NAUTILUS

MAGAZINE OF NEW THOUGHT

AUGUST 1945

So They Get on Your Nerves! CLARA M. BURLINGHAM

Your True Self PAUL ELLSWORTH

Men and Stars C. CARVER

Prayer and My Subconscious Solved My Problem NELLIE L. DREW

How to Get What You Want GENEVIEVE BEHREND

Healing As Jesus Did ALFRED BARRETT

Permanent Prosperity LOUISE GRAY CASON

Belief is an Act of Will ELIZABETH TOWNE

Edited by ELIZABETH TOWNE
WILLIAM E. TOWNE

PRICE 20 CENTS

"WATCH JESUS"

By GEORGE C. HUBBS

SEVERAL YEARS AGO I heard a story which has been a most helpful admonition ever since.

On the cover page of the Christian Science Sentinel appears this quotation: "What I say unto you I say unto all, Watch." It is of course credited to Jesus (Mark 13.37). A little girl read it this way: "What I say unto you I say unto all, *Watch Jesus.*"

With all earnestness I urge you to make this child's interpretation your daily guide to a fuller knowledge of the truth about God and your relation to him.

If you have problems to meet, Watch Jesus. Luke 4.28–30; Matthew 27.11–14; John 10.31–37.

If you have unfriendly thoughts toward anyone, Watch Jesus. Luke 23.33,34; Mark 11.25,26; Matthew 18.21,22.

If you long for a closer walk with God, Watch Jesus. Luke 6.12; Matthew 26.39; Luke 18.1.

And of course if you want to get a deeper insight into the character and responsiveness of his Father and yours, Watch Jesus. John 14.6–12; John 17.20–23; Matthew 17.5.

A careful, prayerful daily reading of — or earnest thoughts about — the many-sided life of Jesus will do more to add to one's spiritual stature than will any other method I know anything about.

He is the world's supreme example of the perfect Christian, and in exact proportion as we approximate his attitudes will we be both empowered and made supremely confident and happy.

"What I say unto you I say unto all, Watch Jesus."

What's Cooking
FOR NEXT MONTH?

Two Ways of Meeting Life One way led to success in making friends. The other led to sour frustration and disappointment in association with neighbors. Here are some simple suggestions which all the diplomats in the world might well study as a means of forwarding their work. The suggestions are based upon an actual experience which you will find described in ONE WALKED IN THE SHADOW; ONE WALKED IN THE LIGHT, to be published in NAUTILUS soon.

Your Mind in Order A disorderly house makes for a disorderly mind. Many a housewife has found this to be true. Margaret Jane Fleming learned it the hard way. Her experience will help you we believe. If you would follow in her footsteps to the realization of an orderly mind, look for her article, IT PAYS TO PUT YOUR MIND IN ORDER.

Why You Are Where You Are Now How many times we have asked ourselves, "Why should this happen to me?" We all have an instinctive feeling that we are different from the other fellow, and that the things which happen to him should not happen to us. In a very brief contribution, from a new Hollywood contributor, which we are to publish soon, you will find some very interesting ideas on this subject — ideas that will help you to understand yourself and your relation to the world about you. Look for, WHERE ARE YOU NOW?

Why We Do the Things We Do Many of our actions look illogical — to the other fellow. Often we have a prejudice against a person, a food, a house, a situation, for no apparent reason. Perhaps the cause may be found in some past experience, which an understanding of the law of mental association may uncover. Edna Tradewell explains this subject in a very interesting way in her next NAUTILUS article, MASTER THOSE MENTAL ASSOCIATIONS.

Successful Treasure Maps We all like to read treasure-mapping experiences. Mrs. Allyn Gillyn — a new contributor from Florida — sends us several instances in which she and her family used treasure maps as an aid in obtaining their deep desires — and with amazing results. The title of her forthcoming article: HOW TREASURE MAPS HELPED US TO GET OUR HEARTS' DESIRES.

She Found an Affirmation That Was a Great Help Judith Burden found an affirmation that showed her how to dissolve many of her troubles and how to control many an unpleasant experience. Others can use this same plan to turn their thoughts to the source of Power when power is needed. Judith Burden will tell you of her own experience in her forthcoming article, THESE TEN WORDS MAY DO FOR YOU WHAT THEY DID FOR ME.

Abundant Supply Riches are with you all the time. Just as symbolically expressed in the book, "Acres of Diamonds." But you need to know how to make use of your divine supply. Something helpful on this subject may be found in the next contribution to NAUTILUS by K. V. Marion entitled, ABOUT SUPPLY.

(*Please turn to page 2, col. 2*)

Important to Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed the notice in the mail. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 29th OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR $2.00. Extra month for prompt renewal. Or we will send NAUTILUS two years for $3.00 (30c extra per year for Canadian postage; and 60c extra postage per year to foreign lands). Do not look for change in credit mark on wrapper of your NAUTILUS before second month after your renewal.

WE AFFIRM that the basic truth of all religions is one. And that this truth — understood and applied — frees, heals and prospers the individual — HERE AND NOW.

NAUTILUS takes its name from the following verse from Holmes' poem, *The Chambered Nautilus:*

BUILD thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting sea.

A Woman Finds PEACE Within

"Never felt so quiet and peaceful. Can't praise this work enough." — M. B., Wis. So writes a student of ELIZABETH TOWNE'S FOUR LESSONS ON HEALTH AND SUCCESS. Others write: "Have left off tonic and sometimes walk over two miles a day. Instead of studying ABOUT Truth, or thinking ABOUT Truth, these Lessons make you know that you are LIVING TRUTH." — M. S. B., Ga. "Strength increased. Haven't felt so ALIVE for years." — Mrs. J. H. D., Ind. "Have accomplished every single thing I put on my written list of desires. Please send Lesson II." — G. H. C., Ga. "Was losing weight. Much depressed. Now gaining weight and mental attitude completely changed." — E. E. M., Ill. "Health and appearance improved. Eyes sparkle, complexion better." — G. C. L., Md. "Am thankful for PEACE AND HARMONY IN HOME and small increase in income." — C. E. H., Pa.

Price of the Four Lessons and two booklets used with them, $1.60.

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Holyoke, Massachusetts

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Holyoke, Massachusetts

I surely want to read all the special features coming in NAUTILUS. Here is $1.50 for NAUTILUS one year and **Emerson's Concept of Truth,** in accordance with your special offer to new subscribers.

Name.....

Address.....

Aug.

(What's Cooking: Continued from page 1)

Guidance from a Typewriter!

Dortch Campbell will tell you how his battered old typewriter became a source of guidance, under the inspiration of his guardian angel. His associates in the newspaper office thought it was a joke at first, and later they were not sure but it was some kind of magic which he was exercising! But it was simply a divine law which anyone can use, as the author will explain in his forthcoming contribution, HOW YOU CAN GET GUIDANCE.

GOOD TIDINGS

By MARION B. SHOEN

THE FEET of Christ pass ever down
The highways of the night;
In every city, every town,
On every mountain's height;
On every plain between the hills
The feet of kindness go
Until the world with gladness thrills.

Be still, and you shall know
The feet of Christ pass by your door
To walk within your home.
The heart will keep its grief no more
Where Christ's kind feet have gone.

IF YOU HAVE A PROBLEM TO SOLVE WRITE ME

I will guide you in its SOLUTION through the law of CREATIVE PRAYER. Postcard requests will not be answered. Enclose stamp. *Address:* **DORTCH CAMPBELL, Box 832, Clarksdale, Mississippi.**

WILL YOU—PLEASE?

