# NAUTILUS

## MAGAZINE OF NEW THOUGHT

JULY 1946


**Seven Steps to Promote an Attractive Personality** CHLOE M. BUCKLER

**You Were Created for Success** PAUL ELLSWORTH

**How I Found Healing In My Subconscious Mind** IRENE KRUEGER

**I "Saw" An Accident Three Hours AFTER It Occurred** EVE BARKER

**Finding Ourselves Through Affirmations** FRANK APOLLO TAYLOR

**You Can Use That Resentment To Good Purpose** NORMA N. KOGEL

**What I Have Learned About The Silence** ROSE UMBREIT

**The Life of a Child** ELIZABETH TOWNE



*Edited by* ELIZABETH TOWNE
WILLIAM E. TOWNE

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# *The Law of the Mirror*

*By* GEORGE C. HUBBS

OF COURSE you often have seen your clear reflection in a calm pool of water. But how quickly that reflection disappears the moment you drop the smallest pebble into the water! The water refuses to give back your reflection until you let it become calm again.

The injunction, "Be still, and know that I am God" has the same law back of it. For we cannot be conscious of God's reflection in all our affairs when our thinking is distracted, or uncertainty creeps in. Throw doubt, or anger, or criticism, into the clear consciousness of his presence and how quickly the clearness disappears. A *good* God cannot be seen, nor be operative, in a *rippled* mind.

Being still is not easy. As someone has said, "we are so prone to try to help God manage our lives." But regardless of how busy we may be at this task or that, we can be certain that so long as our spiritual thinking is *unperturbed* the divine reflection is at work transforming us into His likeness. "Beholding as in a glass the glory of the Lord, we are changed into the same image."

It is well to keep this in mind: we cannot, living in the kind of a world we do, prevent an occasional unholy thought to enter our minds. But unless we *entertain* such thoughts, as we might entertain a friend, we have not contaminated our spiritual thinking. Or, to return to the water illustration, we may *pick up* a stone, but unless we *throw it into the water* the stillness remains — and the *knowing* with it.

## What's Cooking FOR NEXT MONTH?

**Don't Let Fear Rule Your Life** Fear of not being appreciated, fear of losing love, fear that someone is getting ahead of you in the race — these and similar fears rule far too many lives, says Mary Elsnau. More about this in her article, HAVE FAITH IN LIFE — YOUR LIFE.

**Just What Is A Miracle?** Dr. Walker has sent us a splendid manuscript upon the subject of modern miracles. Of course, her definition of a miracle is a little different from the commonly accepted one. Her article will justify her definition. The title, WHAT DR. WALKER SAYS ABOUT MIRACLES.

**What Do You Know About Your Subconscious Mind?** Not as much as you wish, perhaps. For one thing, the psychologists find that the two aspects of the one mind function *as if* there were really two minds in each of us. This leads to interesting and thoughtful conclusions about our minds and how they work. Alfred Barrett has chosen this interesting subject for his next NAUTILUS article, WHAT EVERYBODY SHOULD KNOW ABOUT THE SUBCONSCIOUS MIND.

**A Flier Speaks of God** Here is one of the most unusual experiences we have ever received. It relates a thrilling race with death, and comes from an army flier with years of experience. The title, GOD WAS MY PILOT.

**Hidden Powers of Personality** Sheldon Shepard thinks we need to make a drastic change in every field of thought to meet the new age of the atom bomb. Within the human mind are unexplored tracts where lie forces exceeding all that heretofore have been used by man. Mr. Shepard's article is entitled, ATOM POWER OF THE PERSONALITY.

**You Can't Be Both** You cannot be both a sun and a moon in the matter of your personal radiations, says Evelyn F. Hamilton. For example, she writes of a doctor, "ossified and bedridden for over twenty years," who found, through the directed use of his imagination, a way to multiply his happiness and satisfaction in living, even under such adverse conditions. More of this in WHICH ARE YOU — RADIATOR OR REFLECTOR?

## *Important to Nautilus Subscribers*

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*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.

---

**Creating Health For Yourself** "The possibility of health exists in every human being at every moment of his life," says Paul Ellsworth in his latest contribution to NAUTILUS. His article will explain what the author conceives to be the creative technique of healing. The title, HEALTH AND HEALING.

**Tithing Did It** This is the experience of one man with tithing. In his case a rigid adherence to the law of tithing — even when such adherence necessitated hardship — seems to have proved the law. At any rate, many will find interesting the article, POVERTY TO RICHES IN TWO YEARS BY TITHING.

---

GOD IS continually giving. He will not withhold from you or me. I hold up my little cup. He fills it full. If yours is greater, rejoice in that, and bring it faithfully to the same urn. He, who fills the violet with beauty and the sun with light, will not fail to inspire you and me. Were your little cup to become as large as The Pacific Sea, he still would fill it.

— *Theodore Parker*

# *A Woman Finds PEACE Within*

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## INTUITION

By MARION SHOEN

I AWOKE in the night to a cloud ridden sky,
The air was heavy and so was I;
Heavy with burdens my heart to keep,
I had tossed for an hour in a fitful sleep.

I awoke in the night to the thunder's roar,
And it seemed I could not stand any more
Of its noise, so I closed my windows tight
As the lightning flashed through the gloom of night.

I awoke to the truth I long had known,
That God ever loves and cares for his own;
That no matter how dark or troubled we are,
His love flashes out like a swift moving star.

---

FEAR makes an enemy of truth itself.
— *John Davidson*

---

YET the will is free;
Strong is the soul, and wise and beautiful;
The seeds of godlike power are in us still;
Gods are we, bards, saints, heroes if we will.
— *Matthew Arnold*


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# SINGER

*by* EDGAR DANIEL KRAMER

In spite of pain and sorrow,
In spite of burning tears,
In spite of dead dreams haunting
The harsh way of the years,
My songs are bravely mocking
My hurts of flesh and mind,
Because my heart is knowing
That God is wisely kind.

# *Editorials*

By ELIZABETH TOWNE

## A SWEET SONG OF SONGS

The leaf-tongues of the forest, the flower-lips of the sod,
The happy birds that hymn their rapture in the ear of God;
The summer wind that bringeth music over land and sea,
Have each a voice that singeth this sweet song of songs to me: —
"This world is full of beauty, like other worlds above,
And, if we did our duty, it might be full of love."

— *Gerald Massey*

*

## *The Life of a Child*

THE LIFE of a child is God and its life is pushing to expression from within himself. In other words, its *life* is what determines its parentage, and Life does not act upon the intellectual plane which "selects" a parent.

God is love, and his creatures are already perfect when he makes them! It is man who has built all kinds of hells, hard places in which he brings up babies, and keeps human beings after they are brought up. And of course, man *chooses* to create such hells (for babies and for other human beings) because he is too stupid or too selfish to do anything but grab the things which he wants for himself. This is what makes exploiters of children in industry — to say nothing of exploiters of grownups. I repudiate the idea that "hard conditions" of any kind are decreed by God in order for this to develop the soul. God made all souls perfect, and he put them here, and gave us dominion over all the things of the world. And we have made a mess of it! But thank God we are at the extremity now, and are beginning to turn back to him, and to realize that the only intelligence and wisdom in the world comes from service to each other. We are still a long way from following the golden rule of Jesus, and from building God's own kingdom of heaven on earth as it is in heaven within us. But we are beginning to work here and there to that end. There is one other point that comes in here: that is the law of attraction, which works subconsciously, unconsciously, and which deviates from its course when it is acted upon by intelligent love expressed according to a higher law. We have always thought of the law of attraction as something that works to the hairline, hard and fast. But it does not! The attraction exercised by the earth for the falling apple has been overcome, or adjusted to, in a way which has given us the airplane. By that invention, man has, to a great extent, overcome the law of attraction, or made it his servant.

