiness, peace and everlasting life? You are, by nature, immortal, but as a conscious entity you must build your own "mansion in the skies." Your thought powers and forces are the materials with which you must work. The divine plan is the model you must at last embody in your own soul-life and experiences.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
No. 44

Mary D. Mc...

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

44

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

Gre
ence.
you fr
delive
other
can m
or ma
make
healt
vinity
in. I
God.'
of int
aims
press
propl
powe
you
due t
self,
ignor
and
your
wall
enab
chan
'ssin
into

ndepend-
all make
to your
re is no
h which
embody
e, which
sperous,
erent di-
om with-
uth—am
the quiet
he divine
fully ex-
it is a
tilize the
ideal. If
tasks in
hin your-
e of past
d cruelty
h you as
ough you
. It will
ath, only
the quiet
build you
which will

L161—O-1096

then more fully represent the growth of your soul. It is through the realization of this Christ spirit—the ever-living Christ—that the soul is enabled to grow.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L37l
no. 44

Concentration Methods and Helps.

Copyright, 1899, by Ernest Loomis.

28 Feb 25

1. Emersonian Idealism. The Emersonian optimism of the true Idealist is founded upon something more enduring than the riotous vagaries of a diseased imagination. It is founded upon the changeless omnipotence of an omniscient universal law—the law of force, or of individualism. This perception of the imminence of God or Divine law, is an anchorage—the only true anchorage. It awakens the soul to the great underlying realities of today, as well as of all time. It admonishes man to "stay at home with the cause" of things and thus find God's ever-living presence and potentialities within his own soul. By thus placing the dependence upon a sure foundation of omnipresent Truth, we are able to be happier, more practical, more efficient in action and more servicable to others, because by an understood method, we draw our force from the exhaustless fountain of its law within. To postpone happiness, or to despise the things of here and now, is to unconsciously insult or dishonor the Divine, which, being omnipresent, is therefore necessarily within. To constantly crane the neck, in the worship of an absent and therefore mythical God, conception, or idol, is to follow the example of a child who would refuse every nearby help and ceaselessly cry for the Moon. The Infinite exists external to the self, as does the Moon, but it will never be found in the external, until it is first discovered within the self. By its light, it will then be easy to find it everywhere and in all things. Let us try now to find

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

it in the silence and within. Hold the thought: *God-is-my life. I-am-the-everlasting-law-of-life. I-draw-my-sustenance from-within.*

2. Centaurian Independence. The Zodiacal sign Sagittarius, whose influence now prevails, is symbolized by the Centaur, as well as by the Archer. This symbol is representative of the man, or the human instincts, evolving from the horse, or from primary animal conditions. It requires considerable independence, or reliance upon the Truth of individual Being, to take this all important step. There never was a time, when the external conditions for doing so, were more favorable. This month and this day of this year, can perhaps be regarded as the real turning point from the old to a new dispensation of time. The past is a sealed book. Its accounts are already practically settled, at least so far as the underlying realities are concerned. Each individual must open new accounts with the world, and deal upon a basis of higher spiritual law. The religion of the future, is to be more emphatically a human heart religion of the silence, instead of mere form, ceremony and externality. Ritualism has seen its best days and must take a back seat among the relics of a past materialistic age. The tendencies of the times are against it. Through the spread of esoteric principles, the individual has ceased to regard himself as inherently depraved, or as a fit subject for the eternal fires of a mythical hell. He has taken his own salvation in hand and understands that the atonement, or at-one-ment with divine law, is an individual work for him to do, and that he must find his own kingdom of heaven, or of harmony, within, if he is to enjoy its presence. All hail to the centaur of human spirituality, in its efforts to rise from a condition of brutehood! Hold the thought: *I-will-arise-and-go-to-my-Father—Divine-law. I-silently-worship-my-own-perfect. Thank-God-for-the-dawn-of-spiritual-life-and-universal-peace.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

3. How to "stay at home with the cause" of things, is a most important principle which our work undertakes to teach. The search for power and happiness, is generally conducted upon the supposition that they can be found only at distant and remote places. Life Science teaches the Christ doctrine of a near by omnipresence, or Divine law. Your line of connection with that law, is necessarily through the within of the thought consciousness, or soul principle. The activity of your external senses, signifies that your forces are not in the process of concentration. It is when the senses are still, and the mind quiet and reposeful, that the requisite involutionary tendencies can easily prevail sufficiently to carry the thought consciousness to the higher interior potencies of that law. The way to get these results, or powers, is to set up the proper conditions of silence and repose. When you fully learn the devotional process by which high potencies can be invoked at will, you will have a never failing supply of power at your immediate command. It will be capable of bringing you a fulfillment of your deepest heart's desires. When your life is consciously founded upon this unchangeable rock of universal law, there is nothing that can prevail against you, or give you the slightest cause for fear. Hold the thought: *I-now-rest-in-the-affirmative-thought-currents-of-universal-good. The-interior-law-of-all-life-is-my-reliance-and-my-protection. I-am-in-the-kingdom-of-heaven.*

4. Live From the Soul if you would be truly independent of all external things. Your interest in external things will not then cease, but will increase. You may regard it as a law, that external things cannot yield you permanent happiness, until you find the true source of happiness within, and thus become independent of their necessity. Try today to fully comprehend this law and thus become disappointment proof. The negative things of earth, or externality,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

are yours to subdue. You can subdue them only in the righteous name, or strength, of that great interior affirmation or law called God. That law is patiently waiting for your recognition. See if you can silently recognize it now. Slow the activities of the senses, until the mind becomes steady and quiet. Take plenty of time for this. Make of it a matter of relaxation. Hold the thought: *My-soul-looks-within-to-thee,-thou-law-of-Infinity,-savior-Divine. Oh-hear-me-while-I-pray,-take-all-my-griefs-away-and-let-me-from-this-day-be-wholly-thine.*

5. A Room of Silence. Each home should have a room of silence, or "holy of holies," dedicated to the daily practice of silent thought concentration. A room soon becomes saturated with the vibratory atmosphere, or quality of thought force, which is therein generated. A room of silence could therefore be made a focusing center for helpful spiritual forces. The power therein generated, could be helpfully sent out to others, or to the external circumstances with which one has to deal. These harmonious thought currents would infuse themselves into one's purposes and undertakings, smoothing away rough places and harmonizing the underlying causal forces of troubles and difficulties, even before they could externally appear. Purposes and plans could therein be devised and formulated with an increased degree of scientific accuracy, wisdom and success. Bodily pains, or disease, would be more easily soothed or removed, by thus coming in contact with harmonizing forces from the higher self. As these forces from the higher self accumulate in such a room, as it is thus used, they would act as a thought treatment, or spiritual bath, which could not easily be otherwise than helpful. The principles of individualism demand such a room. The universal laws of Love and of Brotherhood also demand a Church, which would offer co-operative external helps for this practice of scien-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tific devotion. Prepare the way by the following affirmation, or prayer, viz: *I-demand-for-myself,-a-room-of-silence-where I-can-commune-daily-with-thee,-oh-law-of-my-life. I-also-demand-the-scientific-co-operative-helps-which-the-Universal Church-will-offer.*

6. "Be Still and Know that I am God." Nature's forms of expression are multitudinous. Its methods of expression are comparatively few. Its basic principles from which all those forms and methods spring, are but very few. The subject of these methods and drills in thought concentration, deals almost exclusively with these few principles, and therefore they are repeatedly referred to. To drift far away from them would be to drift from the subject in hand. Those who are in the greatest need of these practices and of their almost endless repetition, are the very ones who will be most easily bored by them, because their needs signify that their present tendencies are in an opposite direction. If you are not bored by them, you may know that you have more than ordinary ability to obtain helpful results from their observance, because of your basic powers and fortunate individual tendencies. The object of silence, introspection and thought concentration, is to more thoroughly polarize the forces to the higher self. If they are already well polarized, these practices will seem natural to you, and will be very productive. If they are *not* well polarized, then that is your *greatest need* and you should hold to the purpose, until the practice becomes a delight, and productive in results. Hold the affirmation: "*Be-still-——and-know-—that-I-——Am——God.*"

7. How to Know from Within. This involves almost the whole Life Science subject therefore its basic principle is the daily practice of thought concentration, until the subjective mind, or higher self, becomes habitually active. Then, knowledge, wise judgments and wise plans will come

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to you by a lightening-like process, which is not laborious. The awakening of the subjective mind also awakensthought forces which can be sent out, almost in a flash and with permanent magical power, to things, or circumstances at a distance. The higher self is nothing less than the Christ spirit which is able to "miraculously" and almost instantaneously heal circumstances, as well as bodily ills. Sagittarius natures generally have quick intuitions, and the power to know from within, at least so long as their sex forces are properly conserved. Leo, Aquarius, Libra and other natures are generally liberally endowed with these powers. One method of cultivating this faculty, is to use it in recognizing the mood of concentration, or of reposeful steadiness, as it steals over you, in the silence. See if you can now produce this mood, and do not forget to recognize it, from within, when it comes. Also use this interior discrimination in determining the qualities of these moods, so you may be able to keep out all harmful phychic forces and force-currents. Cultivate the subjective mind in your general judgements, and particularly in your judgments of character. Its searching look, though penetrating, is reposefully kind, and therefore does not often give offense. Hold the thought: *I-now feel-from-my-subjective-mind. I-know-from-within. My-mind-is-reposeful.*

8. Introspection need not and should not be productive of undue sensitiveness. When the subjective mind is awakened by properthoughtmethods of introspection, or of thought-concentration, its affirmative and positive forces will also be awakened into healthful activity. The true optimist easily becomes sensitive to deep feelings and the underlying beauties within all forms of organic and inorganic life. He also becomes impervious to mental suffering because his faculties are kept in a state of healthful activity, as is indicated by his optimistic moods. Moods of perma-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

nent happiness and success, are within your reach. They now can be produced at will and maintained, through the methods of thought concentration, offers by Life Science Thought control means everything to you and can be obtained by specific scientific methods of dealing with the thought faculties and forces. First utilize thought methods in awakening the proper desires, then in understanding the philosophy in all its details and then in the faithful application of its methods. Do not try to deal with too many things at once. Take them one by one if you wish to become their master. The principles and methods of self-mastery are very simple, as compared with the attainments in external results, which it places at your command. Hold the thought: *I-now-penetrate-to-the-depths-of-my-soul. I-demand-wisdom-to-find-and-follow-the-best-methods-of--self-development-and-self-mastery. I-devote-my-talents-to-the-highest-uses.*

9. Your Aims. Sagittarius natures generally aim well, and as a rule, hit the mark in all things. They are sensitive, and when offended, are capable of driving home the arrows of severe words, or even blows, with a tremenduous forcefulness, and are almost sure to hit at vulnerable points. They should guard against this, because they do not realize how hard they strike. If they did, their natural kindliness would prevail. To be able to choose and follow right aims is a talent which should not be thus misused. It is always safe to aim at self development, for in proportion to our success in that, will we be able to obtain the enjoyments and good things of life. That, in itself, if properly pursued, is the main enjoyment of life, for the source of happiness is within and the method of attaining it is through the proper development, or massing and use of the forces, Opportunities for self-improvement and happiness are always at hand. The Infinite could not have endowed us more liber-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ally with the instruments of happiness, than to give us the unlimited privilege, through thought concentration and otherwise, to draw upon the Infinite, creative, interior law. But what use are we making of these privileges. To what extent do we even appreciate them. Let us aim now at the Infinite and see how closely we can draw near to its silence. Let us summon the subjective mind and every particle of knowledge concerning thought concentration which we possess, as a means of reposefully focusing the forces upon that interior silent law which is the Infinite. Hold the thought: *I-will-develop-the-power-of-silence. I-listen-for-the-reposeful-hush-of-my-forces-which-precedes-its-consciousness-of-power.*

10. Over-activity. Sagittarius, being an executive Zodiacal sign, naturally endows its children with executive tendencies which frequently lead to over-activity. Emergencies are an inspiration to such natures, in that they call to the surface the executive powers and forces of the subjective mind. At other times, these natures are inclined to forget this source and sphere of real action, and by their excessive bodily activities, shut off the supply of force from within. This is perhaps a lesson which you need also. The silence today, may help you to determine and then to appropriate it, by setting up the proper counteracting causes. You should realize the necessity of keeping your whole organism in first class working condition. As power comes to you, do not forget to use it in moderation, so that its constant inner pressure will uphold and sustain your every accomplishment. Reposeful moods hold your forces, so that their harmonious pressure is felt, not only within yourself, but also throughout your every relation in life. The atmosphere of thought which these moods represent, carry their life potencies far and near, and produce the attractive forces or currents, which bring successful results to you. There is an absolute law behind this. All you have to do is to under-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

standingly put it into operation. Then you will attract magical results even while you sleep. When, by over-activity, you infringe this law, you produce lax force conditions, which dissipate or diffuse the external results which were attracted as effects of your previous thought activities. Hold the thought: *I-will-master-my-forces,-and-the-higher-principles-and-methods-which-make-that-possible.*

11. **Meddling** with the affairs of others, detracts just that much force from your power to successfully conduct your own. It establishes force connections which invite self-defensive attacks from them, if they are in a well organized condition, and if they are not, it brings to you the still worse result of imbibing their lax force conditions, and unsuccessful "hoodoo" moods. You are morally responsible for the use you make of your force. Sympathy is force, therefore your use of sympathy, involves the principle of meddling and a moral responsibility. If you indiscriminately waste sympathetic or other force, upon those who are unready or unable to appropriate it, you thereby rob those who could appropriate it and to whom it is a duty to freely give. "Let the dead past bury its dead" is a motto worthy of frequent use. Your first duty is to yourself. It is the duty of keeping closely in touch with the higher self, that you may act from it in all you do. To do this is a matter of true knowledge faithfully applied, through thought concentration, etc. To neglect this practice, is a matter of almost criminal neglect, for which you are the chief victim, or loser. On one side is almost endless penalties. On the other side is endless rewards. Try to silently summon your forces sufficiently to absolutely settle the question of whether or not this is so, and then decide what you are going to do about it. Let it be either one thing or the other. Any "betwixt and between" action would perhaps hold these principles and practices up to needless and unjust disgrace, in which

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

event you would be responsible also for that. No one can dodge the self acting punishments of infringed natural law. Hold the thought: *Should-I-study—Life Science? Should-I-practice-its-methods? Why? Abide-by-the-answer-which-comes-to-you.*

12. Emergencies. The rare Sagittarius characteristic of being inspired to right action by emergencies, is capable of cultivation. Character is the slow vibratory growth of experience and habitual thought. By gaining thought control and by then wisely choosing and following the right objects of thought, we can build character into that which is more fully representative of permanent Being; or in other words, we may and should thus build for the eternal, and live in the eternal-now. It is the plodders along this road, who are the first to reach the destination; but our methods of plodding should be intellectual and scientifically spiritual, rather than merely physical. To fail in the choice of methods, would mean to plod along some other road instead of upon this one. We should plod, in the sense of repeating wisely chosen thought practices and their consequent vibrations, for repetion of vibration is omnipotent. The ability to grasp and utilize opportunities and to act wisely in emergencies, depends upon the reserved power slowly and patiently acquired during a long period of previous thought training or character building. Opportunities are of no service to us unless we are thus prepared to utilize them. "Know thyself" and the desires of the heart, as a means of confining all training to lines and methods which will not end in dissappointment or failure. Purposes should be carefully formed in the silence, so that they may be truly yours, instead of the mere reflection of other minds. Patiently train the subjective mind, and your outward character and purposes will thereby become representative of its powers and happiness giving perfections. Hold the thought: *I-am-the-image-of-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Divine-law. Its-interior-perfections-become-a-part-of-my-outward-organism-as-I-silently-dwell-upon-it-in-thought. I-now worship-it-into-vibratory-manifestation-through-me.

13. Timidity. Sagittarius natures are often timid, but only when there is no need for action. Their timidity is perhaps the result of a prophetic tendency to allow the mind to drift ahead to things of the future, or from an act in hand to a proposed act of the future. They like to go fast, but when events arise which are capable of commanding their entire attention, their natural directness and unity of purpose comes to the rescue and temporarily gives them great powers of concentration. Concentration is but another name for inspiration and power. The great need of most natures is that thought control which gives power of concentration. It should be cultivated, not only by noonday devotional practices, but also when we are doing small acts. The Sagittarius executive moods of hurry, divides and therefore wastes the forces, thereby producing negative, anxious thought currents, hollow cheeks, dyspepsia, lung difficulties and a general depletion of the force centers or vital organs. Be deliberate and reposeful in every act, if you would cultivate courage, instead of timidity and cowardice. Utilize the silence whenever necessary and particularly today, in stopping these unnecessary leakages of force and in the correction of habits which lead to them. Whenever you concentrate all your forces upon one thing, you necessarily thus become, at least temporarily, free from fear regarding other things. The thing feared can either be remedied or *not*. If not, then there is no use of worrying over it, and if it can be, then the concentration of the forces upon it in the application of a remedy, also removes entirely the necessity of fear. Fearing thoughts are negative forces which create a vortex that attracts the thing feared. Hold the thought: *I-rule-my-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

thoughts-and-my-forces. I-have-nothing-to-fear. The-overruling-law-of-Love-cares-for-me-and-all-things.

14. Prophecy. The prophetic faculties of intuition, should be used chiefly in acting as an avenue for the expression of *interior* causal forces which *determine* what the future will bring forth. Your thought organism is the architect of your fortunes. Your creative thought forces determine what your future shall be. The possession of these instruments, places all the resources of the Infinite at your command, for they are but force. Your thought should dwell and dwell and *dwell* upon this great fact, until it engenders a permanent mood which is representative of its Infinite meanings. Then you will act with the majestic forcefulness and power which this Divine parentage justifies. If to thus worship this law, or God, is a fulfillment of the law and commandments, then you should realize the importance of repeatedly emphasizing the few principles and methods involved. We repeatedly caution our members upon this point, so they will not use co-operative thought concentration, their prophetic faculties, and life powers, simply as a means of psychically communicating with each other. That would be an inversion of the true principles and would inevitably lead to final disaster. The power and virtue of our Brotherhood work, consists largely in the adequate preventative measures against such consequences, which are habitually set up by its esoteric and other members, as well as by the instructions regarding this vital principle that are repeatedly sent out. Hold the thought: *I-now-draw-upon-the-inner-vibratory-forces-only. I-use-my-intuitive-faculties-only-in-generating-and-affirmatively-using-my-forces.*

15. "This One Thing I Do" is a thought concentrating precept which generally leads to success. There is perhaps no one so meagerly endowed, that by proper concentration, cannot accomplish some one thing of importance; nor is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

there any one so liberally endowed, that he can properly accomplish everything in a single life. It requires scientific self-knowledge to wisely choose the one thing to which your talents are best adapted. It requires fidelity to the law of force and to thethoughtmethods of force-massing, to be able to accomplish your chosen purpose with the least possible outlay of force. One thing which all should do, is to learn and apply these laws of force. Then it becomes possible to accomplish almost any rightful purpose, and to choose high purposes with the certain knowledge and firm faith that they will be accomplished. It then becomes possible to dismiss anxiety concerning consequences and thus avoid the wastes of force which anxieties necessarily produce. Try in the silence to cultivate the Sagittarius quality of concentrating all the power you possess, upon a single point at a time. This talent can be used in adding distinctness of outline and clearness, to your thoughts and plans. If your thinking is muddled, your actions will be no less so. Concentration should begin in thought, as a means of reaching your higher self. Hold the thought: "*This-one-thing-I-do.*" *What-is-the-one-thing-which-I-can-best-do? What should-I-do?*

16. **Bluntness** is often carried to the point of brutality by a certain undeveloped or wrongly instructed class of Sagittarius, Scorpio, Virgo and other natures, who delight in destructively telling disagreeable "truths," or even falsehoods, to so called inferiors, or weak and defenseless ones, in the family or elsewhere, (who are perhaps incapable of self-defense) but "of course for their own good." If they would but learn to exercise their courage, discrimination and truth loving or happiness giving faculties in discovering and then proclaiming the beauties of character and lovely traits which often lie only a little below rough, plain and lowly exteriors, they would thus awaken splendid qualities, and as gradually also bring into manifestation the Divine image within themselves.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

We all have opportunities of this kind and if we have sufficient understanding and perception to properly reverence human nature, we will, when advisable, be able to tell even the most disagreeable truths, with such kindness and gentleness, as to avoid these paralyzing, dwarfing and unnecessary hurts. The Divine image can be praised, loved and worshiped into manifestation, but cannot be driven. True criticism is constructive rather than destructive. He who is inconsiderate and arrogant to "superiors" is generally abject and cringing to inferiors. The basic laws of permanent Being have endowed us all equally. It is a delight and therefore should be a privilege, to regard all things in the light of these permanent and always inherent principles. Thus may we worship God or the Infinite law, in every act. Such worship is a species of concentration. It helps to polarize the forces to the law of the higher self. Hold the thought: *All-is-good. My-Infinite-Father-created-all-in-his-image. I-recognize-that-image-within-myself-and-all-others.*

17. **Sagittarius Impetuosity.** Independence of spirit, quickness of intuitive perceptions, and intensity and directness of purpose, when backed by the Sagittarius executive tendencies, naturally lead at times to St Peter-like intuitional, inspirational and impetuous acts. Faculties and qualities of the highest virtue, when unrestrained, are liable to manifest in obnoxious ways. It is well to keep in mind these high qualities in others and throw a mantle of charity over their inconsiderate, or excessively impetuous and perverted manifestations. But in our own character building we should hold ourselves to a strict account for the use we make of all our faculties. Every faculty is primarily virtuous and good. It is only its perversion that can result in evil or vice. We should therefore realize the importance of understanding our every faculty and the specific and scientific methods

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

by which they can be made to perform their respective uses. Life is made up of details. From little thoughts and small acts, habits are formed and character built, or perchance destroyed. Let us today deal silently with the quality of impetuosity and with the various causal factors which lead up to it. Self-training, to be effectual, should be systematic and thorough. While holding ourselves to the basic principles of thought concentration etc., we should not overlook the minor details, or qualities, but should take them one by one, as well as collectively, day in and and out the year around. As the years go by, we will be offered convincing proofs that none of this patient self-training was in vain. Hold the thought: *I-draw-my-sustenance-from-within. I-act-from-the-soul-in-all-that-I-do. I-love-all-things-and-do-not-desire-to-harm-them.*

18. Ingratitude. It is generally the fate of Sagittarius persons to be misunderstood and to thereby become victims of ingratitude. This is perhaps more or less true of all, who have the independence to think and act for themselves, but when a dual nature, interior complexities of organization, quick intuitions, executive tendencies, reticence, sensitiveness and a warlike self-defensive attitude is added, that result becomes almost inevitable. The natural open-hearted frankness and directness of a Sagittarius nature, inclines it to invite candid and confidential relations with others, but when it then confers favors, and finds a lack of responsiveness to the true fundamentals of independence, or even failure to keep pace in quick perceptions and consequent acts, the result is absolute reticence and perhaps a self-defensive war, to the extent that its sensitive independence becomes goaded or trampled upon. The natural Sagittarius fidelity to friendships, etc., would perhaps prevent open warfare, but it is almost as trying to be invited in at one door (to a basis of social intimacy) only to be suddenly pitched out of another

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

door, or window, so to speak, and it is an experience which but few can stand with equananimity, or without ingratitude for such favors as may have been previously received. It may be regarded as a principle, that he who pins his faith to man the imperfect, will suffer dissappointment; but he who through a perception of the underlying *perfect* in all, worships *that*, instead of its imperfect symbols, thereby becomes capable of receiving satisfactions and benefits instead of dissappointments from all, however imperfect they may as yet be. We are not fit for true friendships, or the responsibilities of great wealth, until we thus become independent of their necessity. Look within, to that which is unchangeably perfect. Let that be your companionship and reliance. Make all other loves subject to this, because they are but reflections of it. Hold in thought the first commandment.

19. **Small Annoyances** are often unnecessarily magnified into collossal proportions. Sagittarius natures are often unnecessarily and waspishly impatient and combative, when these competitive wasps or circumstances, but *partially* withdraw their attention from its usual intense interests. They don't like to be disturbed or interfered with, when directing their arrows of energy to any particular mark. A great calamity, by *entirely* withdrawing their attention, would be an inspiration to them, because it would awaken an all-sufficient coolness and courage. It is the trifle which annoys and thereby commands them. We should not be thus ruled by trifles.

One method of correcting this weakness is to cultivate the habit of doing only one thing at a time. If the attention becomes withdrawn, even by a trifle, we should concentrate wholly upon it until it is disposed of. In that way it serves by training us for the mood of success. To permit it to divide the mind, would give it temporary command over us and in a way which trains for failure. All necessary acts,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

however simple, become our servants to the degree that we thus use them in training for the concentrated moods of success and happiness. If the mental faculties and forces are concentrated, they will act harmoniously, and thereby bring a consciousness of happiness, as well as produce the harmonious thought currents of success. Silently examine yourself today and utilize thought concentration as a means of fortifying yourself against further infringements of these thoughtlaws. Hold the thought: *I-concentrate-all-my-forces-upon-a-single-act-at-a-time. "This-one-thing-I-do,"-is-my-motto.*

20. Learn to Labor and to Wait. It is easy to be too impatient of results. That faith which is founded upon absolute knowledge of mental laws, is content to simply act in sowing the seeds of success, for action and its fruits are one and inseparable. To spend time in watching for results, is to divide the energies and interfere with their power to properly concentrate upon the production of causes. This principle is particularly important in the work of force-massing or character building. It is a law, that if the true principles of thought concentration are habitually and properly applied, great individual results will necessarily ensue. You should make it your business to comprehensively understand the principles involved and the true methods of thought concentration, and then to faithfully and habitually apply them. Simply do this and keep on doing it while you are waiting for the results which must inevitably follow. To thus govern your life by such fundamental and eternal principles, is to live and build for the eternal. You are in need of these practices, in proportion as they are laborious and tiresome. If they are not tiresome, it is proof that you are capable of getting great results from them. They should be made a pleasure. If they become laborious, then drop their outward forms for a time, simply holding to the pur-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

pose, and the time will quickly return when they can be made a pleasure and proportionately effectual. Hold the thought: *I-will-learn-and-observe-the-laws-of-my-Being. I-walk-in-the-light-to-the-extent-that-I-am-able-to-receive-of-the-light. I-rely-upon-my-higher-self-or-the-God-within. I-worship-it-into-manifestation.*

21. Finish Your Tasks. The merchantile characteristic of quickly turning from one thing to another, has, by Americans, been cultivated to excess. It weakens the powers of concentration, scatters the forces, leads to depletion, nervousness, failure and even death. Your thought powers can be cultivated by forming the habit of keeping the mind upon one thing only, until it is accomplished. Success consists in completion. You do not fail until you give up. You cannot fail if you never give up. "Whatever is worth doing is worth doing well." Try to keep out of the thought currents of shams and of mere cheapness. You will thus keep comparatively free from the thought currents of intense competition, where nearly all the shams inevitably tend. Be thorough. Avoid shams. Make the good article. Make it as it should be. Take an artistic pride in constantly improving it. Sell it for a good fair price and you will be almost sure to find a ready and enlarging market. Mere cheapness has had its best days. With the vast accumulations of wealth, will gradually come the search for better things, rather than for merely cheaper things. It pays to get into thought currents of success, where its attainment is then little more than a mere matter of floating. Life Science teaches how to get and keep in such thought currents. One secret of it, is to think success instead of failure, or to mentally see yourself in improved surrounding conditions. Another is to practice daily thought concentration silently, as well as in every act. Hold the thought: *What-can-I-do-best? I-do-only-one-thing-at-a-time. I-now-concentrate. I-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

finish-my-tasks. I-demand-wisdom-and-power-to-get-and-keep-in-successful-thought-currents. How-can-that-be-done?

22. Vows and Confidences. The typical Sagittarius nature is constitutionally opposed to vows. It should be opposed to confidences also, for that would in a large measure remove the cause of being misunderstood, and of the consequent ingratitude. There is no vow sufficient to permanently bind any individual to a course that is wrong. Natural law is the only power that can permanently bind. Even that must in time loosen its bonds at the dictation of applied self- knowledge, for "The Truth shall make you free." The perfect law of everlasting life, which is for each individual, is even above manifestation. Why should man perjure his soul, by making vows as to what he will, in the light of higher knowledge and in the future do. Principles and methods of life which are founded upon Truth or absolute universal law, are sufficient to bind their followers, even without the necessity of external vows. The true Sagittarius independence, is founded upon universal principles or laws, whose very strength is brought out, the more they are attacked. If my principles are unsound I wan't to know it, therefore the more frequently, mercilessly and even maliceously they are attacked, the better I like it. Principles which are self-evident, or prove themselves, can well afford to be attacked at every point, and by their strongest opponents, as it only exposes and heralds their permanent native power. If it is a universal law that all things evolve from within outwards and through an inherent vibratory law, then our methods and principles of thought concentration will permanently stand the attacks of every psychic organism, negative force, or inverted method of thought or of drawing upon external psychic or other forces, that can be ignorantly arrayed against them. We never knowingly or wilfully attack individuals, but we most fearlessly attack inverted

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

life principles, thereby arraying against us the whole psychic world and many organized bands of "black magicians." There is and has been war in the invisible, but the supremacy of "white magic" and the principles of right, is the only outcome that can prevail. Hold the thought: *I-fearlessly-stand-upon-the-interior-Christ-principles-of-evolutionary-law.*

23. **Redemption** must necessarily be the outcome of each individual soul-life. The underlying law of all soul-life is unchangeably exact and perfect. Its consequent individualistic tendencies must inevitably lead to but one finality. The power to think is the soul principle of individualism, which, being indissolubly attached to its underlying law, must survive the grave and finally fulfill its destiny of manifestation. Its underlying and everlasting law of force is dependent upon this method of manifestation and being unchangeably perfect, cannot permit the manifesting purposes of individualism to miscarry, even in a single case. The law is absolute. Nothing can permanently resist the creative potencies of tendency, with which it has endowed each and every soul-life or thought organism. These inherent soul potencies may perhaps require an eternity in which to fully evolutionize, but as the inherent power is there and also the tendency, the finality of perfection and complete manifestation is therefore inevitable. There is much more to this which may perhaps come to you in the silence of concentration, as you thus put yourself in the proper attitude to receive it. Hold closely to the practical point that as your redemption must come and is a matter of your own sowing, reaping, thinking and soul growth, then the sooner you begin to sow right, by learning and obeying the thought laws of your permanent Being, the better it is for you in every way. Hold the thought: *The-law-of-force-is-my-eternal-life. It-is-my-higher-self,-or-power-to-think. I-will-learn-this-law,-and-conform-my-thought-habits-and-methods-to-its-omnipotent-prin-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ciples. My-higher-self-is-redeemed. I-will-keep-closely-in-touch-with-it. I-am-my-higher-self.