★ A Doctor of Divinity writes us: "I read and re-read Nautilus in bed before I go to sleep. This practice has kept my faith in myself and in God. If I had not had this pleasure I would have an impoverished life and maybe (pardon me) gone 'nuts'." So you never can tell what good may come from passing on YOUR copy of Nautilus to some one who will really read it. Will you do this—please? Or, better yet, send $2.00 for Nautilus one year to be sent to someone you know will appreciate it. THANK YOU!
THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

TO WIN MORE FRIENDS

If you desire to become more "charming," popular and attractive and to win and hold friends you will find aid in the little book, "CONVERSATION AND A MAGNETIC PERSONALITY." The author (a young Boston lawyer) tried the methods herself and found them effective. She planned to sell the lessons as a $2.00 course. We persuaded her to let us bring them out as a book instead, to sell at only 55c, postpaid. **THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.**

PUBLISHED MONTHLY

NAUTILUS

$2.00 A YEAR
20c A COPY

Magazine of New Thought

Vol. XLVII AUGUST 1945 No. 10

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EDITORS: Elizabeth Towne and William E. Towne. Chester Holt Struble, Managing Editor. SUBSCRIPTION $2.00 yearly. Two years, $3.00. FOREIGN $2.60 per year by international money order. CANADA $2.30. Foreign currency, stamps and postal notes not accepted. Add 10¢ to personal checks for collection. CHANGES OF ADDRESS must give old as well as new address or change cannot be made. DATE OF EXPIRATION is on the wrapper of your magazine. MANUSCRIPTS must be accompanied by postage if they are to be returned.

Published by THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

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GIVE ME THESE—

By INEZ CLARK THORSON

GIVE ME at dawn the fingers of the wind
Dipped in a sea of meadow grass;
The lark's flute-song re-echoing
Against a sky of clear, blue glass.

At noon, the brown bee at the flower's heart
And blackbirds in a field of wheat;
A path that leads where berries grow
And purple in the summer heat.

Give me at dusk the chirp of drowsy birds,
The locust-song, the whippoorwill,
The scent of clover, dew-baptized,
And stars above a peace-drenched hill.

Editorials

By ELIZABETH TOWNE

TO-DAY

By HENRY VICTOR MORGAN

I SING NOT THE SONGS of the olden
Nor the splendor of things passed away,
My eyes from all beauty are holden
Save that which surrounds me To-day.

I dream not of distant tomorrows,
Of glory far down on life's way,
Nor fear I the oncoming sorrows
My strength is enough for To-day.

No longer I ponder in sadness
O'er the sins of the dead yesterday,
But turn with a heart full of gladness
To the duty which lies in To-day.

The birds have no storehouse for treasure,
And yet they are happy alway;
And why should I need larger measure
Than the goodness which filleth To-day?

Thus I live in the great Ever-Present,
In its valleys forever I stray;
And I seek not a heaven far distant,
For it lieth around me To-day.

*

Belief Is An Act of Will

BELIEF is not only an act of will it is also an act of acceptance. Just imagine yourself holding up your hands to God and saying: I now ACCEPT from thee, my heavenly Father, the thing which I desire. Then just picture God as placing in your hands the things you desire. It is not alone a feeling, but an act of choice or will. After you have practiced this for a little time you will begin to feel that it is true and that you will really in due time have the thing, the outer manifestation of the desire you have pictured within you.

It is your act of will, your definite acceptance of the thing from God himself, that touches the button and turns on his divine power to manifest the thing which you desire. It is God's power that brings the thing into existence.

As God's power moves through you the first feeling is a feeling of faith and confidence. But remember that faith is something which you do not control. While belief is an act of will, you have choice in the matter of believing, or choosing that which you will accept from God; in this matter you have absolute free will. You can *choose* anything you desire.

I would analyze the process of realization, the necessary steps to be taken, like this:

1. Picture yourself as receiving from God the thing you desire.

2. Picture as definitely as you can the thing you desire. Visualize it, formulate it to the best of your ability all in your mind.

3. Carefully refrain from picturing to yourself any of the *ways* by which the thing might come to you. (That can be worked out later on the outer plane.) Whenever you catch yourself at this time with your mind running on the outward appearance, and wondering whether the thing has arrived yet, or what direction it is liable to come from, be sure that you turn your mind instantly from the realm of "having" to the realm of creating or picturing.

At all times act as nearly as you can as if you *expected* to have the thing when you get around the next corner. Get ready for it. Take stock of your surroundings, yourself, your clothing, your habits, your home, your activities — take stock carefully and deliberately of all these things, and eliminate everything which does not get you ready to *have* the thing you desire.

Get absorbed in using your energy only for those things which will expedite the receiving of the thing which you desire. Nobody can help you in this. You must do it in your own soul in communion with the Father. Ask him to reveal the truth to you about each and every detail of your life, and to guide you in eliminating the unnecessary things, the things which will not help you to gain your higher ideals, and in doing more happily and effectively the necessary things that will expedite the receiving of that ideal thing which you desire and are working for.

*

Premonitions

PREMONITIONS are very useful things in this world and should be heeded. I knew of a man who got up in the middle of the night and stepped off a train in a strange town because of a premonition of disaster. And all the time he kicked himself for being a fool! But the next morning he read the extras which told of that identical train running off a high trestle not ten miles from the town where he got off the train. He escaped scot free because he heeded the warning that came to him from within.

Often your sense of conventionality is too strong to permit you to heed the warning conveyed by premonitions. You do not like to think that you are doing something unusual or following any unusual leadings.

But real premonitions came from the One Spirit which works in every human being. The trouble with most of us is that we pay no attention to our premonitions. We are being warned, but we do not look to the Spirit within us to warn us of danger and to guide us into All Good. In fact we do not more than half believe in a One Spirit which is guiding us all the time. We are like heedless children. It is only after long years of listening to the Spirit within that we become proficient in heeding the admonitions, warnings, and directions of that Spirit.

*

On Selling a Home

IN ADVERTISING a home for sale, you have to begin in your mind. The very first thing to do is to make the place so attractive that anybody who sees it will want to buy it. In other words, you have to put just so much love and good will and good work into making your house look beautiful before anybody else looking at it can realize that it *is* beautiful and attractive.

Put your love and good will and sense of beauty into what little garden space you have. Make it look as beautiful as possible right now — make the best of it for *this season.* Keep the place hosed clean, walks swept, etc. Do things along this line every day instead of spending too much time thinking about what you

would like to do in some other home, on some other lot. You see, it is easy for a person who wants to sell his property to neglect that property in his own mind. And in no time at all his property begins to reflect that neglect and be unattractive to those who see it. So spend a large part of every day in loving thought and care for that home in which you are living. Make it just as beautiful and attractive as you possibly can, beginning with the outside but taking pains to include the inside also.

When people are ready to buy they are looking for *attractive* places. Don't allow your thoughts to run after the kind of home you want to have, the kind of house you desire to move into in the future, and in the meantime neglect making your own home attractive. When you think about what *you* want in the future in a home you are projecting your creative power into the *future* instead of using it in the present to deal with the very real matter which is under your hand — the matter of creating an attractive home for somebody else to buy.

Try to make your home a haven of happiness for a family of just the right size. Go through every room in your house every day and see how much you can improve it in little ways, just by rearranging the furniture or washing a table top! Do it all for the ideal family which can be happy in your home.

When you advertise your place it is usually better not to give the street number but just your telephone number. If you give the street number prospective buyers may be prejudiced because they do not care for that particular locality. But if they come and see the place, then you will have a chance to make the desired impression upon the buyer.

The infinite Spirit is moving through you to bring you that which you deeply desire. When you are ready to sell your home, and have it in the most attractive form, the right buyer will come to you. Do not hesitate however to use the advertising columns of the best daily paper in your city to attract the right buyer. The Spirit works *through* you in all your activities directed toward selling your home.

*

Jesus' Method of Realization

THERE IS one method of realizing your desires which Jesus Christ gave to the world and which he proved would work out successfully. You will find it in the eleventh chapter of Mark. When his disciples marveled over his great healings and inquired of him how they could do greater things, his answer was to this effect: "Have faith in God . . . what things soever ye desire when ye pray, believe that ye receive them." This means that you should believe

(*Turn to page 29. Thank you!*)

Affirms the UNITED NATIONS *of the* WORLD

There Is Power in a Song

By GERALDINE SPINELLI

SUDDENLY my life was changed from days of serenity into the deepest of despair and I added a goodly portion of self-pity which caused me further misery. There were many changes. My home was broken up as my husband was in the service and somewhere in the war zone, and fear tugged at my heart as to his safety.