And anybody who practices the presence of God, and speaks the word of truth with the realization of his desires and for the blessings of his friends, his country and the world, is quickly able to give you many instances of divine love which has overcome the old eye-for-an-eye and tooth-for-a-tooth conception of life and brought correspondingly im-

proved conditions.

You see, we are not just things being attracted by other things. "We are gods," said Jesus. And while it is true that of yourself you can do nothing, yet the Father in you can and will do for you that which you desire, provided you believe in him above all things. And provided you speak *his* words, think *his* thoughts about life, which has power over anything which can be seen, heard, touched, tasted, or feared.

*

### *The Family Habit of Criticising*

HERE IS some advice which I gave to a correspondent who was afflicted with the criticising habit:

"Every time you catch yourself becoming impatient, simply stop and smile a bit at yourself — and at everybody else within your radius. And affirm briefly in your own words the truth of your being — that you are an open channel through which the healing currents of life are flowing.

And don't forget to forgive yourself for any such lapses from the truth of your being. Pick yourself up and go on again with a smile. And at the same time you are trying to forgive yourself, do not forget to forgive the other fellow — the one who was the cause of your impatience. If your impatience was caused by some condition, assume the same attitude of lovingness toward that condition and its cause. You can never get rid of a condition by resenting it. The more you resent a condition or a person, the more that condition or that person will seem to assume a prominent place in your affairs.

In your particular case, it would seem that it is your family ideology to blame and criticise others. You do it without realizing just what you are about. Your family was "wronged" long ago, and it has a sort of habit of being "wronged." And nobody can be feeling the injustice of others, and of the world, without blaming and criticising the ones who are supposed to be responsible for the wrong. So one thing you need to be cured of is the family habit of feeling wronged. Of course that habit runs deep, and it will take a lot of conscious direction to create a new habit — a habit of forgiveness. This new habit must be established in your heart as well as in your mind. But the only way you can do this is through your mind. That little five percent conscious part of you has to work out the whole problem, and substitute kindness and forgiveness as a habit of your thinking and feeling. It can be done, and millions of persons have already done it. In other words, it is necessary to understand one's own self, and then to remember that every other self is made exactly like one's own self, and reacts in exactly the same way under the same circumstances.

It seems to me that both you and your daughter are weighed down by the family inheritance of criticising and blaming others, instead of understanding others, and forgiving everybody. Of course you are not alone in this. We are all coming out of similar conditions when it comes to criticising other people. The only difference between individuals in this respect is in the experiences which we attract to ourselves *and the way in which we choose to let ourselves react to the impulse to criticise.*

Do not consult with the other members of your family about your intention of overcoming this habit of

criticism. Let them see for themselves any change that you are able to effect in your attitude toward them in this respect. If you are faithful and persistent in your effort to create a new attitude for yourself, you will very likely find that the other members of your family will ultimately note the change in you, and remark upon it. When they begin to ask questions or make remarks about it, it is time enough to tell them honestly, if you like, just what you are doing, or they may catch the vibrations without anything being said about it on either side, and respond to your changed attitude in kind with a renewed attitude of their own.

*

### *The Ups and Downs of Life*

JUST CONSIDER the sun. It shines everlastingly and eternally, but you do not always see it because the clouds get in between you and the sun. If there were no clouds at all, perhaps the sun would dry the earth and you to a crisp! But the clouds come from the earth, you know, not directly from the sun. The ups and downs of our life are the clouds which intervene between the real self or the sun of us which God made and *is*, and the finite consciousness of ourselves. Consciousness is earth — the Real Self which the sun of God *is*, and in between is the firmament, where all our clouds appear — our tears, our resistances to the things of earth with which we are surrounded. And when we see the clouds of tears and resistances, emotional storms and so on, we are afraid and try to run away from the things that are.

Our illnesses come because of our dwelling upon our earthly weather! Our healing comes when in consciousness we rise above the clouds that come from earth, and realize the truth of our being. It is the truth of our being, and our conscious co-operation with it, by affirming it, and concentrating upon it, which finally dissolves the "bad weather" of our physical being, our surroundings. In short, our body is a wonderful and perfect reflecting machine, and in health, from reflecting the true God which is our real self, and the things of God. While the ill health of our body comes from the consciousness of the apparently conflicting things which surround us. So when you are in ill health the cure is to set your mind on things above, that you may be transformed into that image and likeness of the real You, in which you were created and in which you are recreated every day by the same process: The process of setting your mind on the truth of being instead of on the fleeting show of conditions that surround you in the world. The only reality is God. The whole world

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

*Affirms the* UNITED NATIONS *of the* WORLD

# *Seven Steps to Promote an Attractive Personality*

By CHLOE M. BUCKLER

I AM putting down here my seven rules for developing an attractive personality. (I am a teacher of public speaking and personality development.) I call these *my* rules because I have practiced them for years, and have had many tell me that I have an attractive personality.

I find that most people are, in many different lines of endeavor, earnestly seeking help in developing a pleasing personality. They want to be able to attract friends. They want to be able to make friends in a business way; and in fact, in every department of their lives.

Here are my seven rules which I have long practiced for this purpose:

*Rule 1.* Be kind and speak kindly to everyone with whom you come in contact. Kindness is a kingly virtue, and is so easy to practice. It pays big dividends, and should never be left out of one's everyday living.

*Rule* 2. Learn to praise and compliment people. All people respond to this kind of personality. They will be attracted to you in return, if you always say something to them that will bring out the best that is in them. Try to encourage everyone to carry on. Maybe when their courage is at a low ebb you can help them, and they will be responsive to you for this help.

*Rule* 3. Let people talk to you about themselves. Encourage them in talking about the things that are of interest to them — about their hopes and ambitions. Let them tell you what good business managers they are, what good trades they make in their business. Let them tell you how smart their children are. Listen to the kind of things that other people might not take the time and patience to listen to. Listen intently and with interest, as if you were really waiting for more. You will be sure to win friendship in this way.

*Rule 4.* Do not ever gossip or criticize or condemn another. If you do, you can never hope to have an attractive, pleasing personality. This one trait alone will put too many black marks against you if you indulge in it.

*Rule 5.* Take a kindly, loving interest in all people — young or old, rich or poor. Did you ever hear it said of someone, "He (or she) is such a gracious person?" Why did they say that? Try this rule and you will find out.

*Rule 6.* Do not rush and hurry until you have no time for a friendly conversation with people you meet. Take time to pass a few words with everyone, and put your interest to work here for you. You are really seeking friendship when you use your own time in making friends.

*Rule 7.* Stop worrying and try to be happy — not just an affectation of happiness. Try to develop the kind of happiness that spills out. Happi-

ness is contagious. Expose everyone you meet to the happiness that wells up in your own loving heart and overflows to bless a world that hardly ever has the joy of seeing a really happy person.

From my own experience, I can assure you that these rules will help you to become a really attractive personality. Your part is to practice these rules every day, and every where you go.

---

# *You Were Created for Success*

By PAUL ELLSWORTH

WHAT would you think if someone were to tell you that with a few rare exceptions (to which we will return later), every man born from the beginning of human time had failed to do the thing Nature had created him to do; and that as soon as She discovered that he had failed past the possibility of creation, She removed him by death? Probably you would think it ridiculous to imagine that Nature could have allowed so many mistakes to occur, that She would have become disgusted with the whole affair and given up. But human scientists make thousands of experiments that are failures, in order, eventually, after many years, to strike upon just the right one.

Then you would probably want to know what Nature expected man to do, and why he usually fails to do it. That would bring you to the beginning of metaphysical science. It would bring you to the answer of your first question, which may be stated something like this:

For hundreds of thousands of years Nature — or God, if you are not prejudiced against theological words — has been working to create a type of being who would live on the earth successfully and rule both it and himself harmoniously and happily. Failure of every kind, whether of inner health or of outward circumstances, is an indication that man has taken the wrong road. Man was not created to labor and worry and die. He was created to express that beauty and harmony of function embodied in the Eternal Ideal for man. The old philosophers, like Plato, had a word for this condition: *entelechy*, the Ideal not yet reached by the individual but implicit all the time in the pattern.