24. Finding the Christ Within is largely a matter of thought concentration. All true methods of thought concentration lead that way. The real art of thought concentration consists in so changing the mental tendency that it will temporarily carry the thought consciousness to the within, or into involutionary conditions, rather than to the evolutionary, outgoing, external conditions of positive thought. The consciousness and its forces, thus become polarized to the higher self, or interior law of force. The outcome is a paradoxical condition of negative positiveness, because the higher self or law of force is an affirmative principle and therefore a positive, but the external consciousness must become negative to it in order to become more closely attached to it. The subjective mind of the individuality is gradually built through this conscious or unconscious method of drawing upon vibratory law for its forces or brain cells. Sleep is an involutionary process which can be improved in helpfulness by a previous use of proper thought concentrating mantrams or affirmations. This matter of finding the Christ principle within, involves almost, if not quite the whole **Life Science subject** and justifies whatever knowledge gaining or effort that may be required. Try in the silence to fully realize that the Christ principle and its powers are inherent within you and that it can be found through scientific devotion, or by obtaining and applying the proper self-knowledge. Is it not worth the effort? Hold the thought: *I-seek-the-Christ-principle-within-myself. I-demand-its-knowledge-and-its-powers. I-will-use-them-for-the-good-of-all. I-demand-good,-first-for-myself,-that-I-may-do-good-wisely-to-others.*

25. The Risen Christ. When we find the Christ spirit within ourselves, it will then arise and proclaim through us

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the power and absolute supremacy of its spiritual law. The demonstration of the goodness and magical powers of the Christ, is an individual work which each must in time do. It is but a matter of applied knowledge. The principle being changeless, offers the same possibilities of application now, that it will "when Gabriel blows his trumpet" on the morning of the "last day" of manifestation or "judgment." We are the ones to change, to an attitude of knowledge, understanding, faith and Loving obedience or co-operation. Shall we do that now, or shall we indolently and ignorantly postpone this bounden duty, perhaps to another life, or until we are goaded to it as a last extremity? Let us now seek that interior heavenly silence or "holy of holies" which is the dwelling place of this spiritual law. As we thus gain admittance to this interior paradise, let us reverently rejoice that the Christ is risen within our soul life and that through thought concentration its priceless blessings can be invoked, whenever needed, for our strength and comfort. A good orthodox woman recently said: "Oh I am so thankful that I can believe in heaven as an external locality instead of a mere condition"! I said what! even if it is a myth or untruth and contrary to the teachings of the Christ, who said "the kingdom of heaven is within you"? By blindly refusing to think, we can continue to worship such idols of untruth, or degradations of scriptural law, but the penalties for so doing are self acting and therefore inevitable. True worship is *willing* to sacrifice *all* for Truth; but to worship and find it is to *gain* all instead of a sacrifice. "There is no religion higher than Truth." Prayers are answered because of a law, instead of in opposition to law, therefore they become answered to the extent that they are devoutly scientific. Affirm: *I-Am-that-I-Am.*

26. Cruelty and Forgiveness. The administration of justice should be ever merciful and educative, instead of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cruel, vindictive or revengeful. The true welfare of the individual who offends, should never be lost sight of. So far as the individual is concerned, there is no possible offence that cannot and should not be fully and freely forgiven. "Justice is mine saith the Lord" or law. The punishments of vibratory law are self-acting and therefore exact. It is the creative Father of all things and will see that justice is finally done to all persons and things. The true Christ spirit of forgiveness, inspires its twin spirit of non-resistance. "Resist not evil but overcome evil with good." So called "evil" events, necessarily imply a negative, as well as a positive pole. To be in their thought current is sufficient to create this negative pole and thereby become their victim. To then exercise an evil, hateful, or retaliatory spirit, is to send out a vibratory thought current that will necessarily strengthen the negative conditions or pole, and thereby attract similar and pephaps even great misfortunes in the future Vibratory law thus binds these victims of evil, to their related causal conditions or thought-currents, *until* their spirit of hate is understandingly turned into Love. This absolute law cannot be changed, nor can anyone who infringes it, permanently escape such consequences. By your thoughts of hate, you thereby bind yourself closer to the persons or circumstances thus hated, until, through knowledge, yor are released by your own hand or spirit of Love. Even a Jesus Christ could not permanently save you from this, except by teaching you the Biblical law that "Whatsoever a man soweth, that shall he also reap." This Mosaic principle of cause and effect, instead of teaching the myth of eternal hell fire, is the spirit of both old and new Testament. The old Testament does not speak of "Hell." Fire is but vibration. Vibratory law creates its own hellish fires of discord and inharmony throughout the eternity of manifestation, but this law must finally be obeyed by one and all and its fires then die

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

out, because we are all constructed or constituted according to such vibratory principles. This law of your life is the law of everybody's life, therefore this, your soul-life, is the Father of all, and in exercising the spirit of forgiveness you are but exercising Love toward yourself as a child of the law. Hold the thought: *I-learn-and-conform-to-the-vibratory law-of-Love. I-Love-this-law—(my-life)-and-all-its-products. I-therefore-forgive-all. By-obediance,-my-interior-Christ-spirit forgives-all-my-trespasses-or-sins.*

27. **Solitude and Darkness.** Every species of darkness in your life, "is but the absence of light" which knowledge could give. Truth always exists in its perfection. If the coloring of our lives is lacking in this great affirmative principle—Truth or vibratory law, it is only because of our personal lack of knowledge concerning it. The remedy—knowledge—can therefore be unerringly perceived. "Ignorance is the cause of all evil and misery." Occasional darkness, evil and misery, seem to be necessary as a means of enabling us to properly prize the light of knowledge. The power to think, was given us for the purpose of deriving happiness through knowledge-gaining and in the manifestation of Truth or first cause, therefore no evil, in driving us to knowledge-gaining, could be quite equal to the final compensations of good through the power of Truth, which are thereby assured us. But should we wait to be slavishly driven, by evil, to the compensations which the search for knowledge necessarily offers? Are not the compensations themselves, sufficient to inspire the utmost earnestness in this pursuit, at least so soon as we can be sure of this fact that they are the inevitable recompense? Then it is all important that we should convincingly understand that great fact. The solitude of silence offers us unequalled opportunities in settling this and all other questions. Temporary solitude is objectionable only to those who have not yet learned how

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to silently commune with the Christ spirit within. Self-knowledge opens up to us the limitless treasures of an Infinite interior Mine of wisdom. Is it reasonable to suppose that the tender Father did not have our happiness and good in mind, when through the Christ spirit he said, "Thou shalt Love the Lord (interior law) thy God with all thy heart etc"? Silently ask your interior self the question, and see what answer from the Christ spirit will come. If you obtain an answer or consciousness which decides the question, then try to realize the power which solitude and silent thought concentration offers in answering all other questions and in gaining that knowledge of Truth which makes you free. Hold the thought: *I-am-free. I-perceive-the-path-to-wisdom and-freedom. The-Truth-shall-make-me-free.*

28. The Knees signify prayer, or redemption, through scientific devotion. The Zodiacal sign Capricorn, has its bodily correspondence in the knees. Its solitude of silent devotion, is often preceded by a darkness of deep soul experiences, which naturally carry one to the knees, in prayer. We should give thanks for every experience, however bitter, and thus try to learn from within, the lessons it was intended to convey. The vibratory law which underlies all experiences, insures that they will pass away from us as soon as we have learned their lessons. This should inspire an attitude of hope and patience, even in the midst of the bitterest experiences, which are thus necessarily accompanied by rapid progress in quickly bringing daylight, just after these darkest of hours. All of natures penalties are remedial instead of vindictive in their tendencies. The law of Love is behind them. Let us ever trust that law, for only it, is sufficiently wise to answer our greatest needs, at the least expenditure of force in pain and suffering. Let us be inspired with an all sufficient courage to face whatever experiences may come to us at this point of turning, in force-currents,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

from the old to the new. At no historical period, have the times been more important, and while in closing the books, or records of the past epoch, they may most swiftly reap, we should rest in the calm assurance that the dawn of a brighter day, cycle or dispensation, is thereby hastened. By silent devotions, we may polarize our forces to the higher self and thus get in line with future events which are sure to be more representative of such higher conditions. Prayerfully hold the thought: *I-now-polarize-my-forces-to-the-higher-self. It leads-me-to-all-necessary-readjustments-to-the-higher-conditions of-the-future. Through-kaowledge-and-devotion-I-avoid-the-necessity-of-violeace-and-suffering-in-making-all-necessary-or rightful-changes.*

29. **Meditation and Prayer.** The allegory of Christ's crucifixion, should remind us not only of the preliminary darkness of ignorance and disbelief, which generally leads to abject loneliness, solitude and prayer, but also to the Resurrection, or consciousness of a deathless interior spirit, which is proof against every storm, or unhappy circumstance. Life is necessarily unstable, until it becomes understandingly founded upon the Christ principle of scientific prayer. Does the words "scientific" and "law" seem cold and barren? Is not wisdom and Truth as important as Love? Must not the thinker, or thought organism, become representative of Truth's exactness, as well as of its inherent Love? Let us silently celebrate the marriage feast, or resurrection, of that Christ principle which is able to perform the outward marriage ceremony of Science and Religion, or of Love and wisdom, or Truth. Our discovery of the omnipotent causal law of force or of vibration, which is all and within all, here and everywhere, now and forever, is the esoteric fact which makes that marriage more easily possible for this day and age. Science has heretofore been able to analyze all external things, only to the point of vibration or primal energy, and

Digitized by Google Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

therefore did not and could not clearly explain the all-important law of vibration or the exact workings, methods and construction of vibratory law. It could not explain the relations of mind and manifestation, or so called "matter." The perfect and self-evident explanation of this law which we have given, conclusively shows the relations which exist between all things in the manifested universe and their one Infinite causal law called God, therefore the scientifically devotional Christ methods of soul growth, character-building, or the atonement, are thereby explained. These explanations must necessarily become acceptable to both Science and Religion, because they teach the exact Science and Religion (or inherent binding power to God) of all manifested life. Hold the thought: *I-seek-through-prayer-or-thought-concentration,-a-knowledge-of-my-relations-to-first-cause-and-to-the-external-world. I-will-ceaselessly-seek-all-knowledge-of vibratory-law-which-is-placed-within-my-reach.*

30. **To Him that Overcometh** through self-knowledge and self-mastery, will be given the key to all mysteries, and power over all kingdoms. Knowledge of vibratory law is necessarily the key to all mysteries and all powers, because all things are but the products of that interior law. This important key is now within your reach. Can you not comprehend what its possession might mean to you? At the present beginning of a most important cycle of time, those who are fitted for it, are just entering into a new and brighter life. Those who refuse the light it offers, are thereby unfitted for it, and are likely to be swiftly taken away, or out of the body. Vibratory law or Philosophy gives the key to the whole situation. Will you take it or refuse it. By your acts you determine and must abide by the consequences. This evolutionary law of Love will care for you, even though you childishly refuse to learn of it, and in then taking you out of a body which was too dense or rebellious to receive the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Truth, would thereby be exercising the motherly caring for instincts of Love. You will be cared for and need never for a moment fear about that, but, whether in or out of the body, must necessarily remain in essentially your present conditions, until through knowledge and thought, you set up the causal vibratory forces which will carry you to higher and happier conditions. All is unchangeable law. You cannot permanently obstruct its workings. Do you propose to try? Decide in the silence. The only way to gain true or permanent comfort, is to decide right and then act accordingly. The quicker you decide, will you bring to yourself the interior comfort of the Christ spirit or "Comforter." Hold the thought: "*Come-unto-me-all-ye-who-are-weary-and-heavy-laden-and-I——will-give-you-rest.*" *The-I-AM-of-evolutionary-law-is-my-comforter. I-AM-that-I-AM.*

31. Retrospect—The Dying Year. The death of the year, the century and of a 5000 year cycle, is at hand. Shall we make it a time of mourning, or of rejoicing? Let each heart decide. Which will give the most happiness? Do we owe any debt of service to the dead past, except the duty of living wisely the present and future? Cannot we let the "dead past bury its dead"? But pause for a moment. Are there no pearls of wisdom gleaned from the past, that can be made serviceable in the present and future? Then silently recall those ever living pearls. Rejoice that they can thus be buried more deeply within the sub-conscious mind. Wash from them all taints of the corpse which previously encased them. Let all looking backward be but a devotional look upward, to that ever living principle of Truth or first cause from whence we came. We have nothing to do with death, except to shun it by our fidelity to life and Truth. Mourning is ignorantly sacreligious. Should we mourn when that which has outlived its usefulness, passes away? That which is real is permanent. It is only that which has

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

become unreal in its relation to the everlasting I AM, that can pass away. Let these standards prevail, not only at the death of time or years, but also at the passing away of worn out bodies of friends. Thus will we avoid giving unnecessary pain to souls that have passed on to the temporary involutionary stage of soul growth. Hold the thought: *I-now assimilate-the-essence-of-all-past-experiences-and-particularly-of-experiences-in-thonght-concentration-during-the-past-year. All-hail-the-new-year! May-it-bring-the-blessings-of-happiness-to-myself-and-all-others.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty-Four—Test Questions.

689. Is every thought an organized force?
690. Why?
691. Do thought organisms have a tendency to repeat their vibrations or tendencies as would an echo?
692. Why?
693. What, if any, would be the vibratory attachments or effects in one's environment of a life of selfishness, greed and sensuality?
694. What, if any, would be the after-death results?
695. Does a fast life tend to disorganize the atomic forces of the body?
696. Why?
697. What, if any, would be the connecting link with its after-death conditions?
698. Why does the soul become unable to hold its bodily atoms together?
699. Is this the cause of so-called death?
700. How long does it require for the soul, at death, to become completely severed from its body?
701. Is it all a vibratory process?
702. As the soul goes into the quiet of its temporary involutionary condition does it gradually re-collect to itself the related forces which composed its body?
703. Why?
704. What evolutionary step takes place after the soul has completed its temporary involutionary purpose?

Man must understand the causes and process of death and rebirth before he can fully understand this life. The veil is ever narrow between the visible and the invisible. All the main processes of life and death may be known from the order or methods and workings of the law of vibration. The fact of man's immortality as an individual identity may be proven by this law. What could more effectually serve to inspire hope, faith, trust, forgiveness, charity and all the virtues than a clear understanding of these life principles which demonstrate the eternal oneness of all life and that no one can do harm to another without doing thereby a greater harm to himself?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87c
No.45

Mary D Mc[illegible]

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

Conducted by
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

45

52 PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

There ld be
happy ir which
you can ough
for the I ork is
good en carry
that Lo nd to
every pi e no
just caus

Self r ion is
what wi True
self-reali You
must fin where.
Self-real . It
drives o It
brings l s you
to bear pense
with ex appre-
ciation c e and
educatio t reg-
ulates tl to do
things, r need.
It gives e, the
ability a lly by
teaching [illegible] things
are rightfully yours and will come into your environments to the extent that you appropriate them by self-appreciation and by doing. Begin anew now.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
LB7l
no.45

26Feb15

Concentration Methods and Helps.

Copyright, 1899, by Ernest Loomis.

1. The New Year. Father time, has just scored one more notch in the cycle of eternity. The rightly constituted mind, naturally looks forward to the external conditions and factors offered as a basis for future success and happiness. However important these may be, the fact should not be overlooked, that the main factors always to be considered, are those inherent and acquired qualities and conditions within the mentality, which pertain to conduct, character and soul growth. When these are as they should be, success and happiness can be easily manufactured from most any external materials and conditions. The survey of prevailing conditions should be conducted with this in mind, so that the practical result of proper interior readjustments to those conditions, can be wisely and understandingly made. Right thinking and right living, necessarily result in happiness, therefore it is the right and within the reach of each one, to insure for himself "a happy new year." To do that is a duty, as well as a sacred privilege, for the object of life is happiness. Your success in obtaining it, is likely to be a measure of your general success. You can if necessary, afford to temporarily fail in it, after you have done your best. To do your best is to surely succeed in it sooner or later. Remember that it is a matter of right thinking, therefore if you wish to gain the vantage ground of a good start, then begin now in silence. Concentrate the forces, as a means of attaching them more closely to the higher self. Let it be your one

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

ambition to act from the higher self in everything you do during the coming year. If you do that, its ever harmonious forces will necessarily insure to you, happiness, growth, success and a final fulfillment of all your life purposes. Hold the thought: My-higher-self-insures-to-me-the-happiness-of-doing-that-which-best-answers-my-true-relations-to-all-others. I-demand-power-to-wisely-live-each-day-of-this-wonderful-year. I-am-a-standard-bearer-of-Truth.

2. **Our Organization** has repeatedly demonstrated extraordinary results in the use of its principles, methods and powers, but it is as yet only in its infancy, as early events are likely to convincingly prove. Surprises will come during this year, to many whose eyes have been sealed to the possibilities that are to be fulfilled through the stupendous work undertaken. The universal organization principles underlying the work, have their intensely practical and personal meaning to you, and now that the Capricorn organization tendencies or force-currents prevail, is the very time to make such adjustments as will bring you into your true place in the work. Your talents, though yours, were given you, and for purposes of service to others. If by refusing or neglecting to properly use them, you prove to be an "unprofitable steward," you will unquestionably be the chief sufferer and others will also suffer as a consequence. Your instincts of kindliness, as well as your self-interest, demands that you learn and try for yourself the organization principles and powers of thought-concentration. When you have thus learned to awaken and use your thought powers, you will not need to be told the importance of carrying or proclaiming these principles to others, as a means of helping them to answer their chief needs. During this year, opportunities are likely to come to you to aid us in establishing locally, these principles and methods. Will you be with us, or lukewarmly against us? The right must prevail. No per-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

son or thing can permanently obstruct it. Its vibratory fires must inevitably purge and purify all discordant foreign elements. If you array yourself against it, you will burn in its crucible, until through the intelligent use of thought concentration, you find your higher self and its happy consciousness of everlasting harmony. Hold the thought: *I-will-live-for-my-best. I-seek-wisdom,-self-knowledge,-happiness-and-power-to-help-others. I-act-from-the-higher-self,-therefore only-the-best-can-occur-to-me.*

3. **Industry and Industries.** The Zodiacal sign Capricorn, being at the head of the business trinity, naturally inclines those who are born in that sign, to become organizers and to use their organization powers with reference to things which are useful. Business success has hitherto been considered the matter of chief importance or use, but as the deeper underlying uses of organic life, such as force-massing, character-building, individual happiness, etc., are more clearly perceived and understood, it will then be the tendency of Capricorn natures, to employ their splendid organization powers in the promulgation or manifestation of truths which pertain to such things, or in answering such needs. All is Truth. The purpose of thought organisms and organization, is to manifest it and thereby give happiness to such organisms. To what extent are you thus using your power to think? The Sun and all life, enters the sign Capricorn at the lowest redemptive point of cyclic law and its redemptive possibilities are brought about partly by the dark days of preceeding experience, which teach it the importance of organization, self-reliance and self-assertion. Capricorn, winter, darkness, deep soul experiences, the knees, prayer, redemption, organization, industry, etc., are correspondences. Capricorn tendencies begin at the point in December (the 22nd.) when the Sun "stands still," just previous to its six month half-cycle of upward tendency,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Let organization, through praverful reliance upon the Christ principle within, or through thought-concentration, be your chief purpose and industry during the Capricorn month. It is also the time to adjust or organize plans for fulfilling all true purposes and uses of life. Hold the thought: *I-am-redeemed. I-organize-my-forces-as-a-means-of-heralding-Truth-in-redeeming-others. I-industriously-improve-each-opportunity-to-teach-* ***truth*** *-to-others. My-work-is-the-work-of-the-Father——Truth-who-sent-or-created-me. "I-and-the-Father-are-one."*

4. **Loyalty and Perseverance** are natural accompaniments of Capricorns industrious, self-reliant, prayerful, organizing tendencies. Success in organizing is dependent upon perseverance, or repetition of vibration. The source of vibration is an interior law, which through prayer or thought concentration, should be perseveringly drawn upon as a means of repeatedly infusing vibratory power into our every purpose. If we would be truly successful, this matter of force-massing should be made our chief field for perseverance and industry. It is but another way of saying, be ever loyal to the higher-self or Christ spirt and God within. Such methods of self-culture are an observance of the first commandment. Use your power to think, or Capricorn organization tendencies, iu avoiding the personal calamity of perseverance and industry in a bad cause. Learn the true Science of Being, or of life, as outlined by esoteric philosophy. Silently hold the thought: *Are-my-purposes-wisely and-scientifically-chosen? Am-I-perseveringly-loyal-to-the-Christ-spirit-within? How-can-I-become-more-so? Is-scientific-thought-concentration-the-best-method-of-massing-or-of-organizing-my-forces? I-demand-knowledge,-wisdom,-success-and-happiness. Let-the-spirit-lead-me.*

5. **Self-Government.** "Seek ye first the (interior) kingdom of heaven (harmony) and its righteousness (or its

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

scientific rightness with the force-massing causal law of your life) and all these things will be added unto you" as a natural consequence of exercising the conscious powers thus derived. It is therefore a matter that no one can afford to neglect. You are rich to the extent of your success in this. Capricorn is at the redemptive turning point from negative to positive and therefore its children are somewhat lacking in powers of self-government. Their deep soul experiences are but the first timid awakening or creepings of a new born child in the night. It represents the beginning of a new cycle or rebirth of the I AM spirit of individuality, but until these natures gain the self or force-polarizing powers of prayer or thought concentration, they are easily swayed back and forth from positive to negative. Prayer or force-massing, offers them their opportunities of self-government and leadership in the "business trinity," which is so necessary in carrying on the work of the world. Let us more clearly fix in mind these principles of self-government. As we silently and reposefully contemplate them, we will perhaps be carried to a mood which is representative of the immense individual possibilities offered through these thought methods of thought-concentration. Hold the thought: *I-now-poise-and-rule-my-forces. I-polarize-them-to-my-higher-self. It-is the-unchangeable-law-of-force-and-therefore-the-only-safe-anchorage-for-my-forces. It-is-the-true-reliance-for-myself-and-all-others. I-am-my-higher-self.*

6. Self-Consciousness. It is well to be ever conscious of the presence of the higher self. It is thus that we may become representative of the human soul in its wholeness or holiness, instead of ignorantly allowing the consciousness to dwell upon some petty and trifling external quality or defect, which may be a point of pride, or of self-reproach, as the case may be. He who has a true conception of what the soul in its entirely is, will not shallowly pride himself upon

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mere external trappings, nor will he surrender his dignity or self-respect, when others ignorantly display such trinkets for mere purposes of show. True self-respect is founded not only upon the natural instincts of individualism, but also upon a definite knowledge of the thought-organs and the universal principles which underlie the permanent Being of one and all alike; therefore that reverential respect which is given to and demanded for the self, is likewise freely given to all others, in whatever stations in life they may occupy. Even inanimate creation receives its liberal share of loving reverance, for in thus giving love to all, we are but loving and worshiping the higher self, or interior law which is God. By such worship or anchorage to this interior law, we gain a steadiness, depth and weight of mentality, which cannot be easily disturbed or shaken by mere shams and pretentions. Let us today silently turn our attention to these methods of overcoming all petty self-consciousness of the mere personality. Think of your points of weakness or of pride, with reference to the affirmation: *I-am-my-higher-self, my-power-to-think. All-powers-and-all-possibilities-belong-to-its-Infinite-law-of-force. I-perceive-the-same-law-or-higher-self-within-all-others-and-therefore-accord-to-them-the-same-privileges-and-respect-which-I-demand-for-myself. God-is-my life-and-strength. All-is-good.*

7. Self-Distrust is only of the personality. When tempted to it, ask yourself the question, Which self do I distrust? Then affirm: *I-am-my-higher-self.* And think of the all-sufficient powers which are necessarily acquired for your needs by thus invoking its powers. It is the nature of and a delight, for the human soul to overcome lifes difficulties. Instead of wasting precious thought-force by dreading or fearing the disagreeable interview or event, you should spend the time in that happy and reposefully concentrated frame of mind which will give you the strength to wisely

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

meet it when it comes and thereby make it a pleasure, instead of a pain. Most of the evils which are dreaded are but imaginary, and most frequently it is the mental habit of so dreading them that acts as a magnet in attracting those that do actually come. The human soul is so constructed upon the principles of vibratory law, that no real evil can actually befall it, because these so called evils are but vibratory, and are created to answer the needs of thought organisms which are products of the same perfect and all powerful law; or in other words, your evil circumstances are created or attracted by your own negative, fearing and other thoughts, and as a means of teaching you to triumph over all evils, by discovering the omnipotence which is inherent within yourself. As a means of overcoming self-distrust, use the affirmation: *There-is-no-evil. All-is-good.* Train for self-trust by affirming, *I-AM*, and in trying silently to realize what that means. You will thus concentrate your forces and become more closely attached to the higher self which *never* distrusts.

8. Depression and Meloncholia are distempers which represent harmfully unhappy, negative thought conditions. There are definite methods of training to avoid such conditions. Any method of thought concentration which, by connecting more closely with the higher self, thus cuts off connection with harmful external psychic forces and force-currents, will help to overcome this. Capricorn natures, as a rule, experience some very meloncholy moods, and their most effective method of overcoming them, is these scientific practices of thought concentration, which are representative of Capricorn—the knees—prayer—organization—use of the head, etc. Even external methods of concentration upon only one object at a time, will enable one to drive away such moods, and simply by choosing and *fully* concentrating upon an *agreeable* subject of thought. That much

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

will power and thought control is all that is necessary. Perfect universal laws are inherent within all, therefore without exception, there is *never* any sufficient cause for fear, except ignorance of this fact and law. Evils are the transitory and illusive products of ignorance, and a thought organism or power to think, necessarily gives power to finally overcome even that. They should not be feared, because their pains are but temporary and they themselves are but the kindly lessons of experience, which compel us to recognize and utilize the happiness giving potencies within ourselves. Depressed moods are but evidences that the thought faculties are combining wrong and thereby attracting the wrong force-currents. All we need to do is to exercise will, thought control and wisdom in concentrating upon happy subjects Affirm: *I-control-my-thoughts. I-now-concentrate-wholly-upon-agreeable-subjects. I-will-think-of-my-higher-self and-its-powers———. I-am-thankful-for-these-all-sufficient-instruments-and-requisites-of-perfect-and-permanent-happiness.*

9. **Rainy Days.** Let us today practice the concentrating, knowledge acquiring art of memorizing, or thought photography, because the rule can be helpfully used in many ways. After concentrating for a few moments, slowly, silently and reposefully repeat, and at the same time slowly write, the following poem, as if it were an affirmation, and so thoughtfully that each meaning will become indelibly photographed upon the soul or sub-conscious mind.

The Rainy Day.

The-day-is-cold-and-dark-and-dreary,
It-rains-and-the-wind-is-never-weary.
The-vine-still-clings-to-the-mouldering-wall,
But-at-every-gust-the-dead-leaves-fall,
And-the-day-is-dark-and-dreary.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

My-life-is-cold-and-dark-and-dreary,
It-rains-and-the-wind-is-never-weary.
My-thoughts-still-cling-to-the-mouldering-past,
But-the-hopes-of-youth-fall-thick-in-the-blast
And-the-day-is-dark-and-dreary.

Be-still,-sad-heart-and-cease-repining,
Behind-the-clouds-is-the-sun-still-shining,
Thy-fate-is-the-common-fate-of-all.
Into-each-life-some-rain-must-fall,
Some-days-be-dark-and-dreary.

Now see if you can correctly repeat this poem from memory, and if not, then slowly rewrite it as above and then try again to repeat it from memory. When you have thus learned it, be sure to deface it for the time being from the memory, having no fear that you will ever forget it again. Concentration demands a good "forgettery" as well as a good memory. To forget, is an essential part of the process. Use this method of memorizing or photographing upon the subconscious mind, such principles, sentiments, mantrams, etc., as may be most helpful.

10. **Responsibilities** in proportion to the ever-growing strength, are an essential in the work of individual soul building. Soul consciousness is an unconquerable universal conquerer. It has the *I-AM* of universal law behind it. Its business is to manifest the omnipotence of that law. The world and finally the universe, is its legitimate sphere of activity. To what extent are you a conqueror? What responsibilities in life have you assumed? Are you continually dodging, flinching, or complaining, as a result of the pressure of responsibility? Is it the nature of your higher self to wince? Then are you properly representing the powers of the higher self? Its overplus of strength, glories in action and in freely giving of itself. Can you not at least ex-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ercise fidelity in practicing the true thought concentrating methods of attaching to and acting from the higher self? That is the way to gain the strength of a true conqueror. In your attitude of absolute reliance upon these interior laws, principles, methods and powers, you should be able to say, "*Let-the-troubles-and-responsibilities-of-life-come-thick-and-fast. I-am-ready-for-them. My-soul-is-unconquerable. I-represent-the-Infinite-law-of-force,-or-of-all-power. This-God-within-is-my-all-sufficient-strength-and-ever-present-help in-times-of-trouble. The-more-difficulties-the-greater-its-triumphs-through-me. The-harder-my-trials,-the-faster-I-go-in-the-development-of-my-inherent-strength. Let-all-else-fail-me. This-interior-reliance-is-all-sufficient. The-right-must-prevail. I-demand-wisdom-and-power-to-know-and-follow-the-right. My-higher-self-is-all-wise. I-now-draw-nearer-to-it.*

11. **Promptness and Decision.** The mind is not apt to act with clearness, promptness and decision, if its habitual activities and moods are lacking in these respects. There are comparatively few who clearly, concisely and forcefully describe the most trifling event of every day life. It is largely because they do not observe with sufficient orderliness and accuracy to sharply outline or describe these events. It is not difficult to describe or express that which is clearly seen or understood. Train for concentration and reposeful deliberation, if you would train for clear thinking, promptness, decision and courage. If the mind is in a continual worry or hurry, the multiplicity of mental pictures will prevent any one of them from clearly photographing itself upon the sensitized plate of the subjective mind. One remedy, consists in avoiding the cause. Accuracy and concentration of thought, of observation and of speech, is but a method of truthfulness. Absolute truthfulness is impossible until such qualities and habits are acquired. To inaccurately express an idea or describe a thing, is to deal in untruth or

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lies. Build them out, instead of in the mind and its body, if you would avoid blunders, disease and those undecided conditions which invite failure, disappointment and unhappiness. Hold the thought: *I-concentrate-my-mental-forces-upon-each-thought-and-act. I-am-accurate,-truthful,-prompt,-decided,-successful-and-happy. "Whatever-is-worth-doing-is-worth-doing-well." I-do-with-my-might-what-my-hands-find to-do.*

12. Book-Knowledge. To spend a life in acquiring so called facts, from ordinary books, is to build into the mentality as a working factor, that which time may prove to be only fictions. All things in nature are but transitory. "The thoughts of God pause but a moment at any one point," but the underlying principles and methods of their expression are ever the same. They are eternally changeless realities, which are applicable to every life and to every time. The evolutionary, soul building methods of thought concentration, when properly used, open up interior avenues of the soul which connect with the everlasting laws of Being and their exhaustless fountain of unchangeable Truth. These methods are the source of true originality. Books should be used chiefly as a help in awakening that within the soul which perhaps the books themselves do not express. In this age of many books, people are gradually learning to rely less and less upon what they see in print. The time will come when books will be subject to a relatively true verdict from each reader and will stand or fall according to their true merits. We are hardly fit to read books until we have become practically independent of their necessity. The same is perhaps true of our companionships and our use of all external things. Let us strive to attain to right standards, by going to those interior laws which, being the cause of all, are able to bring us into right relations with all. Hold the thought: *I-use-books-only-as-a-means-of-awaken-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ing-and-training-that-which-is-within-myself. I-now-cultivate originality-of-thought-and-clearness-of-expression. My-thoughts and-acts-have-the-intensity-and-power-of-concentration. They are-backed-by-my-soul.