I did keep busy, yet I found no enjoyment in any of my activities.

I was living in an overcrowded defense area and the outside noise made me very nervous and I mentally complained of the neighbors. Why did the woman next door always slam the screen door with such force? Why did the woman across the street keep the radio tuned in with such a strong volume? Why does that dog insist on barking? Must those children be so noisy? And so on and on.

My health became impaired. I blamed this on the war and the upset conditions of life.

I had read a great deal of Truth literature and had benefited very much by it and I did honestly attempt at this time to put into practice what knowledge I had of the principles of Truth. But God seemed so far away from me.

Yet God always finds a way to send us help. One day I was visiting with an acquaintance and she complained of the birds waking her in the early hours of the morning with their chirping and singing. I have always been fond of birds and think them very interesting. I once owned a pet canary and each morning he would burst forth in song, even though the cage was covered, at a very early hour. His happy greeting of a new day served to make me happy too. And so I listened to my friend's lament with rather an unsympathetic ear. Yet, the conversation served me well for I had a mental picture of myself and how I had let neighborhood activities upset me.

Then my memory carried me back to the days of my childhood to a widow and her children. She supported herself and family by taking in washing. As she pumped water from an outside cistern, she could be heard singing the song, "The Old Oaken Bucket." Another one of her favorite songs was the hymn, "Count Your Blessings." Her yard was the playtime mecca for many children and spats and quarrels between us sometimes occurred. When this happened she would say, "Now, now, I believe we had better sing. A song always shoos trouble away." Then she would group us in a circle and start singing a song and we were expected to join in the singing, which we did. It worked wonders. The song did chase away all childish anger, and long before the song was finished we were all friends again.

And so with a song I now brought peace into my own chaotic world.

In the beginning it was not easy for me. One day I would know peace and calmness, the next day I would find fear creeping into my heart and the noise of the neighborhood disturbing. When this happened, I brought myself into harmony with a

song. Sometimes I merely repeated the words of a hymn or softly hummed. Gradually my song grew stronger, my heart more joyful, and the noise of the neighborhood was no longer audible to my ear. Nervous tension had fled and calmness was mine.

In the study of Truth we are constantly told to keep calm. Singing will bring calmness when other methods sometimes fail.

So sing! Sing softly! One need not have a fine voice. If you have a tendency to sing off key, that is all right too. You are not singing for the benefit of anyone but yourself. You are singing for spiritual benefits which you will receive.

There is power in a song.

Your True Self

By PAUL ELLSWORTH

SOMETIMES students write me, "How is it possible for me to say, 'Father, I thank thee that I am perfect, here and now,' when all the time I have a sinus headache or am developing unmistakable symptoms of approaching old age?"

The simplest answer would be, "*You* never had a sinus headache in your life, *you* are incapable of growing old." But that wouldn't help much, because it is so directly contradictory to everything we have been taught to believe. So we have to begin at the beginning.

Just who are you? According to one Chinese philosopher, you are a monad, sent into the world of time and space to gain experience. A monad is an infinitesimal portion of the Creator. Or, to put it another way, you are God's word, made flesh, and made mastery. YOU, the real you, are part of God and you have always been and will always be.

Then why do you ever believe that you are mortal, that you are flesh and blood and therefore subject to mortal misfortunes? That is where race beliefs come in. Very early in the evolution of the race men became absorbed in the things outside themselves — including their bodies. If you look at a thing long enough and steadily enough, you become hypnotized, you can see nothing else. You forget other things which you previously saw and knew.

That is what men, as a race, did. They became hypnotized by things, including that thing we call the body. In time they came to believe that they were bodies, moving in a world of other bodies, subject to the laws of accident and misfortune that so plainly dominated the body-world.

The great work that Jesus did was to show that this race belief is a lie, and then to show just what to do about it. Jesus was not a philosopher, he was a scientist. He took all his beliefs into the laboratory of the world and tried them out. If they worked, he passed them on to his disciples. If they didn't work, he continued to study and experiment till they did. He spent whole nights in prayer — and prayer is scientific

thinking about the real cause of things, God.

Jesus paid scant attention to the laws of hygiene. He explained to his disciples that what they ate had very little to do with anything, but what they thought made or unmade them. And he told them both directly and by example what to think.

He said, "The kingdom of heaven is within you." He said, "I and the Father are one." He said, "I am the resurrection and the life. I am the way. All power is given unto me." He said, "When ye ask, believe that ye have received, and ye shall receive."

Add these statements up and you will see what they come to: that man is part of God; that within him is that condition of consciousness called "The kingdom," and that there are no impossibilities for him.

So when I tell people who think they are sick to use that healing prayer, "Father, I thank thee that I am perfect, here and now," I am just concentrating into a capsule of Truth the understanding of metaphysical science which Jesus attained and handed on to all of us. And the reason why a man or woman who believes in present illness can use it is that it is literally true.

Go into your closet — go into a quiet room, if you can find one. Sit down or lie down and make your body comfortable. Close your eyes, relax, and turn your attention inside. Now ask yourself, "Who am I?" Ask that question slowly several times. Soon you will become conscious of something — or someone — you probably have never met before. A radiant consciousness, infinitely serene, unmoved by the clamor of Caesar's world — and this radiant consciousness is your true self. It has always been in there — within you, dwelling in the kingdom. *This is you.* You are not body any more than you are rock or water or house. You are spirit, part of God.

Now you can see why it is the truest truth in the world to say, "I thank thee, Father, that I am perfect, here and now." For this inner radiant self is always perfect.

And here is the master secret: as you turn to this real self of you, as you unite with it, think only of it; healing of your body and of all the other things pertaining to you begins. For this true self is like an electromagnetic field; it can influence and control all the circuits in the physical world about it. You don't have to think of your body, you don't have to visualize it or affirm anything about it. At this time think only of that eternal reality which you are. *You* are perfect. *You* are serene. *You* are God's word, made mastery.

Do this many times a day. Unite with your God-self within you, recognize its mastery, ignore the shadows in the world of time and space. You can't twist a shadow into a new shape by taking hold of it. You have to change the thing that cast it.

The thing that casts the shadow of your body, or of your circumstances, is your consciousness of yourself. Become conscious of your true self — eternally perfect. Hold to that consciousness. And your body and all else that affects you will fall into line — will be healed.

Buy War Bonds

Prayer and My Subconscious Solved a Difficult Problem for Me

By NELLIE L. DREW

THE early Crusaders were never successful in rescuing the Holy Land from the Turks, but the results of those Crusades brought untold benefits to all mankind. Few, if any, of the ardent Crusaders knew the truth of their existence, that their mission in life was to work for the good of others. But through them God worked out his plans for the advancement of world culture and civilization.

So it is with our individual lives. If our purpose is right there may be no measure to its accomplishments. The truth of this was revealed to me a few days ago when I began to realize the evergrowing results of a prayer I had started to pray about five years ago.

At that time a class of students came to me, many of whom were greatly retarded. They presented a problem, both in discipline and the manner of training they needed. It is easy to be enthusiastic about working with bright normal children, but retarded groups wear on your nerve force. So I began praying each morning for courage, patience and enthusiasm, for I needed plenty of all three attributes to cope with the day's problems.

Looking back now I can see how my subconscious took that prayer and remolded my whole life to bring to life those three attributes. As in a triangle, all three developed simultaneously.

Courage for my type of work required good health, and the knowledge came to me that one of the country's greatest nutritionists was coming to town. I was privileged to study under him and learn the amazing facts of modern nutrition. At that time Brown Landone began writing about food catalysts and auximones, and I obtained from him all the material I could, that I might learn both the physical and spiritual values of foods.

Patience, I have learned, is largely a matter of strong nerves and knowing how to control them. It seemed that all sorts of channels were opened to me at this time to study the mental sciences and choose from them what seemed the best suited to my needs. My combined practice of physical and mental laws rebuilt a new set of nerves in my body, so it was no longer difficult to be calm and patient.