There is plenty of evidence that this is Nature's (or God's) plan. First, the eternal, patient experiments conducted by the force back of "evolution." By these uncounted billions of experiments, by dropping the ones that were complete failures, by persisting with those that gave any promise, Nature has produced modern man — who despite his detractors is quite an achievement. He now has potentialities which enable him to assume his true role in the cosmos if he will learn to use them.

The second bit of evidence is the

feeling that every human being has, in early life, that failure and sickness and death, which he sees all about him, are not really for him. This is an intuition, and intuition is the thing every scientist uses for making discoveries. A few wise men, scattered through the ages, have taken this basic idea that man was not born to fail, have followed it through, have learned really to live triumphantly. These men have been called "mystics" and "prophets" and as such have been forgotten. But they found the path which all of us must find eventually, if we mean to achieve happiness.

The best evidence, however, is that which you can obtain for yourself. Even if you are a "why" kind of person and find it impossible to believe anything you can't see, give yourself a chance by trying out the simple technique of creative living. Here it is, briefly:

The source of both power and of the understanding of how to use it is within you. And to find them, first lie down and relax — you will have to take time to learn to do that, as all of the tendency of life is to make you tense. But learn it, go through your body muscle by muscle, talk to them, say, "Loosen up, loosen up!" Get your body squirmed around so that it is perfectly supported, perfectly balanced.

Now for a moment just think down into your body, notice the feeling of life in it — the tingle, vibration, whatever you want to call it. That is "You," that is life, not matter. Keep your attention on this Vital Self for a few minutes.

Now take up whatever problems you want to solve. If they are of health, hold in your inner consciousness the Idea of health — not necessarily in words. You can do that, of course, can repeat a list of "strong words," such as "Strong, clean, vigorous, perfect in every cell and fiber, perfect in every organ and tissue, perfect in structure, perfect in function." But begin to learn to hold the idea *without words* — yes, you can learn. You can learn to be conscious of the thing or condition you desire to manifest without describing it.

Think of yourself at this time not as begging God for anything but as sinking down in the God-head within you and uniting with the thing or quality you want to manifest. Keep your body relaxed, just focalize this idea, brood it, incubate it.

How long? For five minutes — or an hour. As long as you feel that tingle of creative energy — which is you — working within your body. Rest in this inner place, absorb power. What you are really doing now is to create one of those "invisible wave-patterns" which Gustav Stromberg describes in his book, "The Soul of the Universe." Once this pattern is formed by your inner brooding, it will work itself out — both through you and through other people and things.

Finally, before you turn back into the world, hold your mind receptive to ideas. Your deep-self may have things to reveal to you — ideas for getting things done, for changing your way of living. Wait, listen.

Back in the world, do the things that come to you to do. Let the idea you have created work itself out without interference.

It is a fertilized germ, it has life and power, it will grow and expand.

# *Our Sure Refuge and Protection*

By ELIZABETH GREGG, Ph.D.

TODAY, as perhaps never before, we are all of us seeking a refuge from the anxieties, the worries and the uncertainties which beset us on every hand. We look to this friend and to that friend when trouble comes. We go to the banker in time of financial need. We go to the doctor when sickness comes. Everywhere we look for help, for comfort, for health, except to the sure and unfailing source to the Father within.

We read in the Bible of the protection given to Jesus, to Daniel, and to David. Yet we do not seem to realize that this same protection is ours just as it was theirs. It is each one's refuge in the time of storm if we only claim it.

The great teachers of all ages have told us that there is available to us a power which transcends all human limitations. Jesus taught and demonstrated this power and left us the key which unlocks the treasure house of knowledge and power. The key to this place of refuge is so simple that in our worldly wisdom we overlook it. It is not to be found in strange places. "The Father that dwelleth in me, he doeth the works." Could anything be clearer or more explicit than this?

We find many passages in the Bible where the Lord, this Father within, is spoken of as defender, a place of refuge, protector, counselor and friend of man. "Fear not I will help thee." Those words could not have reference to protection for a certain few or certain ones. They have reference to a power which is available to all and not dependent upon an incomprehensible Being in the form of man, as we in the past have been led to believe. Those words could only have reference to the power within man himself which through understanding and proper use is the sure refuge in any time of trouble.

Many times and under varying circumstances Jesus was protected from his enemies by taking refuge within the shelter of this refuge. Daniel when about to be destroyed by the lions found safety in this same refuge of God's power. In answer to the king's question whether his God was able to deliver him from the lions, Daniel made answer: "My God hath sent his angel and shut the lions' mouths that they have not hurt me." Daniel had sought and found this sure refuge and even the lions could not harm him.

Among my acquaintances is a woman who was raised on a large stock ranch in the West and from earliest childhood she had played around horses which her parents considered dangerous. The child loved those horses, so it is not strange that not one of them ever tried to hurt her. But it was many years later that she understood the protection which had been given her in many instances. Her instinct seemed to tell her that she would not be harmed so she was absolutely fearless. In talking with her about it she said to me: "I some-

how seemed to know that there was a protecting power within me and that if I would trust it I would always be protected. I did not understand the nature of this power, but for some reason I had a natural faith in it to keep me from harm. Since learning what this protection is, the Father within, I know that whoever really feels this power and trusts it can never know harm."

Yes, this power, this protection, is for one and all if we accept it. It is possible for each one to cultivate such a sense of unity with the indwelling Father that we may at all times be led into ways of peace and security; we may at any time and under any circumstance take refuge in this power so that we are always protected from every danger which may surround us. Our strongest enemies cannot harm us when we have faith and trust in this indwelling Father.

Are you anxious about many things? Then turn to the Father within. Learn to commune with this One. Say to him: "Father within, I thank thee for the gift of this peace, of this protection. In thee is my sure refuge." Repeat this thought often during the day. If you will do this, your mind will soon become tranquil and you will learn to know that you are dwelling with the ever living Presence and spirit of divine power.

---

## LOVE

IN TALKING TO YOU about love I shall not get mushy and sentimental. For love is everything that sentimentalism is not. Love is power, while sentimentalism is the misuse of power. In its practical application love is as precise and scientific as mathematics. Without it there could be no universe, no cell organization of any kind. Because love is the only integrating power in existence. It is all that can establish order out of chaos or maintain order in chaos. Wherever it is recognised by man he likewise recognises harmony. Love is never a disintegrating force. Science deals with disintegrating natural forces; but wisdom deals with the power of love. Natural forces lead to change: love to permanence. Love simplifies life. All that is less than pure love complicates it. Love is endurable, eternal. It is the one ultimate expression which can combine and sustain all principles of the natural and spiritual worlds. Its application releases the soul of man from the bondage of limitation. Love is God in action. And the process of becoming the doctrine of love is to grow into oneness with God.

The beautiful thing about the doctrine of love is that it casts out all fear, all striving and struggling. You merely act and express the virtues and qualities of love, and all that is needed to sustain you in happiness and harmony are inevitable consequences of your action. You are attached to nothing except the action of love. You desire no results; but possess perfect assurance that the correct results necessary to your life at a given time will be supplied. The sense of impending insecurity is unknown to him who lives the doctrine of love.

With the light of love to guide us the idea of seeking God fades on the film of our consciousness, and we know, then, that this idea, long held

(*Please turn to page 16*)

# *How I Found Healing in My Subconscious Mind*

By IRENE KRUEGER

SINCE I was nineteen years of age, I had suffered from a series of ailments, mostly stomach and intestinal distress, which also greatly affected my nerves. I underwent two operations, visited four different hospitals for X-ray observation. The doctors were puzzled with my case and could do nothing for me, it seemed, so I was sent home and told to do what I could for myself.