13. **Art, Literature and Education.** Education is often regarded as mere book knowledge. It really means to educate, educe, or draw out the mental faculties and inherent powers This can best be done in accordance with the scientific methods which Life Science teaches, for there are definite and exact principles which underlie all things, including the human constitution. He who is ignorant of these principles, is liable to make of his life but a series of blunders, at least so far as his own present success and happiness are concerned. He who learns the real art of self-teaching, is almost sure to be taught or educated, because he is thus offered a continuous mental feast which is too enticeing to be disregarded. If you would acquire a working knowledge of any art or accomplishment, then learn to put yourself in the concentrated, reposeful, receptive, knowledge acquiring frame of mind. You should make haste slowly and deliberately, for you are seeking that interior activity which becomes immediately shut off by external effort, hurry, or strain. To "think hard," or hurry in thinking, generally means to shut off the interior flow of thoughts and ideas. Use mental photography in learning your lessons. If after reading a page, you would invariably close the book and thoughtfully recall its ideas, or hold yourself responsible for remembering them, you would soon thereby cultivate a concentrated mental habit, which would enable you to read with ordinary rapidity and remember all that you read. You should also take time to think, as you go along, so as to exercise discrimination regarding that which you finally accept. These methods are not incompatible with originallty of thought, providing you take plenty of time to assimilate or di-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

gest that which you read. Hold the thought: *I-am-reposeful-in-my-thoughts-and-acts. The-silence-will-teach-me-the-art-of learning-how-to-learn. I-concentrate-all-my-forces-upon-one-act-only,-at-a-time.*

14. **Teaching and Preaching.** Those who, in the knowledge of vibratory law, have thoughtfully watched D. L. Moody as he tries to prepare the way for the proper reception of his sermons, have doubtlessly been deeply interested and impressed. He is an expert in measuring the vibratory and psychological effects produced by good soul-felt singing; by words which appeal to the feelings, fears, sympathies and effections; by singing in concert; by the vibratory magic of his attitude of expectancy, as under the high tension of interior forces concentrated influences and deep feelings, which, though natural to him, are worked up by a process more or less scientific, he walks back and forth upon the stage, rostrum, or platform, listening for the right vibratory effects. He will perhaps shout, "Now let everybody sing and as if they meant it." "Let us repeat that chorus," or "Listen while Mr. Sankey sings the words," "There were Ninety and Nine," or "Hold the Fort," and again "Come to Jesus," or "Almost Pursuaded," or "We did'nt bring out the true meaning of those words, therefore let us repeat them," he thus gets the vibratory co-operative thought or force-currents of feeling, etc., to flowing harmoniously, (as would those who compose the circle in a spiritualistic materializing seance) before he undertakes to pour his evangelical ideas into them. The farmer likewise prepares the ground for the seed as a necessary preliminary to the harvest. This will perhaps emphasize to you the importance of understanding vibratory law as a means of attaining those moods which prepare the way for teaching, preaching, or for self-training. The most important part is getting ready. Hold the thought: *I-will-understandingly-train-my-subjective-mind-in-accordance*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

with-its-underlying-law. I-concentrate-my-forces-previous-to-every-important-act.

15. **"Speech is Silver, Silence is Golden."** Wise speech implies at least a partial concentration of the faculties and forces upon the subject in hand. But speech interferes with the focusing powers of the mind, by withdrawing the attention to the external and therefore is hardly to be compared with that deep silence of the subconscious mind, from which deep thoughts, wise speech and silent forces of high potency, are born or evolved. Silence is the natural preliminary of wise speech. The mind that is sufficiently alert and well poised to maintain self-control and speak wisely under difficult circumstances, must have become so by previous training in the art of silence. Silence may seem to be very simple and easily attained, but it should be remembered that there is only one absolute silence, and that is the omnipotent unchangeable *law*, which is Divinity itself. As through thought concentration, we become truly attached to that interior law, the forces become silent, because they get into the region of high potency, or beyond the vibratory sounds to which our external ears are attuned. Esoteric music is almost silent. It can be heard only by those who reach the higher harmonies of vibratory law from which all external things proceed. He who desires wisdom, power or permanent success in music, art, writing, business, etc., should open up for himself the interior channels which finally lead to the omnipotent, silent perfection of absolute law. This can be done only by the intelligent and persistent practice of thought concentration. Hold the thought: *In-silence-I-find my-higher-self-and-the-wisdom-to-perceive-and-speak-the-Truth-at-all-times. I-exercise-thought-control. I-speak-from-my-higher-self.*

16. **Selfishness** is almost universally condemned as the chief of evils, but educated selfishness, in its realization of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

what the true or higher self is, tries to protect all its related parts in the whole universal system, and thereby lives, or is at one with the life of Love. All persons and things are related parts or products of that law of the higher self, therefore to wisely love and protect these parts, is but a matter of loving self protection or true selfishness, for selfishness means to do things with reference to the good or welfare of the self. The instincts of individualism were created for a wise purpose, which if not perceived, will be but slowly fulfilled through us. The solidarity and unity of the universe should also offer us final proof, that the principle of so-called "selfishness" or individualism, is but the positive pole of Love's manifesting law of vibration and therefore is not evil, but good. It is our ignorance of its purposes which causes evil or limitation in their fulfillment. When your duty, or the act of Love, is also inspired as a matter of self-interest, it is pretty sure to be thoroughly done, for your mental faculties are then no longer "a house divided against itself." So long as you ignorantly oppose this individualistic instinct, by falsely conceding that it is detrimental to your personal interests to do right or good, will you have its omnipotence against you, instead of with you. If you cannot comprehend the difference, then learn the life principles involved, as a means of trying and demonstrating the virtues of the other plan. Hold the thought: *I-will-be-true-to-my-higher-self. I-will-live-true-to-its-individualistic-law-of-Love. It-is-to-my-self-interest-to-live-for-my-best-by-doing-good-to-others. I demand-wisdom-and-good-for-myself,-that-I-may-do-good-wisely-to-others.*

17. Shoddy Aristocracy. Do you belong to "the Aristocracy"? What are your points of pride or of Love? If anything less than that interior law which is God, then you are *breaking the first commandment.* Should it be a point of pride with you to thus infringe that law? Will this law of

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

your Being permanently permit you to infringe it? As it is the law of Love, it naturally is indulgent with those, who, in following the individualistic instincts, display their childish ignorance, by idly toying with these playthings of individualism, knowing that growth in wisdom will bring the knowledge that from the standpoint of permanent Being, "all persons are born equal, etc.," and that the relatedness of all life implies Brotherhood and service, instead of separation. It implies inclusiveness, rather than exclusiveness, and yet that is only a half truth, or but half of the law, for there is no one who, in a sense, is more exclusive than the mystic, although his whole efforts are directed to the work of truly serving others. He serves them by teaching, as well as by conforming to the force-massing, individualistic, self protectingthought practices of scientific devotion, which lead to a fulfillment of the first commandment of Love to God, but which likewise make of him the most exclusive of aristocrats—in fact the only true aristocrat. Away with those Pharisaical "I am better than thou" feelings. All things evolve from within outwards, therefore be a true aristocrat, by absolving yourself wholly to the Infinite interior law of evolvement, making of that your one standard of life. Standards of aristocratic conventionality which are less perfect than that unchangeable law, must in time prove their shoddiness and inadequacy. Hold the thought: *I-am-a-true-aristocrat. The-perfect-law-of-my-higher-self-is-my-standard. I-follow-it-by-worship-and otherwise.*

18. The Necessity of Riches. When the law of all life was written into manifestation, it was found that the principle of economics, or of riches, was incorporated into it as an essential part. It must therefore be inherent in Truth or in Divinity itself. When the individualistic instincts are properly educated, and man's true relateness to his fellow-men is understood, the true social state, with reference to property,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ownership, competition, etc., will come about. It will come as a matter of education rather than through the force and violence of anarchy. The soul is unconquerable. It cannot be forced. It will not permanently submit to social conditions that are not representative of the highest principles of individualism, as well as of the principles of Love, or of universal law The perfect law of Being can be depended upon to bring about all proper adjustments and at exactly the right times. Let us be thankful that we can always trust this law and that evolution is a matter of education rather than of force or violence. We have an almost endless educative work to do for ourselves and can begin now, in the silence to seek higher adjustments regarding the law of riches. Is most of your time spent in business? Then realize the importance of having a righteous and useful business and of conducting it in accordance with the highest principles of righteousness. Silently study the basic principles of business and also the true methods of thought concentration through which magical powers and magical results are easily attained. Hold the thought: *I-demand-power-to-righteously-attain-better-results-in-my-business-and-life. I-now release-those-interior-potencies-which-carry-me-into-thought-currents-of-the-highest-success. My-own-will-come-to-me.*

19. The Religion of Business. To bind the faculties and forces to the interior law of force, is largely a matter of religion, thought concentration, or scientific devotion. This should be done as a means of awakening thosethoughtpowers or forces which, when employed in business pursuits, insure permanently successful results. You have not reached your highest limits in the use of your forces, nor can you, until you acquire the interior organic conditions which result from scientific worship. The solidarity of the universe implies a perfect unity of the forces which compose it. You as a part, make your own place in this mass. Its importance is deter-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mined by your power to find, through knowledge and worship, the central depths within your own Being. Habits of repose of movement in your every external act, will aid in concentrating the forces, so that during your periods of thought concentration or of noonday silence, you will be able more and more to carry the thought consciousness to this interior central depth. Hold the thought: *I-now-silence my-faculties-and-forces-as-a-means-of-carrying-my-consciousness-to-my-higher-self. I-now ——dwell——in-its-peaceful-serenity. I-am-gaining-power-to-use-till-tomorrow. I-thus-carry-my-religion-into-my-business. I-make-every-act-and-moment-sacred.*

20. Money Making. John Wesley wisely said, "Make all the money you rightfully can, save all you can and give all you can." Receiving both of force and of money, is the necessary preliminary to giving. If I promiscuously give of sympathy, force, or money, to those who are unable to appropriate it, I thereby cheat myself of the privilege and the power to give to those to whom I owe the duty of giving. Some people seem to almost censure us for partially demonstrating, in successful results, the laws we teach. They perhaps say, "Oh you ask such high prices for your publications I don't see why they sell so rapidly." But do you regret the expenditure? Do we not give in value, many times as much? If so, after thus receiving, are you not willing and glad that the money thus expended for these books should carry their Truths to others? Each year we give away tens of thousands of booklets which we otherwise could not, but these are given in accordance with a principle, and *where* we have reason to believe they will do their work and accomplish the most good. Tens of thousands have already volunteered their thanks for these helps, which they owe to you and others. The prices we ask are the standard of justice to self and others which we have set up and believe to be fair. If others cannot

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

see it that way, it is their privilege not to purchase. It is not a matter of force, of favors, or of solicitation. We ask no favors. We aim to avoid all deception. We desire our work to succeed or fail according to its merits. We believe the omnipotent law is not lacking in resources and that a work which truly represents its rounded out and comprehensive principles will not need to go begging. We do not propose to beg even for the wherewithall to carry out the stupendous work which we believe must inevitably be done through this instrumentality. If the resources are not forthcoming from the work itself, then let it go undone. We believe that our demonstration in successful results, of these principles and Truths, will rightfully win followers for them, instead of uselessly holding them up to unmerited ridicule. It is a law, that he who tries to get good, without properly paying for it in money, in service, or otherwise, thereby blinds himself and builds barriers of injustice, which will make him incapable of appropriating that good. We have no right to do that, or to permit its being done toward ourselves. Study these laws in the silence. Hold the thought: *I-demand-to-know-the-law-of-justice-to-self-and-others. I-desire-to-be-absolutely-just,-loving-and-generous.*

21. Money Spending. Nature has amply provided for the gradual improvement and final perfection of all things, by endowing all things with the vibratory law of perfection. The things themselves, being composed of force, are volatile and ever subject to the causal law of force, toward which they are polarized. Its disintegrating and constructive powers are constantly changing all things into new and higher forms. The purpose of this metamorphosis is happiness, service, use, value and the final manifestation of the great aggregate of underlying Truth. Money is a symbol of value or of wealth. Its purpose is use and service, in the acquisition of happiness. Vibratory law will not perma-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

nently permit any great centralization of vast sums of money. Its economical, disintegrating equalization, constructive, evolutionary tendencies, will, sooner or later, inevitably scatter and carry it to the four corners of the earth and where it can do the most good. People borrow needless pains about trusts, monopolies, money accumulations etc. They are educational, evolutionary servants of a day, which must become adjusted from time to time, in harmony with the gradual upward tendency of the times. Natural law is balanced and has its compensations for every step in the evolutionary road. Through the proper and intelligent use of your life powers, money can be made to come to you like the sweeping currents of a mighty river, but if then hoarded, would soon become a curse instead of a blessing and would finally succumb to the mighty sweep of the forces within yourself which brought it, unless they should be taken away. Accumulations are but a poor dependence. You are not truly independent until you get such command of your forces and thought organism that you can attract more money at any time, if that which you now have is taken away. Hold the thought: *I-use-my-forces-in-making-money. I-spend-it-wisely-and-for-the-good-of-all.*

22. Mental Attraction. There are no limits to the attractive powers of thought. As the thought dwells upon a purpose, in the calm determination to accomplish it, its forces gradually build and build, until that purpose and conception becomes an actual spiritual reality, and it will then be externalized as the proper opportunities are offered. The main thing is to hold to the purpose and to follow the leadings of the spirit so far as external efforts are concerned. The body should not be kept ever active, for the mere sake of being busy. Its every move should count. Its periods of temporary inactivity will give the spiritual forces a better opportunity to act. Real power is of the spiritual

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

world or of the silence. As the body and external senses become quiet, let the mind go to that rightful purpose which lies nearest your heart. Be sure that it is just and that it will bring real good and genuine happiness if fulfilled. This step should be determined from the standpoint of principle. Then as the mind goes to this purpose, hold the thought: *I-will-accomplish-my-purpose. I-now-hold-myself-receptive-to-interior-ideas-and-forces-which-will-advance-that-purpose. I-awaken-my-higher-self-in-its-behalf-and-then-follow-the-spiritual-leadings-which-come-to-me. I-now-picture-in-thought,-the-aiding-forces-and-force-currents-which-will-rightfully-fulfill-my-deepest-desires. These-forces-are-all-powerful. I-invoke-their-powers.* Be sure not to use these affiirmations excepting in a cause that is absolutely right, for if you do, they would only hasten a correspondingly important work of destruction. Beware of prostituting your powers to malign or evil purposes. The end would be unhappy in proportion to the powers thus invoked.

23. The God in Yourself is an indestructible and therefore unconquerable law. You can in its name or power, in time accomplish all rightful purposes, therefore you need not fear to undertake whatever you deeply desire to accomplish and are willing to pay for in efforts. Whatever is right is possible. Whatever is neccssary must inevitably be. You can afford to undertake such a cause, if it is absolutely right, even though the whole word be against you. "God and one are always a majority," or in other words, that omnipotent interior law which is God, and the one individual thought organism which you represent, is able to conquer the whole world in a cause that is absolutely just. Don't say, "I can't be honest, I can't be great, or I can't do whatever it is proper that I should do." You can. You will. You must. The first requisite is to know it, and to know why and how. It is by your thought or spiritual forces. Your faculties and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

forces represent that "earth" which is yours to first "subdue," for through those forces, you can then subdue their all-related correspondences. The God within yourself, is the source of your powers and happiness. By loving or worshiping it, you develop those powers into successful results. That will also bring you happiness. The concentration of your thought forces upon this interior law, necessarily yields to you the power and happiness of its vibratory harmony or "heaven." Hold the thought: *The-kingdom-of-heaven-or-harmony-is-within-me. I-seek-its-happiness-giving-vibratory-powers. The-higher-self-or-God-within-is-the-source-of-all-my-powers. I-now-silently-dwell-in-its-sacred-presence. I-feel-its-peace-and-joy-and-power.*

24. Insight or Interior Sagacity is a quality which can be cultivated with especial ease and effectiveness, now that we are in the interior Zodiacal sign Aquarius. As this sign is representative of the sensations, it is likely to express itself in Aquarius natures, either through a psychic super-sensitiveness of the body, or through that true insight and soul-consciousness which is of the higher self, the one being but an inversion of its true meanings. Aquarius is also representative of the interiors of business. Aquarius natures are capable of great insight and sagacity in understanding or penetrating the depths of a human soul. They also are very liberally endowed with power to use thought forces in the accomplishment of successful results in business or art. Aqarius is symbolized by two short wavey parallel lines. These are representative of wave motion or vibration; hence the musical and other vibratory powers of the sign. Though you may have been born in another Zodiacal sign and therefore are not a distinctly Aquarius nature, you can nevertheless cultivate its tendencies and utilize its present universal forces and force currents, simply by getting into the interior central depths of your soul and then by sending your forces

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to things which pertain more especially to Aquarius natures. For instance, after concentrating the forces as a means of finding this central depth, you could then send force to the interiors of your respective business interests or your purposes, simply by thoughtfully and reposefully holding them in mind, or by using such affirmations as: *I-now-concentrate-all my-forces-and-then-send-them-to-my-every-business-interest. My-thought-is-absolutely-free-to-go-wherever-I-send-it,-therefore-nothing-can-successfully-oppose-the-forces-which-I-now-send. I-am-absolutely-free. I-demand-wisdom-and-courage-to-know-and-do-only-that-which-is-right-and-best.* The use of such affirmations should *always* be qualified by the thought, *If-this-is-not-right,-wise,-or-best,-then-let-the-better-come-in-its-place. I-want-only-that-which-is-right-and-best.*

25. The Diffusion of Force. Aquarius natures are very liable to ignorantly diffuse their forces and thereby bring depletion of the force centers, nervous prostration, etc. Aquarius is known as "the water bearer" but is an air, instead of a water sign. Air is representative of spirituality and things immaginative. A strong imagination is very useful in giving clearness and power to thought images, providing it is not allowed to become an avenue for scattering and wasting the vibratory forces. Always try to be well guarded upon this one point. The most powerful mentality cannot accomplish much if its forces are thus wasted. A weak mentality can generate sufficient force to accomplish much, if its forces are properly husbanded and concentrated upon some one purpose. The secret of accomplishment is concentration, or the art of turning all your power upon just one point at a time. If your methods of thought-concentration are right, the results of its persistent practice should soon show themselves in your clear-cut methods of speaking, your manners, your intonations, your dress and in your every act or movement. Try to correct all slipshod thoughts,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

words and acts. Avoid hurry, worry, anger and all other intemperate methods of using your forces. Great qualities, talents and powers, are but the result of small thoughts and acts. Self-improvement lies at the base of all accomplishment and advancement. Hold the thought: *I-am-my-higher-self. Its-precious-forces-must-not-be-wasted. I-develop-my-powers-and-fulfill-my-highest-destiny-by-concentration,-thought-control,-self-improvement,-and-by-making-each-act-and event-a-stepping-stone-to-something-higher-and-better. Only-the-good-is-true. Only-the-best-can-occur. I-live-for-my-best.*

26. **The Diffusion of Knowledge** should and will become more and more the chief occupation of man. All things are founded upon Truth. They sprang from Truth as their first cause. The manifestation of Truth is their purpose. It need not be surprising if Truth, in time, becomes the chief commodity of barter and sale. Not that it can exactly be sold, but those who realize its importance and uses, will know no other way of making an equally righteous living and therefore will make the work of its promulgation their life business for which they will justly demand fair compensation, knowing that all things are but products of Truth and that the law of economics is written into all things including man's nature and Truth itself. Books, magazines, periodicals, etc., should and will multiply in number and improve in quality. Lecturers, teachers, preachers, musicians, artists, charity workers, etc., will be also needed in connection with our work. Each sincere and earnest person should prepare himself to take some useful part in heralding the higher truths of man's Being and of life's privileges and purposes. The outward march in the new cycle demands workers rather than loiterers, listeners or pensioners. Which will you be? Think of all these things in the silence and listen for an answer to the following question, viz: *Am I-to-be-a-standard-bearer-of-Truth? Why? How? When?*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Where? The times demand a gradual gathering together of the 144,000, (12,000 from each sign of the zodiac) chosen leaders or workers in the cause of Truth spoken of in the Book of Revelations. Perhaps you are one of them. If so then make no delay in the work of preparation.

27. Soul Memory. It is a comparatively easy matter to recall the soul experiences of a past life. The thought process through which it can be done and also the main reasons why it should not be done, are indicated and explained in our book, "Methods of Self-Help." Life means progress. To turn or even look backward, tends to cut off from us the needful supply of vibratory life. It quickly leads to old age and death. The growing boy looks forward to the future. At maturity the tendency is to live in the present, and in old age, to look back to the past, or live in memory. Old age could, as a rule, be postponed, if we would not compare the magnified objects and events of a past, with the disagreeables of the present. The past disagreeables have perhaps been forgotten, simply because our courage to meet them brought into still bolder relief, the pleasant events which thus become indelibly stamped upon the pages of soul memory. Should the soul be less indomitable now? We remember pleasant events to the extent that we can awaken into activity their vibratory sediment, which is still a living factor in the brain cells of memory, etc., that represent our past soul growth. All is vibration. Soul growth is along the line of vibration. By understanding and conforming more intelligently and fully to its law, we could multiply the landmarks and epochs in our soul history. We should learn those higher laws and methods through which it becomes possible to take evolutionary steps which are three million miles long, instead of only three feet long. We should utilize thought concentration daily, as a means of intelligently conforming to the law of Being. It is through such worship

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and Love that we become able to illumine the few basic principles involved and which otherwise might seem cold and barren. Hold the thought: *I-awaken-only-those-soul-memories-which-can-contribute-to-my-soul-growth-of-today. I live-in-the-ever-lasting-now,-by-conforming-to-its-unchangeable-law.*

28. Spiritual Healing. Health is harmony. It is the equilibrium of the vibratory forces. The law of vibration is the spirit. Its manifesting organism, or power to think, is capable, through thought-concentration, of attaching itself more closely to that law, thereby becoming infused more and more with its higher vibratory harmonies. To produce this result within the self, is likewise the first and main step in healing others through the then projected thought potencies. By steadily concentrating the thought upon some relatively true conception of what the higher self is, and, as the mind becomes reposeful, to then steadily hold the same conception of the higher self of another, is to stimulate its high potencies into activity, so that they infuse themselves into his external thought-organism and body. Then if words of Truth are spoken, his higher self responds to them, thereby displacing or harmonizing the diseased or discordant vibratory conditions within that bodily organism. The body is but a reflection of the mentality, and that in turn is but a reflection of the higher self or interior thought organism which is at one with spirit, or the law of life. Hold the thought: *I-am-my-higher-self. My-higher-self-is-perfect. All-my-forces-and-force-centers,-such-as-brain,-lungs,-heart,-liver,-kidneys,-bowels,-generative-organs,-skin,-etc.,-perform-their-respective-functions-perfectly. I-am-whole. That-which-seems-imperfect-is-not-the-real-me-and-therefore-has-no-power over-me. The-real-me,-is-that-which-lives-forever. I-now-manifest-perfect-health-for-I-am-my-higher-self. I-believe-only that-which-is-true. Disease-is-untruth. I-love-truth. My-mind*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

is-at-peace. All-its-forces-are-harmoniously-concentrated. In giving treatments to others, the word you, could be substituted for the I, but plenty of time should be taken in *getting ready* to give the treatment during which time the word I could first be made useful.

29. Uses of Sickness. Love is the cause of harmonious vibration. Disease denotes its absence from the consciousness. It is therefore but the craving of the body for more Love. Loving vibrations from the higher self, feed the body with their life giving powers, and its forces thus become as harmoniously peaceful as a sleeping child. All sickness is remedial. It is natures disintegating method of changing our forces into new and higher forms. Its inharmonies already show the action of positive interior involutionary spiritual forces. We should take sides with those forces, rather than against them. If feverish conditions rage, let us calmly realize that the more intense this rage, the more rapid is our progress toward recovery, and that the soul principle or power to think, is indestructible and unconquerable. It is almost impossible for the body to die, until the desire for life and indomitable determination to live, is at least partially silenced. The constant desire for life and for its external continuation, is an important factor in lengthening the life. The "natural constitution" is but representative of the permanence of this demand. To think or say that "Life is not worth living," or to indulge in any form of pessimistic thought, is to sow seeds of bodily inharmony and physical death. To think or anticipate the pleasures of a long life, and fearlessly plan for its continuance, is to add power to your "natural constitution." Is not that better than to "drive nails in your coffin," by continuously complaining or whining? Hold the thought: *My-higher-self-is-proof-against-all-sickness-and-disease. My-soul-is-indestructible,-I-will-live-forever. I-demand-wisdom-and-power-to-be-happy-now-and-al-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ways,-and-to-live-for-my-best. I-am-thankful-for-my-eternal life. I-learn-lessons-from-all-experiences. I-am-thankful-for-even-bitter-experiences-whenever-they-are-necessary-to-teach-me-the-true-way-of-life.

30. Perpetual Youth. Happiness is life giving, as well as the object of life. To cultivate happiness is to cultivate "perpetual youth." The law of life or of vibration is perfect, changeless and indestructible. The secret of happiness as well as of long life, or perpetual youth, is to live in oneness with the higher vibratory harmonies of that law. Everything in the world was created by it for man's use in the attainment of happiness. He who dolefully drawls out long prayers, in an effort to crucify the natural desires and human instincts, is likely to find, sooner or later, that true prayer and true happiness is but the happy recognition of Divine law in its purpose of giving happiness to all, through all things; and that we need only to change our attitude toward common things, making it one of happy appreciation and thanksgiving, rather then of condemnation. When we learn to recognize the Divine law or esoteric meanings within all things, we will find angels of happiness instead of devils, lurking behind even the roughest exteriors. We will see only what we have found within ourselves. It is the delerious eye of intoxication, that sees "snakes in the boots. Truth reveals the fact that boots are not the natural habitat of snakes. Let us seek happiness in all things and chiefly within ourselves, by making a right use of *all* our faculties and forces. Thus will we be able, in time, to give thanks through every thought and act, for the Infinite blessings of life. In doing this we will be but worshiping God with the whole heart, mind, soul and strength. Concentrate now upon the thought: *I-now-seek-that-interior-law-of-force-or-life-which,-through-happiness,-is-able-to-give-perpetual-youth. I-am-thankful-for-all-the-blessings-of-life. I-seek-to-worship-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

God-through-every-thought-and-act-by-living-from-my-higher self. I-am-the-law-of-perpetual-youth.

31. **Buried Talents.** We each are endowed with the law of life and therefore with its endless possibilities. We should not sacreligiously curse this law, by saying "there is nothing I can do." The first duty is always to the self. It is the duty of properly training and controlling the faculties and forces in the attainment of happiness. As we learn these laws of life, we should not forget to try and teach them to others. This spirit of loving helpfulness will serve to bring us that which we most desire and need. There is no one who is too weak or simple to carry lessons of life to receptive minds. The weak things of the world, when backed by knowledge of Divine law, will often be able to "confound" or instruct the mighty. We at least should have the disposition to do, and after we have done our part in trying, can well afford to leave the matter of results to the law itself. Silently concentrate the forces as a means of determining what has been for you "the best thing of the month," and then during the next twenty-four-hours, watch for opportunities to tell it to others. Never mind about the bad things or "worst things of the month." Let them die, even from the memory, but cherish the jewels of good, which can be made useful to yourself or others, in doing the duties of present and future. "The best thing of the month" is necessarily a spiritual thing. Have we not the right to suppose that it pertains to your efforts in these practices of thought concentration? Tell others of the helps that can be obtained through such practices. He who carries the glad tidings of great joy, must make a beginning, with perhaps only one, although multitudes may afterwards be blessed by his words.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty-Five—Test Questions.

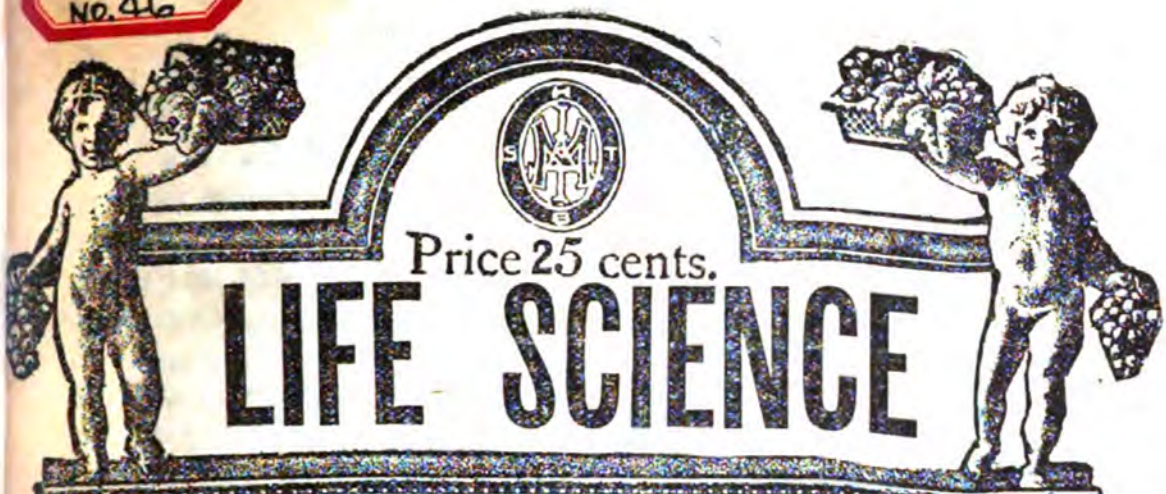
705. Is Love a law?
706. If so, is that law an essential part of man's interior nature?
707. Is it possible to attach the consciousness so closely to that law, if be a law, that it becomes at one with it?
708. If so, how?
709. What, if any, would be the advantages of so doing?
710. What, if any, would be the disadvantages?
711. Would it cause man's every atom to radiate Love?
712. Why?
713. If the personality was made thus radiant with Love, would it tend to awaken the same Love Principle in all others?
714. If so, why?
715. Is that the law of attraction?
716. If one loves this Principle within himself would he necessarily love it in all others to the degree that he really recognized it as an actual fact of all existence, and therefore necessarily a part of himself?
717. Why?
718. Would that resultant love be of gradual growth?
719. When the law is perfectly understood, would not the resultant love quickly develop a complete faith in the inherent goodness of all persons and things?
720. Would that tend to drive out fear, hate and all other repellant forces, and thereby give the law of attraction an opportunity to work more perfectly?

Each individual is a love magnet. His every need is a cry for love—more love—more life. Any proper and efficient process of developing the love life is worthy of the closest scrutiny. If you master the Life Science love principles you will find them a most practical help in your life. They will enable you to multiply your personal powers as a love-magnet.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

QH
L87e
No. 46

Mary D. Skinner



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

PART 46

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52 PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

L161—O-1096

In pl ? fifty-
two les ly im-
proved which
has alre sands.
Each ɛ, and
as each ɔ the
practica ffairs,
they, to a life-
time. ques-
tions wl eys of
knowlec e way
through
It wil rough
and pra mind.
In fact i cience
—to th e uni-
verse ar
All tl are in
black a l and
reviewe every
statemer chal-
lenge ar y per-
tain tc hould
receive
There is but
one Sci might
have us , but
being t heads
of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.46

LIFE SCIENCE.

Part Forty-Six—Aims And Objects.

The art of concentration is well illustrated by affirmation number 28 in this lesson. Study it step by step, if you would know just how to concentrate or pray.

The I, referred to, in the affirmation, is the personality—the little self. Ponder over the word now, and the word commune, so you will more fully realize that true communion, direct with God—the Spirit of the Silence, may take place now; and that it consists in drawing the consciousness within and in and in until it reaches that restful and "heavenly interior City of God where absolute silence reigns supreme." The hushing of the senses is a necessary part of the process, and the vibration of the consciousness naturally becomes softer, sweeter and more musical because more powerful—a realm of higher vibrations—to the extent that it is drawn within and in and in. It necessarily imbibes the rapturous peace and harmony of the interior vibrations to the extent that it becomes soothed, steady and restful. In fact each step of the process is purely scientific rather than a mere sentimental effusion, and in the affirmation the different steps are given in their natural order. After the consciousness is turned and well started toward the involutionary condition it will then go of its own accord, and should be allowed to rest there until it obtains deep draughts of spiritual power from the exhaustless interior vibratory fountain. The latter half of the affirmation is designed to carry this acquired power into the outward life. Notice carefully the steps as the consciousness is thus made more positive. This is a scientific process of devotion or of awakening inspirations at will. Has it occurred to you that nearly every part of these lessons are also scientific and therefore worthy of the same careful analysis?

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Concentration Methods and Helps.

Copyright,1899, by Ernest Loomis.