Living on a higher plane, physically and mentally, there came to me at once an influx of original ideas pertaining to my work. I immediately mapped out a new program and began teaching my subjects, not in the cut and dried manner of past years, but in new ways that aroused the interest of even the slowest types. Therein was my prayer for enthusiasm answered. There were so many new things to try out that there were no moments of boredom for me or the class.

I had not prayed for better health,

for deeper spiritual vision or a system of new methods, but thus did my subconscious, or creative force, work out my prayer for courage, patience and enthusiasm, so that I might create wider horizons not only for that group but each succeeding one. The new ideas continue to come to me to meet the needs of each group.

God's plan for me was all worked out — the gift of knowledge from many sources. All I had to do was open the channel by my prayer of desire. Truly, Good is always seeking us.

Nor has my work been confined to my own small sphere of activity. My new methods have been written out and published by an educational magazine, so that my desire to write has been used as a channel not merely for material gain, but to benefit others.

This is the reason we should continue steadfast in prayer, for prayer is the electric current that charges the subconscious, keeping it active about the Father's business.

So They Get on Your Nerves!

By CLARA M. BURLINGHAM

How many well-meaning people suffer untold misery because of what they term the inefficiency, disorderliness, unpleasant personal habits, mannerisms and idiosyncrasies of those whom they meet in the home or in business.

The boss is so slipshod (every night you hear a recital of his shortcomings at the evening meal). He puts things off, and then when necessity calls for action he says that he has been "so rushed" he had no time to get at the job — all of which makes his efficient secretary so disgusted she can hardly be civil to him!

And then there is Carrie! She invariably slams the door and has atrocious table manners, to say nothing of the way in which she murders the King's English. The result of all this is an antagonistic atmosphere toward one's environment — a hypercritical attitude towards all those with whom one comes in contact, a feeling that the world is a mess, a nervous tension that makes one want to scream. All this is the result of letting such daily annoyances get beneath one's skin.

Do you know anyone with problems like these? Feelings like these? It seems to me that 85% of those who need healing need it because of just such inharmonious conditions as those I have described.

Now what can we tell these people who come from such environments? They come to us for help. Shall we tell them to use will power and self-control and not to allow such disturbances to affect them? Shall we advise them to push such unpleasant experiences out of the mind? No, that only aggravates the situation and starts a festering and a poison in the individual's physical being which

may become serious in its results.

The first step toward healing is an honest stock taking of one's inmost thoughts. What has been your feeling towards those around you? Towards those you criticise? Haven't you wanted to change them — make them over into *your* pattern? Have you been willing to let them live their own lives, even though you did not approve their mode of living? Suppose one in such an environment should say to himself something like this: "There is no longer any inward agitation and no outward irritation because I let go my condemnation, my criticism of those about me. There is no condemnation nor resentment in my life. All is poise, peace, stillness, because I recognized the Spirit of Harmony within me. I feel in touch with all the good there is. I am calm, and at peace with the world."

I recall a case where something similar to the above treatment was used by a mother-in-law whose son had gone to war and whose beautiful but critical daughter-in-law lived with her. The mother-in-law was so conscious of the superiority of the girl, and of her constant criticism, that she was always at her worst before the girl — never natural and her best self.

Everything possible was done to please the girl — everything in the house was arranged according to the girl's wishes. But still she did not appreciate anything the mother-in-law did for her and the mother-in-law had developed a very bad case of self-pity.

They got on each other's nerves to such an extent that they were not even civil to each other. A separation was imminent, and that would have deeply distressed the boy overseas who loved both women devotedly. The mother-in-law felt that if they separated it must somehow be her fault and that the son could not but blame her.

At this stage the mother-in-law was persuaded to look for all the good qualities she could find in the girl and think of them; also to praise the girl whenever opportunity offered and she could do so sincerely. She was also urged to use a similar treatment to that which I suggested above whenever friction developed between the two. In any event she was to use this affirmative treatment the last thing at night and the first thing in the morning.

In less than a week a change came over the girl. It was noticeable in little things at first. There were less and less of the sharp tones, the harsh criticisms to which the mother-in-law had been accustomed. Expressions of appreciation of little things surprised the mother-in-law, until finally a complete harmony developed between the two in their living relations.

This method will work if you get *yourself* out of the way — try praise instead of criticism — let go all condemnation and let the other person live his or her own life. Affirm, "What is that to me?" Follow your higher self. Don't let self-pity wreck your life. Affirm, "I am bigger than all these things."

If you have a problem such as I have described, try this method yourself. Try it conscientiously and faithfully and you will be convinced of its value. It is a psychological and spiritual law and works out every time it is faithfully applied.

You Are What You Want To Be

By STELLA HOLMES DAVIS

Do you ever stop to think that you are what you want to be? You are right now what you so truly want from the depths of your heart. "What," you say, "must I not continually affirm my desires, continually work out my problems in the effort to reach my goal?" Yes, of course, we must ever watch and pray for constant unfoldment of grace, peace, perfection, prosperity, power and all else that we may want, but we must remember that unless God has already created these conditions in the Spirit, we cannot achieve them by any amount of striving. This truth that all things have been created whatsoever we may contemplate, is as a cup of cold water in the desert to the worker in Truth.

The stumbling block to demonstration is found in the word "identity." We must first establish our own identity in our own minds before we can tackle our problem itself to any success. I believe every teacher or healer in practise will find that to be the first question of the student. If he could only get that question straightened out, demonstration would be four-fifths accomplished, whatever the desire might be. The beginner in Truth may first struggle with a concept of two "lives" — one the physical manifestation with which he is consciously familiar since birth, the other his soul, located far away in the clouds with God — something like that. But it is hard for him to demonstrate on the basis of a dual identity when in Truth he has only *one* life. So the student may feel himself right when in denying his material selfhood he aligns himself with that faraway soul concept as the *only* self. He is right in believing that soul of him to be his true self and true life, the man of God's creating. But he must realize that true self to be located just where he himself stands at the moment. When he understands that "I" is not a thinking brain but the spiritual entity itself, he is ready for the thrilling experience of demonstration — NOW. "I AM Spirit — I AM God-in-this-place." The "I" you have always called "I" must be reconceived in the true image, not as the thinking headquarters of the body, but as Spirit, the image of God, and created by him. Thus you see that in the Spirit you already ARE, in the present, all things you desire or ever dreamed of. What a glorious truth this is: You ARE IN THE PRESENT all things you desire. And the more you realize this, the faster your desires are manifested before you.

Breathe in deeply, "I AM" and exhale, "Spirit." "I AM" recognizes your spiritual oneness with God and you radiate the glories of his will operating through you when you exhale. What do you want — health, wealth, peace, spirituality? — Then radiate them because you are those things and conditions NOW. And how glorious and thrilling to be able to utter "I AM," with fullness of understanding.

Healing As Jesus Did

By ALFRED BARRETT

WHEN the rich young man came to Jesus inquiring as to what he should do to inherit eternal life, St. Mark tells us that Jesus on looking at him loved him. "Then Jesus beholding him loved him," are the exact words.

This is perhaps one of the most revealing verses we have about our Lord. Many have wondered down through the ages how one so humble could have done the marvelous works attributed to him; how he had come to possess the tremendous power he wielded. Yet the answer is simple. Do you know where it is found? In the word "loved." Love is the answer. Jesus realized that God, his Father as he was wont to call him for the benefit of the people, was love, a power omnipotent, the infallible source of life and hence all that is positive. He discovered through prayer and meditation that only love can be at the heart of the universe, quickening, sustaining, and blessing.

As Jesus realized this in consciousness, he became the living manifestation of this ever-present Good. He understood it so perfectly and practiced it so completely that it expressed through him with its all-transforming might, healing the sick, giving sight to the blind, and making the lame to walk. Love shone through him like sunshine through a beautiful window. When asked how these works were performed, his reply was that of his own power he was able to do nothing. "I can of mine own self do nothing." It was love working through him — love accomplishing the miracles. Even as the sun contains all the colors of the spectrum, so we, like Jesus, now know that love contains each of those attributes which characterize God — life, love, truth, principle, soul, spirit, mind. Life *is*, love heals, truth frees, principle solves, soul enfolds, spirit quickens, and mind creates.