I exercised, dieted, took all kinds of medicine and herbal mixtures, but nothing helped. I lost weight, going from 130 pounds to only 65 pounds. I then decided to visit a Naturopathic doctor who was also a Truth student and she supplied me with Truth literature.

Here I found out about the healing power within each one of us, and how to enter the silence. I can truthfully say that I was kept alive by my faith in this new found power of God within me. I would benefit for awhile, then another severe gastric attack, with the resultant pain and distress, would discourage me and I would almost give up. At such times, I would delve into my Truth literature, looking for the reassurance that all was well; that I would and could be healed; that with God all things are possible.

One day while reading I came across an article on the subconscious mind, telling how the Author herself was healed through the power of suggestion. I determined to try this method.

This is the procedure I followed: Each night before falling asleep, and each morning upon waking, I would get very still and direct my subconscious mind to build and renew the worn-out cells in the affected organs. Then I would visualize the healing power in each cell — the life of God within me — at work healing, renewing every cell, every tissue and organ that needed healing.

Each day I could see a decided improvement in my condition. I could feel the strength returning to my body, the ability to again do the things I wanted to do, the thrill of really enjoying life again. Now I am back to my normal weight of 130 pounds, and so happy and thankful.

One can also become more youthful in appearance by the proper use of the power of the subconscious mind. I desired to demonstrate a more youthful face and figure and I used the law of suggestion several times daily. It is surprising how this method works if given a chance. I now look and feel in my twenties (actually I will be forty my next birthday).

There is really no limit to the application of this law. The subconscious mind sends its instructions to every cell in the body and the community of cells co-operate to achieve the results desired.

The subconscious mind is the body

builder. It governs all bodily functions. God uses all natural laws to work out his miracles. It is God's law that if you want anything, desire it with all your heart and ask, believing that you receive, and you will receive.

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# *You Can Use That Resentment to Good Purpose*

By NORMA N. KOGEL

THERE WAS a girl I once knew who, whenever she felt out of sorts with the world, would shut herself into a room and give way to a temper tantrum. She figured she was relieving her feelings without hurting anyone. But one day in the midst of such an outburst, the door of the closet blew suddenly open and she caught a glimpse of herself in the long mirror inside. Startled at the reflection, she studied it more closely. "Can this be myself?" she asked, horrified, for the corners of her normally upturned mouth were drawn down taut with resistance, her brow furrowed with resentment and her whole body stiff and ungainly with anger.

"How unlovely it makes me look," she thought, and resolved never again to have a temper tantrum. Thereafter, whenever she felt an outburst coming on, she would plunge herself into a hobby she dearly loved. In time, she not only gained emotional control but became so proficient at the hobby that she made it a successful life's work.

Psychologists call this "sublimating the emotions." No human being would want to be without emotion. A handsome vase has no feelings, yet despite its beauty, we do not seek it for a friend. Nor can you bottle an emotion up, for sooner or later it will blow the cork. Emotions are like atomic power — destructively used they can annihilate friendship, love, efficiency, health, success, etc. The right emotions can build up a life of force and beauty. Even when hatred is used in a right cause, it still wreaks its destructive effect on the hater.

It took only a moment to set down the above paragraph, but emotions may take months or even years to effectively control. Sitting down and quietly analyzing the source of many of the lesser emotions you experience may lead, like an old Indian trail, to unsuspected hide outs. For instance, I scolded my two-year-old daughter severely for accidentally spilling her milk. But in thinking it over afterwards, I saw the occasion had hardly required punishment at all; and that

my anger against her was not disciplinary but actually I was only giving vent to my own irritation at the mess I must clean up.

As any mother knows, young children, active and curious, are past masters at times of making her ill-tempered and irritable, which is apt to reflect in inefficient work and nervousness and new furrows in her face. A friend of mine has three lively youngsters, all under seven. One day, when she was hurrying to keep an engagement, she came downstairs to find the children had decided to wash the stacked lunch dishes. Plates and silver were scattered all over the chairs; cups and saucers were soaking in a pail of dirty water; cleaning powder was sprinkled over everything and the children's fresh clothes were rumpled and wet. Her first reaction was an intense desire to lash out at them verbally and physically. But her natural serenity, and tendency to see the fresh butter instead of the stale bread, come to her rescue. "Why, bless their hearts," she thought, "they think they're helping me, trying to imitate in a crude way the mechanics of dish washing. If they were really efficient, how I would praise their motive. I am angry only because they are inefficient; yet their motive is exactly the same. This crude stage will pass, and then how much easier their helpfulness will make my work."

So instead of screaming, "You naughty, naughty children to make such a mess," she forced herself to say, "Thank you, darlings, for trying to help Mother. We'll have to finish this job later because we've got to get some fresh clothes on now and catch a bus."

She thrust the disordered kitchen from her mind, enjoyed her outing, and, because her mind was at peace, cleaning up the kitchen later was not as formidable as it had at first seemed. This mother is much older than most mothers of such young children, but her face looks as young as theirs. She has had many difficult problems to face — operations, moves, financial tangles — but I've yet to see her face drawn or worried, her voice sharp with resentment. She finds many things to enjoy, but even when she recounts her troubles it is in a bright and engaging way.

Irritation and most women do not go well at all together. In stories we may read how anger enhanced the heroine's charm, but with the majority of us, our eyes do not sparkle, they only glitter; our eyebrows do not draw together in a delightful pucker, they furrow black as thunderheads; anger does not vibrate our voices resonantly, instead they become shrill and harsh. It is a pity there are not more closet doors, opening unexpectedly, with long mirrors inside to catch us unawares in our worst emotional moments!

A factor in building angry tensions is inward resistance to conditions in our lives that we do not like. It does not have to be outward resistance; as much harm can be done by inward, gnawing resentment, though it may never be spoken aloud. A dramatic teacher had a student who had trouble placing her voice correctly. This student had some home conditions she keenly resented, though there was also much she should have been most grateful for. The girl seldom complained, but the teacher was not fooled. One day, she talked with her pupil very frankly. "Our inner frustrations, disappointments,

resentments," she said, "kept alive in our thoughts, are apt to express themselves in nerves. Nerves manifest themselves in various ways, not only in crying, but in awkward movements, mannerisms, etc. — yours come out in a defensive, occasionally belligerent tone that gets into your voice at times.

"Why, I'm not complaining," said the girl in surprise.

"Not in actual words," answered the teacher, "but your inner resentment expresses in your voice, making it fail you. When you keep struggling inwardly against conditions in your life which you do not like, you only bind them to you more closely."

The girl saw the teacher's point. She learned to appreciate what she had, did what she could to ameliorate the conditions she did not like, and adjusted herself to those she could not change. Her personality changed for the better and her dramatic work greatly improved.

We all have something we particularly like to do whether it is writing, drawing, sewing, cooking, decorating, or what not. When we start hating everything inwardly, instead of swimming helplessly around in the murky mire of our bad feelings why not take time off for a clean, exhilarating plunge into our favorite pastime. Suppose we do have to let a few necessary chores go to do this. Chores performed when we feel particularly resentful of them take twice as long and are poorly done. The same chores will go swiftly and easily after we have sublimated the irritation in us with creative work we love.

My grandmother was fond of repeating a certain quotation: "Fretting is like a rocking chair — you can do a great deal of agitating without getting anywhere." So why agitate? Why not, instead, hop into the car of guided emotions and use the energy to get somewhere?