1. **Spiritual Gifts** relate to that control of the thought faculties and forces which results in finally giving the thought organism mastery over vibratory law and all of its inherent potencies. Your spiritual gifts represent your present degree of progress toward that end. You can, in your every act, cultivate these rare gifts. You cultivate them by producing and maintaining moods of happiness and contentment. Habitual cheerfulness and contentment, implies the concentration of the forces, for if they are constantly scattered, they will produce unrest, discontent and final misery. True contentment is largely the result of patient, hopeful aspiration for better surrounding conditions, rather than the opposite. The mind can be keyed to a high tension, so that its every faculty does relatively its best and yet possess that contentment with things as they are, which regards them as temporary stepping stones and opportunities, rather than as an adequate finality. Your higher self is your true spiritual mind. It is endowed with every spiritual gift of the highest order. You should, through the Life Science practices of thought concentration, etc., learn how to keep closely in touch with the higher self, that you may exercise its spiritual gifts in all you do. That is the way to become permanently contented, happy and successful. If you continue to do things simply from the external or lower mind, or personality, the higher self will find ways of entering its protests, until you awaken to life's higher meanings.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

A large amount of the present discontent, is but the result of this. Hold the thought: *I-concentrate-my-forces-daily-as a-means-of-keeping-in-close-touch-with-my-higher-self. I-exercise-its-spiritual-gifts-in-all-I-do. I-do-my-best-and-then-am-content-and-happy. My-higher-self-insures-my-permanent happiness. I-rely-upon-it.*

2. **Spiritual Communion.** The spiritual forces of many minds, through co-operative thought, of course have a tendency to organize themselves into currents, so that each of those minds feels a sort of interchange of force, or spiritual responsiveness, that is not incompatible with the principles of true force-massing or thought concentration; but much discrimination must be exercised at this point, or the passive moods of so-called thought concentration, will degenerate to a mere spiritualistic communion with harmful external psychic forces etc. You will experience true companionship with great souls, to the degree that you exercise fidelity to your own thought battery, or to the principle of drawing upon the inner vibrations *only*. You cannot, with equal success, draw upon the law of vibration in any other safe way. You cannot approach the depths of other souls, except through your own thought organism and by that as a primary object. Your primary object should be to commune with the higher vibratory potencies within your own Being; or in other words with the God within. Aquarius natures are generally capable of being very successful in this, providing they will be duly faithful to the true principles involved. Hold the thought: *I-now-commune-with-my-own-higher-self. The-universal-laws-are-all-within-me. It-is-my privilege-and-duty-to-seek-them-there,-rather-than-elsewhere. I-draw-my-life,-my-inspiration-and-my-power,-solely-from-this-interior-source. I-will-now-try-to-love-this-God-or-law-of-Being,-with-all-my-heart,-mind,-soul-and-strength,-and-my*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

neighbor-as-myself,-because-all-are-related-to-this-law-and-are therefore-part-of-myself.

3. The Spiritual Control of the Insane is dependent upon definite principles and thought methods, which are easily learned and applied. Aquarius persons are naturally endowed with power to control the insane, first because of the vibratory powers of their thought, and second because of the interior polarization of the forces which is largely instrumental in endowing them with more than ordinary vibratory powers. Nearly every case of insanity, or loss of the individuality, is the direct or indirect result of becoming subjective to external psychic forces. When the individuality is temporarily allowed to step out, a horde of these external elementary forces or psychisms will step in. The force centers are then rapidly depleted as a consequence, if not as a preliminary, and by sex abuses or otherwise. When this mediumistic psychic control is, through ignorance, gradually or *unconsciously* brought about, the first tumble over the borderland of insanity, generally signifies a more or less permanent loss of the individuality, because unless its interior forces are pretty well polarized, it will then be almost unable to protest with sufficient positiveness to recover itself. Do you dabble in those inverted Life Science methods which make you subject to psychic control? Do you unconsciously commune with psychic forces? Does the night, or moonlight often bring you moods of deep depression? Then you have taken the first steps toward the "mad house." The remedy consists in thought control, self knowledge, the control of your forces, and chiefly in that persistent practice of true thought concentration, which thoroughly polarizes your forces to the higher self or interior nature, thereby giving them and you, the steadiness and anchorage of its interior law. Hold the thought: *I-now-concentrate-and-polarize-my-forces-to-my-higher-self.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

4. Your Real Relations. The chances are that there are deep and far-reaching underlying causes which especially connect your soul life with your parents and other relatives. But it should be remembered that your highest duty is to yourself and to those true companionships, which, whether among relatives or others, are best able to rightfully contribute to your soul growth. Human qualities, human relationships and human friendships are sacred, and should be held sacred to the extent that they contribute to that end of character building or soul growth. You are not called upon by spiritual law, to love or worship vice, even though it comes to you in the garb of physical relationship. You need not exercise tyranny or excessive parental dominion over relatives, just because you think they would otherwise disgrace you. If husbands, wives, parents and others would exercise less ignorance and needless solicitude upon this point, much misery would be avoided and the general results would be greatly improved. Marriage is too sacred to be degraded to mere ownership or an unreasoning mental tyranny. Your real relations and friends are those who are on your own line of march. Do your duty to wife, husband, parents, children or other relatives, but as an individual whose rights to self and relations to the God within are *supreme*, rather than as a mere slave or chattel. Every human relationship is but a means to an individualistic universal end, rather than the end itself. The human loves should be sacredly held as a training for that universal love which knows no limits and which compassionately and lovingly takes all persons and things under the protection of its tender wings. Hold the thought: *My-chief-duty-is-to-myself,-my-higher-self-or-the-God-within. I-love-its-law-above-all-else. I-love all-persons. All-are-but-parts-of-that-law-or-of-my-higher-self. I-will-try-especially-to-do-my-whole-duty-to-those-to-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

whom,-through-the-workings-of-that-law,-I-have-become-especially-related-at-least-temporarily.

5. The Church of Silent Demand. Prentice Mulford's statement of years ago, that this church of silent demand was already a spiritual reality, has since found reponses in the hearts of an ever growing multitude. This multitude will increase, until the Christ principles on which this universal church is based, become the accepted principles of the whole world. The past is practically a sealed book. These Christ principles of **truth** needed only the final factor of our discovery and statement of the law of vibration or cause of force, to give to them a scientific key to all mysteries, thereby placing Scientists at a pivotal point which is representative of the best in all factions which are to be unified into The Universal Church. Life Scientists were thereby given practical command of the whole situation, as time may give convincing proofs. It is a self-evident fact, that our principles represent the true laws of scientific devotion or worship, therefore absolutely nothing can prevail against them. They will finally triumph over all things. If they are comprehensively true and right as is self-evident that should settle the whole matter with you. Can you not understand that their ever increasing popularity is thereby insured? But even if they were not growing so rapidly in popularity, could that affect their efficacy wherever, whenever and by whoever they are properly applied? Let those who are permanently wedded to "toadyisms" and who know no better, be the ones to act because of such superficial and nonsensical reasons. Let your spiritual life now become an active reality through thought concentration. Hold the thought: *I-silently-demand-power-to-understand-and-apply-the-Christ-principles-of-my-higher-self. I-rely-upon-thought-concentration-and-the-law-of-demand-for-my-spiritual-growth*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

6. Co-operative Thought. When many reasonably intelligent minds, who, as to essentials, are of one accord, co-operate in thought at regular daily periods for the purpose of obtaining that close attachment to the higher self which results in self-improvement, the cultivation of spiritual gifts, the attainment of practical external success, etc., the individual and general results are bound to be of far reaching importance. Even the most material and uninstructed mind, who was a veritable ignoramus so far as a knowledge of nature's finer forces the laws of mind and powers of thought etc., are concerned, could not deny that these noonday and other co-operative thought practices of our Brotherhood, must *certainly* result in *self-culture* even if in nothing more. This should be sufficient to convince the most skeptical, that this Church of Silent Demand offers important practical helps, which, without cost, can and should be utilized by one and all; for *self-improvement* is the basis of all true success and advancement. But there is perhaps no one who has properly tested these methods even individually and alone, or who has any knowledge of the underlying laws and general powers of thought, that would be willing to concede that self-culture or self-improvement are the only practical results which the members of our Brotherhood attain through these noonday practices. There are very many, who to our personal knowledge, have attained other very important and in some cases almost startlingly magical results. It is possible that you might do the same. You cannot learn and properly observe our methods without receiving substantial benefits. If a single mind is capable of exercising extraordinary thought powers, the combined powers of many instructed minds must necessarily result in generating a great spiritual force, the good influence of which will be felt far and wide. Hold the thought: *Where-two-or-three-are-gathered-together in-my-name-there-will-I* (the Christ principle within) *be-in-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

their-midst. Co-operative thought is co-operative prayer to a God or law, which, being within the higher self, is capable of bringing responses or answers, with scientific exactness and to the extend of our intelligent co-operation with that law.

7. Positive and Negative Thought. The human organism, or power to think, is so constructed, that it cannot always remain in a positive condition or mood. How cruelly horrible would be the punishment of simply having to keep awake, and nothing more, until insanity or death would ensue. The chance are that insanity would come first, because as the forces and force centers became exhausted, the organism would gradually become a prey to external psychic forces which would partially relieve the suffering by supplying a species of negative or psychic force. Happiness is the object of life, therefore when happiness is relatively impossible and life becomes necessarily only a misery, the tender Father principle, temporarily cuts it off or offers some panacea Your supply of negative force should be understandingly drawn upon at regular periods and from the law of force within yourself. If you properly understand the science and art of producing a dreamless sleep and of protecting yourself during sleep from harmful external psychic forces, you will have little difficulty in thus obtaining for yourself a supply of interior vibratory force that ordinarily would be sufficient to last until noon, but if you would duly uphold accomplishment, by giving a constant backing of vibratory power to the esoteric force-currents surrounding you which you have set up, you should, at frequent periods during the day, reinforce yourself by becoming negative, at least for a few moments or a minute, to the spiritual interior forces of your higher self. The noonday hour of thought-concentration is intended as a means of re-supplying this power, so that its fullness may make itself felt in every act of the afternoon. Thes periods of concentration also offer excellent oppor-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tunities for self-culture, self-improvement or force-massing, for the reconstruction of your thought habits, for the attainment of original ideas pertaining to your affairs and for sending out new force-currents that are fairly livid with the powers and wisdom of your higher self. Hold the thought: *I-will-learn-and-apply-the-science-and-art-of-positives-and-negatives,-or-of-vibratory-law,-so-far-as-it-pertains-to-my-character-building-and-true-success. I-aspire-to-the-best-thought-habits,-and-to-the-highest-attainments.*

8. Reverie and Castle-Building. Thought concentration is a species of reverie; but it should be free from that harmful mental receptivity to external forces which is so common among those who are habitual day-dreamers. In the most absolute sense, the perfect is the only real. We are constantly drifting toward our highest ideals. The ideal is the thought-force-arena of real accomplishment. The imaginative and other day dreaming or castle-building faculties should, during the negative periods of reverie or of thought-concentration, be kept under the thorough control of the will, and according to the definate principles and Life Science laws. True thought-concentration or reverie, is not productive of lethargic conditions, but of that negative responsiveness to the higher self, which fills each faculty with keenness and alertness of force and power, and which enables it to easily accomplish almost any legitimate purpose. Let us now utilize reverie in building castles of character which will last for eternity. We perhaps need better health, better surrounding conditions, thought control, beauty of body, spiritual culture, happiness, more perfect self-knowledge and self-control, a definate knowledge of the powers and laws of thought, and of the thought methods through which those powers may be obtained, a disposition and power to use our talents and forces in ways which will be most productive in good results to ourselves and all others.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

All of these things can at least be aspired to, and aspiration is thought force, which rapidly builds, in exact accordance with its intensity, definiteness and co-operative harmony with the universal laws of Being. Let us try to unify our forces and purposes, by disarming those within ourselves which perhaps oppose that which is highest and best for us. Hold the thought: *I-desire-only-that-which-is-best-for-me. I demand-power-to-convert-each-act-and-common-event-into-a-stepping-stone-and-opportunity. I-aspire-to-the-highest-attainments. I-build-for-eternity. I-need————————etc.*

9. **Sleep and Dreaming.** The chances are, that you obtain from your sleep only a very small percentage of the force and power which it could offer to you. We are "fearfully and wonderfully made." Our future possibilities are at present inconceivable to us. The only difficulty is a lack of knowledge. The thought organism is the one and only manifesting agent of Truth or universal law, therefore self-knowledge comprehends the all of knowledge concerning its all-related parts. If you would now hold the affirmation: *I-am-that-indestructible-and-omnipotent-universal-law-which-is-all-and-within-all,-here-and-everywhere,-now-and-forever,* you would but be stating that which is true of your higher self. Supposing you start the silent noon hour work of today by slowly and quietly using that affirmation several times. It also could be used at night as a protection against dreaming, or drifting into the astral. The true sleep producing methods serve to quiet the intellectual faculties and to carry them beyond the semi-conscious psychically receptive state and into deeply involutionary conditions which are receptive to the inner vibrations *only*. As these inner forces begin to flow into the organism, they become a protection against external forces that would be harmful. The organizing powers of sleep are derived so largely through the amative faculty, gender, or sex, that in addition to the above

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

general affirmation, the following could perhaps be also used to advantage each night before retiring, viz: *I-put-myself-in the-keeping-of-my-higher-self. Its-love-forces-will-flow-to-me while-I-sleep. I-am-Love. I-love-all-things. I-conserve-all my-forces-and-devote-them-to-the-good-of-all. I-rest-in-harmony,-peace-and-Love.*

10. Protecting Influences. In addition to the use of special mantrams or affirmations each night before retiring, it would be well to occasionally set up special surrounding force-currents, which will keep you in the thought currents of Infinite good and away from the discordant forces and force-currents which bring inharmonious external conditions, such as accidents, losses, illness, etc. All true protection of course comes from the higher self, therefore it is only a matter of invoking its protecting influences. Supposing an affirmation such as the following is used, not only during the silence today, but also whenever the need of protection is felt, viz: *I-rest,-now-and-forever,-in-the-harmonious-strength-of-that-Infinite-law-which-I-am. It-liberates-those-forces-within-me-which-keep-me-in-the-everlasting-thought-currents-of-Infinite-good. I-now-feel-the-motherly-protection-and-upholding-influence-of-these-universal-laws-which-I-invoke-whenever-I-attach-myself-to-my-higher-self I-am-my-higher self. I-act-from-it-in-all-I-do. The-law-of-my-words-is-absolute. There-is-nothing-that-can-obstruct-them. I-am-absolutely-free-in-every-atom-of-my-Being. I-am-overshadowed-by-the-protecting-influence-of-the-spirit-in-all-that-I-do. I-now-give-thanks-for-its-goodness.*

11. "The Art of Forgetting, at will, is perhaps as important as is that of remembering. The success of many an enterprise is ruined, by allowing the mind to dwell upon disagreeable or irrelative things of the past, thus interfering with or modifying the thought currents of present or future. These causal force-currents must be kept actively progres-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sive, to insure the proper growth of an enterprise. The business that does not grow or improve, at least by fastening itself more thoroughly to the hearts of its patrons, is in reality going backward. All life is vibration or activity, therefore nothing eternal can stand absolutely still. Your business must continually grow in your mind, or it will soon stop growing outwardly. If your mind is properly concentrated upon things of the present and future, it will have no time or opportunity to be mourning over, or even thinking of the things of a dead past. If the thoughts are thus concentrated upon pleasant, hopeful and consequently successful things, you will thus avoid the unhappiness of brooding over past disagreeables, or of fearing that which may never happen. It is necessary to avoid such negative moods if you would avoid unhappiuess and the negative thought currents which produce failure. The character and quality of your thoughts and moods, determines your success in every true sense. As concentration is the one chief requisite in "the art of forgetting" as well as of all life, let us silently concentrate the thought upon the subject of forgetting, as a means of cutting away from all dead or disagreeable events or lifeless things of the past, which are perhaps unnecessarily chaining us, to death, disease and unhappiness, instead of to life, progress and rightful enjoyments. Hold the thought: *Force-massing,-Character-building-and-progress-are-my-objects. I-now-enlist-the-powers-of-my-higher-self-in-accomplishing-those-and-all-other-proper-objects. I-am-therefore-equal-to-all occasions-that-may-come-to-me.*

12. **Strength-Getting and Strength-Keeping** are also largely dependent upon our moods of mind, or powers of reposeful concentration. We should outwardly cultivate the indomitable spirit which belongs to us. Our strength can generally be measured by our courage, knowledge and obedience to the thought-laws of Being. If, when through

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

our negative or depleted force-conditions, we become slightly ill or inharmonious, we immediately give up and thereby become more negative, we are thus giving a warm reception to disease. We should always take sides with the spirit, instead of against it, in such cases. If we temporarily yield externally to illness, it should be in the knowledge that all so called disease or bodily inharmony is remedial and caused by the efforts of the spirit to infuse the body with its higher vibratory potencies. If we remain in bed, or otherwise yield in such cases, it should be for the force-massing purpose of collecting or re-concentrating the scattered energies which made such inharmonies possible. So long as we keep in close touch with the higher self, through thought concentration, we will not be weak or sick. Lack, or the depletion of strength, is but lack of recognition of our higher powers, or of that interior unchangeable law which is omnipotence itself. It should be our effort, through every act, to liberate the latent energies of the higher self. This can be done by maintaining that attitude or mood of mind which leads us to always act from the higher self. Every external means of strength gaining, should be regarded as only a symbol of the interior methods of going direct within, to the exhaustless source of all power. External methods, even such as foods, drinks, etc., can be made helpful only to the extent that they borrow of the interior vibratory law. Their power to give of their vibratory life, is measured by the sympathetic conditions of power which they find within ourselves. Hold the thought: *I-am-strong-in-the-strength-of-my-higher-self. It-is-indestructible,-therefore-I-am-fearless,-positive-and-full-of-its-power. I-am-my-higher-self. I-become-negative-only-to-its-interior-law-and-forces. All-my-forces-are-derived-from-it.*

13. **The Source of Strength.** People are so in the habit of worshiping size, that they find it hard to comprehend or

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

permanently believe, that the Infinite law of omnipotence is fully represent within themselves and within each separate atom. They are perhaps satisfied that the soul is immortal, but can hardly realize that it is their power to think, which is thus indestructible and through which they derive all their powers. Until they make a careful study of the self-evident principles of vibratory law, they may find it difficult to unwaveringly believe that the thought organism carries with it such inherent powers—viz omnipotence; nor will they be likely until then, to duly awaken or manifest theirthought powers. So long as they continue to worship a God which is external to themselves, will they be going away from their own inherent "kingdom of heaven" or of harmony and power. Try in the silence to think of drawing upon the universal supply, and as you make this effort, guard against the tendency to elongate your neck, as if *your* universal supply was only external to yourself, instead of also within yourself. If at any time in the future, you catch yourself in the neck-craning act of drawing upon an external universal, then again bring home to yourself the important lesson that *your* universal can be found by you *only* in the *within.* Let these words ring in your ears until their essence is built permanently into your soul. Hold the thought: *Infinite-law-is-everywhere,-or-omnipresent,-but-my-Infinite,-can-be-found-by-me,-only-in-the-within-of-my-higher-self. I-look-to-this-law-for-life,-health,-strength,-support,-defense,-inspiration-and-happiness. I-can-perceive-the-Infinite-in-external-things-only-to-the-extent-that-I-have-first-found-it-within-myself.* Then repeat the first commandment, substituting the words I and My, for Thou and Thy.

14. **Contentment.** The art of producing and maintaining moods of true happiness is comparatively rare, but it can be learned and applied. As happiness is the object of life, to fail in attaining it, is failure indeed, at least so far as this

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

life is concerned; and as life is continuous we must remain in essentially our present conditions until, through our own thought acts, we set up force conditions which will build something different, or attract us to other affinities. The essential teachings of both old and new Testaments are the scientific principles and fact, that "Whatsoever any man soweth, that shall he also reap," therefore if we consciously postpone our happiness to another life, we should have and know some very good reasons for it. We should understand the principles of life as a means of knowing just what kind of character and happiness structures we are bnilding. The sooner we intelligently begin to build right, the sooner will such structures begin to loom up. Life is activity, therefore the law of life was not made conducive to laziness. The law of cause and effect, or of sowing and reaping, is perhaps not comforting to lazy people, but it should be at least satisfactory, that we can always have happiness to the degree that we earn it, and that all of lifes compensations in happiness etc., are placed within our easy reach and beyond the range of uncertainty, because of our inherent tendencies to seek and thus find it. The true seeker always wants the bald truth of things, instead of wilfully blinding himself to it, for fear it would keep him from longer following his "will 'o the wisps." The true source of happiness is within. It is a result of that concentrated spirit, or attitude of contentment and thought control, which sees the beatiful law gleaming through even ugly exteriors, thus by pleasant thoughts, arranging the interior vibratory forces into harmony instead of discord. Hold the thought: *My-life-is-as-I-have-made-it,-therefore-I-do-not-complain. I-am-temporarily-content. By my-spirit-or-attitude-of-contentment-I-help-to-obtain-those-harmonious-and-concentrated-moods-and-force-conditions-which-make-of-each-act-a-stepping-stone-to-something-higher. I-seek*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

true-happiness-and-wise-objects-by-right-methods. I-am-master.

15. Mental Intemperance. The concentrated attitude of mind which best generates force, is also necessary as a means of then holding it. The force-centers will become depleted and weak, if continually subjected to unnecessary wastes. Wastes have their mental cause and could therefore be considered as mental wastes. It is only the mind that can feel or act. The body is but its reflection. Anger, worry, anxiety, fear, passion, etc., are all discordant and intemperate uses or wastes of precious vibratory force. They stimulate the vibration only to exhaust it and are a prolific cause of a thirst for stimulating foods and drinks. They deplete the force-centers thereby inviting weakness, failure, disease, inharmony and unhappiness. Nearly all such things originate in that fear which springs from ignorance. Thought concentration or worship of the Infinite interior law of force, helps to hold the forces and awakens a sure faith, founded upon definate knowledge, that this law is all powerful and so perfectly constructed that no "accident" or harm can befall any of its products. Only this could satisfy the instincts of Love and make perfeet happiness possible. Man's instints of benevolence could never be entirely satisfied, so long as pain or suffering to any of his related parts, was an eternal necessity. Hold the thought: *Mental-and-physical-disorders and-all-external-inharmonies-are-subject-to-the-perfect-law-and-order-of-my-higher-self. My-mentality-manifests-perfect-harmony-now. Order-and-temperateness-are-unchangeable-laws-of-my-Being.*

16. Fear Forces. The desire to know and express all Truth as a means of gaining power and happiness, is inherent and basic in the human organism. It is the original impulse of individualism. "Knowledge is power." The lack of it is weakness, therefore from ignorance springs weakness and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

its consequent fear forces. The cause suggests the remedy, viz, a removal of that causal ignorance. The thought that all things are one and in the keeping of a law which is fully represented within each separate part, could perhaps be made helpful at times in allaying these paralyzing fear forces. If the smallest part of the universe should actually go wrong, it would necessarily destroy the harmony of the whole universe or unit. The fact that the universe still exists, should convince us that there is never any real cause (except ignorance) to worry A thing can be either remedied or not. If not then don't worry and if it can, then set about the work of remedying it, instead of wasting time and force by worry. Esoteric philosophy teaches how to cultivate a courage and a dauntlessness of spirit which is above all worry. You have an individual work to do in driving out the lurking remnants of fear forces. Strike at your self-ignorance concerning the laws of permanent Being and of its *manifestation*, if you would reach the root of the difficulty. Hold the thought: *I-am-indestructible. I-am-at-one-with-the-Truth-of all-things-and-therefore-am-capable-of-learning-all-things,-thereby-gaining-conscious-omnipotence-and-absolute-freedom-from-fear-or-evil. Ignorance-is-the-only-bondage. My-higher self-is-absolutely-free-because-not-ignorant. I-now-polarize-my-forces-to-my-higher-self. It-is-my-absolute-protection. I-am-therefore-free-in-every-atom-of-my-Being.*

17. **Look Forward** instead of backward. Life means progress. Your supply of vibratory life or force is from within and is drawn upon by thought—by thinking of life's meanings and by trying to fulfill them. To look longingly backward, by dwelling in thought upon the things, whether pleasant or unpleasant, of a dead past, is to turn away from your vibratory supply of life, thereby fastening upon yourself their death-like inertia. Remember the allegory of "Lots Wife" who by thus looking backward and in direct

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

defiance of the absolute command of natural law, thereby turned "into a pillar of salt," which, among other things, is representative of the saving principle of involution, or of polarizing back to the Father principle of Being. There is no death; only change. But why should we halt, hesitate, or delay our progress by looking backward to an event, which if properly met at the time, has already served its purpose of usefulness in the work of our character building. To look backward implies a lack of concentration, for in the meantime, the thing of the present, which is the matter of chief importance, is thereby neglected. To thus or otherwise scatter the forces, tends toward death, weakness, failure and unhappiness, instead of toward life, power, success and true happiness. What if our circumstances at present are not all that we could wish? It is perhaps because by loitering, or through ignorance, we ourselves have made them so. Shall we continue to loiter or to whine, instead of bravely setting about the pleasurable effort to build circumstances more to our liking? After all, it is chiefly the attitude of mind which makes circumstances pleasant or unpleasant, for happiness is from *within.* Then let us cultivate a good frame of mind by silently holding the following thought, viz: *God, or-divine-law,-is-always-with-me. What-more-could-I-ask. I-therefore-spend-my-time-in-rejoicing,-instead-of-in-whining,-that-it-has-indulgently-allowed-me-to-create-my-present-imperfect-circumstances. I-am-learning-through-circumstances,-how to-find-this-God-within. I-will-learn-and-obey-its-laws.*

18. Thought Currents. By our thoughts, we are continually creating for ourselves thought currents, good or bad. One object of these noonday devotions, is to exercise knowledge, wisdom and discrimination in an effort to create force-currents which will be more in accordance with our highest ideals. We must thus turn our attention to the spiritual arena of real action, if we would govern the consequent out-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ward correspondences. The mere symbols of externality, are for the temporary amusement of those who are as yet but children in their knowledge of evolutionary law, and whose drifting methods are not entirely beyond the stage of unconscious growth. If you are really in earnest and desire to become master instead of the slave of your surroundings, then begin with your interior forces. These and our other books can offer you substantial helps, providing you will but co-operate, by really trying to observe or practice their methods; but the main work is something which you alone can do. Hold the thought: *I-now-concentrate-my-thought-forces-upon-the-question-of-ideal-surroundings. I-demand-to-know-what-steps-to-take-first,-in-making-my-surroundings-all that-they-should-be. I-seek-and-will-follow-the-leadings-of-my-spirit-or-higher-self. I-am-now-sending-out-spiritual-forces-which-will-make-my-life-happier-and-more-productive-of-good-results-to-myself-and-all-others.*

19. **Our Associations** are our magnetisms, the fruits of our permanent thoughts or character. As we learn to govern our thoughts in accordance with the principles of permanent Being, we will find it desirable and perhaps necessary, to cut off from such of our associations as are not representative of these improved spiritual conditions. In doing these things, we will be setting up causal forces which will bring us associates that are more to our liking, and with them will gradually come improved surroundings and the happy consciousness that we are growing or improving in every external way. While recognizing appreciatingly the importance of such external changes, we should not forget to pay our chief tributes of thankfulness to the interior law which makes those and greater things always possible. If after temporarily using these laws of thought in obtaining such improvements, we then forget all about them, and become entirely engrossed with these external symbols of their power,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

we thus cut off our further progress; while by continuing the same methods, our conditions would continue to improve. Hold the thought: *There-is-nothing-too-good-for-my-soul. I use-its-forces-for-the-sake-of-Truth. I-gain-happiness-by-using-my- life -powers-for-the-good-of-all. Wisdom-is-my-chief-love. I-demand-wisdom-and-good,-first-to-myself,-that-I-may-do-good-wisely-to-others. I-demand-the-associations-which-best-answer-my-needs-in-making-me-truly-and-permanently-happy.*

20. Spiritual Garments. The body is but a "coat of skin," in the language of symbology. Its external garments can and should, at least to some degree, be made representative of its spiritual conditions. Dress can be made an aid in obtaining associations which correspond to our soul conditions It can be made a source of spiritual satisfaction. Dress soon accumulates an atmosphere of vibratory conditions, which is representative of the thoughts and moods of its wearer. Each thread of a garment has its vibration according to its quality. Each stitch taken in making it, is somewhat representative of the moods of its maker. Elements of cheapness and shoddiness have their correspondence in moods of dishonesty, hate, low wages, anxiety, hurry, discontent, etc. A shoddy garment thus made, generally finds its affinity in a wearer who is in a low spiritual condition, and it does its share toward intensifying those conditions and in leading to failure and the poorhouse. It is wise to use garments made by well paid and thoroughly competent workmen. Their reposeful concentrated efforts and artistic interest in the work of making a good garment, is a spiritual power which its wearer easily absorbs. Your spiritual appreciation of a good garment, is love force which accumulates as you wear it, and vice versa. It is wise to dress as well as your purse can afford, and to take a spiritual interest in matters of your dress. It is well to change your

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

garments after business hours, so that your hours of recreation can become more free from the previous business moods or atmosphere of thought with which the clothing then used becomes impregnated. Think of this subject and if as yet unable to properly satisfy your tastes for dress, then make the following silent demand viz: *I-demand-the-leisure,-the-opportunity-and-the-power-to-wisely-gratify-my-highest-tastes-for-dress,-and-for-all-things-which-if-properly-used,-would-contribute-to-my-happiness,-usefulness-and-true-welfare.*

21. Power Through Repose. See how slowly, deliberately and reposefully you can raise your hand to your face. Try it once more,————slowly. And again still more slowly. Then can you truly say that you have no control over your thoughts, or that you cannot, by thus using your will, gradually cultivate the rare quality of concentration and repose, or the consequent moods of success? It is through small thought-acts that the greatest qualities and thoughtpowers are gradually acquired. Concentration of the forces is the main requisite. Absolute self-mastery is possible to you. To understand that fact is the first step. Every act and every condition in life, offers an opportunity for training in self-mastery. The smallest act and circumstance should not be over-looked, but should be utilized as a stepping stone in gaining that control of the forces which will give you command over *all* external things. As you learn to thus grasp the shining opportunities which trifles offer, you will have gained power to make the road to high attainment and abundant success much easier than you are perhaps now making the road to failure. Fall in with the optimism of nature. Make your life much easier than it is. Cultivate yourthoughtpowers through reposeful effort and thought control, so that you will be able, even by a decreased penditure of force, to multiply results. Hold the thought: *I-now-reposefully-concentrate-my-thought-forces-upon-the-sim-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ple-act-of-moving-my-hand. I-demand-power-to-think-of-only-one-thing-at-a-time. I-will-try-to-be-deliberate-and-concentrated-in-every-act. I-am-determined-to-make-the-best-of-my-resources-and-opportunities. I-aspire-to-the-highest. My-higher-self-is-my-strength-and-reliance.