This divine power emanating from the Master radiated light. Every shadow fled in its presence. The eye was opened, the ear unstopped, the thought lifted. Such as touched but the hem of his garment were never quite the same again. A new life had opened for them. Those who followed Jesus learned to tap the same grand Reservoir; they began to minister according to their spiritual growth, but only to the degree that they left all and became his disciples. Those through whom love shone most clearly, demonstrated and healed to perfection. But wherever there was lack of faith, mental reservations, the slightest tinge of insincerity or any shadow of a doubt, the results were always imperfect.

Why? Because to heal as Jesus did we must first understand our relation to the Father, the omnipotent Power at our command. That is, we must realize that we (individually and collectively) are like a window through which pours the sunlight. If unobstructed, the sun's rays will shine through in all their glory; but if obscured by a curtain, the light will be pale and feeble. We are that window,

and we must note that love will pour through us only if the curtain of fear, doubt, selfishness, and erroneous beliefs is first removed. When it is, then love floods our being and our very surroundings, healing any who come into its circle. Second, we must distinguish between the meaning of love, and its seeming opposite, lust. For were man to awaken to the meaning of love as against that of lust (so often confused with the former) life on earth would change overnight. For Love is God. "He that dwelleth in love dwelleth in God, and God in him."

Love is a cumulative force, increasing and expanding the being. God is its essence, manifesting ever as concord and wholeness. Those who express love, beam with health and joy. Their faces, whether old or young, are at all times beautiful, lit as it were by a flame from within.

Love unites all things, attracting and integrating that which is harmonious, strong, and good, quickening the spirit with its touch, awakening thought with its apocalyptic light, and lifting consciousness to a higher plane of endeavor.

Knowing all this, and holding fast to that which is good, do you now want to heal? Do you really want to test the power of love? Then realize love! Think love! Radiate love! How? Forgive your so-called bitterest enemy, for example. Look upon him as your brother. See him as an expression of God. Bless him day and night. Disregard whatever other voices say to the contrary; act as a child of the Father, clothed with divinity, one in Christ. The false will then melt like mist, and the real will appear.

Walk into the sick room oblivious of any condition except that of perfect health. Fear not regardless of whatever presents itself as hopeless, frightful, or challenging. Behold the one before you and love him. Love until all apparent dissonance fades from the vision. But love — not faithless but believing — love until you *know* that all which really is, is Love itself. Do this and see what happens!

Love, and you will heal.

Believe, O soul, thou art placed in this mysterious and glorious universe, that God formed thee from his spirit for no mean purpose, but for a destiny nobler than thy highest aspirations have pointed to. Believe in the best thoughts and whisperings that visit thy heart. If thou dost catch at times some gleams of the divineness of charity, of the glory of sacrifice, of the grandeur of faith, of the sky-piercing power of prayer, like mountain peaks jutting through fogs, or slopes afar off in the horizon light, believe in them with more enthusiasm than in the stupid dust of the beaten roads. . . . Believe in them, for they are the mountain principles and altarpiles of life. — *Starr King.*

Men and Stars

By C. CARVER

WHAT IS man's relationship to a star? What is your relationship to a star?

YOU ARE A STAR! AND A STAR IS YOU!

Even the physical scientist tells us that everything in the universe is composed of protons, electrons, neutrons, etc. — that is — ENERGY. Just plain energy. Energy has no beginning, no ending, no limitations. Everything — animals, rocks, trees, your body, air, planets, and stars — are all basically made up of nothing more than energy — immortal energy. What we see as a dog or a star is a combination of energy. All the different things in our universe are just patterns of energy, or power patterns, — just as an artist can create infinite numbers of different pictures with the same basic paint.

If we could magnify a spot in the energy pattern of a stone or dog to the relative level of our human perception, we might see right through it. Concentrate sufficiently on this suggestion, and even some human logic begins to appear in the story of Jesus walking on the water, passing through a wall, etc.

Thought (or mind) is also energy — MIND — which knows no limit to its changes and effects except that its effects must be positive and harmonious, because power acting discordantly — power working against itself — would obviously result in no power at all.

And you and I are channels through which this power of mind may assert itself. How mind asserts itself through us depends on how we adapt ourselves to it.

The stone, tree, animal, star, and you — being energy — are a part of mind, and hence are literally and actually ideas — nothing more — just patterns of energy. The mind is energy, so what else is a pattern of this basic force but a thought or idea? They are one and the same thing.

Realize that everything you see, feel, hear, touch, or taste is nothing but patterns of power. Thus nothing ever really dies or ceases to exist, because the pattern or idea of its actual identity cannot die or cease existing — it is immortal. What we see as death, or ceasing to exist, is only so in relation to the limited human senses of time, sight, touch, etc., which are limited in scope and comprehension to their own relative sense pattern — a pattern which sees itself only in relationship to itself and thus restricts itself according to its self-imposed laws of measure, time, distance, etc.

Sickness and death are only products of misadapted human senses, or human thought which accepts a pattern of sickness and death as reality. "But," you say, "isn't a pattern of sickness just as real as anything else?" Yes, it is to you if you allow it to be. But remember that the basic pattern of health is just as real. The basic pattern of health, life and happiness does exist — must exist — or we wouldn't know of it at all. Health and sickness are opposites; therefore,

which is the stronger? Light and darkness are also opposites, and which is the more powerful? Actually one is just absence of the other. Light is absence of darkness and health the absence of sickness. Which pattern, then, are you going to accept and believe in and make real in your life — negative patterns of sickness and death, or positive patterns of health and life? Remember, one is always the absence of the other, so that with your patterns of health and life sickness and death do not exist and cannot exist, because the positive reality makes the negative an unreality. This is nothing more than a basic law of truth.

Your mind, with its ready access to energy — rather which is an integral part of the basic immortal energy of all things — is an agent which can mold your life and influence others into channels of harmony or discord — the harmonious eternal patterns of health, beauty, and love, or the discordant, heterogeneous patterns of sickness, ugliness, hate, etc., which in their own discord turn upon themselves and result in self-destruction and misery. Not that we always consciously mold patterns of sickness, discord, etc., but we unconsciously accept them from a hypnotized world whose civilization specializes in producing discords and patterns of ugliness. Again remember, darkness is absence of light and thus discord must be the absence of its opposite, harmony. So it is just as simple as this: Whichever pattern you want, keep the opposite thought pattern out. And this means unceasing concentration all the time. Our reward is the greater amount we throw into the right side of the scale. Isn't it easy to understand what Jesus Christ meant when he said, "The kingdom of heaven is within you"; and, "You are the temple of the living God"; and another place in the Bible which states: "As a man thinketh in his heart, so is he"? This is not idealistic, impractical religion — it is just plain common sense, magnificent in its simple yet powerful truth. You are an integral part of what makes up everything else, hence you are everything else. You are basic Infinite Power, and basic Infinite Power is you. You are a pattern of this Power, with a so-called mind which for lack of better forms of word-expression we call a liquid form of power, which you can use with great effect — limitless effect — if you use it in accordance with the basic principles of power or energy, the essential principle of which is harmony. For discord combats itself and hence arrives nowhere and is powerless.

Thus everything we do, in order to be successful, have effect and arrive somewhere, must be established on the principle of harmony. For discord means working at cross purposes and toward self-destruction. Harmony signifies friendship, love, happiness, health, goodness, beauty, and all the other harmonious qualities you can think of. And so our line of effort becomes absolutely clear. We simply pick the pattern of life we desire, then we constantly give to that pattern all the qualities of thinking and living which contribute to its identity as that pattern. The number and continuity of these qualities we give to an endeavor, whatever that endeavor may be, will determine its failure, mediocrity, or great success.

For men and stars are one — if we but know it!