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## LOVE

(*Continued from page 12*)

and fostered by men, is as false as the beard of Hercules. It is God who is doing the seeking. It is God who stands at our door and knocks. When we consciously and deliberately set out to seek God, we are simply being annoyed by God's seeking us. His incessant pounding on our door gets on our nerves, we try to escape from the friction and irritation of it, and we call this "seeking God." We go to church, or the lecture hall, or we drop a coin in the hand of a beggar, or we join a charitable organization. And the more we seek the farther we drift from the real consciousness of God's presence, for we stifle his voice and dull the sound of his knocking. God is the Supreme Shepherd, and it must forever be the logical procedure for the shepherd to seek his lost sheep, and not for the lost sheep to seek him. When we are lost in the woods our sense of direction is gone and we move about in fruitless circles. It is only when we cease seeking our way and sit down and get quiet that we regain our poise and balance sufficiently for intuition to lead us out of our dilemma.

Our job in this place is to learn to love. It is the only obligation man has in the world. — *Starr Daily, in "Love Can Open Prison Doors."*

# *Finding Ourselves Through Affirmation*

By FRANK APOLLO TAYLOR

More than twenty-five years ago an insurance doctor, representing one of the largest insurance companies in America, turned me down as a bad risk. The diagnosis was rheumatic heart. And anyone with a smattering of medicine knows, rheumatic heart is considered incurable. When one considers that it was a 20-year endowment policy I applied for, the medical men of this insurance company did not expect me to live twenty years. However, not only have I lived more than twenty-five years but general checkups have since proved that my condition, on many occasions, was better than when originally pronounced medically hopeless.

Now what happened to upset the medical applecart? How could statistics be thus flouted? As an insurance reporter, I can personally say that I am a great respecter of statistics. By careful statistics medical science can predict the average death rate of a whole population, not only from disease of various kinds, but also from accidents, automobile and domestic, and various types of crime. If you believe in such statistics, that is, if you affirm them correct, you may be drawn into the whirlpool as one of the victims. On the other hand, if you contradict the statistics, if you affirm they do *not* apply to you, I believe you may be one of the exceptions. Every rule, as you know, has an exception.

Of course that sounds plausible yet how do we know that it is true? Is there any yardstick of truth we can apply to verify these data? There is. The yardstick is history. Every person that contradicted the "It-can't-be-doners" practically reversed the course of nature, both in regard to himself and in regard to history.

In the days of the ancient Greeks, flying was merely an imaginary process and anyone who claimed it could be done was saying that which was equivalent to lifting oneself up by ones bootstraps. Yet Daedalus proved its possibility with gliders, the proof of which was contained in the Alexandrian library, together with many other "modern" inventions.

Take another example. Only recently we have been told that stuttering and stammering can be overcome. It is supposed to be a modern idea. But around 334 B.C. a boy by the name of Demosthenes filled his mouth with pebbles and, walking along the seashore, orated to the waves. He stuttered so badly that the boys laughed him out of their company. Some years later he became the Golden Voice of Greece and until today he ranks as the greatest orator of all time.

We could go on indefinitely taking militarists like Alexander the Great and Napoleon and show how, through self affirmations, they preserved their

persons in the thickest of battles. We could take great moral leaders like Christ and Socrates and show how their affirmations transformed the world. And we could take inventors like Marconi and Edison and show how their "inner voice," which they trusted, gave to mankind gifts that were termed ludicrous or miraculous at the time they were proposed.

But in many respects scientists have learned a lesson. Few will call you mad today if you tell a doctor you've had heart disease and survived numerous healthy companions. Nor were scientists eager to condemn the remarks of Woodrow Wilson when, on his post-war tours after World War I, he predicted rocket bombs and an instrument called the death ray, which is destined to be many times more destructive than the atomic bomb.

Scientists are fast learning that "What man affirms he can do." But when one speaks to them about increasing individual or national horizons by this means, then it "is different." They can see how it is possible to destroy individuals or a great civilization, but how to preserve a civilization — how to affirm more health, success, harmony and international happiness — that is, to them, out of the question. Surely our scientists have yet a lot to learn.

Unfortunately, many of our enlightened men and women are still, spiritually speaking, standing where Pithecanthropos Erectus stood, cringing in his cave as lightning flashed and thunder roared across the skies. They cry out now as then, "Oh, God, have mercy on us; spare us this terrible ordeal." Their thoughts are negative, thinking how to meet destruction with destruction. It does occur to our scientific men of today to harness this destructive force for good, but the reason they do not do it is because they do not BELIEVE IT CAN BE DONE by conscious effort. It must "evolve, of itself."

But over and over again, since the time of Christ, we have demonstrated our power to create health, wealth, success, harmony and happiness. Those that have had the faith nearly approaching Christ's, have done Christ-like deeds. Many of us today have tremendous power, but like the A-bomb, we are using it blindfolded. To create health, wealth, success, harmony and happiness for yourself, you must affirm it and back it up with the kind of faith Christ charged you to have. If you do this, you'll be able to defy disease, statistics, death and the terrible disharmony that is sweeping the world today. And you'll be doing something really constructive. Power and great promise we all have if we had but the faith and the courage to use it.

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## HIS GIFT

By HARRIET MARKHAM GILL

God scattered beauty far and wide,
From mountain cliff to ocean side.
He painted moonlight on the sky,
And fashioned flowers where deserts lie.
He touched the clouds with roseate glow,
And made a paradise here below.

# *What I Have Learned About the Silence*

By ROSE UMBREIT

It is scarcely possible to overestimate the benefits which result from the persistent and intelligent practice of the Silence. It is enlightening and profitable to meditate often on this particular phase of overcoming.

The Silence is prayer — scientific prayer — an attempt to contact God. It is the practice of the presence of Spirit — the surrender of the lesser to the greater — "Mind over Matter." All spiritual development is a matter of control. The Silence is a matter of control.

There are for every individual two worlds — the exterior and the interior. In the Silence we close all doors as completely as possible to the exterior, and concern ourselves entirely with the interior. Our spiritual powers will increase in the exact ratio that the worldly or exterior phase of our existence becomes submerged.

The whole purpose of the Silence, scientifically speaking, is to remove all interference from the conscious mind, that we may have direct access to the subconscious. The subconscious is like the impressionable gelatin of the hectograph. Whatever is thoroughly impressed upon it will surely and exactly be reproduced. "The Word was made flesh and dwelt among us." It is like carbon paper. Points where we bear down upon it, will be reproduced. If we want the impression externalized simultaneously, we must apply a self-stamping idea seared in the heat of intense emotion and unshakable faith.

The subconscious mind is the connecting link between individual mind and Universal Mind. All its impressions of the exterior world come through the conscious mind. The subconscious mind does not reason inductively and whatever belief is impressed upon it by the conscious mind it accepts and reproduces. "As a man thinketh in his heart, so is he." The subconscious merges into the Universal Mind, and through intuition opens up to us all the knowledge our stage of spiritual development makes us capable of receiving.

By degrees we grow in understanding. To the Israelites the voice of intuition said, "An eye for an eye, and a tooth for a tooth," but centuries of evolutionary development produced the Nazarene who repudiated many of the Mosaic laws. "Ye have heard that it hath been said, an eye for an eye and a tooth for a tooth, but I say unto you that ye resist not evil. . . . Love your enemies, bless them that curse you."

I believe there should be a period of preparation for the Silence. We should remind ourselves that success or failure in contacting the Great Source depends entirely upon us — on how receptive we become. To be-

come receptive, relaxation is absolutely necessary; but not every one has learned to relax. Let us consider some of the things that prevent relaxation, and possible remedies that may be applied.

Many people, when attempting to enter the Silence, immediately find their minds busy with plans for the next day. This results from the habit of busy people to use every spare moment to plan ahead. The remedy is simply to plan first. Decide on what dress to wear on the morrow, what to serve if you're a housewife, etc., and be done with it.

Do not fight against time in the Silence. It will defeat your purpose. If in the evening you are too sleepy, and in the morning you are too hurried, observe your Silence during the night — say at midnight, or the magic hour of two, when the conscious mind is less active and the subconscious mind more easily accessible. No price is too great to pay for success in the Silence.