22. Sunday is a day of rest, of repose, of concentration, or of worship. Like sleep, it should be used as a help in renewing our powers, or of concentrating our forces. The scientific worship of that true God or law of force which is within the higher self, necessarily results in the concentration or resupply of our scattered energies. All is vibration. The relative importance of all things can be accurately determined only when we measure them according to the exact standard or mathematical principles of vibratory law. Nature's cycles of seven, explain why the proper observance of every seventh day as a day of worshipful rest and concentration, is of vast importance. Nature's system of economics is perfect, Our most rapid progress is made when we cooperate with, instead of oppose its orderly workings. The powers of individualism are so great, that to some extent, man can temporarily make his own "constitution and bylaws," but when he gets through, will finally understand that nature has made provision even for *that*—in fact for all things. Let us now silently worship the law of Being in the wisest ways we know, and as each Sunday comes, try to make of it a day of rest, or of concentration, and in a high sense of the word. Hold the thought: *I-will-make-of-each-Sunday-a-day-of-re-creation-and-rest. I-utilize-nature's-cyclic-laws-of-periodicity. I-am-thankful-for-the-accumulated-spiritual-force which-long-observance-of-every-seventh-day-brings-to-me-and others. I-demand-to-know-the-best-methods-through-which-Sunday-can-be-made-more-fruitful-in-spiritual-power. Every day-is-sacred-to-me. My-every-act-is-sacred. I-worship-Infinite-law-through-my-every-act.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

23. Spiritual Understanding. Let us try to become as children, in our freedom from prejudice and preconceived opinions. Life Science offers wonderful possibilities in the way of educational methods which would give children the right start in the use of their talents and powers. There are many who were so trained, that they will be unable, during this life, to overcome the prejudices which wrong training in early life has imposed upon them. Think of the loss, and of the responsibility which the education and training of children, of all ages, involves. The first step toward spiritual understanding is absolute freedom from prejudice. Take that step now. Try to "unlearn" the untruths which mere tradition and dependence upon the beliefs of others has built into your soul life. You cannot afford to let them remain there a moment longer. The law of vibration or of all Being, offers the keynote to all knowledge. Learn the essential principles of that law, and then the ordinary use of your thought organism or natural faculties will bring you true spiritual understanding. You cannot go amiss if you square all your ideas to its principles, for all is vibration, and its laws explain all things. Take it for your standard. Let its worship, as an ever living interior principle, be the object of your life. You are its partner. But so far you have done but little of the firm's work. Try to do your share. Learn how. Hold the thought: *I-have-spiritual-guidance-and-spiritual-understanding. I-am-led-of-the-spirit. All-my-faculties-do-their-perfect-work. The-law-of-my-life-is-perfect-harmony. This-spiritual-law-is-my-guide. It-gives-me-life,-strength,-health,-support,-defense,-knowledge,-wisdom,-inspiration,-peace-and-happiness. I-bow-in-reverence-to-this-giver-of-all-life. It-is-my-eternal-life-now.*

24. Spiritual Reliance. Spiritual understanding is the result of constantly using all the thought powers which are inherent in the human organism. You should rely wholly

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

upon your higher self or the God within. The first commandment says "thou shalt." Unless the Infinite is a liar you can afford to do this. In relying upon your higher self you are but worshiping God or the Infinate law of all life. The instincts of individualism are ever admonishing you to do this. Your soul life must in time become representative of the positiveness of individualism and the negativeness of an involutionary love to that interior law which is God. These two factors represent the whole of life and the wholeness of its causal law. Thought-concentration and its methods are representative of this dual completeness of organic law. Sooner or later all must come to it. "Thou shalt." Hold the thought: *I-rely-upon-my-higher-self-or-spirit. This-"lord"-or-law,-is-my-shepherd. I-shall-not-wan't-etc.*

25. Self-Confidence and Over-Confidence. When the quality of self-confidence is backed by and founded upon a conscious understanding and reliance upon the thought laws of permanent Being, it thereby receives the benediction of the spirit and but rarely if ever becomes obnoxious. Even when not properly ballanced by knowledge and sound sense, it should perhaps be excused rather than condemned, because it is along the right line of self-culture. Its individualistic instincts often sense these premonitions of the I AM spirit, even before the I AM principles and laws are understood, and the experiences of time are almost sure to tone down this over-confidence, so it will be too subdued to appear very offensive, except perhaps to those who themselves are afflicted in the same way. The inherent powers and the possibilities of the soul are absolutely unlimited, therefore the very worst cases of over-confidence must necessarily quickly recover- Those who are liberally endowed or overstocked with self-confidence, should ever remember "the golden rule," so that it will not manifest in arrogant or other obnoxious and harmful ways. The many who are difficient

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

in the quality, should cultivate it, by an upright attitude in standing or walking, by demanding that all rights to self be duly respected, by a study of the faculty and general constitution of the mind from scientific standpoints and by affirmations such as the following viz: *I-am-my-higher-self. It-endows-me-with-inherent-omnipotence. I-am-the-manifesting-agent-of-Divine-law. In-the-strength-of-that-law-I-can-do-all-things. I-demand-the-knowledge-and-wisdom-to-use-my-higher-powers. Nothing-can-daunt-me. My-soul-is-indestructible-and-unconquerable.*

26. Hesitation, Restlessness, Apprehensiveness and Worry, are characteristics which are often found in those born in the Zodiacal sign Pisces, (viz. from about Feb. 19th to March 21st,) Pisces is a water sign and is symbolized by "the fishes;" hence the above and other qualities, chiefly good, of Pisces individuals, but which need to be understood to be properly trained. As the proverb goes, "He who hesitates is lost," and while it is perhaps not quite so bad as that, it is certain that hesitation, appehensiveness, worry, etc., are representative of negative conditions which connect with a general tide that is more or less unfavorable, antagonistic and destructive to the individual interests. He who wishes to become master instead of the slave of fate or of this general tide of events, should become negative only to the interior vibratory forces, and should go with the general tide only when it is advancing toward the absolute right of Infinite Good. The universal currents contain just enough that is destructive to individual interests, to gradually teach man to place an absolute reliance only upon the higher self or supreme law of life which is within. This purpose of nature likewise points the way to the only sure remedy viz, Absolute reliance upon the higher self or Infinite law. Hold the thought: *My-soul-or-higher-self-is-changelessly-steady. It-is my-anchorage-and-reliance-in-all-things. In-its-name-and-*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

power–I–do–what–is–right–and–am–then–willing–to–take–the–consequences. That–which–is–not–absolutely–right–in–essence,–if–done–with–the–highest–motives–that–can–be–then–obtained–from–the–higher–self,–will–lead–to–good–and–finally–to–the–best,–even–if–not–entirely–good–in–itself. I–do–my–best–and–then–accept–all–consequences–unflinchingly.

27. Intellectual Dishonesty. It seems almost incomprehensible, that any person should be unwilling to face and accept the Truth in any intellectual matter. And yet it is a very common thing, even in religious and ethical matters where grave personal consequences are at stake, for persons to absolutely blind themselves to the most apparent and self-evident truths or facts. The Christ said, "The Truth shall make you free." It may be justly regared as a principle or law, that ignorance is the only bondage and that the true way to liberty or freedom, is the way of knowledge and obedience, through love of Truth. Do you love liberty? Then be more earnest and free from prejudice in your search for Truth. There are perhaps but few who are entirely free from that intellectual dishonesty which fears to look every Truth squarely in the face. The Truth is never in danger. It is always a protection to those who love and seek it. It is the only safe reliance and protection against all shams and evils. If your position upon any important intellectual question is weak, it is eminently important to you that you know it, and in exactly what respects; therefore you should welcome every attack against it, however savage, knowing that if in the right, the Truth will thereby be made all the more apparent, and if wrong, then you can fortify yourself by more thorough knowledge. Hold the thought: *I–am–absolutely–free–in–thought. I–fearlessly–seek–the–Truth–wherever–it–may–be–found. My–heart–cries–for–knowledge,–wisdom–and–its–resultant–freedom,–happiness–and–power. I–now–consciously–feel–the–powers–of–my–higher–self. Its–awakened–faculties–will–*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

lead-me-direct-to-the-exhaustless-interior-source-of-all-Truth. "There-is-no-religion-higher-than-Truth."

28. The Will and The Way. The way of Truth is always open. It ever leads to its own freedom and omnipotence. It manifests itself only through a thinker or vibratory organism. It endows you with all that is inherent in Truth and Love. Vibration is power. Your thought force is vibration. As you persist in thinking a thing, the vibrations of your thought, gradually intensify in power, until the purpose of that thought is accomplished. There is an absolute law behind this. "Repetition of vibration is omnipotent." Where there is a will there is a way." The will is of thought and when thus backed by the powers of thought, unceasingly progresses in preparing the way, so long as the will is unswerving in its purpose. Seek the wisdom of your higher self, in the selection of your purposes, and then hold to them in spite of the most unpromising external appearances, knowing that your will, or persistent thought and purpose, has the Infinite law of force to back it. Your will and thought efforts should carry you daily to the higher self, as a means of getting fresh re-inforcements or infusions of vibratory power. Go now to that interior fountain and imbibe the force and power of the silence.

Hold the thought: *I-now-commune-with-the-spirit-of-the-silence. My-consciousness-is-now-being-drawn-within-and-in-and-in,-while-the-music-of-its-vibration-becomes-softer-and-sweeter. My-senses-are-hushed-as-I-imbibe-the-rapturous-peace-and-harmony-of-my-heavenly-interior-city-of-God,-where-absolute-silence-reigns-supreme. I-now-listen-for-the-subdued-echos-of-sounds-which-my-senses-temporarily-left-behind,-so-that-my-consciousness-may-thus-carry-its-present-blissful-harmony-and-vibratory-power-into-my-outer-life. I-am my-higher-self. I-act-from-it-in-all-I-do. I-will-do-what-I-will-to-do. "I-am-that-I-am." I. AM.*

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

29. "**Leap Year** coming once in four, gives February one day more" for true accomplishment. There are yet, ten months, or 306 days of this leap year before us. With the impetus of that introduction to our own higher selves which these and other subjects and thought concentration helps have perhaps given, we should be able from this time on, to evolutionize or progress by leaps and bounds, instead of at the mere snails pace of unconscious growth. Thus may we make of each of these days, a leap year, so far as our own advancement is concerned. Let us prepare for these leaps, by a preliminary concentration of our forces. Let us outline for ourselves the concentration methods which we think are best adapted to our needs. The past has surely offered us some jewels of wisdom pertaining to these subjects, which we can well cherish and continually utilize. In our haste to go forward, let us not overlook these jewels, for it is by the assimilation and use of knowledge, that power and wisdom are gained. Silently repeat the Lord's Prayer and also hold for yourself the thought: *May-the-benediction-of-my-spirit-or-higher-self,-rest-upon-and-abide-with-me,-now-and-evermore—Amen.*

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty-Six—Test Questions.

721. What are the main objects of thought concentration?
722. What are the main steps in the process?
723. Should the consciousness be allowed to drift away from the body, while negative or passive?
724. Why?
725. Is it easy for it to so drift at such times?
726. Is high spiritual development allied to insanity?
727. Why?
728. What is the cause of insanity?
729. What is its remedy?
730. Why is insanity so rapidly increasing in America and elsewhere?
731. Can the tendency be counteracted through thought, concentration or otherwise?
732. If so, how and why?
733. How would you go about the task of curing a newly developed case of insanity, if necessary to do so?
734. What, if any, would be the effects of drugs in such cases?
735. Outline briefly, what you know of thought concentration?
736. How, if in any way, have you successfully demonstrated its advantages in your own life?

Some of the above questions are a repetition of questions that have been asked in previous lessons, but it is desired that they be answered again as a means of making clear certain connecting links that could not be properly presented earlier. Every point in the Science of Life should be understood so clearly that it can be answered promptly at any time, even if one had been suddenly awakened out of a sound sleep. These lessons deal so extensively with life principles that to master the few basic principles will enable one to follow them out to correct conclusions upon any given subject.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

THIS CONCERNS YOU.

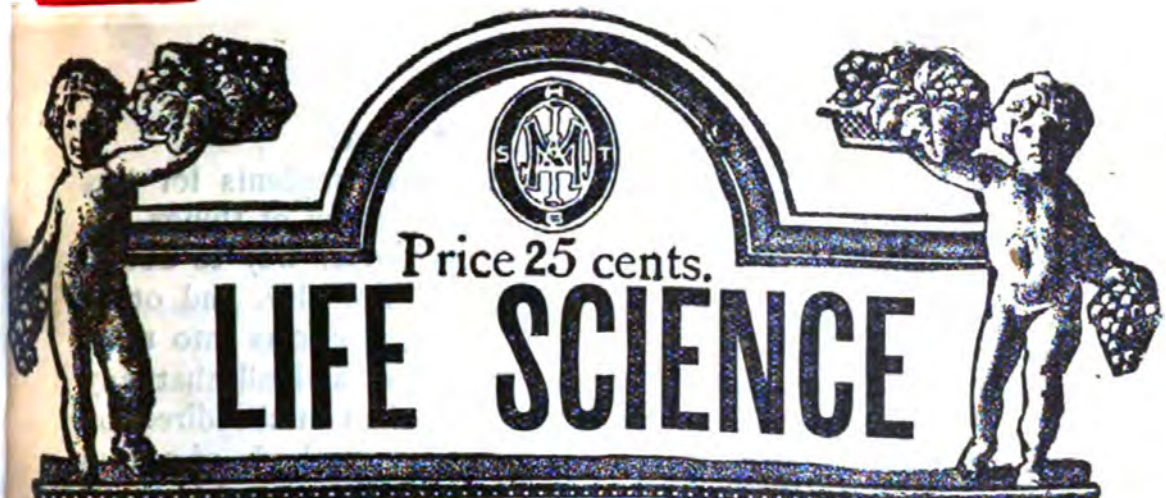
It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
No. 47

Mary D Buchner



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

47

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52
PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 1972

AUG 5 1972

L161—O-1096

It **for this** **cour** **hings, we** **are** **to obtain** **them** **nd other** **high** **nto mak-** **ing** **that any** **stud** **direction** **of "p** **of adver-** **tising** **l benefit.** **Th** **now and** **live** **reward is** **depe** **may take** **it as** **e benefits** **that** **stly pur-** **suing** **happiness,** **impr** **ply your** **pow** **ually help** **you** **n a cold** **busi** **l synopsis** **of c** **l and see** **if it** **you an in-** **crea** **s depend-** **ent** **phases of** **the** **ter, purer** **and** **onditions?** **Rem** **hat in the** **'ong** **od things** **al** **hat all ad-** **vanc** **and self-** improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
no.47

LIFE SCIENCE.

Part Forty-Seven—Aims And Objects.

One object of these lessons is to make plain the pathways to personal power. At best the way is lonely and narrow, admitting only the one—The One—The Infinite One who is the source of all individual power. But that One is a Principle and not a person. It is the essence of your own soul, and you are its impersonator, or image and likeness. Your mind is its instrument to the degree that it filters into every avenue of your mind. Let it be your one idea and purpose to understand and fulfill your destiny as an expressor of the divine life.

You have, perhaps, been going in the wrong direction in your search for power. Go within yourself if you would connect with its unfailing source. The highest compliment you can pay to these lessons in Life Science is to live their principles and teachings, and thus prove that you are independent of them and of all other external helps. Mankind is a unit, therefore it is not good or even possible for man to be strictly alone. The true inter-dependence is strengthened to the degree that each individual confines himself to his own personal tasks, drawing his sustenance from the one source, for as all draw toward that source they thereby draw nearer to each other and knit their very souls more closely into the great web of the Universal Soul. "In the beginning was the Word—the Principle of Life—and the Word was with God, and the Word was God." You are the Word made manifest. The Word is the Divine Idea. It becomes manifest first to your own consciousness and then in your thoughts, words, acts and deeds.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Copyright, 1901, by Ernest Loomis.

PROFITABLE IDEAS.

TREMENDOUSLY significant is the fact that each single quality or faculty of the mind is improvable, and, as in the physical, by the definite, simple method of exercising it, thereby offering it its own peculiar kind of thought-food.

This valuable scientific principle that "use creates and determines function," would seem to imply that by understanding the elements of mind and by then maintaining the proper normal action of each faculty, one may acquire such talents, qualities and powers as he may desire or require, thus insuring the successful outcome of his every undertaking, and the maintainance of a happy consciousness, that, within reasonable limits, he can make of himself whatever he pleases.

Although the fullness of this valued consciousness may not have been hitherto granted, even to the few, it is believed that its principles, and some of the main methods of attaining it, can be outlined with sufficient clearness to prove an intensely practical help to the many.

The time will hardly arrive when such knowledge ceases to be power, for ideas are ideals from which higher purposes are continually forming and purposes, in turn, are the natural forerunner

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

of their actual conversion into external results.

PROFITABLE IDEAS.

It is the tendency of the mind to reach out, gradually attract and then appropriate needed knowledge and the germs of individual inspiration, which ever strive toward a more and more adequate expression of life's interior meanings, which they but meagrely represent.

The development of each organism from the infinitesimal beginning of a single cell, is but the like attraction or massing of related cells, or so-called atoms. around its mind—its central law of force as the motive power.

Every pronounced success is founded not upon luck or chance, but upon the more or less intelligent application of definite means to foreseen ends. This may be known by the fact that the law of cause and effect is universal and that we can reap only what we have previously sown.

It is through thought and the power to think, that the deepest evolutionary laws of force, or of primal energy, are enabled to gradually unfold within each individual consciousness; and it is by virtue of its secret powers that the human organism is destined to ultimately develop into a poetic embodiment of their Omnipotent Perfection.

Would you become an eye-witness to the continuous miracle of this gradual unfoldment within your own consciousness? Then "know thyself" and "with all thy getting, get under-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

standing" to the end that such knowledge may be intelligently applied in the work of self-improvement and progress, and in doing the duty of the day and hour.

IT was said of Napoleon Bonaparte that he delighted in relating the story of a prominent, Marseilles banker, who, when a guest expressed surprise that while living in princely splendor and in a veritable palace, he should continue his business in a dark, obscure, poorly furnished, badly ventillated and meanly constructed, out of the way office, where it was originally started, replied, "Young man, you are hardly old enough to understand how masses are formed, A mass, whether it be of atoms, of money, of persons or of things, is a great center of motion wherein dwells the one law of power. It must be begun, and it must be kept up," and he might have added, in obedience to that one stationary law of particles which is all, and within all, here and everywhere, now, and forever.

ENTERPRISES, like trees, are liable to become at least stunted, if transplanted, as multitudes of bright business men have learned to their sorrow. The versatile spirit of American enterprise, though usually quick to perceive, grasp and utilize worldly advantages, in its efforts to ever reach out for the new, is strongly inclined

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

to prematurely abandon the old and to disregard this important force-massing maxim. As a result, many promising business undertakings become disabled or perhaps even ruined, before the celebration of their first anniversary.

PROFITABLE IDEAS.

The man who has entire command of his forces will generally know how to reach the right spot at the right time. In addition to his keenness in foreseeing opportunities, he likewise has powers of adaptation which enable him to mould favorable conditions to his liking.

This mastery of conditions through the creation, recognition and marshalling of favorable opportunities, is first accomplished within the mind and within its world of related forces. This implies the existence or creation of needed qualities or talents and the resultant birth of a consciousness of power which future events, however stormy or trying, will be entirely unable to disturb.

It is the reposeful action of conscious strength which brings definite results, even as great powers are the outgrowth of calmness and silence.

It is by hitching the thought organism more closely to its unfailing interior supply of force, that it is given an anchorage and support which is permanently secure. It is by becoming partially disconnected from this seat of power, that the consciousness is precipitated into the whirl-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

pools and agitations of its surface vibrations.

The all-important preliminary organization of victory within the mind, is not only a matter of anchoring the thought-consciousness and its forces more securely to its central interior law of force, but is likewise a matter of anchoring them as securely to the same ever-living principle of force which is also the very soul of whatever objects and purposes that may be sought.

When the mind is so trained that it can, at will, become conscious of the action of its own soul-forces, it is then easy to send the thought to the soul of things or persons at a distance, and by that very thought-act, likewise stimulate their soul-forces into harmonious responsive action, thereby exercising the silent attractive power which will subsequently bring them into more harmonious and intimate relations with the self.

This is but the law of attraction in action. It is a law, which being the common property of all can, through knowledge, be awakened and exercised at will.

As the whole universe is composed of force and force only, its law is one, and can be reached anywhere and from anywhere, by each separate thought-organism which possesses sufficient intelligent self-control to fasten its thought to the soul of things at a distance, and to thereby complete a force-circuit and create

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the force-currents which will subsequently bring those things into right relations with the self.

The omnipresence and omnipotence of this one law or Father Principle of things, from which the blessed Unity of all, springs, is made the logic of evolutionary science and the common belief and substantial basis of all religions, therefore it need not seem strange that each individual mind should be endowed with the requisite equipments for gaining immediate access, and for relating his forces to that point in the universe whose "center is everywhere" and where all forces converge.

This principle endows the thinker and his thought with seemingly transcendent possibilities, which, in the near future may be sufficiently embodied to bring amazement, even to the most progressive minds.

To center the mind-forces upon any object of thought, tends to establish force-connections with related forces, atoms, persons or objects, and when the mind is then steadily held to its purpose, these force currents naturally attract and help to organize such objects into more perfect relations with itself.

When sufficient power is thus exercised to finally take entire possession of a subject or thing, there will be gradually evolved within the mind a masterful consciousness of confidence and inner conviction which is due to the cessa-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tion of all opposition to its purposes, at least so far as the interior cause world of force-currents is concerned.

This elevation of the consciousness may be regarded as a good-luck signal, which proclaims that victory has become organized and that it only remains to then take such external steps or means of outward accomplishment as the awakened interior spirit will from time to time direct.

To him who thus establishes within himself these requisite elements of true success, his confidence of victory, or "faith, is the substance of things hoped for, the evidence of things not seen," and therein rests the magical secret of power.

It will be seen, by close observers, that these methods are the very opposite of hypnotic methods, in that they undertake to awaken the interior or higher self, instead of putting it to sleep. They seek to make man more of an individual and more independent, instead of a mere puppet to be placed more or less at the mercy of every willful person or organized external force.

It is in the silence, that the mind may be withdrawn to these interior spheres of action where all is plastic, and where things are gradually shaped more and more in accordance with the harmonious perfection of this divine model

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

or Infinite law through which such marvels are made possible.

PROFITABLE IDEAS.

When the mind sets to work in the accomplishment of any worthy purpose, its forces should not be too quickly disturbed.

A business location, when chosen, immediately becomes a force-center where the things pertaining to that business gradually converge, and to disturb these established force-currents without due cause, is as ruinously extravigant as it would be to suddenly undermine the foundation of a large and costly building which was serving its every purpose satisfactorily. Successful advertisers should be quick to perceive the practicality of these truths.

The laws of life, from which all personal power is derived, being absolutely exact, will lend their forces and influences to whomsoever will intelligently obey them, therefore it is believed that these and other methods of cooperating with those laws if, understandingly followed, will make failure more difficult to those who earnestly try and continue to try.

Statistics show, that, sooner or later, ninety-five per cent. of all business men fail. If the laws of life were understandingly conformed to by all, there would be no failures. This fact suggests how to find and apply the obvious remedy.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

PROFITABLE IDEAS.

SUCCESSFUL artists or musicians instinctively aim to first establish a rhythmic action of the forces as a means of awakening inspirations which can then be expressed in sound or form.

The author, actor, orator or poet must likewise establish a harmonious action of the forces and turn them through the channel of the proper combination of faculties before his words can become embodied in the best form.

His real task is to thoroughly awaken these requisite inspirational effects, nor should he regard it as completed, until, by patiently pruning and condensing, he has at last eliminated every crudity or unnecessary word.

His artistic senses, if properly developed and obediently followed, will finally bring a discriminating and deeply interior conviction of approval when this pruning process has reached the ultimate of completion, and woe unto him who lacks the patience to earn for himself the deep satisfaction of this unbribed and unbribable verdict of the spirit.

When it is fully earned, it seems like the blessed benediction of a court of angels, which may be recalled as a comfort, should the subsequent verdict of the public be unjust or severe.

It is a reward of merit which the true artist values most and bends his ceaseless efforts to secure. He is then in a position to wait with

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

equanimity the slow, steady, but growing acknowledgement of critics.

His own interior consciousness, if duly awakened, will bring to him a self-respect which indiscriminate blame or praise is insufficient to unsettle in regard to work well done.

The law of compensation insures that, in the long run, merit must win, therefore the chief concern should be to merit success, without special regard to the fruits of action. It generally takes time and effort to get into the vibration of a subject, sufficiently for the mind-forces to take entire possession of it. Victory must be first organized within the mind.

An author's last statement of a subject, instead of his first thoughts concerning it, should be the true measure of his inspiration. Genius is work. Inspiration-getting can be reduced to a system as will be proven.

A love of excellence is the soul of inspiration. If the passion for excellence could immediately take full possession of every mind, the whole world would soon become filled with beautiful characters and beautiful things, for its present slaves and drudges would thereby be transformed into artisans and artists whose one motto would be, "not how much but how good."

It is by centralizing upon one or a few things, that the power is acquired to start and keep up

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFIT-ABLE IDEAS.

an important center of motion.

When acts are duly inspired by love, the eyes are not riveted to the clock for fear of working overtime. It is only when acts are inspired by love, that the fullness of life can be adequately expressed.

Hitherto the prevailing desire has seemed to be to "give little and get much" and the golden rule has gradually relaxed into a condition of "inocuous disuetude." If "Love is the fulfilling of the law," then the law is not likely to be fulfilled until the excessively sordid and soul-corroding desire for accumulation is replaced by love, or by the spirit of emulation. Life delights to express itself in things of beauty, for the worship of beauty is but an expression of love for the soul of all.

The mania for cheapness has helped to develop in man a commendable spirit of invention, which has made of the present and past an age of machinery, but it has also stimulated the abnormal desire to undersell competitors, until the many have resorted to the alternative of dealing in shams and shoddy as a means of escaping bankruptcy.

But the Higher Laws are not so easily defeated, and such measures are hardly calculated to do more than merely postpone the days of judgment. They may bring to a few, the temporary boon of an increased volume of business,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

but the logical outcome is overproduction and panics, with a long train of consequent evils and miseries.

The eternal compensating laws of beauty and integrity are so firmly incorporated within each soul that things can not long be mismanaged, or benefits separated from their tax, nor can human minds be permanently satisfied with counterfeits or substitutes. Already the pendulum of human desire is swinging in the direction of quality, rather than of mere quantity.

WHAT and where is the remedy for these and other existing evils of our competitive system? Who is wise enough to foresee the changes that may come, even in our present day and age? Must the end be foreseen before a beginning can be made in the way of improvement? What is to characterize the trend of future events? The wise merchant asks himself these and other similar questions, even as a means of adapting his affairs to the changed and changing conditions which must prevail. He naturally understands that the world moves, and that progress is the order of the day. His mind must be dense, if it fails to perceive that the spirit of competition must be replaced either by trusts and organization upon a basis of self-preservation and enlarged dominion, or else the strain of competition must be relaxed by some miracle which tends toward the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

ultimate of universal Love, or of the Brotherhood of man and the common Fatherhood of God. The first alternative is fairly staggering to contemplate, in that to do so leads to a foreshadowing of stupendously undesirable possibilities, the beginnings of which are already visible to capitalist and laborer alike. The second seems almost too good to be true, and yet it is, the good which is true, as is indicated by the object lesson of all past progress in the world's history. Individuals may be sacrificed that principles of liberty may be evolved and maintained.

And this leads to the point, that the future must offer some scheme of living which is consistent with increased liberty to the individual and to the masses, rather than such as would bring slavery and subjection to them.

There is that within man which is too great to be permanently subdued, even by ballots or by any other form of force. His growth toward the principles of Brotherhood must be educative, not coercive, and it must offer increased expression to his instincts of individualism.

***

COULD I but give one word of advice to those who are trying to get on in the world, said a writer in "Success," it would be, "Constantly cultivate a love of excellence." It is surprising how the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mind and character expand and grow upward by the application of this stimulus.

"Nothing has more to do with forming a strong character and ability of a high order than constant cultivation of a love of excellence, a determination to do to a finish whatever we undertake. It is not enough to do a thing pretty well; it should be done as well as it can be done. 'Oh, that is good enough!' has been the unsafe stone in the foundation of many a life which has caused the building to topple.

"A habit of incompleteness formed when young is the secret of innumerable failures. Cultivating an upward tendency in all that we do, and holding steadily a high ideal in the mind, is a perpetual stimulus to do things better and better, a daily incentive to a love of excellence.

"A habit of half doing things, or of doing them in a slipshod manner, will soon leave its demoralizing mark on the character. The mind soon becomes accustomed to low ideals, and little by little the fine edge of conscience is blunted.

"The world wants your best, and you should resolve early in life never to give anything but the best of which you are capable. Put your best thought, your best energy into everything you do. Make up your mind that you will never do anything by halves, no matter what others may do. Your life is worth too much to be thrown away in half doing things, or botching

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

anything you undertake.

"There is a great satisfaction in doing things just right. It is a perpetual tonic to feel each night that you have not been slurring things during the day, that you have done everything you attempted just as well as it could be done. This sense of completeness, of things well done, has a most salutary influence in strengthening the character, and bringing all the faculties into harmony, in qualifying us for better and higher work.

"I should advise a youth starting out in life to adopt the motto, 'Perfection to the finish.' This should be the motto of the young, for its adoption early in life may mean all the difference between success and failure.

"People laughed at Stradivarius for spending months and months in making a violin. They thought he was throwing his time away. But today a Stradivarius, wherever found, is worth from five to ten thousand dollars, or several times its weight in gold. Everything that has immortality stamped upon it has been done in the most painstaking and careful manner.

"If the characters of criminals, of tramps, of the great army of unemployed and side-tracked people, were to be analyzed, it would be found that most of them have been accustomed to half-do things. It is very seldom that a person who does whatever he undertakes to do as well

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

as it can be done, who does not slur over his work, is out of a situation, unless he possesses some other serious character defect. It is a fact that, although there are hundreds of thousands out of employment, almost every great concern in the country is constantly on the outlook for better employes, better clerks, more careful bookkeepers, better stenographers, better everything.

"It is more difficult than one would imagine to find employes who are thoroughly conscientious in their work, who do everything they attempt to do to the very best of their ability, and who are resolute in their determination not to slight anything.

"When an employer wishes to promote any of his clerks, he always looks for the one who does his work in the most complete and satisfactory manner. This is usually the great test of fitness. Every employer dislikes slipshod and slovenly methods. He wants orderly, systematic, painstaking employes.

"Doing things as well as they can be done is not only the quickest way to advancement, but it has a very great influence upon one's character and self-respect. If for no other motive than to maintain our self-respect, we should never allow ourselves to get into a habit of half-doing things.

"If we were to ask employers all over this

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

country what, in their opinion, is the greatest impediment to the advancement of young people, I believe the majority of them would say, 'the habit of half-doing things.'

"This is a slipshod age. Poorly done, half done, done in a careless manner, is written all over modern life. Buildings fall down almost before they are completed, clothing comes to pieces before it is half worn out, because not half made, and all through mercantile and professional life the same slipshodness is visible.

"The man who is never quite sure of anything, who thinks, guesses or imagines, about the amount or the distance—who comes somewhere near, but never is quite certain of anything—rarely gets very far in this world. It is the accurate man, the painstaking man who is exact, who attains the highest success.

"The boy who half learns his lessons, who skims through his examinations, who is slovenly in his habits, lacks system and order, who does things in a half-hearted way, is almost sure to be a failure in life. The habits formed in boyhood characterize the man. He is continually looking for something, and never knows exactly where anything is. He never knows where he stands. His books are inaccurate, and he cannot tell whether he is solvent or not. He is a little late at the bank; his paper goes to protest, and he loses his credit; and so he goes on, blundering

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

all through life. Such a man is not only a failure, but he demoralizes everything and everyone about him. His employes fall into his slovenly ways, and never think it worth while to do anything just right, because their employer does not do so himself. They become careless, inaccurate and habitually negligent. These defects and weaknesses permeate the whole establishment, until, finally, the man's business goes to ruin. Then he is unable to trace the blame to its true source, but bemoans himself as a victim of ill luck.

PROFITABLE IDEAS.

***

HOW TO SUCCEED IN MUSIC.

MADAME Melba says: "The first thing necessary, if one would undertake the career of a singer, is good health. A delicate girl should never think of going in for the career.

"The possession of a voice is not sufficient; the brain power must be as great or greater than the voice, and there must be musical intelligence. Supposing some one has all these good qualities and is a serious student, then it is necessary as well to go to hear the good singers, but not the bad ones; for it is much easier to learn than to unlearn.

"The languages constitute a great item in the inger's equipment. Learn as many as possible;

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

study at every spare moment. Now it is impossible to make a career without singing in three languages.