How to Get What You Want

By GENEVIEVE BEHREND

This Is the First of Three Articles on What I Learned from Judge Troward

OFTEN I am asked why I went to Ruan Manor, Cornwall, England, in 1912, for a prolonged period of private study with Judge Thomas T. Troward. One word gives the answer — sheer loneliness following the passing of my husband. In material things I had all that one might reasonably require — an assured and comfortable income, many friends. But these failed to bring contentment. A friend gave me a copy of Troward's "The Edinburgh Lectures." I found it profound, deep, far "beyond me" in most of its contents. But I did grasp that the key-theme of the book was that of "indicating the *Natural Principles* governing the relation between *Mental Action* and *Material Conditions*." I was determined to study with Troward, at whatever cost in time, effort and funds. I wrote to him. He did not reply. I wrote time after time, urgently. Still he did not answer. His silence only made me more determined. Within a few months I went to London. I telegraphed him for an appointment. He replied, politely, and a few days later I was his guest for a few hours. He said he did not wish a student, had no time for a student, etc. I refused to be discouraged. Finally, just as I was ready to leave, he intimated he *might* change his mind some day and grant me the opportunity. In my heart I knew he would accept me soon. I returned to London, and then went to Paris. He contacted me there and within a few weeks I was with him in Cornwall, enjoying the private study I was certain *was* mine, even from the beginning and all through the period of unpromising negotiations.

Among the best of the principles Troward taught to me, from his "The Edinburgh Lectures," are these:

God is Supreme Intelligence, is the Life-Principle of Loving Creative Energy, is universally diffused and does live in all created things as the very life and intelligence of them. He is First Cause, is the origin as well as the sustenance of all things. Of this Supreme Intelligence alone can anything be created, for it alone has true creative power. Of ourselves only, we mortals do not, cannot, create anything. We create only in cooperation with Him, by letting His Creative Intelligence flow through our instruments of thought and feeling in any direction we may wish the power to take — whether health, wealth, companionship, success, or what not. Life does all things *for* us by working actively *in* and *through* us. "As this power exists in us," Troward wrote, "it enables us to initiate a train of causation directed to our individual purposes."

Troward cautioned me again and again that "a *condition* itself, whether positive or negative, is *never* Primary Cause"; that "conditions are the *results*, the *effects*, and can never be otherwise." He warned me repeatedly that "If we regard the fulfillment of our desires as contingent upon *any*

person or circumstance, we are *not* making use of First Cause." Always Cause is *Spirit*, and it is given direction by us through *mental action*. To change any condition to our liking it is imperative that first we change our thinking, since "thought is Spirit's *only* mode of *action*." One will never triumph over an undesirable condition by keeping the whole consciousness centered on the *condition*. That will only *intensify* the power of the very condition one seeks to escape.

If we would win the victory, Troward taught, the method is this: To simply, deliberately, unwaveringly, *consciously* hold the *thought* and the *feeling*, which are the creative instruments in us, OFF the "problem," whatever it may be, and hold them continually and wholly ON the exact opposite, i.e. what we *do* want, and then believe with the whole heart that we *do already have in fact*, as the gift of Spirit, the blessing that is sought. "An ideal, as such," he stated, "can *not* be formed in the *future;* it must be formed *here* and *now* or not be formed at all." There he hits with vital power at the taproot of a very prevalent error in human thinking. Many view the fulfillment of their fond desires as a *future* occurrence, as something which "will be" theirs *later*. Thus they themselves *postpone*, even indefinitely, the very manifestation for which they search. "Will be" is like "tomorrow"; it *never* comes! In Spirit the blessing is *present*, exactly as Jesus stated when he said: "Ask believing that ye have received and ye shall have." Through visualizing one can readily accept the existence of a manifestation as being present here and now. Therein lies its very great value.

Many times Troward concluded a lesson with this injunction: "Remember, the *thing*, whatever it is that you want, *is in your thought and feeling about the thing*. Your thought about health, for example, is your health *seed*. Plant a *health*-seed in your consciousness and you will reap a harvest of *health*. Like creates like. Let Nature be your object lesson. A tiny seed in the soil attracts *only* what it requires for growth and reproduction and rejects all else. *Thought* is the seed of *Spirit*. Plant it in the field of Mind, cultivate it and stimulate it by frequent visualizing of yourself as *now having* your blessing; and it shall be. That is His Law!"

Our faith should point as the compass points,
whatever be the chart.
Our faith must find its centre of peace in a babel
of noise;
In the changing ways of the world of men it
must keep its poise;
And over the sorrowing sounds of earth it must
hear God's call;
And the faith that cannot do all this, that is not
faith at all.

— *Ella Wheeler Wilcox*

Permanent Prosperity

By LOUISE GRAY CASON

HAVE YOU ever been face to face with a financial obligation you had to meet within a specified time and in desperation clung to the Truth you had learned because there seemed no other way of solution? And after you applied Truth to your problem, behold, the answer came? All of us who have been studying Truth have had this wonderful experience. There is no happiness greater than that you have when you realize that Truth has solved a problem for you.

Now I want to ask you another question, one I want you to answer fairly and squarely. Do you now have permanent prosperity? You will probably answer "No," and explain that you have a hard time making the income meet the family budget. There are some obligations that are not so pressing as the one on which you made your big demonstration, but which should be met. There are also certain things you really need but are doing without. If this is your situation, then something is wrong. For it is God's plan for his children to manifest prosperity at all times. And it is time you were claiming your divine inheritance of prosperity.

Do you know what poverty is? It is a dis-ease of the soul or subconscious that must be healed before you can claim your inheritance. Jesus knew that all our outer disturbed conditions — whether physical, financial or love problems — were but the outpicturing of an error condition in the soul or subconscious. Therefore, he taught and proved that when the soul was healed, the outer error manifestation would clear away. Now your financial situation, those unmet bills, the lack of ample income, etc., are but the outpicturing of the condition of the thoughts contained within your soul or subconscious. Your problem now is not how to spread the scanty income your error-thought patterns are picturing forth so as to meet more bills, but to heal your soul or subconscious of the dis-eased thoughts about finances that are causing you the trouble. When this is done, the outer will take care of itself. John wrote about the necessity for the subconscious, or soul, to be right in order to demonstrate prosperity. Read III John, second verse, and you will find these words:

"Beloved, I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth."

John knew that unless the soul, or subconscious, was right, there could be no permanent prosperity; and that our prosperity, or lack of it, was due to the condition of our subconscious. Now this gives us the clue as to what we are to do to demonstrate continuous, eternal prosperity which is our divine inheritance.

My prosperity, or lack of it, is due to the kind of thoughts I am holding in my subconscious mind. If the thought patterns within my subconscious are not prosperity thought patterns, I can never be prosperous, no matter how much I manipulate outer conditions. Now my problem

is, how am I to change my subconscious thought currents from thoughts of lack to thoughts of plenty?

Our conscious mind has been called the "watchman at the gate" of our subconscious, because the subconscious accepts the thoughts given it by the conscious mind and proceeds to bring forth in our life according to these thoughts it has accepted. Thus it is that my conscious mind continually is feeding thoughts to my subconscious. These thoughts lodge in my subconscious, forming thought patterns. My present situation in life is simply the picture my thought patterns, held in my subconscious, is casting, and will continue to cast, until I remove the thought pattern in my soul that is casting it.

How may I break up and remove these unwanted thought patterns from my subconscious is my problem. There is only one way. I must work with my conscious mind, feed my subconscious prosperity thoughts, deny the reality of the error thought, until my subconscious accepts the denial as true and removes the error thought. Sometimes the established thought patterns of lack are so strongly rooted that the conscious mind has to feed affirmation after affirmation to the subconscious before it will accept the new thought and let go of the old.

Do you remember what happened when you made your big demonstration and brought about prosperity in a single situation in your life in the face of adverse conditions, when your back was against the wall, so to speak? You got right down to brass tacks and began to work. You affirmed God, Good, through and through and through your situation, and over and over and over, mentally and by words. You lived day and night in this attitude of mind, meditating and praying and affirming your good. You were looking away from your problem and to God. Your conscious mind was feeding these thoughts you were holding, to your subconscious or soul until your soul accepted the statements as true and went to work on them. Whenever our soul (subconscious) accepts a statement, it forms a new thought pattern according to the new thought accepted, which replaces the error thought pattern you have formerly established in your soul. And when this is accomplished, your outer life naturally changes to manifest the new thought pattern, for your life is at all times the exact picture of the thoughts in your soul. Nothing on earth could keep it from demonstrating, for you applied the Law of God to the situation and cleansed your soul of the error thought pattern that was causing your financial trouble at the time.