Find your own way of attaining relaxation before entering the Silence. A walk perhaps, a hot bath, meditation in the moonlight, yielding yourself to soft music. Remember the activities we enjoy tend to relax us; those we dislike tend to cause tenseness. Relaxation follows a change from what we've had too much of. When once we fully realize that hurry, worry, overwork, loss of sleep, etc., cause tenseness, we will discern that the real problem is not continually to overcome tenseness and strain but to avoid them by removing their cause. Thus in all our living we must prepare for the successful Silence, and in all Silence we prepare for successful living. In this cycle we come to "pray without ceasing."

We should determine beforehand to accomplish some one definite thing in the Silence and not attack all our problems at once. Our determination should be sincere and complete. Then sustained but unstrained will power should keep the imagination and emotions accepting the desired good as if it had already been received.

Remember, complete determination admits of no lack of faith, no testing to see if the theory works, no possibility of giving up. It is a wise provision of Nature that we can't fool ourselves. We can only succeed if we *know* we can succeed, if we won't take "no" for an answer, but consider only accomplishment — glorious accomplishment.

In the Silence we draw nigh unto God, and he draws nigh unto us. The oftener we draw nigh, the nearer he comes and stays.

There is an amazing cumulative power in concentrated thinking. The longer we keep our thoughts centered on a certain thing, the more easily and successfully we attract ideas concerning it. All spiritual leaders have prayed often and for long periods, that they might experience the cumulative effect of remaining receptive. "Five times every day must the believer (Mohammedan) turn his face toward Mecca." Daniel, we are told, prayed seven times daily; and Mary Baker Eddy followed his example and even added to the number. Joan of Arc knelt before the saints so often that they became alive to her and she communed with them in the open fields. Jesus often went up in a mountain and communed alone with the Father. Moses spent forty consecutive

days and nights in prayer and came back enveloped in a cloud of spiritual power. If the time you have spent in the Silence has not been satisfactory, take your Silence problems into the Silence.

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# *There's Good in That Trouble*

By DORTCH CAMPBELL

YOU WHO HAVE BEEN fighting and struggling will scarcely believe me when I tell you there is good in that trouble; that all your anguish stems not from the difficulty but from your resistance to it. Neither will you believe when I tell you there is a solution for that which ails you if you will obey the law Jesus of Nazareth revealed when he said, "But I say unto you, that ye resist not evil." Non-resistance is not weakness. You lay hold of a spiritual power that strengthens the will when you refuse to fight the circumstance.

Pause in the flurry of evil which suddenly appears in your destiny and recognize the fact that power is yours already and you will shatter all evil circumstances and you will get a surprise which must have come into the mind of the Magdalene when on looking around she found no man to accuse her. That was a great crisis in the life of the Magdalene, as her life was at stake; an even greater crisis for the Master, a decisive moment, a turning point, with all his future involved. To earth-life sense there was no escape for Mary Magdalene. But in the twinkling of an eye something shattered that real and terrible picture as if it had been blown to nothingness.

The Christ did not say, Woman, fight and struggle against this situation. He saw no hard and fast limitations. He was aware that the evil could be wiped away as easily as dust. But not by resistance; he opened his great and loving heart to God for her and himself and let God's love wipe out the past, and the name of the Magdalene shall remain as long as Christianity lives.

Always there is something that seems to drag on you and draw you back. That something is really your resistance and not the evil of circumstances. Your attention is fixed on the undesirable; that is why you are bound. *You actually absorb with the Spirit that which you watch.* Every undesirable is fleeting phenomenon that would soon pass away if divested of your attention. Watch evil and it will come, keeping up to nag you. Hear the great psychologist, Dr. C. G. Jung, on that issue. He asserts in his Commentary on T'ai I Chin Hua Tsung Chih in The Secret of the Golden Flower: "I always worked with the temperamental conviction that in the last analysis there are no insoluble problems, and experience has so far justified me in that *I have often seen individuals who simply outgrew a problem* which had destroyed

others."

Dr. Jung continues: "This 'outgrowing,' as I called it previously, revealed itself on further experience to be the raising of the level of consciousness. Some higher or wider interest arose on the person's horizon, and through this widening of his view, the insoluble problem lost its urgency. It was not solved logically in its own terms, but faded out in contrast to a newer and stronger life-tendency."

What is that "newer and stronger life-tendency?" It is a great love that replaces resistance, for love casts out fear, the basest of advisers.

Hayden, my eldest son, spent himself fighting appearances. He was and is an extrovert, a go-getter, and so he fought and struggled his way out of boyhood into early manhood. Oh, yes, my training of the lad was largely responsible, for I have struggled only slowly into the light. I said with Will Durant that life feels like a fight and struggle is justified. Hayden as a child saw me battle against injustice, wrongness and hard conditions. There were times when feudists thronged our little home crying for vengeance when I knew I was in the right. I can do no otherwise than fight, I said. Hayden believed as I believed; struggled as I struggled; fought as I fought.

Then the Titans' War pressed down upon us and Hayden's son got ready to go and when the call came the lad put an arm around his father and said: "Dad, I am going now. I may never come back. Dad, I want you to change. I want you to quit resisting evil."

Hayden, with grief too deep for tears, walked down that lonely road. His memory went back far, I guess: he had got into a fairly good business; he had been something of a success, owning a lovely home, rearing a fine family. But he knew in his heart-of-hearts that mostly he had got fight and struggle for fight and struggle. He went back home with a new light in his strong, hard face. "I shall change, my son," he said as he told him good-bye. "I shall overcome evil with good."

The metamorphosis in Hayden's life has been astounding. Old enemies have flocked to his standard; he is no longer shunned and hated; he is a most remarkable fellow, erstwhile enemies assert. His professional success has been far greater since the transformation. A year ago he took up a state wide lost cause and rejuvenated it. The movement is backed by one hundred thousand men and women. "I am using Christ's great law," observes Hayden. Well, anybody can do it. We can change within and when we do the outer will change too.

Most of us are far too credulous before the world's harsh treatment. Our reactions and resistances to our problems seem more important and realistic than we are. We ought to know by now that it is not well to face the enemy but ignore him. Let go of any sort of pain and it will pass you by without harm. It is your emotional resistance that hurts you and gives that which harms its power. We all want to live passionately, to love as we go, yet few of us live passionately and lovingly because most of our lives are spent on resistances that stand between us and that which we love.

Nor is this all the good that comes in obedience of this law. For it has been my own personal experience

that when I have ceased to resist evil, when my attitude is in reality "I don't care, for God will take care of that problem" — when I in spirit and in truth let go of that which afflicts, yet continue working diligently at the same time to get rid of the unwanted, I find there comes to me from somewhere that seems like God a solution of that problem.

Non-resistance actually means that you intend to let God handle your affairs. That means God guidance. It may not always mean that the thunderstorm is robbed of its reality; it means that instead of being in it you are above it. There is something else, too, I want to tell you about and this is that if you will look on the emergency as you should, seeing God in it, you will get light about your trouble. I do. I cease resistance to that which troubles me and watch it. Is it pain? Then I open my spiritual consciousness and ask to know the cause and dig it out by the roots. Is the problem that comes lack of love? Is it sorrow? Is it poverty of material things? I watch and I analyze and I seek to know that to which it points; and if I do, I discover in a flood of illumination that the divine purpose is to give me something better than I have known.

I am positive that if we refuse to resist evil, and then study it and open our minds to God, that there will come guidance and we shall see the way to something really beautiful hitherto lacking in our lives.

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# *I "Saw" An Accident Three Hours AFTER it Occurred*

By EVE BARKER

Some psychic happenings are registered or received before the event itself. Other incidents are registered at the exact time of the event; and some impressions are received *after* the event itself has taken place on the physical or material plane.