"To be a successful singer one must give up everything to the career. The night before I sing I should never think of going to a dinner, nor for two days before I sing do I think of allowing myself any amusement. It is necessary to rest, to remain quiet, that one may do one's best when the moment of performance arrives.

"My diet is a matter of the greatest care. I allow myself lamb, the white meat of chicken, vegetables, fruit and a little white wine and water. It is only during my holidays that I really enjoy myself, and my holidays are brief.

What helps a singer greatly is to be a good musician, to play one's own accompaniments, and the aptitude that I have had in this direction has always seemed to me to be one of my greatest aids.

"Sympathy is a most necessary quality in a singer. Unless we feel for others we can never expect others to feel what we sing. I would wish no one to suffer, but I do say that if a singer has suffered she knows what others suffer and feels for them; she realizes the position and knows the meaning of things.

Another noted singer places sympathy before everything else as a factor of success. She says, "There are people who sing notably well and yet

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

who fail to make the effect that others do who sing less well. It is the lack of sympathy that makes the difference—sympathy, which is the most important factor in the singer's success.

"Do not limit yourself always to singing the things that you like to sing. Sing also things which you think are not so well suited to you, and that you do not sing so well as you do other compositions. That is the way to get breadth of style, to broaden your sphere, and also the way to give your audience variety.

"If you are studying for the opera devote yourself to a thorough comprehension of the roles that you are at work on; develop them in detail to the utmost of your power. But on the other hand, beware of doing things, even for a single time, without thought. Lack of interest for a single time in a portrayal or a song affects future spontaneity, and makes succeeding lack of interest easier.

"When you do something unusually well—better, you conscientiously feel, than you have ever done it before— sit down and study quietly how you accomplished your effects at that particular time, and try to improve upon them. This applies equally to the song and to the role.

"But again, this leads up to what I mentioned at the outset, the quality of sympathy. You must feel what you do, no matter how small or great your task may be; you must enter into it

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

fully, with heart, and soul, and mind, and I will. But always with that which means the overtone of all—sympathy."

Madame Ternina says, "Get the right teacher and give your whole love and enthusiasm to study. I find that many have not sufficient respect for work, and regard it from a material point of view—that is, they think only of the money to be gained by the minimum amount of work.

"When young people go on the stage they think, perhaps: 'I have finished; I can sing.'

"That is a mistake. One must work always. always. One finds happiness in that work and striving with the prospect of success. But again that which constitutes success depends upon the calibre of the artist. Some may be satisfied with a couple of recalls and bravas and the compliments of a few friends; others will think it worth while to strive for a more enduring fame,

"If you are an artist and listen to what every one says, and believe it, finally you can do nothing in art, and you will be a fool. Every one must know what he or she desires to accomplish, and must work for that end. Having chosen your path never swerve from it either to the right or to the left.

"One is never so great an artist that he can not learn from another. From everyone we can learn something.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THE POWER OF LITERATURE.

From a speech by the Archbishop of Canterbury.

PROFITABLE IDEAS.

AS we look back upon the history of the world, how enormous is the debt which the world owes to literature! What an advantage to us that the great writers of past times should have existed and should have written.

Far beyond any estimate which we could form, everyone was really better because some great orator spoke, because some great poet sang his poetry, because some great historian wrote his history.

Is it not by such works as these that the human intellect grows? Is it not in this way that man rises to a higher level of humanity? There are higher things and nobler things no doubt than mere intellectual cultivation, and we never can put the services of literature on a level with those services of whatever kind that tend to form the characteristics of men.

But nevertheless, although character will always stand above everything else, the rise of intellectual power is a benefit to society which it would be impossible for us to give up without forfeiting a great deal that makes us worthy to exist. Think of a past without any literature at all; think of a past in which there was no history, and of a past where men were content to live the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

life of dumb animals—to live on like irrational beings.

PROFITABLE IDEAS.

Think of such a past, and compare it with the past of England, for instance, which is wrapped up in all those studies which literary men pursued.

We fear to lose any of those great writers who in the past have enriched the blood of the world. Yes, the spiritual blood of the world is enriched by the contributions of literary men, and it is impossible to honor them too much for all they have done for us.

It is not my part—indeed I should do it only inadequately—to attempt to sketch out the literary past, and give in detail all that has been done in England and in other countries by those who have given themselves to writing, many of whom had great powers of expression, which was in itself a beautiful thing.

Granted my inability to put before you the striking lights out of history or the striking instances of the great services of literature, but if I am not able to do that I can make a point by the zeal and earnestness with which I press upon you that it is hardly conceivable that we can ever fully pay off the debt which we owe to those great men of the past.

The fact is, you may omit from the history of any country a great deal of what they wrote and of what they thought and of what they said; you

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

may omit a great deal of their progress in arts and in sciences, and in that which contributes to the human comfort and enjoyment; you may omit a great deal of their military prowess and progress, of their conquests and greatness on fields of battle; you may omit a great deal rather than omit the great services that have been done through the labors of those men who have written the works that we still find it so profitable to study.

Those who have passed through any course of study worthy of the name, have felt in their own soul that they are different and nobler creatures —creatures upon whom there is a higher demand made simply because they have had the advantage of the studies which have been put within their reach by those who have contributed in past days to what we now treasure so much.

When I come to a great library, when I think of all the men whose productions are set up upon the walls, and when I think of what humanity would be without them; when I think of what I myself have learned from so many of them, I feel as if of all things for which I am grateful to God I know but one that stands above the gift of literature, and that is God's own revelation; and when we put that high above everything else, I know of nothing which I consider higher than the literature which enobles my country.

We can not command the powers of rare in-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tellects; we can not be sure that we shall be able to attain to their utterances in oratory, or to their grace and beauty in writing; we can not be sure that we shall be able to put ourselves forward among our countrymen; we can not even be sure of doing kindnesses to every one we meet, because through the infirmities of our nature we have not the art of doing kindnesses; but we can work hard, and every one who really desires to devote himself to a worthy purpose and who does not know what else he can do ought to work hard for the attainment of that purpose, believing it to be marked out for him as his art.

PROFITABLE IDEAS.

I know full well that in speaking about hard work there is nothing which is of higher value in literature than the results that are produced by great geniuses who are willing to work hard. To work hard gives in most cases that finishing touch to the attainments even of the greatest intellects which makes them live forever.

***

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Forty-Seven—Test Questions.

737. Can power be made manifest except through vibration and the law of vibration?
738. Is the power to think a vibratory organism?
739. Is that the only instrument of power?
740. Is each single cell or atom a thinking apparatus?
741. Why and in what respects, if any?
742. Where does consciousness begin and end?
743. Has each separate cell its own species or plane of consciousness?
744. If so, why?
745. What is the difference between consciousness and sensation?
746. Are they necessarily inseparable?
747. Will individual consciousness necessarily last throughout eternity?
748. Why?
749. Does thought concentration, by proper methods, necessarily revivify the consciousness?
750. Is there a species of silence or mental quiet which produces lethargy and stagnation?
751. What, if anything, occurs in one's environment, or invisible world of force-currents when an interior consciousness of unusual power is obtained?
752. Is the consciousness of power an actual use or exercise of power?

Consciousness is a species of dying, because it necessarily implies exhaustion, or the expenditure of force. For this and other reasons perfect sleep is more restful than the dream state which is a condition of semi-consciousness. Dreams are depleting as universal experience proves. Life Science gives the philosophy of dreams and shows how the tendency to dream may be overcome. So long as people dream they are in need of thought training or self-culture. Through self-knowledge and concentration they may overcome these and all other impurities.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
.87L
No.48

Mary D Michener



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

48

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52
PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG 29 '72

L161—O-1096

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87l
no.48

LIFE SCIENCE.

Part Forty-Eight—Aims And Objects.

Try and see how many of the rules and ideal suggestions herein outlined are applicable to the daily affairs of your own individual life. Try to formulate ten or more rules that are more perfectly adapted to your own individual needs. Then see how well you can apply them and what the results will be. Review your rules occasionally, and, if with experience you find something better, do not hesitate to revise them. But do not change them just for the sake of change. Principles of life, like friends that are tried and true should not be changed for the new or thoughtlessly cast aside like squeezed lemons. They improve with age, and, if basic, are already an essential part of you.

One important feature of this course is that the lessons and questions, being in black and white, can with great profit be frequently reviewed. The answers to questions that you give now may be compared with such as you may with added thought and experience, be led to give in future years. This will give you an opportunity to measure your progress and growth during the interval. It will also enable you to subject these teachings to the severe test of time. The principles involved will stand every test and if lived up to, will enable you to prove worthy of all the tests that life may bring to you personally. They apply to all conditions and circumstances—to health, success, happiness and accomplishment, in fact to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

IDEAL SUGGESTIONS.

By Ernest Loomis.

PROFITABLE IDEAS.

THESE nineteen suggestions were found among some recently unavailable manuscripts, and while it is not expected that they will produce wholesale revolutions in the lives of readers, it is quite possible that they may interest some, and if duly observed even prove useful, as well, to a few. If we receive a single letter to this effect, it may encourage us to publish other equally good, but discarded manuscripts:

1. Dare, now, to aspire to the highest attainments.

2. Strive unceasingly to live the ideal life, no matter how far from it you may now be.

3. Let each day bring to you the joy of new discovery.

4. Depend upon your thinking apparatus as the source of joy and of discovery.

5. Learn by thoughtful investigation and continual practice, what moods of mind are most productive of deep thought and true happiness.

6. "Know thyself" and "to thyself be true."

7. Live for your best and for the eternal.

8. Learn the relative importance of all things, and particularly of those things which pertain most directly to your own individual life and to the duty of the day and hour.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

9. Gain true insight into external and transitory things, as a means of measuring them at their true worth. PROFITABLE IDEAS.

10. Realize that while all things are worth working for, there is absolutely nothing that is worth worrying about.

11. Regard worry, anxiety and anger as thieves which poison your forces before they can become operative, thereby robbing you of that which is rightfully yours.

12. "Let not the sun go down upon thy wrath."

13. As are the thoughts and moods of the day, so are the building forces of the night. "As are thy days so shall thy strength be."

14. God reigns, therefore there is not anything in your life that can permanently go wrong.

15. Worry implies a lack of faith and trust in the Supreme Powers.

16. A thing can either be remedied or it cannot; if not, then it is useless to worry about it, and if it can be, then set about the task of remedying it and thereby remove all cause for worry.

17. Worry and happiness are possible only when the forces become inharmonious, for it is through the consciousness, that all sensations of happiness and of misery are derived.

18. Keep all the faculties normally active and positive as a means of insuring that peace, prosperity and power, which results when the forces

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

are pouring through the right combinations of faculties.

19. To insure the normal and positive action of every faculty, gain that thought control which enables you to change at will your objects of thought, and consequently the trend of the forces whenever they become too much centralized into the channel of one or a few faculties. This power offers almost limitless possibilities of self-culture or of self-improvement. It is a stupendous fact that every faculty is thus improvable, and that man may, within reasonable limits, govern his fate by governing his thoughts.

***

RULES OF LIFE FOR THE ATTAINMENT OF HAPPINESS.

AT one of the Inwood meetings, several of the students present were requested to each prepare and bring to the class the following day, a set of ten rules of life bearing chiefly upon the attainment of happiness.

Although they did this without consulting in any way with each other, it was found that their rules were singularly harmonious in character and tendency, and yet quite different in form.

They are herein given in full, that this fact may be brought out, and in the belief that they may be made helpful to many.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

1. Keep the mind ever open to the truth, that it may be received from any and every source, without prejudice or bias.

2. When a truth is recognized stand by it with unswerving fidelity.

3. Cheerfully, faithfully and patiently perform the duty that is nearest, as the best and surest means of opening the door to wider fields of usefulness and joy. Thus make of each duty a stepping-stone to something higher and better.

4. Seek only the good, and evil will cease to be, or will die for lack of vitality.

5. Live as nearly as possible in harmony with the highest ideals of the present, that through the attainment of these, higher ideals will be evolved.

6. Shut the mental doors in the face of fear and the Spirit of Love will enter the consciousness and dwell therein to the exclusion of all misery and inharmony. "Perfect love casteth out fear."

7. Seek not after happiness, but rather for loyalty to love and duty, and happiness will then seek you.

8. Seek and find the good in every experience, that the life may be consciously enriched by the ingrafting of these hidden treasures.

9. Aspire for the highest attainments, which are a natural birthright, and know that there is not anything that can permanently keep one's

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFIT-ABLE IDEAS.

own from him.

10. Keep in mind that there is no high and no low in the Perfect consciousness, but that each soul represents a note in the Universal Harmony, and to sound that note perfectly is to faithfully perform its part in the Universal Orchestra.

The second ten rules were as follows :

1. Begin each day by earnestly invoking from within, a consciousness of love, wisdom, knowledge, harmony and power, sufficient to wisely perform each duty of the day.

2. Shut out from the life, all unkindness in thought, speech or act.

3. Contemplate the good, the beautiful and the true as a means of eliminating from the mind all thoughts of evil.

4. As "Love is the fulfilling of the law" let its spirit permeate the subconscious mind so thoroughly that it will express itself in every act, thought and undertaking.

5. Help to lighten the burdens of others as a means of lifting your own. As most real burdens are but mental, this higher method of nature may be found most effectual.

6. Let all dealings with others be regulated by or founded upon the principle of Truth.

7. Fill the mind so full of good thoughts and intentions that there will be no room for bad ones.

8. Cultivate supreme faith in the power of

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

the Infinite Good to adjust all difficulties and bring all things into their proper relations and places.

9. Covet earnestly the best gifts, in the faith that through the law of correspondence they will become duly externalized.

10. "Be still and know that I am God."

The third set of rules were :

1. To daily look within for knowledge and to love the Lord thy God with all thy heart and mind and soul and strength.

2. To resist not evil but overcome evil with good. Love thine enemies, bless them that curse you, and pray for them that despitefully use you.

3. To judge not that ye be not judged for with what judgment ye judge shall ye be judged.

4. To cast the beam out of thine own eye lest you see a mote in thy brother's eye.

5. Remember that to ask is to receive, to seek is to find.

6. To live right and be right, thus making the character like unto a bell, whose every tone is unmistakably true and clear.

7. To remember that each thought and deed helps to throw express and grow toward the perfect of its kind. Each word and each act aids in clinging, climbing, twining around the all Omniscient Mind.

8. To be impelled by faith and love, that the soul may grow in peace, strength and power, and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFIT-ABLE IDEAS.

thus become a light to all.

9. Remember that he who ruleth his own spirit is greater than he who taketh a city.

10. To live but one day, one hour, one moment at a time thus becoming able to bravely meet all obstacles.

The fourth set of rules:

1. To form a clear mental picture of a definite goal, and determine to reach it regardless of obstacles.

2. To persist each day in finding joy in little things.

3. To be true to one's self first of all.

4. To be able to take another's point of view.

5. To go out of doors each day and feel the warmth of the kindly sun, the beauty of the blue sky, and realize that each individual is at least potentially a part of, and in harmony with the whole.

6. To make true friends by being a true friend to others.

7. To be as much as possible in the society of people superior to one's self in knowledge and noble ambitions.

8. To find sermons in stones, tongues in the running brook and good in everything.

9. To be tolerant and willing that each one should progress in his own way.

10. To come each day into the silence with the thought, "Peace on earth, good will toward

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

men."

PROFITABLE IDEAS.

The fifth set of rules :

1. The object of life is happiness and must be obtained by every honorable means before one can satisfy the Infinite Father, who in creating man, likewise satisfied His inherent Love by making happiness to the created the object of all life.

2. If to create and give happiness was thus the best method Infinite Wisdom could devise to bring to itself true satisfaction or happiness, therefore, that may be regarded as the highest method man can adopt to obtain true and lasting happiness, or in other words he should try to do the things the Infinite would do under like circumstances, and thereby build character successfully.

3. To ascertain what the Infinite would do with the gift of life in any given circumstance requires a relatively clear and definite conception of the Infinite, and of the laws and conditions of life, therefore one should earnestly seek knowledge of all kinds and particularly of life and of God, and should desire to always speak, act and live the Truth.

4. God is Truth and Love, therefore all should seek and worship the Truth, not only as a thought process, but in an earnest effort to apply it in every act of the daily life and in accordance with the first commandment: "Thou shalt love the Lord—the Law— thy God, with all thy heart

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

and mind and soul and strength;" and, with the precept, "Seek ye first the Kingdom of Heaven and its rightiousness and all these things shall be added unto you."

5. The method, of happiness gaining, is indicated by the Christ admonition, "Let him that is greatest among you become the servant of all. The underlying unity of all life signifies that as we seek and approach in consciousness its central law of Love from which all exact relationships spring, we will be prompted by the influx of loving impulses thus obtained, to do acts of kindness, first by our lives and thoughts and then by our deeds.

6. Happiness comes necessarily from the consciousness instead of from external conditions, and in pursuing the duty of happiness we should apply knowledge, when obtained, and constantly seek more knowledge with a view to the attainment of that self-control and control of moods by which constant happiness and serenity of temper is obtained.

7. Thought control and the control of the moods is largely dependent upon true thought concentration methods of drawing force and sustenance from the Infinite supply within, upon a knowledge of and abiding faith in God's omnipresent, omnipotent protecting Love, and upon the perfect spirit of consecration, which is willing to do whatever, after due consideration by all the

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

faculties, seems to be best and right and then to accept whatever consequences may come, in the spirit of perfect trust and the humility of Love.

PROFITABLE IDEAS.

8. Master the subject of prayer or of consecration and concentration. Concentrate upon each separate act in a spirit of prayer and Love, and judge of results largely from the happiness obtained in doing such small acts as are commonly regarded as disagreeable. Whatever is worth doing is worth doing well.

9. Carry out to completion every rightful purpose, for success lies largely in completion. "Where there is a will there is a way." Strive for true success and true standards of success.

10. The above gives a general outline of the things that are worth while and may be taken as a standard in the effort to do for others. Try to stimulate them to seek such happiness-giving uses as are herein formulated, and for a time these rules should be thoughtfully read frequently.

***

TEN RULES FOR SUCCESS IN BUSINESS.

VERY early in life, Thomas Jefferson, George Washington, Benjamin Franklin and others of like character established definite principles of conduct or rules of life, which by being frequently consulted and earnestly followed contributed greatly to their highly successful careers.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

Here are ten rules which were chosen and followed by a widely known millionaire :

1. Select the kind of business that suits your natural inclinations and temperament. Some men are naturally mechanics; others have a strong aversion to anything like machinery, and so on; one man has a natural taste for one occupation in life, and another for another. I never could succeed as a merchant. I have tried it unsuccessfully several times. I never could be content with a fixed salary, for mine is a purely speculative disposition, while others are just the reverse, and therefore all should be careful to select those occupations that suit them best.

2. Let your pledged word ever be sacred. Never promise to do a thing without performing it with the most rigid promptness. Nothing is more valuable to a man in business than the name of always doing as he agrees, and that to the moment. A strict adherence to this rule gives a man the command of half the spare funds within the range of his acquaintance, and always encircles him with a host of friends, who may be depended upon in almost any conceivable emergency.

3. What you do, do with all your might. Work at it, if necessary, early and late, in season and out of season, not leaving a stone unturned, and never deferring for a single hour that which can just as well be done now. Many a man ac-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

quires a fortune by doing his business thoroughly, while his neighbor remains poor for life, because he only half does his business.

PROFITABLE IDEAS.

4. Sobriety. Use no description of intoxicating drinks. As no man can succeed in business unless he has a brain to enable him to lay his plans, and reason to guide him in their execution, no matter how bountifully he may be blessed with intelligence, if his brain is muddled, and his judgment warped with intoxicating drinks, it is impossible for him to carry on business successfully. How many good opportunities have passed, never to return, while a man was sipping a "social glass" with his friend! How many a foolish bargain has been made under the influence of the nervine, which temporarily makes its victim so rich! How many important chances have been put off until tomorrow, and thence forever, because the wine-cup has thrown the system into a state of lassitude, neutralizing the energies so essential to success in business. The use of intoxicating drinks as a beverage is as much an infatuation as the smoking of opium by the Chinese, and the former is quite as destructive to the success of the business man as the latter.

5. Let hope predominate, but be not too visionary. Many persons are always kept poor, because they are too visionary. Every project looks to them like certain success, and therefore

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

they keep changing from one business to another, always in hot water, and always "under the harrow." The plan of "counting the chickens before they are hatched," is an error of ancient date, but it does not seem to improve by age.

6. Do not scatter your powers. Engage in one kind of business only, and stick to it faithfully until you succeed, or until you conclude to abandon it. A constant hammering on one nail will generally drive it home at last, so that it cannot be clinched. When a man's undivided attention is centered on one object, his mind will continually be suggesting improvements of value, which would escape him if his brain were unoccupied by a dozen different subjects at once Many a fortune has slipped through men's fingers by engaging in too many occupations at once.

7. Engage proper employes. Never employ a man of bad habits, when one whose habits are good can be found to fill his situation. I have generally been extremely fortunate in having faithful and competent persons to fill the responsible situations in my business, and a man can scarcely be too grateful for such a blessing. When you find a man unfit to fill his station, either from incapacity or peculiarity of character, or disposition, dispense with his services, and do not drag out a miserable existence in the vain attempt to change his nature. It is utterly

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

impossible to do so. "You can not make a silk purse, etc." He has been created for some other sphere; let him find and fill it.

PROFITABLE IDEAS.

8. Advertise your business. Do not hide your light under a bushel. Whatever your occupation or calling may be, if it needs support from the public, advertise it thoroughly and efficiently, in some shape or other, that will arrest public attention. I freely confess that what success I have had in my life may fairly be attributed more to the public press than to nearly all other causes combined. There may possibly be occupations that do not require advertising, but I can not well conceive what they are. Men in business will sometimes tell you that they have tried advertising, and that it did not pay. This is only when advertising is done sparingly and grudgingly. Homœopathic doses of advertising will not pay, perhaps—it is like half a potion of physic—making the patient sick, but effecting nothing. Administer liberally, and the cure will be sure and permanent. Some say "they can not afford to advertise;" they mistake—they can not afford not to advertise. In this country where everybody reads periodicals, the man must have a thick skull who does not see that these are the cheapest and best medium through which he can speak to the public, where he is to find his customers. Put on the appearance of success, and generally the reality will follow.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

The farmer plants his seed, and while he is sleeping, his corn and potatoes are growing. So with advertising. While you are sleeping or eating, or conversing with one set of customers, your advertisement is being read by hundreds and thousands of persons who never saw you, nor heard of your business, and never would, had it not been for your advertisement appearing in the newspapers. The business men of this country do not, as a general thing, begin to appreciate the advantages of advertising thoroughly. Occasionally the public is aroused at witnessing the success of great advertisers, and express astonishment at the rapidity with which fortunes are thus acquired, not reflecting that the same path is open to all who dare to pursue it. But it needs nerve and faith, the former to enable you to launch out thousands on the uncertain waters of the future; the latter to teach you that, after many days, it shall surely return, bringing an hundred or a thousand fold to him who appreciates the advantages of printers' ink, properly applied.

9. Avoid extravagance, and always live considerably within your income, if you can do so without absolute starvation. It needs no prophet to tell us that those who live fully up to their means, without any thought of a reverse in life, can never attain a pecuniary independence. A brief reference to my own history may, perhaps,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

serve to illustrate this part of the subject. By the death of my father, I was thrown upon the world at the age of sixteen, dependent solely upon my own resources for support. I never found any difficulty in making money, but the thought did not occur to me (during fifteen years), of trying to save. At one time my profits were enormous, sometimes as high as five hundred dollars per day—but I thought very little of trying to lay up money; I could always easily manage to expend my income, let it be ever so great.

PROFITABLE IDEAS.

I purchased a large property in New York without a dollar, for I was not worth a dollar in the world. But I was never disheartened; I always felt that I could make money fast enough, if I only set my mind to it. I remember meeting a friend in Broadway a few weeks before I came in possession of this property.

"Well," says I, "Mr. A., I am going to buy the ————."

"Buy it!" says he, for he knew I had no money. "What do you intend buying it with?"

"Brass," I replied. "for silver and gold I have none."

It was even so. Everybody who had any connection with such enterprises knew me perfectly well. The owner of the property in question (now deceased) a noble, whole-souled man as one often meets with, having consulted my refer-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

ences, who all concurred in telling him that I would do as I agreed, accepted my proposition. To give security for me in the purchase of the property, he appointed a treasurer and credited me towards the purchase, with all the money received after paying expenses, allowing me fifty dollars per month, on which to support my family, consisting of a wife and three children. This was my own proposition, as I was determined so to live, that six hundred dollars per annum should defray all the expenses of my family until I was out of debt; and my treasure of a wife (and such a wife is a treasure) gladly assented to the arrangement, and expressed her willingness to cut the expenses down to four hundred dollars per annum if necessary. One day, some six months after my friend, the owner, happened in at about 12 o'clock, and found me alone, eating my dinner, which consisted of a few slices of corned beef and bread that I had brought from home in the morning.

"Is this the way you eat your dinner?" he inquired.

"I have not eaten a warm dinner since I bought this property, except on the Sabbath," I replied, "and I intend never to eat another on a week day, until I get out of debt."

"Ah! you are safe, and will pay before the year is out," he replied, slapping me familiarly on the shoulder, and he was right, for in less than a year

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

from that period I was in full possession with every cent of its price paid out of the profits of the establishment. Had I been less economical, and less determined, my expenses would have kept pace with my income; I should have lost much valuable time in going home every day to my dinner; and my present situation would probably have been very different from what it is.

PROFITABLE IDEAS

Men and women, accustomed to gratify every whim and caprice, will find it hard at first to cut down their various unnecessary expenses, and will feel it a great self-denial to live in a smaller house than they have been accustomed to, with less expensive furniture, less company, less costly clothing, a less number of balls, parties, theatre-goings, carriage-ridings, pleasure excursions, cigar-smokings, liquor-drinkings, etc., etc., etc.; but, after all, if they try the plan of laying by a "nest-egg," or, in other words, a small sum of money, after paying all expenses, they will be surprised at the pleasure to be derived from constantly adding to their little "pile," as well as from all the economical habits which follow in the pursuit of this peculiar pleasure. The old suit of clothes, and the old bonnet and dress, will answer for another season; the Croton or spring water will taste better than champagne; a brisk walk will prove more exhilarating than a ride in the finest coach; a social family chat, an evening's reading in the family circle, or an hour's

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

play of "hunt the slipper," and blind man's buff," will be far more pleasant than a fifty or a five-hundred-dollar party, when the reflection on the difference in cost is indulged in, by those who begin to know the pleasure of saving.

Thousands of men are kept poor, and tens of thousands are made so after they have acquired quite sufficient to support them well through life, in consequence of laying their plans of living on too expensive a platform. Some families in this country expend $20,000 per annum, and some much more, and would scarcely know how to live on a smaller sum. Prosperity is a more severe ordeal than adversity, especially sudden prosperity. "Easy come, easy go," is an old and true proverb. Pride, when permitted full sway, is the great undying canker-worm which gnaws the very vitals of a man's worldly possessions, let them be small or great, hundreds or millions. Many persons, as they begin to prosper, immediately commence expending for luxuries, until in a short time their expenses swallow up their income, and they become ruined in their ridiculous attempts to keep up appearances, and make a "sensation."

I know a gentleman of fortune, who says that, when he first began to prosper, his wife would have a new and elegant sofa. "That sofa," he says, "cost me thirty thousand dollars!" The riddle is thus explained: When the sofa reached

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

the house, it was found necessary to get chairs "to match," then sideboards, carpets, and tables, "to correspond" with them, and so on through the entire stock of furniture, when at last it was found that the house itself was quite too small and old-fashioned for the furniture, and a new one was built "to correspond" with the sofa and *et ceteras*; "thus," added my friend, "running up an outlay of $30,000 caused by that single sofa. It saddled on me, in the shape of servants, equipage, and the necessary expenses attendant on keeping up a fine 'establishment,' a yearly outlay of eleven thousand dollars, and a tight pinch at that, whereas ten years ago we lived with much more real comfort, because with much less care, on as many hundreds. The truth is," he continued, "that sofa would have brought me to inevitable bankruptcy, had not a most unexampled tide of prosperity kept me above it."

10. Do not depend upon others. Your success must depend upon your own individual exertions. Trust not to the assistance of friends, but learn that every man must be the architect of his own fortune; and with proper attention to the foregoing rules, and such observations as a man of sense will pick up in his own experience, the road to competence will not, I think, usually be found a difficult one.

***

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Part Forty-Eight—Test Questions.

753. What is the mentality?
754. Does the power to think of some things imply the power to think of and know all things?
755. Why?
756. What is thought?
757. What is knowledge?
758. What in man is the main organ or instrument of his thought?
759. How and why does the brain evolutionize?
760. Are there any essential changes in the form of the brain from childhood to old age?
761. If so, why and what?
762. Are the functions of different faculties of the mind and brain limited by the formation of the skull, or otherwise?
763. Is the formation of the skull more or less responsive to the thought?
764. Why and through what law, if any?
765. Is there any correspondence between the changes of the skull and the changes of character?
766. Is it true that "size indicates power, other things being equal"?
767. If so, can one determine if those "other things," such as quality, activity, intensity, etc., are equal?
768. Why and how, if in any way?

Every change in any life may be traced, directly or indirectly to its thoughts and its changes of thought. Any life, however good or bad its environment, is susceptible to improvement in one way or another. Improvement is an eternal law of growth. Thought is the pioneer of improvement. By your thought and your thought ideals you are now qualifying or determining the character of the improvements that are coming to you. Your sub-conscious mind and constitutional tendencies are being moulded into new forms by the plastic power of your present thoughts.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

POWER THROUGH CONCENTRATION.

PROFITABLE IDEAS.

THE secret of the whole power vested in Mental Science is expressed in the one word "concentration." It makes no difference what you are trying to do, if you will bend the entire strength of your brain to the generation of thought on that one particular subject, it will lead to success.

It sometimes happens that one needs to concentrate but an hour to obtain results; at other times it takes much longer; often it requires months, the true habit of concentration not having been formed. The more powerful the concentration the quicker the result.

Concentration is not the exercise of the will. It is very different; it is simply holding the mind to the contemplation of one thing, or one idea, ferreting the matter out, bending the mental sight upon it until it comes forth clear as a star, and until all its surroundings disappear and you see about it. This is concentration.

Men have the power to do this with their business. A man may embark in some business that looks hopeless enough to others, and even to himself. But if he bends his mental sight to it long enough to pick out its flaws and renovate its leaks, and keeps on holding his thought closely about it, not wavering, the right thing and the successful thing will come in sight after a while. Concentration is a very subtle form of creation.

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

PROFITABLE IDEAS.

It really is the main factor in creating. Let us take a person who is very sick; he is weak all over; the atoms of his body are falling away from each other like the wheels and cogs of some worn-out piece of machinery that has to be screwed up until the different parts come into closer relation with each other before it will work again. It was necessary to apply a force to it in order to establish its usefulness once more.

It is the same way with a person who is sick, or weak, or discouraged, or growing old. The person, like the half worn-out machine, must have new force applied to every part of his body; or rather (and in this particular he differs from the machine) he must have new force generated in every part in order to bring the different parts into closer relation, so that the principle of attraction can operate between them. There is not a bit of sickness or weakness in the world that concentration cannot cure. And it is a sure cure for old age. Old age is nothing but the general relaxation of the atoms of the body for the lack of mental concentration to hold them together. Mental concentration can generate the magnetism necessary for this purpose. This falling apart of the atoms goes on until the eyes fail, and the teeth cease to be renewed; the hair no longer secretes the fluid that colors it; the digestion weakens, and there ceases to be enough blood manufactured to feed the different parts.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

All this is the result of the lack of concentration, and concentration will cure it. PROFITABLE IDEAS.