What happened after that? You were grateful for awhile and then, as time went on, you became occupied with other thoughts and let yourself slip back into your old habits of thinking, feeding your subconscious a mixture of good and error concerning your supply. And as a result your life is now an outpicturing of these mixed thoughts.

You'll never have permanent prosperity until you cleanse, and keep your soul or subconscious cleansed, of error thoughts regarding supply. You haven't formed these thought patterns recently — for years and years you have drifted along, thinking in a slap dash way about prosperity, and as a result you are paying the price of the dis-ease of poverty in your life. It is time you woke up and

established yourself in permanent prosperity. I know it is not going to be an easy thing to do, for it is much easier to let our thoughts drift along than to control them. But sometime, somewhere, you are going to have to do it. And the results are worth more than the day by day efforts you are going to have to put into it. Make a resolution to express your divine inheritance NOW. Begin to feed your subconscious only thoughts of good, and nothing can keep good from picturing good forth in your life when your soul is changed. It takes courage, determination and steadfastness in the face of the old thought patterns, which are deeply rooted, trying to continue to picture forth. They may succeed to a certain extent for awhile — until you have fed your subconscious enough statements of Truth to replace the old error thought patterns with prosperity thought patterns. But no matter what happens you must stick to it — you never know just when the affirmations you are saying will begin to take root in the subconscious. We do know if we stick to it they will do so, for it is the law of God that they do. So this very next affirmation may be the one that will bring you into your prosperity consciousness. Stick to it and win!

Are You Well?

By MARIE WINCHELL WALKER, M.D.

A WOMAN who lives near me has just celebrated her 105th birthday. Asked to give her rules for longevity she replied: "My sublime faith in God is my first rule." She followed this with her favorite affirmation: "The Lord is my shepherd, I shall not want."

The fourth line of this Psalm is translated by Goodspeed as, "He gives me new life." He finishes this 23rd Psalm with this sentence, "And I shall dwell in the house of the Lord to an old age." House is symbolic of mind. By learning to pray in an affirmative way centenarians make their faith and their prayers practical. They become experts in concentrating on good and overcoming fear and worry.

William James, the great psychologist, declared that religion was the first remedy for worry. New Thought has always taught this. Here we find practical religion and psychology are partners in promoting man's health. There is also a third partner in this business of keeping well. I refer, of course, to certain physical laws which we must understand and obey if we want to keep the human machine running smoothly. These laws are linked to the laws of mind and spirit, and when you consider the three partners, body, mind, and spirit, you begin to live a balanced life that leads to longevity. To ignore any one of these partners means that sooner or later you will become ill.

The Army and Navy conduct maintenance schools for the purpose of teaching young men how to take

care of airplanes. The books used in these schools are profound, and the courses difficult. I know because I have examined the books and talked with graduates from the schools. To be able to keep an airplane in perfect condition one must acquire considerable skill and knowledge. But how much more skill and knowledge are needed to maintain your human machine, and keep it running smoothly! We are fortunate to have trained physicians and surgeons on whom we may depend. Think of the skill required to perform a delicate surgical operation on the rolling sea! Navy surgeons are doing this continually and saving many lives of wounded service men. A skillful medical man is God's agent. When he has done all he can for his patient he says, "Now it is up to the Great Physician to complete this work."

Modern doctors — these maintenance men for your human machine — teach their patients that peaceful, trusting thoughts promote the healing of the human body. Faith and calm emotions influence the secretions of the body favorably. The bile, for example, flows more freely when your mind is serene. This is important because the bile is "Nature's cathartic." It helps to keep normally active an essential avenue for the elimination of waste matter. There are other avenues for waste elimination besides the bowel. I refer to the skin, lungs, and kidneys. Their normal activities are promoted by wholesome thoughts and happy emotions. Someone may be thinking, "Why be so body-conscious? Does not a God-conscious person become peaceful and thus maintain normal body activities?" Yes, to realize one's unity with God and live from the spiritual point of view — this is more important than anything else. But God-consciousness comes slowly to many individuals. Some have fears, self-pity, and stubbornness to overcome. Knowing how such negative emotions affect the health often aids one in his effort to overcome them.

Jane is fourteen, bright and good-looking, but she is obstinate to a marked degree. It is amazing how quickly she goes into reverse, and begins to argue against doing anything and everything that her mother or I suggest. If her mother wants Jane to wear a heavy coat to school, she is handed a light one. If she is given a glass of water with her breakfast she asks for fruit juice. Another mother I know has two small boys. The older is self-willed and stubborn; the younger is obedient and yielding. The older says, "No! no!" with a sour look. The other boy smiles, "O.K., Mamma." Psychologists would say that the older child was neglected by the mother when the second baby arrived, and number one son became jealous, and a perverse pattern was placed in his subconscious mind. This pattern will need to be changed or the boy will grow to manhood with a mulish disposition. He might become one of those husbands who immediately go into reverse when his wife asks him for money.

Stubborn people are good demonstrators of the undesirable. Their health is impaired. The friction of their contrary thoughts wears them down. Emotional tension disturbs the circulation and almost any disease can develop. A healthy body demands harmony and rhythm of action.

Views and Reviews

By WILLIAM E. TOWNE

Nothing to Fear

FEAR ARISES when we think we may lose something — health, life, money, loved ones. If we can truly believe that God is all and in all, that we are one with the great Universal Life and that its wisdom is ours to draw upon to meet all our needs, then we shall have no need to fear.

But if we do not have faith in this Universal Life, and its power to aid us, we keep ourselves tensed with worry and anxiety. We are always ready to fight imaginary enemies, and this attitude uses up energy just as if we were actually under great physical strain.

Jesus said, "The kingdom of God is within you." This is a kingdom of faith and peace — not of fear. And Jesus said, also, that "It is your Father's good pleasure to give you the kingdom." And in this connection he especially admonished his followers to "fear not."

If the kingdom of God is within, man's happiness and well-being will be realized when "the without shall become as the within." If we trust the Power "within" we shall not need to grab our neighbor's property. We shall KNOW there is enough for all. We shall be interested in helping each one to get according to his needs, not according to what we may think he "deserves."

Our real wealth consists not in what we have in material things but in our faith in our own ability to live and act constructively. We are truly rich when we know that we can *create* the things we want or need, through the power of desire. When you desire a thing enough you will find a way to get it. Even health can be gained most readily through creating a powerful *desire* for health.

Fear is encouraged, and built up into a thing of power, when we dwell upon it in a negative way and close our eyes to the way out of any situation. When we approach a problem in the spirit which Jesus invited us to hold — the spirit of "all things are ours through the Father in whom we live and move and have our being" — we begin to SEE the way ahead which has been hidden from us by our doubts and by our thoughts being centered on the past. The path ahead to freedom will often require that we follow new thought patterns. We shall often need to turn directly away from ideas that have been our constant companions in the past. New thoughts, of the right kind, selected for their constructive power, will mean new life to us. When fear and doubt and weakness confront us, we shall turn to the idea that Jesus so often repeated —"The kingdom of God is within you." But we must turn to this inner Power with *faith*, just as Jesus said, over and over, in slightly different words, when he was healing: "According to your faith be it unto you." By our faith we fix the channel to the Power, through which comes our help. Rolf Alexander, M.D., in his book entitled "The Doctor Alone Can't Cure You," de-

scribes what takes place in "miracle cures" in these simple words: "The emotion stimulated by prayer temporarily suspends the efforts of the intellectual mind and the cry for help goes straight to the Soul, and an astounding, vivifying, and harmonizing of every cell and process of the body is the result."

To live in harmony with this inner kingdom of Power is man's natural state. Health is natural. Success is natural. But to realize this truth we must have faith that "man does not live by bread alone." We must USE what we have in the faith that God's abundance is unlimited. But with this use of what we have we need faith, or the results will be contrary to what we anticipate. Our knowledge of the truth must be supreme in our mind before we can get the expected results when we follow its leading. If our doubts exceed our faith, surely we cannot expect to reap a harvest of success.

The thoughts which we hold *within* ("as a man thinketh *in his heart*") are like seeds planted in the earth for future harvest. If our faith is real the harvest will be abundant. We shall attract that without ourselves which will aid us to realize our harvest.

HOW REAL FAITH BRINGS HEALING

Over in Africa, you know, monkey hunters have a trick of boring a hole in a cocoanut, just large enough for a monkey to slip his hand into. Then they fill the cocoanut with grain and other edibles. The monkey gets his fist full of grain, then tries to withdraw it — and of course he can't. About that time, the hunter appears, and the monkey, too scared to let go of the grain and unable to get his hand out of the hole until he does let go, is easily caught or killed.

People oftentimes hold on to their afflictions in just that way. They won't relax. They won't let go. They pray to be relieved, then wait tensely, keeping every sense alert for the first sign of healing — and of course it never comes.

That is not faith. That is like the woman and the mountain — praying to God to remove it, while keeping one eye cocked in that direction to see if there is any evidence of action.

"The Kingdom of God cometh not with observation," warned Jesus. You must have the utter faith the farmer has when he plants a seed. He doesn't put it in the ground and then dig it up a few days later to see if it has sprouted. No — he plants it, then leaves it to germinate in the sure knowledge that when he has done his part, the seed can be depended upon to heat and burst its shell, and spring forth to blossom and bear fruit.

Relax, let go, and try to get the feeling of that perfect organ you want to demonstrate. Know that you have it! When you get that inner conviction, that feeling, your seed of life will have burst its shell and flowed into the perfect image of your organ. — *Robert Collier.*

The secret of power is the consciousness of power. Whatever we become conscious of is invariably manifested in our lives. Whatever we think about intently, long for, picture in our minds, will inevitably be created or produced in our world. — *R. C. Harris.*

Success In Prayer

Edited by W. E. T. and E. T.

HEALED OF A BRONCHIAL COUGH

BEFORE GOD ever created man he saw man perfect. Before you were ever born, ever thought of, you too were perfect. That's your divine inheritance. You were not created with spots on your lungs, stomach ulcers, or one of a hundred other diseases. You were created in the image and likeness of God — perfect!

But today, how many people go blundering here and blundering there, like moths before a light, trying to find an outward cure for some ailment instead of considering the divine intelligence of their Creator and acquiring a health-consciousness which would endow them with such knowledge as Isaiah had when he wrote: "They that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary."

However, this is not easy — not even for Truth students sometimes. But on numerous occasions I've had so much success with it that I would like to pass it on, using the following example:

It was during a severe cold spell that I'd developed a terrific bronchial cough. It lasted for weeks, apparently improving a bit during the day, then flaring up at night. I was at my wit's end to know what to do. Then one evening a member of my family said to me, "You've got to do something for that cough. You are keeping everyone in the Lodge awake, and there are going to be complaints."

That was true. Something had to be done. The cough had to be stopped. But how? I'd exhausted every prescription and home remedy that I knew, and there was no doctor to be had at that hour of the night. What could I do?

Then suddenly a thought came to me, challenging my intelligence: "What was the use of knowing Truth if I didn't apply it?"

I retired immediately and relaxed between my covers and began these affirmations: "God, in the beginning you created man perfect. Before you ever created me you saw me perfect. Before I was ever born it was your plan that I should be perfect. I *was* perfect. My throat was well. It was glowing with perfection. And the error that is causing this cough can be dissolved. It is being dissolved right now."

Then with my eyes closed I imagined a white light streaming forcefully down on my throat, very much like the water from a brisk shower. I still lay relaxed and still, letting that imaginary light, with all its divine heat, sooth and heal.

I didn't cough any more and before I knew it I dropped off to sleep, only to be wakened, after what must have been hours, with a regular spasm of choking and coughing. I was burning up. I sat up quickly and in a few moments had thrown back some of the covers, opened the window wider, and lay back again and with a strong determination stilled myself and began all over the previous affirmations and light application. This time I added to my treatment Isa. 55: 11, "So shall my word be that goeth forth out of my mouth; it shall not

return unto me void, but it shall accomplish that whereunto I send it."

For the second time I fell asleep and I didn't realize a thing until the alarm clock awakened us the next morning. Then I found myself definitely rested and tremendously improved. I felt as though I could fly, I was so happy, and so grateful for my Divine help. And all day that day I felt like a new person. However, that night I purposely retired early and instead of the previous affirmations I used such quotations as "Thou wilt keep him in perfect peace whose mind is stayed on thee." But I did not discard my light application. It was much too soothing and restful. In no time I was asleep and didn't cough once but rested unusually well, finding myself cured on the second day (to the big surprise of a great many) of every indication of a cough.

"When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." (Matt. 6: 6.) — *J. B., Tex.*

RESENT NOT

INDIGNATION, resentment, the desire to punish other people or to see them punished, the desire to "get even," the feeling "it serves him right"; all these things form a quite impenetrable barrier to spiritual power or progress. Jesus, dramatizing the thing in the Oriental way, says that if you are bringing a gift to the altar, and you remember that your brother has anything against you, you must put down your gift without attempting to offer it, and go away and first make peace with your brother, and then, when you have done that, your offering will be acceptable. It was the custom, as we all know, to take gifts of various kinds to the Temple, from bulls and cows down to doves and offerings of incense, or, where it might be more convenient, an offering of money equivalent in value to these things. Now, under the New Law, or Christian dispensation, our altar is our own consciousness, and our offerings are our prayers and treatments. Our "burnt sacrifices" are the error thoughts which we destroy or burn away in spiritual treatment. And so Jesus says that if, when we are about to pray, we remember that we have any wrong thoughts or hard feelings about our brother man, no matter who he may be, and irrespective of whether the object of our hostile thought be an individual or a body of people, we must pause there and treat ourselves until we have got rid of this sense of hostility, and have once more restored the seamless garment of our spiritual integrity.

Jesus builds up this tremendous lesson, again in the Oriental tradition, by employing a series of steps — three in this case. He says first that whoever is angry with his brother shall be in danger; secondly that to be really or seriously — one may say vindictively — hostile to another, is to be in grave danger; and finally, that to hold so low an opinion about a fellow creature as to allow ourselves to consider him to be outside the pale, so to speak, is to shut ourselves off from any hope of spiritual fruit while we remain in this state of mind. To call a man a "fool" in this sense

(*Please turn to page 30*)

Elizabeth's Editorials

(*Continued from page 7*)

that you receive them right then and there from God, the Infinite Spirit of Love which is in you. The promise by Jesus was completed with these words: "*And ye shall have them.*"

There was another important point in Jesus' method. It may be stated in these words: And when ye are praying, if ye have aught against anyone, go thy way and make thy peace with him, that thy Father in heaven may forgive you as you forgive him.

You will note that what the other fellow has against you does not count in this method of Jesus Christ for praying the prayer that prevails, and which brings to you that which you desire. "Forgive us our trespasses as we forgive those who trespass against us" means literally forgive the other people. In other words, our hardness of heart towards others, our critical thoughts and thoughts of resentment against them literally tie us up inside so that we *cannot receive* the loving abundance of God the Father within us and through us. "Forgive as ye would be forgiven" for it is your forgiveness and making up with other people, the softening of your heart toward them, which releases the tension inside you and enables you to receive from God the things you desire.

Begin right where you are, and in everything you do try to express the loving attention of God within and through you. Do this with each thing that your hand finds to do, and in each thing that your thought finds to think about!

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Resent Not

(Continued from page 28)

means that we consider that no good is to be expected from him, which is to deny the Indwelling Christ in him; and to do this is to bring very serious consequences upon ourselves. — *Emmet Fox in "The Sermon on the Mount."*

LIFE without Industry is guilt,
Industry without Art is brutality.
— *John Ruskin*

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