The following experience belongs in the latter category, and to me it seems to prove that there is something in us that transcends time and space under certain conditions.

One summer, my sister-in-law was spending the week end in our home. She and I were occupying the same bedroom. My husband had left in the car to report for work (he was working on a night shift). My guest and I had been asleep several hours, when suddenly I awoke and sat upright in bed, saying, "Oh, my husband has had an accident with the car." Naturally my outcry awakened my sister-in-law, and she assured me that I had been dreaming.

"No," I replied, "the impact of

the colliding cars awoke me." Then I added that the left rear axle of our car was broken. She tried to calm me, and convince me that I had just had a vivid dream of no significance. However, I knew that something was wrong. I prayed for Divine help and protection for the occupants of both vehicles involved and eventually fell asleep; but not before noting and commenting upon the time: it was exactly two A.M.

Next morning while I was preparing breakfast, my husband telephoned me. He usually telephoned every morning to say that he was on his way home for breakfast. That morning, as soon as I heard his voice over the wire, I asked him if the car was badly damaged. He told me that the left rear axle was broken, and that it was necessary to have the car towed to the garage for repairs.

"Who informed you of the collision," he asked. Of course I told him of the source of my information. By this time he had become accustomed to having a psychic wife and was not too astonished at my statement.

Upon further inquiries I learned that the wreck actually happened at eleven P.M. Our timepieces showed a difference of three hours between the time of the wreck and the time I awakened. The meter showed a distance of one mile between our residence and the scene of the mishap. Yet these factors did not enter into the occurrence at all.

Despite distance or time I heard the crash and saw the truck hit the automobile. My husband verified all these details as I had witnessed them, except the matter of time alone. But to me, that phase is no more difficult to explain than the space angle, for in spirit, there is neither time nor space.

If we were four-dimensional, perhaps we could view things in their totality instead of from only one angle at a time. The broader the vision, the less variance there would be in such details as time, space, vibrations, and so on.

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THE crest and crowning of all good,
Life's final star, is Brotherhood;
For it will bring again to Earth
Her long-lost Poesy and Mirth;
Will send new light on every face,
A kingly power upon the race,
And till it comes, we men are slaves,
And travel downward to the dust of graves.
Come clear the way, then, clear the way;
Blind creeds and kings have had their day,
Our hope is in the aftermath —
Our hope is in heroic men,
Star-led to build the world again.
To this event the ages ran;
Make way for Brotherhood — make way for
Man. — *Edwin Markham*

WISE men are silent when fools advise.
— *John Davidson*

# *Views and Reviews*

By WILLIAM E. TOWNE

## *Your Power Within*

YOU HAVE read hundreds of pages of New Thought literature about the power within. You have been told about what this power can do for you in the way of giving you healing and prosperity. And quite possibly you are still trying to find out how *you* can make use of this power.

It seems to me that the first step is to become quiet — to still the outer senses and to relax yourself physically. This is the method of the wise men, the sages and the prophets in all ages. It is the method recommended by those who have made a deep study of the law of suggestion. New Thought writers often refer to it as "entering the Silence."

Now, Emerson gave us the *reason* for such practices. He stated it very clearly in simple language. He said: "There is a principle which is the basis of things, which all speech aims to say, and all action to evolve."

He went on to describe this principle as ". . . a simple, quiet, indescribable, indestructible presence, dwelling very peacefully within us."

Emerson further described our relation to this principle. He referred to it as "our rightful lord."

And then he made what I believe to be the most important contribution of all upon this matter in these words of instruction: "We are not to do, but to let do." This idea, he intimated, might lead to "vast and sudden enlargement of power."

It is to this "simple, quiet" presence within us, I believe, that we owe the products of modern inventive genius. Scientists, explorers in new and untried, and often, very difficult fields, require the utmost patience and use of effort in following the inspiration of the "simple, quiet . . . presence" within.

The inventor who remakes our world with modern miracles and marvels beyond the imagination of man is bringing forth the fruit of this inner "presence." The plant wizard, like the late Luther Burbank, who works miracles and marvels in the plant world almost beyond belief, he too draws his power from the quiet, peaceful "presence," the wise silence which surrounds us and which can reveal earth's choicest secrets to the listening ear of him who has faith in this inner leading.

To all those who have the wisdom to follow the leading of this inner presence into the creative field, where new inventions, new discoveries, new and important methods are the reward sought — to all these must be born, at first, a faith in the reality of what this inner presence can give.

Last Sunday I heard a remarkable prayer. It comprised but very few words, took but a few moments to deliver, and in substance it expressed this one idea: God grant us wisdom to avoid the stupidity of believing in the things we see with our eyes and hear with our ears to the exclusion of what we know in our hearts to be true.

The way of creative achievement is to follow what we know in our hearts, what we feel *must* be true, even when what we see and hear does not immediately confirm it.

Emerson spoke of the day when we would come to deal with real being. Perhaps it is that real being, and his contact to it, which causes the great inventor and scientist to *know* what he cannot yet see. He follows the gleam through present darkness until he reaches light — the light of some great mechanical or scientific truth which floods the whole world with new happiness.

To go alone, to believe in and trust the inner presence and, as Emerson says, "Dare to love God without mediator or veil" — that is the way to find our own "expanding power."

But in all this, let us also remember just one thing: "Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal."

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(*Continued from page 28*)

the true success of learning to become conscious of his will for building a good world.

I learned to *tune in*. I found it was not enough to pray and then hang up the receiver after telling God what I wanted and how I hoped he would conduct my affairs. I learned to state my problem and then humbly to wait — wait in expectant silence for his guidance. Psalm 46: 10 had a brand new meaning. I began to clear my spiritual house of its rubbish to make of my thoughts a clean channel for the Divine Power.

Abraham left the great metropolis of Ur and "went out, knowing not whither he went." I had to begin learning a new vocation when most people are ready to retire. Job prayed for his carping, critical friends and God doubled his blessings (Job 42: 10). I tried it and it works! Jesus on the cross, yielding to the grossest known injustice, prayed for his enemies. I accepted this as a signpost to victory of soul over circumstance. My Resurrection began. Life became a divine adventure, each day crowded with miracles.

The nature of these miracles might need explaining to those who have not walked the way of Sorrow when that stern-aspected visitant is recognized as a friend in disguise whom we have invited to accompany us for a season through our own great need of deeper understanding. My miracles would fill a book.

Disappointments have truly become God's appointments. Circumstances are divine assignments leading me close to Him, deepening my sympathies for those who are fumbling for the way. God is filling the vacuums — the Comforter has come!

Disaster brought me, with this way of accepting it as a challenge, an acquaintance with the just and wonderful law of Karma: "Whatsoever a man sows, that shall he also reap." I began a new kind of sowing in view of the fact that God is not mocked. I am demonstrating supply as never before; I have discovered that its source is within, that it is ample to meet every need, and that it is inexhaustible. New friends with fresh, helpful viewpoints are flocking into my life, bringing me spiritual largess beyond all expectations.

— *B. H., Ill.*

# Success In Prayer

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

## PRAYER PROTECTS PERSONS AND DISSOLVES FEAR

FEAR takes a toll from our lives in a great many ways. It steals our peace of mind, robs us of our happiness, our health and our wealth, when in reality it has only the power which we give it. If we could replace every fear with a faith in God's power to sustain and protect us, we couldn't be fearful or anxious. But it often seems that we have to meet demanding experiences in order to bring forth our spiritual strength and give us faith in the divine power that is always available and everywhere present.

For many years faith in divine protection in the care of my three sons was the only way I could have peace of mind. I was a busy working mother and often was forced to leave them alone when they were very young. I could not carry on my work while worrying about their safety. I placed them under God's care and taught them to know there was always something which would protect them, no matter where they were or what happened. There were many miraculous escapes from accidents, sickness, contagious diseases and numerous other incidents which occur in a child's life and too frequently prove disastrous or even fatal.

Then came the reckless teen age when the rougher and more dangerous sports were the theme of their life, such as speeding automobiles, swimming, boating and mountain climbing, with a little night life thrown in. I decided it was not necessary to lie awake nights worrying about where they were or what they were doing, if I really placed them in God's care. He didn't need any help and I can truly say that I never had a sleepless night and many times never even knew at what hour they came home.

On several occasions I was awakened with a premonition that they were in danger. As a symbol of their protection, I used to see them surrounded with a circle of light and know that this was divine love enfolding them. This always gave me the assurance that they were safe and protected and I would go to sleep again. Invariably at these times I found out later something had happened, like falling in the lake from a capsized canoe or the wheel of a car coming off, but they were never hurt. For instance, just before a front wheel of the car they were riding in one night did come off, they, without any forethought at all, suddenly decided to stop at a roadside eating place. As the car stopped, the wheel rolled away across to the other side of the road. The time the canoe turned over in the lake, the older son was the only occupant who could swim and he was able to rescue the three other boys with him and get the boat turned over, after which they rowed back to shore as happy as though nothing had happened. Of course each experience increased my faith, and I thanked God many times for this wonderful blessing.

Then came the war! The eldest son enlisted right after Pearl Harbor. In a few months he was on his way to an unknown destination and for four

and one half months there was no word. Then came the reports from Guadalcanal and from piecing all evidence together I knew that was where he was.

My faith was gone, I couldn't find a spark of it. In it's place anguish and fear filled my heart. This was so much bigger, and I felt so helpless because I had no contact with him. Then one night the answer came. God was everywhere present. He was in Guadalcanal just the same as he was on the lake, or on the highway, or any place in the whole universe. And his divine protection was usable on a battlefield, in the sea, or in the air, if I but believed and used it. After I realized this, I was filled with "the peace which passeth all understanding" and through the long years of the war it never left me.

One year later the second son left. Now they are both home and without a scratch. Many a tale I've heard of them being snatched from danger, of marvelous escapes, and of seemingly insignificant incidents which entirely changed their course of action, but afterwards proved to have saved them from certain death. Again I give thanks, for through it all I know it was God's protecting power caring for them because we believed.

This was a lesson I shall never forget, for compared to the great fear I experienced and overcame through "the Father within me," all others seem so trivial they are almost instantly dissolved through the faith given me at that time.

"Be not afraid, it is I." — *G. M. R., Calif.*

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God has put the keys to his kingdom into your own hands.

— *James M. Pullman*

## PRAYER HELPED ME MEET DISASTER

My first reaction to the loss of my life work, the accumulation of a staggering debt, loss of my family, and a serious siege of illness, was resentment following despair. I had not the patience of Job. I was tempted to forsake cherished ideals, to be a quitter, to let the avalanche sweep everything before it — including me. Luckily a tiny grain of faith hidden deep in my soul and nourished by a goodly quantity of American pioneer spunk, pluck, or call it what you will, brought me face to face with the grim necessity of carrying on.

Disaster had interrupted a half-hearted quest for Truth. I was too smug and satisfied with myself to seek Truth ardently. Perhaps I should say that disaster gave my quest new direction and made it urgent. I owe more than I shall ever be able to express to Truth. My intellect grasped its message as a drowning man grasps at a straw; in my great need I accepted it; the turn of the tide came when I began to prove it or to work it out in my life.

The Bible became a new book. Once entranced from the standpoint of pure literary art with the story of Joseph, I read it anew to discover how gross injustice may flower in resplendent victory if rightly understood. The Bible became a manual for soul development through my study of Truth. I saw one after another of the great souls accept the circumstances of life as God's engineering to bring them close to him, as stepping-stones out of their own past failures and negative thoughts to

(*Please turn to page 26, col. 1*)

## Elizabeth's Editorials

*(Continued from page 7)*

and all its conditions are fleeting unrealities. The outer world is made by our seekings in a finite way and looking on the outward appearance, and thereby getting a conflicting idea of reality. Just remember that the outer world is exactly like the millions of little snapshots that go to make up a moving picture film — each one different, no two appearing to have relation to each other, until they are put into a machine and rotated very rapidly before the vision. Then each little snapshot takes on meaning in relation to the whole — a meaning which is entirely different from the meaning of any one of the snapshots on the movie film. Remember that the wisdom and power that creates and uses the entire machine is the reality. But the snapshots are infinite in number and no one of them amounts to anything whatever in relation to the real self of the machine.

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O Singer of today, this glorious hour
Is all for you and me — what shall it give
To us, and ask of fate — what splendid power
In brain and hand, what glorious right to live
Among our fellows and to war with sin?
What quickening of the pulse as we aspire
To claim our right, and risk earth's joys to win,
To conquer self, and force it through the fire!
Give us this force, dear God, and evermore
Give us a deepening love of all our fellowmen;
Give us new insight — courage to explore
With all the tenderness of human ken
The lowliest heart that beats in human kind,
Its glory and its soul to seek and find!

— *William Ordway Partridge*

## WHEN YOU ARE TROUBLED

When you are in trouble you are Daniel in the Lions' Den. The lions will seem terribly ferocious; but pray until fear has begun to go; keep knowing the Truth, in the face of all appearances; and you will come out of the lions' den safe and sound, without a single scratch, as Daniel did. Nay more — you will come out stronger and better for the ordeal, because no problem that we meet in the light of Truth ever leaves us where it found us. Every problem thus overcome is a definite step upward in the growth of the soul.

It is significant, is it not, that being unable to accuse Daniel of any of the ordinary transgressions, his enemies proved beyond a shadow of a doubt that Daniel was a man who declined to worship (to believe in or trust) any power but GOD. In the sight of the world this was an indictable offense, but in the light of Truth it was shown to be Daniel's salvation.

The longer one continues in the Truth teaching the more convinced he becomes of the fact that this is a mental world, and that man's dominion lies within his own mentality. When once we have grasped this fact clearly and have determined to put it into operation in our lives, it seems as though our difficulties were over, and theoretically this could be the case. Practically, however, it calls for the most rigid and persistent watchfulness on our part, if we are not to be constantly straying from the true path of correct thought. "Watch and pray," said Jesus, knowing how subtle are the temptations to step aside into old errors. "The price of liberty is eternal vigilance."

— *Emmet Fox*

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That leaves him wondering, leads him on in reverent awe.

He changes the earth, himself and all he hopes to be
By working with the forces that he cannot see.

Within his heart is another world unseen and deep
Where vaster powers untouched he lets remain asleep.

Let him release this strength, and in that very hour
He'll find more promise than is held by atom power.

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## DEATHLESS

There lies in the centre of each man's heart
A longing and love for the good and pure;
And if but an atom, or larger part,
I tell you this shall endure — endure —
After the body has gone to decay —
Yea, after the world has passed away.

The longer I live and the more I see
Of the struggle of souls toward the heights above,
The stronger this truth comes home to me:
That the Universe rests on the shoulders of love;
A love so limitless, deep, and broad,
That men have renamed it and called it — God.

And nothing that ever was born or evolved,
Nothing created by light or force,
But deep in its system there lies dissolved
A shining drop from the Great Love Source;
A shining drop that shall live for aye —
Though kingdoms may perish and stars decay.

— *Ella Wheeler Wilcox*

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The power of mere activity is often overrated.

— *Phillips Brooks*

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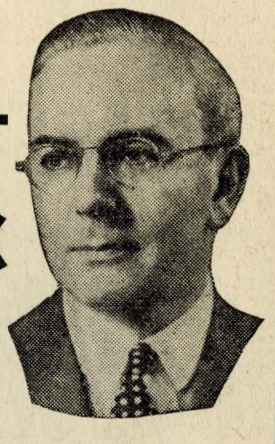
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