Concentration will put the power of its own intent and intelligent thought into each atom, and the atoms will then begin to draw together in every part of the body. When they come a little closer together they begin to feel the influence of one another's presence, and a feeling of attraction or love is generated that warms the different parts and sets them to work again. The love thus generated starts their revolution about each other once more, and new life is created.

Every particle of vitality in the world is dependent upon concentration. First, there is involuntary or unconscious concentration: that form of concentration that emerges from the principle of attraction and seems to be a blind expression of it. This expression goes on producing higher and still higher forms, until it culminates in man. Man having by this time had a thinking apparatus built—unconsciously to himself—must take hold of the matter mentally and trace the entire line of his development, and discover his relation to the first principle of life; the starting point. He must find out about the principle of attraction on which all things depend for their organization.

Truth alone saves. A knowledge of truth comes through the concentrated effort of thought. This concentration brings the loose,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFIT-ABLE IDEAS.

struggling molecules of our bodies into closer relations with each other. In this close relation there is more magnetism set free in the body, and consequently there is an increased vitality. Enough vitality banishes every form of disease, even old age and death.

The body as it now exists is a weak, watery, vapory thing, a mere sieve through which all manner of beliefs drift, and which puts forth almost no resistance to external influences. Notwithstanding this, it is the seed germ of every desirable thing, and its possibilities are so great as to be entirely beyond human conception at the present grade of race intelligence. There is no doubt that—such as it is—it is the result of thought: weak, ignorant thought; thought unaware of its own meaning and power.

Our great hope is embodied in this fact. If the body, as it now is, is the result of weak, ignorant thought, then a higher grade of thought, thought intensified by concentration, and always employed in the effort to acquire more knowledge, can change the body. It can make it over entirely. It can change its weakness into strength; its disease into health; its deformity into symmetry; its old age into youth. and so start up the streams of normal growth on the conscious plane, under the direction of the trained ideal.—From Freedom.

***

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
.87E
NO. 49

Mary D Mcinnes

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

49

52
PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

The person charging this material is responsible for its return on or before the **Latest Date** stamped below.

Theft, mutilation and underlining of books are reasons for disciplinary action and may result in dismissal from the University.

UNIVERSITY OF ILLINOIS LIBRARY AT URBANA-CHAMPAIGN

AUG . 5 1972

L161—O-1096

These le
thing that
methods of
much need
famous too
were, as is
during a pe
ature, the
that great t

The prin
should be
thought me
for himself
should be a
sphere of en
tent, be car
physical sen
superabunda
but little m
keep their "

Imaginatic
if one woul
tains to the
will help to
cumstances.
are liable to
laws and pov
absurdity, an

entirely to the blush. So-called common sense is not quite so common as it needs to be. It should be applied in the study and practice of Life Science Principles. The law of vibration may be made a balance wheel or standard to regulate one's life in his studies of the laws of mind and powers of thought. Be practical by being true to the Truth.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

170
L87L
no.42

THE WAY TO WEALTH.

PROFITABLE IDEAS.

I have heard that nothing gives an author so great pleasure as to find his works respectfully quoted by others. Judge, then, how much I must have been gratified by an incident I am going to relate to you. I stopped my horse lately, where a great number of people were collected at an auction of merchant's goods. The hour of the sale not being come, they were conversing on the badness of the times; and one of the company called to a plain, clean, old man, with white locks, "Pray, father Abraham, what think you of the times? Will not these heavy taxes quite ruin the country? How shall we be ever able to pay them? What would you advise us to do?" Father Abraham stood up, and replied, "If you would have my advice, I will give it you in short; 'for a word to the wise is enough.'" They joined in desiring him to speak his mind, and gathering round him, he proceeded as follows:

Friends, the taxes are, indeed, very heavy; and if those laid on by the government, were the only ones we had to pay, we might more easily discharge them; but we have many others, and much more grievous to some of us. We are taxed twice as much by our idleness, three times as much by our pride, and four times as much by our folly; and from these taxes the commis-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

sioners cannot ease or deliver us by allowing an abatement. However, let us harken to good advice and something may be done for us: "God helps them that help themselves."

It will be thought a hard government that should tax its people one tenth part of their time, to be employed in its service; but idleness taxes many of us much more; sloth, by bringing on diseases, absolutely shortens life. "Sloth, like rust, consumes faster than labor wears, while the used key is always bright." "But dost thou love life, then do not squander time, for that is the stuff life is made of." How much more than is necessary do we spend in sleep? Forgetting that the sleeping fox catches no poultry, and that there will be sleeping enough in the grave.

"If time be of all things the most precious, wasting time must be," as poor Richard says, "the greatest prodigality;" since, as he elsewhere tells us, "Lost time is never found again; and what we call time enough, always proves little enough;" let us then up and be doing, and doing to the purpose; so by diligence shall we do more with less perplexity. "Sloth makes all things difficult, but industry all easy; and he that riseth late, must trot all day, and shall scarce overtake his business at night; while laziness travels so slowly, that poverty soon overtakes him. Drive thy business, let not that drive thee; and early to bed and early to rise makes a man healthy,

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

wealthy and wise."

So what signifies wishing and hoping for better times? We may make these times better if we bestir ourselves. "Industry need not wish, and he that lives upon hope will die fasting. There are no gains without pains; then, help hands for I have no lands," or if I have they are smartly taxed. "He that hath a trade, hath an estate; and he that hath a calling, hath an office of profit and honor;" but then the trade must be worked at, and the calling well followed, or neither the estate nor the office will enable us to pay our taxes. If we are industrious, we will never starve; for at the working man's house hunger looks in but dares not enter. Nor will the bailiff or the constable enter, for "industry pays debts, while despair increases them." What, though you have found no treasure, nor has any rich relation left you a legacy, "diligence is the mother of good luck, and God gives all things to industry. Then plough deep while sluggards sleep, and you shall have corn to sell and to keep."

"Work while it is called today, for you know not how much you may be hindered tomorrow. One today is worth two tomorrows," and farther, "never leave that till tomorrow which you can do today." If you were a servant would you not be ashamed that a good master should catch you idel? Are you then your own master? Be ashamed to catch yourself idle when there is so

PROFITABLE IDEAS.



Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

PROFIT-ABLE IDEAS.

much to be done for yourself, your family, your relations and your country. Handle your tools without mittens; remember that "the cat in gloves catches no mice." It is true there is much to be done, and perhaps you are weak-handed; but stick to it steadily and you will see great effects; for "constant dropping wears away stones; and by diligence and patience the mouse ate in two the cable; and little strokes fell great oaks."

Methinks I hear some of you say, "Must a man afford himself no leisure?" I will tell thee, my friend, what poor Richard says: "Employ thy time well, if thou meanest to gain leisure; and since thou art not sure of a minute throw not an hour away. Leisure is time for doing something useful; this leisure the diligent man will obtain, but the lazy man never; for a life of leisure and a life of laziness are two things. Many, without labor would live by their wits only, but they break for want of stock; whereas industry gives comfort, and plenty, and respect." "Fly pleasures, and they will follow you. The diligent spinner has a large shift; and now I have a sheep and a cow, every body bids me good-morning."

But with our industry, we must likewise be steady, settled and careful, and oversee our own affairs with our own eyes, and not trust too much to others; for, "I never saw an oft removed tree, nor yet an oft removed family, that throve so well as those that settled be. And again, "three

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

removes are as bad as a fire;" and again, "keep thy shop and thy shop will keep thee;" and again, "if you would have your business done, go; if not, send." And again, "He that by the plough would thrive, himself must either hold or drive." And again, "the eye of a master will do more work than both his hands;" and again, "want of care does more damage than want of knowledge;" and again, "not to oversee workmen is to leave them your purse open." Trusting too much to others' care is the ruin of many; for, "in the affairs of this world, men are saved, not by faith but by the want of it; but a man's own care is profitable;" for, "if you would have a faithful servant, and one that you like, serve yourself. A little neglect may breed great mischief; for want of a nail the shoe was lost; for want of a shoe the horse was lost; for want of a horse the rider was lost, being overtaken and slain by the enemy; all for the want of a little care about a horse-shoe nail."

So much for industry, my friends, and attention to one's own business; but to these we must add frugality, if we would make our industry more certainly successful. A man may, if he knows not how to save as he gets, "keep his nose to the grindstone, and die not worth a groat at last. A fat kitchen makes a lean will;" and, "Many estates are spent in the getting, since women for tea forsook spinning and knitting,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFIT-ABLE IDEAS.

and men for punch forsook hewing and splitting."

If you would be wealthy, think of saving as well as of getting. The Indies have not made Spain rich because her outgoes are greater than her incomes.

Away then with your expensive follies, and you will not then have so much cause to complain of hard times, heavy taxes and chargeable families; for, "Woman and wine, game and deceit, make the wealth small and the want great." And farther, "what maintains one vice will bring up two children." You may think, perhaps, that a little tea, or a little punch now and then, diet a little more costly, clothes a little finer, and a little entertainment now and then, can be no great matter; but remember, "many a little makes a mickle." Beware of little expenses; "a small leak will sink a great ship," and again, "who dainties love, shall beggars prove;" and moreover, "fools make feasts and wise men eat them." Here you are all got together to this sale of fineries and nicknacks. You call them goods, but if you do not take care they will prove evils to some of you. You expect they will be sold cheap, and perhaps they may, for less than they cost; but if you have no occasion for them, they must be dear to you. Remember what poor Richard says, "buy what thou hast no need of, and ere long thou shalt sell thy neces-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

saries." And again, "at a great pennyworth pause awhile;" he means that perhaps the cheapness is apparent only, and not real or the bargain, by straightening thee in thy business, may do thee more harm than good. For in another place he says, "Many have been ruined by buying great pennyworth." Again, "it is foolish to lay out money in a purchase of repentance," and yet this folly is practiced every day at auctions, for want of minding the almanac. Many a one, for the sake of finery on the back, have gone with a hungry belly and half starved their families; "silks and satins, scarlets and velvets put out the kitchen fire." These are not the necessaries of life, they can scarcely be called the conveniences; and yet only because they look pretty, how many want to have them. By these and other extravagancies, the genteel are reduced to poverty, and forced to borrow of those whom they formerly despised, but who through industry and frugality have maintained their standing; in which case it appears plainly, that "a ploughman on his legs is higher than a gentleman on his knees." Perhaps they have had a small estate left them, which they knew not the getting of; they think "it is day and will never be night;" that a little to be spent out of so much is not worth minding; but "always taking out of the meal-tub and never putting in, soon comes to the bottom," and then, "when the well

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

is dry they know the worth of water." But this they might have known before, if they had taken his advice. "If you would know the value of money, go and try to borrow some; for he that goes a borrowing goes a sorrowing," and indeed, so does he that lends to such people, when he goes to get it again. Poor Dick farther advises, and says, "Fond pride of dress is sure a very curse, ere fancy you consult, consult your purse." And again, "pride is as loud a beggar as want, and a great deal more saucy." When you have bought one fine thing, you must buy ten more, that your appearance may be all of a piece; but poor Dick says, "it is easier to suppress the first desire, than to satisfy all that follow it." And it is as truly folly for the poor to ape the rich, as for the frog to swell to equal the ox.

"Vessels large may venture more, but little boats should keep near shore."

It is, however, a folly soon published, for, "pride breakfasted with plenty, dined with poverty, and supped with infamy." And, after all, of what use is this pride of appearance, for which so much is risked, so much is suffered? It cannot promote health, nor ease pain, it makes no increase of merit in the person, it creates envy, it hastens misfortune.

But what madness must it be to run in debt for these superfluities? We are offered by the terms of this sale, six months credit; and that,

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

perhaps, has induced some of us to attend it, because we cannot spare the ready money, and hope now to be fine without it. But ah! Think what you do when you run in debt; you give to another power over your liberty. If you cannot pay at the time, you will be ashamed to see your creditor, you will be in fear when you speak to him, you will make poor, pitiful, sneaking excuses, and by degrees come to lose your veracity and sink into base, downright lying; for "the second vice is lying, the first is running in debt," and again to the same purpose, "lying rides on debt's back." Whereas a free American ought not to be ashamed, nor afraid to see or speak to any man living. But poverty often deprives a man of all spirit and virtue. 'It is hard for an empty bag to stand upright." What would you think of that nation or of that government, which would issue an edict, forbidding you to dress like a gentleman or gentlewoman, on pain of imprisonment or servitude? Would you not say that you were free, have a right to dress as you please, and that such an edict would be a breach of your privileges, and such a government tyrannical? And yet you are about to put yourself under that tyranny when you run into debt for such a dress! Your creditor has authority at his pleasure to deprive you of your liberty, by confining you in jail for life, or by selling you for a servant, if you should not be able to pay him.

PROFITABLE IDEAS.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

When you have got your bargain, you may perhaps think little of payment, but "creditors have better memories than debtors; creditors are a superstitious set, great observers of set days and times." The day comes round before you are aware, and the demand is made before you are prepared to satisfy it; or if you bear in mind, the term, which, at first seemed so long, will, as it lessens, appear extremely short; time will seem to have added wings to his heels, as well as his shoulders. "Those have a short Lent, who owe money at Easter." At present, perhaps, you may think yourself in thriving circumstances, and that you can bear a little extravagance without injury; but, "For age and want save while you may, no morning suns last the whole day." Gain may be temporary and uncertain, but ever while you live, expense is constant and certain; and "it is easier to build two chimneys than to keep one in fuel," so "rather go to bed supperless than rise in debt."

"Get what you can, and what you get hold, 'tis the stone that will turn your lead into gold."

And when you have got the philosopher's stone, sure you will no longer complain of bad times, or the difficulty of paying taxes.

This doctrine of my friend's is reason and wisdom; but after all, do not depend too much upon your own industry and frugality, and prudence, though excellent things; for they may all be

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

blasted without the blessing of Heaven; and therefore ask that blessing humbly, and be not uncharitable to those that at present seem to want it, but comfort and help them. Remember Job suffered, and was afterwards prosperous.

PROFITABLE IDEAS.

And now to conclude, "experience keeps a dear school, but fools will learn in no other," and scarce in that; for it is true, "we may give advice, but we cannot give conduct;" however, remember this, "they that will not be counselled cannot be helped;" and farther, that "if you will not hear reason, she will surely rap your knuckles."

Thus the old gentleman ended his harangue. The people heard it and approved the doctrine, and immediately practiced the contrary, just as if it had been a common sermon; for the auction opened and they began to buy extravagantly. I found the good man had thoroughly studied my almanacs, and digested all I had dropped on those topics during the course of twenty-five years. The frequent mention he made of me must have tired any one else; but my vanity was wonderfully delighted with it, though I was conscious that not a tenth part of the wisdom was my own, which he had ascribed to me; but rather the gleanings that I had made of the sense of all ages and nations. However I resolved to be the better for the echo of it; and though I had at first determined to buy stuff for a new coat, I

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THE IMAGINATIVE INSTINCT AS A SUCCESS-WINNER.

PROFITABLE IDEAS.

When some one criticised an act of Napoleon's as "a mere bit of imagination," he promptly replied: "That is true, but imagination rules the world."

Even moral qualities, such as the sentiments of pity and sympathy, are in part, the outgrowth of the imaginative powers, and so also are our main inventions. But instead of attempting to cover the whole broad subject, the effort will be to confine more particularly to the application of these powers to the question of business success in its most material forms, such as ordinary merchandising and the attainment of promotion.

By the term, imagination is here meant not only pure originality, but also the creative power to analyze different conditions or things as a means of putting them together into one related and harmonious higher conception or business compound.

Mr. Lorin F. Deland, in his interesting address before the Sphinx Club at the Waldorf-Astoria on the occasion of their dinner, gave the following pertinent illustrations, which we take the liberty to freely quote, viz.:

"Take the simplest illustration of this relating of one thing to another in business. Let me tell you the story of two bootblacks. You will ad-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mit that we can scarcely go lower in the business scale. These two boys, of about the same age, I found standing one afternoon, at four o'clock, on opposite sides of a crowded thoroughfare. So far as I could judge, there was no preference between the different sides of the street. The bootblacks, standing on the curbstone, solicited the passers-by to stop and have a shine. Each boy had one "call," which he repeated at regular intervals. The two solicitations were entirely different, but each was composed of four words. They never varied them. Yet one of these boys, by the peculiar wording of his solicitation, secured twice as much business as the other boy, so far as I was able to judge, and I watched them a long time. The cry of the first boy was, "Shine your boots here." It announced the simple fact that he was prepared to shine their boots. The cry of the second boy was, "Get your Sunday shine." It was then four o'clock Saturday afternoon. This second boy employed imagination. He related one attraction to another; he joined facts together; his four simple words told all that the first boy said, and a great deal more. It conveyed the information, not simply that he was there to shine shoes, but that tomorrow was Sunday; that from present appearances it was likely to be a pleasant day; that he, as a bootblack, realized they would need an extra good shine; and, somehow, the sentence

Digitized by Google
Original from
UNIVERSITY OF ILLINOI
URBANA-CHAMPAIG

PROFIT-ABLE IDEAS.

had in it a gentle reminder that any self-respecting Christian would wish his shoes shined before he repaired to the sanctuary. You may call it an accident that this boy secured twice the business of the other, but I have seen too many of such experiences to think of them as accidental.

"Take another case, narrated by Heinemann, the European publisher. He noticed two peddlers standing side by side, selling toy dolls. One of them had a queer, fat-faced doll, which he was pushing into the faces of the passers-by, giving it the name of a well-known woman reformer. His dolls were selling rapidly, while the man beside him, who had a really more attractive but unnamed doll, was doing comparatively little business. Heinemann tried a novel experiment Calling the second peddler to one side, he said: 'My friend, do you want to know how to sell twice as many of these dolls as you are selling now? Hold them up in pairs, two together in each hand, and cry them as 'The Heavenly twins.' The toy-vender tried the experiment. It was at a time when Sarah Grand's famous novel was at the height of its popularity, and the title of the book was on everyone's tongue. Perhaps you will call it an accident, but the Heavenly Twins dolls were an instantaneous success, and within one hour the vender of the woman-reformer dolls gave up the fight, acknowledged

fa

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

himself beaten, and moved five blocks down the street to escape ruinous competition.

"Here, again, is the relating of one thing to another. I grant you that the relation was wholly illogical.

"Let us go back once more to imagination. The man of imagination in business matches his thought against the instincts, desires and prejudices of men; he knows their passions and their regrets; he knows human weakness, and its sure decoy. Human weakness! Let me illustrate, now, this use of the imagination, in business which represents the work, cleverly built on the frailities of mankind.

"Under this head comes the subscription book, offered to you in a delicately worded circular, explaining that an edition of 200 copies only is to be printed, and the plates then destroyed, thereby insuring the rarity of the book. If we stop and think a moment, we recognize that here is a direct appeal to vanity and selfishness. Yet how it works! Men are gratified even to be included in the list of recipients of such an invitation. And yet, really, the invitation is tantamount to an insult, for it assumes your overmastering vanity and selfishness by making its strongest appeal in this direction.

"Another weakness in human nature is the inability to throw away an element of value, even though it can not be utilized.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS

"It is not the price of an article which is important, but the reason for the price. This is what I should call one of the backbone truths of merchandising, and when once a seller gets a firm hold of this truth he can almost devastate the trade. Now what is the reason which underlies this law? Is it not this: that the argument for the price is the imaginative part of the transaction; the price itself is absolutely unimaginative? Admit that the reason for the price is an important thing in the transaction, and that a high price with a good reason will sell more goods than a low price with a poor reason, and it is only reaffirming, in another form, the potentiality of the imagination in business. The bankrupt stock, the fire sale, the manufacturer's remnants, the annual clearance, the removal sale, the dissolution of partnership sale—what are these, and many more. but arguments for the price? And note this one point: that without the argument the price is powerless. Reduce your fur-lined overcoats from $100 to $60, and your liberal discount attracts no attention. Why! Because there is no fair excuse for the reduction. But announce that, owing to the necessity that you vacate your present store within two weeks, you will reduce the price from $100 to $80, and you will sell them. This is only half the reduction previously considered; but one is business without imagination, and the other is business with it.

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

"Approach the whole question from another standpoint. Perhaps there is no better index of the value of imagination in business than the immense importance which attaches to the selection of a name for any article. To merely describe an article in an imaginative vein is to sell it at once to a dozen persons; to give it a good name is to sell it to a score. PROFITABLE IDEAS.

"Take now the problem of a humble employe. There is no harm in my giving here the name of the young man, and indicating the condition in which he found himself. His name was Mills, and he was one of the innumerable army of employes in the service of a wholesale clothing house. He came to me with his serious problem; he had been employed by this house for three years; he had received one small raise of salary at the end of the first year, and now he was sidetracked, as he thought; hopelessly stalled on the road to business success, one of the innumerable teeth in the mighty gear, of no special value, and with no prospects whatever for the future. I fancy he wanted to marry (they always do on a $6 salary), and this had added to his discontent. He came to ask whether he had not better give up his situation and trust to luck to find something better. I urged against such a course, and told him to look for something better while still holding his present situation. He said he had tried that for some time, but he found

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

himself restless. I said to him, 'Mills, the most important thing for you and for me, in this matter, is to ascertain first whether you are paid all that you are worth, and secondly, whether you can make yourself worth any more, whether you are worth it or not. If you can, you had better stick, and look for your raise at the first fair opportunity.' He agreed with me in my hypothesis, but said he could not quite understand how that could be found out. I said, 'I cannot find it out today, but if you will put yourself in my hands absolutely for three months, I will guarantee that we shall both have an answer to that question.' He agreed and I went ahead. Here were my instructions to him, which apply more or less to every other employe:

'For the first thirty days I want you to put your mind on one thing only; drop all outside nonsense, and focus your entire attention, thought and energy upon this question: By what method which you can devise, can your house sell $100,000 worth more every year than they are now selling? Or $10,000 worth more? Or $1,000 worth more? Or $100 worth more? When you have discovered your plan, work it all out on paper, put down the figures in black and white, verify every item, and take the complete showing, at a favorable moment, to the man on whom you must depend for your raise of salary. However good the idea may be, when you pre-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

sent it to him view it tentatively; tell him plainly, but modestly, that you believe that the prosperity of the house should be as truly your concern as his; that both your fortunes are in the same boat; that you hope it may not seem presumptuous that you should seem to suggest reforms or changes, but that you are earnestly anxious for the success of the business, and it is this which must be blamed for any seeming presumption on your part. Put it to him modestly; if he decides that the idea is not good, say you are sorry for having wasted his time, and get out as quickly as you can. Then go to work on another idea. When you carry this to him, if he negatives it also, make your excuses and ask him if there is any objection to your still studying and trying to plan out some method by which the business can be extended.'

"In a general way, with a good deal more of explanation, I made him understand how he was to present his idea, so that in no case would he be in danger of losing his position or the goodwill of the firm, by seeming to have their interests very closely at heart. Thirty days passed by, and Mills came to me again. His report was short and sweet. With all his thinking, he had found no method by which the business of the firm could be extended even one hundred dollars a year. I then put him to work upon his second month's labor, which was this: 'See

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

whether you can discover any method by which, while losing no present advantage or trade, the firm can transact its present volume of business with greater economy, so that, by your improved methods of conducting the business, there shall be effected a saving of $50,000 a year, or $5,000 a year, or $500 a year, or $50 a year!' I thought he drew a rather long breath as he left me to go to work for thirty days on this proposition; but he, more or less manfully, went through the second stage of his labors, and at the end of another thirty days he came back to me with his report. He had been able to discover no new method whereby the firm could economize on its present system. He had, however, discovered one thing; namely, that he would not need to go ahead for another thirty days with our experiment, for he had made up his mind that he guessed he would continue where he was. I said to him, 'So, Mills, you don't care for any more advice? Well, this time I am going to give it to you without your wanting it. My boy, just realize for one moment where you stand. With the enormous volume of clothing business which is being done, and with the undoubted increase which can be effected, you are not able, though you have worked three years in this house, to increase the volume of this business one hundred dollars a year; with the elaborate and necessarily wasteful methods in which that great business is

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

transacted, you are not near enough to it to be able to point out a better system in any department whereby the small sum of fifty dollars a year may be saved. Now, Mills, let me give you a last word of advice, and it is valuable advice. My boy, lie low! Attract just as little attention to yourself as you can. Don't let the proprietors remember that you have been three years in their employ, if you can help it. You are an absolutely unproductive man. If they knew how little capable you are of development and progress, they would change you off tomorrow for some young man of greater promise. Lie low, my boy. Keep out of prominence as much as you can, and go down on your knees tonight and thank God that you have got a situation where you are paid all that you are worth. I don't mean that you are a bit inferior to thousands of other young men who are in the stores and wholesale houses in this city; but you, like them, are simply sitting upon the head of the one brainy man who sits in the counting room. He has to solve all these problems.'

PROFITABLE IDEAS.

"The young man went off sadder and wiser than he came. The incident happened five years ago, but he holds the same place today and at the same salary. Now, in a last word, what was the object of all this experiment? Of course, I didn't expect that this boy was going to revolutionize the clothing trade. It was simply to find

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

out whether he had in him any imagination which he could employ in his business. I was willing to stake my answer on the result of that one question, and I think the years have shown him as they have shown me, that I was right.

"And now, do you agree with me that there is a faculty which can accomplish in business what we have here discussed? It is not enterprise, nor thrift, nor industry, nor sagacity, nor courage. Nor can all these qualities combined supply the place left vacant by the lack of imagination. They each have their value, and by any of these roads a man may win to success. But the faculty of which I now conceive makes him capable of undertaking any business! He may be a successful bootblack, or the able president of a bank, or the astute manager of a circus. He may fail, for the imagination which enables him to comprehend human nature in the aggregate does not necessarily enable him to locate it in the individual. He may understand human nature, but not individual nature. Hence he may be a judge of methods, but not of men.

"And now, in closing, do I need to offer an apology? To some of us here to-night, the illustrations I have cited may seem sharp and shrewd, with a little flavor of the pavement. But business is intellectual warfare—a battle of wits—in which you do not repulse solid shot with blank

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cartridges. It is not a theory, but a condition which confronts the business man. He takes his medicine as he finds it compounded. It doesn't taste as he would like to have it, but no one asked him what he liked. He isn't picnicking. He's at war. He smiles through the bitter drink, and orders it up for the whole company when his turn comes! It is all fair—in war and business."

PROFITABLE IDEAS.

At the conclusion of the paper, Mr. Deland said: "Coming over here on the train, I happened to pick up a copy of the "Philistine," and opening it at random my eyes fell upon these words: 'If you ask me what a millionaire is, I would say he is one who has discovered a weakness in mankind, and fans and feeds it for a consideration. You can not accumulate a million dollars until you know how to play upon the hopes and fears of your fellows.' I think with a little alteration that definition could be made absolutely true. At least I should be willing to subscribe to it if it was dressed in this form: 'If you ask me what a millionaire is, I would say he is one who has discovered the instincts, desires and prejudices of mankind. You can not accumulate a million dollars until you know how to feed human nature.'"

You can not be truly successful until in your efforts to feed human nature you answer some real need of the world.

Digitized by Google
Original from UNIVERSITY OF ILLINOI URBANA-CHAMPAIG

PROFITABLE IDEAS.

THE following from The New York York Journal seems to have a bearing on the subject and can be taken for what it is worth:

"The task of the man who would succeed on a big scale in political life is this:

"He must bend to his purposes the judgment, the emotions, prejudices and passions of the great crowd essential to the success of a great leader.

"In addition to understanding his own task, of government, or war, or industrial reorganization, he must understand the use of the levers which move the various human emotions.

"Of ways of moving men there are very many. Some are noble, such as self-denial, physical courage and moral courage. Others are generally considered ignoble, such as trickery, clap-trap, hypocrisy.

"Midway between the noble and ignoble ways of impressing human beings, and securing their following, is the art of producing dramatic effects. This is a most important art. It has helped many men, by firing the imaginations of those about them.

"In the art of dramatic effect Napoleon was supreme.

"He knew that men love nothing so much as the arousing of their unreasoning, mental passions. He himself despised and clearly saw

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

through all the clap-trap of life. His plans for success were laid in the coldest, the most commonplace, most practical way. PROFITABLE IDEAS.

"But as coldly as he planned the winning of his battles, just as coldly did he plan, afterward, the work of arousing national enthusiasm.

"You remember the scene on the evening of the battle of Austerlitz, when the soldiers presented to him a bouquet consisting of forty standards captured from the enemy.

"The battle had been planned and fought with cold calculation. The presenting of the boquet of standards was the theatrical after-effect, the exciting picture of glory. It was described by every soldier at his little fireside, it aroused in the farthest hamlet deep enthusiasm for the "little emperor," and in the heat of patriotic fervor it wiped from memory the butchery of hundreds of thousands of men.

"Napoleon has been called puerile because he delighted in making kings wait in his ante-chamber, as at Tilsit, at Paris and Erfurt. His conduct was not puerile. It was wisdom, well planned.

"He ruled a people who had passed through the excitement of intense revolutionary feeling. His power was delegated by an intensely excitable, self-assertive race that had just beheaded a king and gone through exhaustive wars with all kings united against it. There was no better

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

way of obtaining the admiration and love of such a revolutionary support than to humble kings, keep them waiting, and show that the French people which had dethroned their king and defeated others, had succumbed only to an emporer in whose hands kings were toys.

"Napoleon's study of theatrical effects is not one which can be conscientiously commended to the American spirit, though it is one which must not be overlooked in an analysis of that "wisdom" which made him a ruler and a terror to the world.

"He delighted to send to Paris dispatches telling of his victories and to date these dispatches from the palace of a conquered monarch. His subordinates would secretly give him details of the past services, deeds of valor of certain veteran soldiers. These would be placed in the front rank, and Napoleon, casually approaching them, would amaze them and all of the troops by his detailed recollection of what each veteran had done.

"'Ah! You got that sabre cut at Austerlitz. I remember. You don't look pretty yet, but what other man would have survived it?'

"The old veteran thus addressed would devote the rest of his life to telling the young men of France that no lad need ask for greater pleasure than to freeze to death with Napoleon in Russia.

"After some great victory Napoleon would

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

cause rumors of defeat to be spread about, and just as the people were most depressed there would suddenly be heard the sound of cannon announcing a complete victory.

"Study his portraits painted at various moments in his career. You will find that no actor ever understood better than he the effect which appropriate costume produces upon the mind.

"For his coronation there was all the splendor of imperial purple. For his farewell to his troops at Fontainebleau a simple costume, plainer than that of a corporal.

"Human gratitude is wavering and we soon forget actual valuable service. The strongest thing about us in our semi-superstitious condition is imagination. It is imagination that he must appeal to, who wishes to control us.

"Napoleon understood the value of theatrical effect in dealing with men and that understanding was a conspicuous part of his wisdom."

LIFE is real. It should be made genuinely sincere. It is suicidal to play upon human weaknesses for purposes of private gain. Any use of the imaginative faculties which is divorced from wisdom and virtue, or detrimental to the general welfare, is reasonably sure, sooner or later, to act as a boomerang and exhibit the pitiable spectacle and hollow mockery of ambition run riot. Remember, Napoleon's brief career ended ingloriously at St. Helena.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

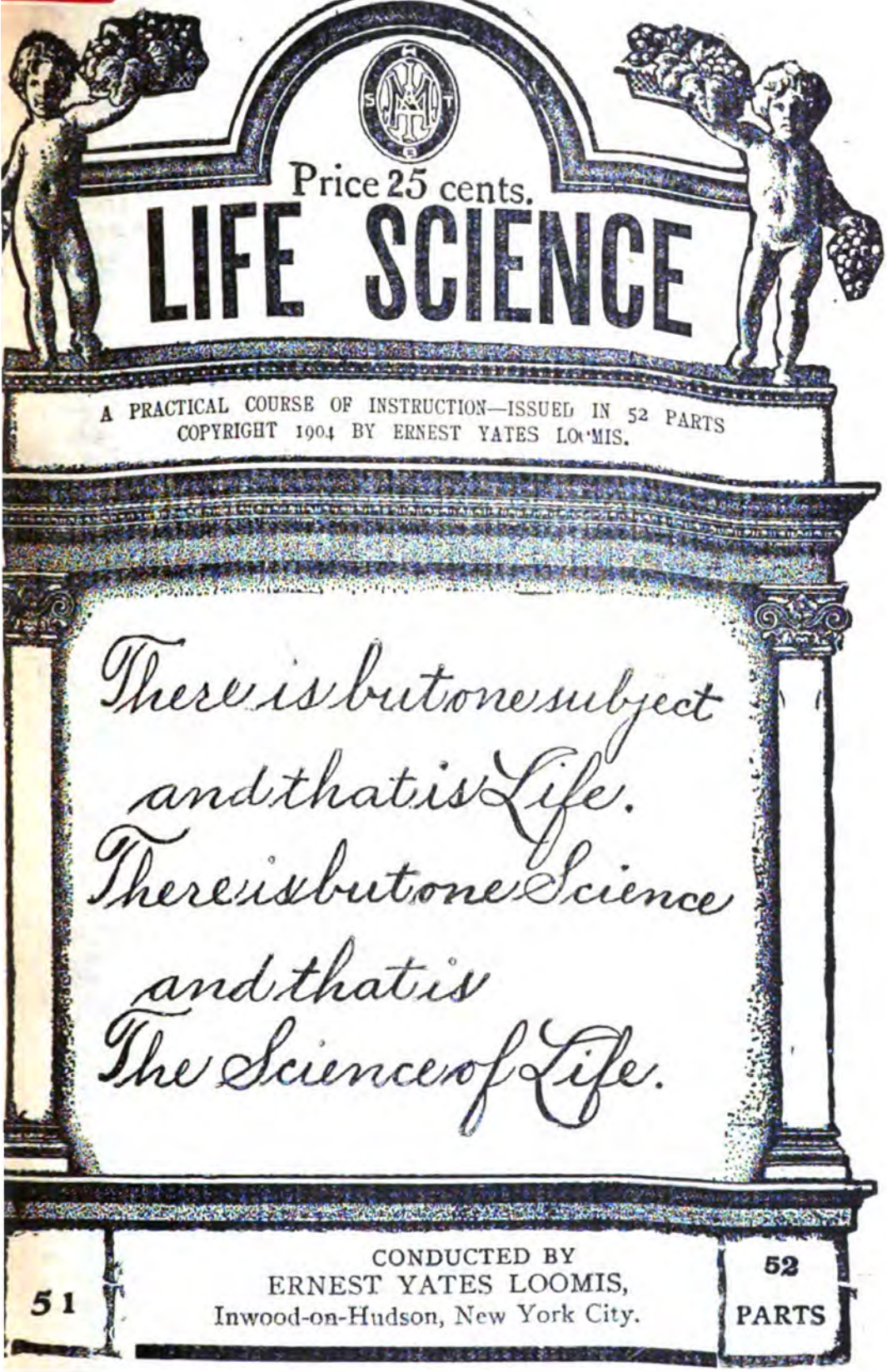
All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

.87L
No.51

Mary D. McCune



Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS

COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

51

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52
PARTS

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87e
No.52

Mary D Michener

Price 25 cents.

LIFE SCIENCE

A PRACTICAL COURSE OF INSTRUCTION—ISSUED IN 52 PARTS
COPYRIGHT 1904 BY ERNEST YATES LOOMIS.

There is but one subject
and that is Life.
There is but one Science
and that is
The Science of Life.

CONDUCTED BY
ERNEST YATES LOOMIS,
Inwood-on-Hudson, New York City.

52

52
PARTS

Digitized by Google
Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

170
L87l
no.52

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Rates For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 1. THE MAGIC STORY; introduces the student to himself—to his own higher powers and possibilities; gives success secrets.

Part 2. POWER OF THOUGHT; Shows how to accomplish results in all business and art through the silent powers of mind.

Part 3. LOVE IS POWER; Shows how to cultivate the love life and what the results will be.

Part 4. WOMAN'S SECRET POWERS; Gives the secret of woman's virtues and powers and shows how to improve them.

Part 5. HOW TO RULE YOUR KINGDOM; Shows how to master the self and control circumstances.

Part 6. USEFUL PRACTICES; Shows how to develop and use your powers by unusual methods.

Part 7. ESOTERIC LAWS OF HAPPINESS; Shows how permanent happiness may be insured and what practical results will ensue.

Part 8. MENTAL HELPS; Gives practical methods of developing and using special talents.

Part 9. LIFE SCIENCE IN A NUTSHELL; One of the most powerful, practical and popular of the series—is extensively known.

Part 10. MARRIAGE; Explains cause and remedies of matrimonial inharmonies. All should study it.

Part 11. HOW TO CREATE OPPORTUNITIES; Is all the subject implies—Has helped many to get out of ruts and stay out.

Part 12. YOUR TALENTS; Shows how not to waste opportunities; gives clues to hidden personal powers.

Part 13. HEALTH; Explains philosophy of health; shows why ordinary health methods fail.

Part 14. HEALTH RECIPES; Gives practical health methods that all may apply; explains healing power of love.

Part 15. METHODS OF USING YOUR POWERS; Shows how Life Science may be applied to produce any useful result. (A continuation of parts 13 and 14.)

Part 16. METHODS OF SELF-HELP; Shows that all true help is self-help, also how "God helps him who helps himself."

Part 17. SELF-HELP THROUGH SELF-TRUST; Gives law of vibration; deepest of the series; Should be studied with the others.

Part 18. SELF-HELP THROUGH SELF-KNOWLEDGE; Also deeply philosophical and practical; shows advantages of self-knowledge and how to apply it.

Part 19. SELF-HELP THROUGH SELF-CULTURE; Shows advantages and methods of self-culture, also defects in present educational system; Explains re-incarnation.

Part 20. PLAN OF SELF-CULTURE AND SELF-HELP; This plan has proven helpful to many.

Part 21. HELPS; Much needed by average thinkers; Opens up a new world; constructively critical.

Part 22. SEX FORCES AND REGENERATION; Shows importance, powers and processes of regenerate life and cure of insanity.

Part 23. POWER OF INTEGRITY; Shows why honesty pays and how to disarm every obstruction to success and virtue.

Part 24. LAW OF ATTRACTION; Gives secret of personal influence; shows how to attract friends and success results.

Part 25. LIFE SCIENCE HELPS; Shows how special benefits may be derived through these studies and why "knowledge is power."

Part 26. THOUGHT LAWS AND METHODS CONDENSED; Shows how to increase and use your [illegible].

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

SUBJECTS AND BRIEF SYNOPSIS
OF A PRACTICAL COURSE OF INSTRUCTION IN

LIFE SCIENCE

ISSUED IN FIFTY-TWO PARTS.

Price For The Course, $12.00 Cash, or $1.00 Extra on Instalments.

Part 27. THOUGHT-LAWS AND METHODS CONTINUED; Gives valuable rules for developing and using mind powers; Pithy, practical and philosophical.

Part 28. THE COMING CHURCH; Shows bearing of Science upon devotion, and how Science and Religion will be united; Valuable suggestions to ministers and others.

Part 29. SOUL OF BEAUTY; Shows influence of ideals and how they become embodied, also art and importance of dressing tastefully.

Part 30. SOUL OF FORTUNE; Shows why some are always fortunate; Valuable hints to money-makers; Gives secret of so-called "good luck."

Part 31. SOUL OF THE FUTURE; Discloses secret causes and influences now at work and shows what results must inevitably follow; Valuable helps in management of practical affairs.

Part 32. SOUL OF LOVE; Idealistic and philosophical; Gives valuable love secrets which will prevent mistakes; Lofty and scientific.

Part 33. SOUL OF SURROUNDINGS; Shows influence of surroundings and how to attract ideal environments.

Part 34. SOUL OF HEALTH; Gives secret of perpetual youth, also valuable health suggestions; Explains immortality.

Part 35. CONCENTRATION; Daily drills for March of each year.

Part 36. CONCENTRATION; Drills for April of each year; Affirmations and ideal suggestions.

Part 37. CONCENTRATION; Drills for May of each year.

Part 38. CONCENTRATION; Drills for June of each year.

Part 39. CONCENTRATION; Drills for July of each year with explanations of zodiacal influences

Part 40. CONCENTRATION. Drills for August of each year.

Part 41. CONCENTRATION METHODS AND HELPS; Daily drills for September of each year.

Part 42. CONCENTRATION; Drills for October of each year.

Part 43. CONCENTRATION; Drills for November of each year.

Part 44. CONCENTRATION; Drills for December of each year.

Part 45. CONCENTRATION; Drills for January of each year.

Part 46. CONCENTRATION; Daily drills for February of each year. The daily affirmations and helps which go with these 365 short essays on Concentration, it is earnestly believed are worth the price of the entire course to any one who will faithfully apply them.

Part 47. SECRET OF PERSONAL POWER; Valuable to all who would enlarge their sphere of influence and usefulness, especially authors, musicians and merchants.

Part 48. RULES OF LIFE; Gives six sets of valuable rules, also business hints and ideal suggestions.

Part 49. THE WAY TO WEALTH; Valuable mercantile helps; Shows how to develop originality of method and improve methods constantly.

Part 50. THE ART OF LIVING. Gives simplified methods, helps to promotion and important formula.

Part 51. SOURCES AND CONDITIONS OF HAPPINESS; Reduces happiness to scientific basis; Shows how to control the mental

Part 52. [illegible] would require many pages to adequately describe these 52 lessons and the 832 test questions which are brought out for review

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Fifty-Two—Aims And Objects.

In closing this series of lessons in Life Science let me admit, frankly, their imperfections; so also is all else human. But they contain the better part of my present life and the earnest desire that they will be of help to you. If they are of help, as is hoped, it will be a source of gratitude and satisfaction if you are prompted to let me know. That is one of the gratifications which I hope to always cherish. I may not have time to respond, personally, to such communications, but will invariably respond in thought, and as "thoughts are things" the happiness you confer will come back to you. I shall prepare other different courses of study which may likewise be made helpful, and it is hoped that this will be but the beginning of reciprocal relationships which will continue as long as they can be made mutually beneficial.

It is believed that any crudities of expression which may be found in this course in Life Science are limited to the details or non-essentials and that the principles herein formulated are good for all time. The closest inspection and severest criticisms are invited in full faith that it will make all the more apparent whatever they may contain of Truth, merit and value. If they are unable to stand such tests I will have the keenest interest to know it, that I may acknowledge and remedy my mistakes. If I make mistakes the law of things will hold me responsible and make me atone in this life or some other. I quite realize the responsibility, but shift it to my Bettter Self which has prompted these efforts to teach man to be what he has it within him to be, and, if possible, the secret of true success.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

A PLAN OF LIFE.

(By George Combe.)

PROFITABLE IDEAS.

WERE a system of living and occupation to be framed for human beings, founded on the exposition of their nature it would be something like this.

First, so many hours a day should be dedicated by every individual in health, to the exercise of his nervous and muscular systems, in labor calculated to give scope to their functions. The reward of obeying this requisite of his nature would be health, and a joyous animal existence; the punishment of neglect is disease, low spirits, and premature death.

Secondly, so many hours a day should be spent in the sedulous employment of the knowing and reflecting faculties; in studying the qualities of external objects, and their relations, also the nature of animated beings, and their relations; with the view not of accumulating mere abstract and barren knowledge, but of enjoying the positive pleasure of mental activity, and of turning every discovery to account as a means of increasing happiness or alleviating misery. The leading object should always be, to find out the relationship of every object to our own nature, organic, animal, moral and intellectual, and to keep that relationship habitually in mind, so as to render our acquirements directly gratifying

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

to our various faculties. The reward of this conduct would be an incalculable increase of pleasure, in the very act of acquiring a knowledge of the real properties of external objects, together with a great accession of power in reaping ulterior advantages and avoiding disagreeable affections.

Thirdly, so many hours a day ought to be devoted to the cultivation and gratification of our moral and religious sentiments; that is to say, in exercising these in harmony with intellect, and especially in acquiring the habit of admiring, loving and yielding obedience to the Creator and His institutions. This last object is of vast importance. Intellect is barren of practical fruit, however rich it may be in knowledge, until it is fired and prompted to act by moral sentiment. In my view, knowledge by itself is comparatively worthless and impotent, compared with what it becomes when vivified by lofty emotions. It is not enough that Intellect is informed; the moral faculties must cooperate in yielding obedience to the precepts which the intellect recognizes to be true. As creation is one great system, of which God is the author and preserver, we may fairly presume that there must be harmony among all its parts, and between it and its Creator. The human mind is a portion of creation, and its constitution must be included in this harmonious scheme. The grand object of the moral and in-

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

tellectual faculties of man, therefore, ought to be the study of God and of His works. Before philosophy can rise to its highest dignity, and shed on the human race its richest benefits, it must become religious; that is to say, its principles and their consequences must be viewed as proceeding directly from the Divine Being, and as a revelation of his will to the faculties of man, for the guidance of his conduct. Philosophy, while separated from the moral feelings, is felt by the people at large to be cold and barren. It may be calculated to interest individuals possessing high intellectual endowments; but as in general, the moral and religious sentiments greatly predominate in energy over the intellectual powers, it fails to interest the mass of mankind. On the other hand, before natural religion can appear in all its might and glory, it must become philosophical. Its foundations must be laid in the system of creation; its authority must be deduced from the principles of that system; and its applications must be enforced by a demonstration of the power of Providence operating in enforcing the execution of its dictates. While reason and religion are at variance, both are obstructed in producing their full beneficial effects. God has placed harmony between them, and it is only human imperfection and ignorance that introduce discord. One way of cultivating the sentiments would be for men to meet and act to-

PROFITABLE IDEAS.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

gether, on the fixed principles which I am now endeavoring to unfold, and to exercise in mutual instruction and in united adoration of the great and glorious Creator, the several faculties of Benevolence, Veneration, Hope, Ideality, Wonder and Conscientiousness. The reward of acting in this manner would be a communication of direct and intense pleasure to each other; for I refer to every individual who has ever had the good fortune to pass a day or an hour with a really benevolent, pious, honest and intellectual man, whose soul swelled with adoration of his Creator, whose intellect was replenished with knowledge of His works, and whose whole mind was instinct with sympathy for human happiness, whether such a day did not afford him the most pure, elevated and lasting gratification he ever enjoyed.

Such an exercise, besides, would invigorate the whole moral and intellectual powers, and fit them to discover and obey the Divine institutions.

The study of human nature is highly conducive to this enjoyment of our moral and intellectual nature. No faculty is bad, but on the contrary, each has a legitimate sphere of action, and when properly gratified, is a fountain of pleasure; in short, man possesses no feeling, the right exercise of which an enlightened and ingenuous mind need be ashamed. A party of thoroughly practical mental scientists, therefore, meet in the perfect knowledge of each other's

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

qualities; they respect these as the gifts of the Creator; and their great object is to derive the utmost pleasure from their legitimate use, and to avoid every approximation to abuse of them. The distinctions of country and education are broken down by unity of principle; the chilling restraints of Cautiousness, Self-Esteem, Secretiveness, and Love of Approbation, which stand as barriers of eternal ice between human beings in the ordinary intercourse of society, are gently removed; the directing sway is committed to Benevolence, Veneration, Conscientiousness and Intellect; and then the higher principles of the mind operate with a delightful vivacity unknown to persons unacquainted with the qualities of human nature.

Intellect also ought to be regularly exercised in arts, science, philosophy and observation.

I have said nothing of dedicating hours to the direct gratification of the animal powers; not that they should not be exercised, but that full scope for their activity is included in the employments already mentioned. In muscular exercises, Combativeness, Destructiveness, Constructiveness, Acquisitiveness, Self-Esteem, and Love of Approbation may all be gratified. In contending with and surmounting physical and moral difficulties, Combativeness and Destructiveness obtain vent; in working at a mechanical employment requiring the exertion of strength, these

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

two faculties and also Constructiveness and Acquisitiveness, will be exercised; in striving who shall accomplish most good, Self-Esteem and Love of Approbation will obtain scope. In the exercise of the moral faculties, several of these and others of the animal propensities are employed; Amativeness, Philoprogenitiveness and Adhesiveness, for example, acting under the guidance of Benevolence, Veneration, Conscientiousness, Ideality and Intellect receive direct enjoyment in the domestic circle. From proper direction also, and from the superior delicacy and refinement imparted to them by the higher powers, they do not infringe the moral law, and leave no sting or repentance in the mind.

Finally, a certain portion of time would require to be dedicated to the taking of food and sleep.

All systems hitherto practiced have been deficient in providing for one or more of these branches of enjoyment. In the community at Orbeston, formed on Mr. Owen's principles, music, dancing and theatrical entertainments were provided; but the people soon tired of these. They had not corresponding moral and and intellectual instruction. The novelty excited them but there was nothing substantial behind. In common society very little of either rational instruction or amusement is provided. The neglect of innocent amusement is a great

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

error.

PROFITABLE IDEAS.

If there be truth in these views, they will throw some light on two important questions that have embarrassed philosophers, in regard to the progress of human improvement. The first is, Why should man have existed so long, and made so small an advancement in the road to happiness? It is obvious that the very scheme of creation which I have described implies that man is a progressive being; and progression necessarily supposes lower and higher conditions of attainment and enjoyment. While men are ignorant, there is great individual suffering. This distresses sensitive minds, and seems inexplicable; they cannot conceive how improvement should so slowly advance. I confess myself incapable of affording any philosophical explanation why man should have been so constituted; neither can I give a reason why the whole earth was not made temperate and productive, in place of being partially covered with regions of barren sand and eternal snow. The Creator alone can explain these difficulties. When the inhabitants of Britain wore the skins of animals and lived in huts, we may presume that in rigorous winters many of them suffered severe privations, and that some would perish from cold. If there had been among the sufferers a gifted philosopher, who observed the talents that were inherent in the people, although then latent, and who in con-

Digitized by Google

Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

sequence foresaw the splendid palaces and warm fabrics with which their descendants would one day adorn the island, he might well have been led to deplore the slow progress of improvement, and been grieved at the prevalence of so much intermediate misery.

Yet the explanation that man is a progressive being is all that philosophy can offer, and if this satisfy us as to the past, it must be equally satisfactory in regard to the present and the future. The difficulty is recognized by an eloquent writer who says: "We might not know the reason why, in the moral world, so many ages of darkness and depravity should have been permitted to pass by any more than we know the reason why, in the natural world, the trees of a forest, instead of starting all at once into the full efflorescence and stateliness of their manhood, have to make their slow and laborious advancement to maturity, cradled in storms and alternately drooping or expanding with the vicissitudes of the seasons. But though unable to scan all the cycles either of the moral or natural economy, yet we may recognize such influences at work, as, when multiplied and developed to the uttermost, are abundantly capable of regenerating the world. One of the likeliest of these influences is the power of education, to the perfecting of which so many minds are earnestly directed at this moment, and for the general acceptance of which in society we

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

have a guarantee in the strongest affections and fondest wishes of the fathers and mothers of families."

Although, therefore, we cannot explain why man was constituted a progressive being, and why such a being advances slowly, the principles of this essay show that there is at least an admirable adaptation of his faculties to his condition. If I am right in the fundamental proposition, that harmonious activity of the faculties is synonymous with enjoyment of existence—it follows that it would have been less wise and less benevolent towards man, constituted as he is, to have communicated to him intuitively perfect knowledge, thereby leaving his mental powers with diminished motives to activity, than to bestow on him faculties endowed with high susceptibility of action, and to surround him with scenes, objects, circumstances and relations, calculated to maintain them in ceaseless excitement; although this latter arrangement necessarily subjects him to suffering while ignorant, and renders his first ascent in the scale of improvement difficult and slow. It is interesting to observe that according to this view, although the first pair of the human race had been created with powerful and well balanced faculties, but of the same nature as at present; if they were not also intuitively inspired with knowledge of the whole creation, and its relations, their first movements as individuals

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

would have been retrograde; that is, as individuals they would, through pure want of information, have infringed many natural laws and suffered evil; while, as parts of the race, they would have been decidedly advancing, for every pang they suffered would have led them to a new step in knowledge, and prompted them to advance to a much higher condition than that which they at first occupied. According to the hypothesis now presented, not only is man really benefited by the arrangement which leaves him to discover the natural laws for himself, although, during the period of his ignorance, he suffers much evil from want of acquaintance with them; but the progress which he has already made towards knowledge and happiness must, from the very extent of his experience, be actually greater than can at present be conceived. Its extent will become more obvious and his experience itself more valuable after he has obtained a view of the real theory of his constitution. He will find that past miseries have at least exhausted countless errors, and he will know how to avoid thousands of paths that lead to pain; in short, he will then discover that errors in conduct, like errors in philosophy, give additional importance and practicability to truth, by the demonstration which they afford of the evils attending departures from its dictates. The grand sources of human suffering at present are bodily disease and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

mental anxiety. These may be traced to infringement, through ignorance or otherwise, of physical, organic, moral or intellectual laws, which, when expounded appear in themselves calculated to promote the happiness of the race. It may be supposed that, according to this view, as knowledge accumulates, enjoyment will decrease, but as formerly observed, ample provision is made against this event, by withholding intuition from each generation as it appears on the stage. Each successive age must acquire knowledge for itself; and provided ideas are new and suited to the faculties, the pleasure of acquiring them from instructors is second only to that of discovering them ourselves. It is probable, moreover, that many ages will elapse before all the facts and relations of nature shall have been explored, and the possibility of discovery exhausted. If the universe be infinite, knowledge can never be complete.

PROFITABLE IDEAS.

The second question is, Has man really advanced in happiness in proportion to his increase in knowledge? We are apt to entertain erroneous notions of the pleasures enjoyed in past ages. Fabulists have represented them as peaceful, innocent and gay; but if we look narrowly into the conditions of the savage and barbarian of the present day, and recollect that these are the states of all individuals before the acquisition of scientific knowledge, we shall not much or long

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

regret the pretended diminution of enjoyment by civilization. Mental science renders the superiority of the latter condition certain, by showing it to be a law of Nature, that, until the intellect is extensively informed, and the moral sentiments assiduously exercised, the animal propensities bear the predominant sway; and that wherever these are supreme, misery is an inevitable concomitant. Indeed, the answer to the objection that happiness has not increased with knowledge, appears to me to be found in the fact, that until recently the nature of man was not scientifically known, and that in consequence very few of his institutions, civil or domestic, were correctly founded on the principle of the supremacy of the moral sentiments, or in accordance with the other laws of his constitution. Owing to the same cause, also, much of his knowledge has necessarily remained partial and inexplicable to use, but after mental science shall have been appreciated and applied, clouds of darkness, accumulated through long ages that are past, may be expected to roll away as if touched by the rays of the meridian sun, and with them, many of the miseries that attend total ignorance or imperfect information to disappear.

It ought also to be kept constantly in remembrance that man is a social being and that the precept, "Love thy neighbor as thyself" is im-

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

printed in his constitution. That is to say, so much of the happiness of each individual depends on the habits, practices and opinions of the society in which he lives, that he cannot reap the full benefits of his own advancement, until similar principles have been embraced and realized in practice by his fellow men. This renders it his interest, as it is his duty to communicate his knowledge to them, and to carry them forward in the career of improvement. At this moment, there are thousands of persons who feel their enjoyments, physical, moral and intellectual, impaired and abridged by the mass of ignorance and prejudice which everywhere surrounds them. They are men living before their age, and whom the world neither understands nor appreciates. Let them not, however, repine or despair, but let them dedicate their best efforts to communicating the truths which have opened up to themselves the prospect of happiness, and they will not be disappointed. The law of our constitution which has established the supremacy of the moral sentiments, renders it impossible for individuals to attain the full enjoyment of their rational nature, until they have rendered their fellow men virtuous and happy; and in the truth and power of this principle, the ignorant and the wretched have a better guarantee for being raised in their condition by the efforts of their more fortunate brethren, than in the establish-

PROFITABLE IDEAS.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

PROFITABLE IDEAS.

ment of poor laws or other legislative enactments. If all ranks of the people were taught the philosophy which I am now advocating, and if, in so far as it is true, it were enforced by their religious instructors as the will of the Creator communicated to man through his natural institutions, the progress of general improvement would be greatly accelerated.

If the notions now advocated shall ever prevail, it will be seen that the experiences of past ages affords no sufficient reason for limiting our estimate of man's capabilities of civilization. The globe was but slowly and gradually prepared for man and he appears to be destined to advance only by stages to the highest condition of his moral and intellectual nature. At present he is obviously only in the beginning of his career. Although a knowledge of external nature and of himself is indispensable to his advancement to his true station as a rational being, yet five hundred years have not elapsed since the arts of printing and engraving were invented, without which, knowledge could not be disseminated through the mass of mankind; and up to the present hour, the art of reading is by no means general over the world—so that, even now the means of calling man's rational nature into activity, although discovered, are but very imperfectly applied. It is only about six centuries since the mariner's compass was known

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

in Europe, without which even philosophers could not ascertain the most common facts regarding the size, form and productions of the earth. It is only a little over four hundred years since one-half of the habitable globe, America, became known to the other half, and considerable portions of it are still unknown to some well informed inquirers. It is less than three hundred years since the circulation of the blood was discovered; previous to which it was impossible even for physicians to form any correct idea of the uses of many of man's corporeal organs, and of their relations to external nature. Haller, who flourished in the early part and middle of the eighteenth century, may be regarded as the founder of human physiology as a science of observation. It is only about an hundred years since the true functions of the brain and nervous system were discovered; before which we possessed no adequate means of becoming acquainted with our mental constitution and its adaptation to external circumstances and beings. It has been but little longer since the study of chemistry or of the constituent elements of the globe, was put into a philosophical condition by Dr. Priestley's discovery of oxygen; and hydrogen was discovered so lately as 1766. Before that time people in general were comparatively ignorant of the qualities and relations of the most important material agents with which they were

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

surrounded. At present this knowledge is still in its infancy, as will appear from an enumeration of the dates of several other important discoveries. Electricity was discovered in 1723, galvanism in 1794, gas-light about 1793, and steam-boats, steam-looms and the safety lamp within a century.

It is only of late years that the study of geology has been seriously begun, without which we could not know the past changes in the physical structure of the globe, a matter of much importance as an element in judging of our present position in the world's progress. This science also is still in its infancy. An inconceivable extent of territory remains to be explored, from the examination of which, the most interesting and instructive conclusions will probably present themselves. In astronomy, too, the discoveries of the two Herschels promise to throw additional light on the early history of the globe.

The mechanical sciences are at this moment in full play, putting forth vigorous shoots, and giving the strongest indications of youth, and none of decay.

The science of morals and of government are still in many respects in a crude condition.

In consequence, therefore, of his profound ignorance, man, in all ages, has been directed in his pursuits by the mere impulse of his strongest propensities, formerly to war and conquest, and

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

now to accumulating wealth, without having framed his habits and institutions in conformity with correct and enlightened views of his own nature, and its real interests and wants. Up to the present day, the mass of the people in every nation have remained essentially ignorant, the tools of interested leaders, or the creatures of their own blind impulses, unfavorably situated for the development of their rational nature; and they, constituting the great majority, necessarily influence the condition of the rest. But at last the arts and sciences seem to be tending towards abridging human labor, so as to force leisure on the mass of the people; while the elements of useful knowledge are so rapidly increasing, the capacity of the operatives for instruction is so generally recognized, and the means of communicating it are so powerful and abundant, that a new era may fairly be considered as having commenced.

PROFITABLE IDEAS.

From the want of a practical philosophy of human nature, multitudes of amiable and talented individuals are at present anxious only for the preservation of the attainments which society possesses, and dread retrogression in the future.

future. Progression being the law of our nature, the proper education of the people will render the desire for improvement universal.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Part Fifty-Two—Test Questions.

817. What appeals to you most in these plans of life?
818. Why?
819. What are their main defects?
820. Do you regret having studied these lessons?
821. If so, why?
822. Are they worthy of the name "Life Science"?
823. Why?
824. Are they such as you can conscientiously recommend to others?
825. Why?
826. Have you recommended them to any one or ones?
827. To about how many, if any?
828. Have any persons obtained the lessons as a result of your recommendation?
829. Have you received any acknowledgement from us or from these students of the service so rendered?
830. Does knowledge of the truth imply the responsibility of promulgating it according to one's opportunities?
831. In what ways, if any, does your work afford you such opportunities?
832. What, if any, work, other than yours, would offer you better opportunities to benefit yourself and others?

These 832 questions certainly suggest ideas that may be made fruitful to you in benefits, however great may be the imperfections of these methods of expressing them. In calling your attention to them I am but acting as an instrument of the law. There is a bit of interesting history concerning them, which will perhaps be given in the records of the 144,000. Who are the 144,000? Perhaps you are of the number? Inquire of your own heart. To what extent does your heart respond to these Truths? If you are of the 144,000 some wonderful experiences will soon come to you. The 144,000 are those upon whom the main responsibilities will rest in changing from the old dispensation to the new. **They are the chosen rulers and teachers of mankind.**

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

THIS CONCERNS YOU.

It goes without saying that we wish students for this course of instruction, and, knowing the law of things, we are convinced that there is only one proper way to obtain them, and that is to MERIT them. For this, and other higher reasons, we have put our earnest efforts into making the course all that it ought to be, and all that any student could reasonably ask, rather than in the direction of "printer's ink" or in other expensive methods of advertising from which the student would derive no real benefit.

The most important thing in the world is to know and live the Truth, because every power and every reward is dependent thereon. If this meets your eyes you may take it as a hint or invitation to carefully calculate the benefits that may be derived by you personally by earnestly pursuing these studies. Would they increase your happiness, improve your health, lengthen your life, multiply your powers, increase your earning capacity and actually help you in a thousand ways? Put the matter upon a cold business basis if you please. Scan the subjects and synopsis of contents. Re-read all that is herein contained and see if it braces you up in any way. Does it bring to you an increased consciousness of power? Your success is dependent upon such things. Also calculate the higher phases of the subject. Would these studies make you better, purer and more worthy of better friends and better conditions? Remember that exact laws rule the universe, that in the long run and perhaps even now you will get good things to the extent that you honestly earn them, and that all advancement is really dependent upon character and self-improvement. We place these things upon their actual merits, and believe the course is worthy of your notice and of even an effort and special economies if necessary to obtain it. It would perhaps, open up to you a new and brighter world and lead to opportunities that you little dream of now.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Digitized by Google

Original from
UNIVERSITY OF ILLINOIS AT
URBANA-CHAMPAIGN

EXPLANATORY.

In placing before students this enlarged course of fifty-two lessons in Life Science we are offering in a greatly improved form and with many important additions that which has already proven most valuable and helpful to thousands.

Each of the fifty-two booklets now contains 32 pages, and as each deals exclusively with basic life principles and the practical application of those principles in all daily affairs, they, together, give sufficient food for thought to last a lifetime. This may be known by glancing at the 832 test questions which are brought out for review and by the keys of knowledge that are given at frequent intervals all the way through the course.

It will be found that the course is sufficiently thorough and practical to satisfy the most exacting and critical mind. In fact it, alone, goes to the very foundation of Life Science —to the law of vibration upon which all things in the universe are founded.

All the statements and also the student's answers are in black and white, so they can be closely scrutinized and reviewed, if desired, over and over again. Each and every statement will bear the closest scrutiny. We boldly challenge any one to prove that this is untrue; and as they pertain to that which is most vital in every life, they should receive the earnest consideration that is their due.

There is but one subject and that is Life. There is but one Science and that is the Science of Life. We might have used the term Biology, which is also correct, but being technical, it would doubtless strike over the heads of many and seem cold and forbidding to multitudes for whom these lessons are intended as a practical daily help. Furthermore, the term Biology is often used in a restricted sense. These lessons are not narrow or restricted. They show how to apply Life Science principles to all things which concern man.

Digitized by Google
Original from UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN