The Power of Positiveness.

THE development of desirable brain-cells must be considered as the first effort toward the conscious use of Thought-Power. The few simple rules given in the last number of this publication will, if persisted in, produce marked results, and should be considered as the first exercise in the course of training which will be outlined in the pages of this publication.

Those who have studied the vast amount of literature which has been written on Thought-Power, under various names, during the past twenty years, will naturally ask, "What are your principles?" and, "Do you affiliate yourself with an established school or follow a recognized leader in presenting this subject to the public?" The numerous letters of inquiry, comment, encouragement and criticism which I have received since the first number of this publication was issued, give me additional proof that people everywhere are ready for something that is easily comprehended and that can be made practical at the same time.

The Power of Thought is and has been a well established fact with many, and in their efforts to thoroughly investigate and study the subject, some have been led into branches of so-called philosophies which not only contradict each other, but also, according to the statements of their confirmed adherents, are too contradictory to form a reliable basis for a philosophy which all people of sound mind are able and willing to accept.

Let us briefly review some of the leading doctrines which have found such large numbers of adherents among the most intelligent, conscientious and sincere people of the civilized world.

Christian Science (so-called) with its large numbers of adherents, who consider it the "truth of all truth," is full of inconsistencies. On investigation it will be seen that their claims, outside of an incomplete use of thought power, have nothing by which they may be proven as true. The Christian scientist claims to cure diseases, and has in many cases substantiated this claim, but with another breath he boldly asserts that there is no disease. He also asserts the power of mind over matter, but stubbornly denies the very existence of matter. His claims to illuminate the minds of his devotees are followed by the assertion that there is no darkness. He asks investigators to rise above mortal mind, while modestly informing them that there is no mortal mind, and caps the climax by dying, while asserting that there is no death.

The Theosophist has a most sublimely beautiful philosophy, which strongly appeals to many, because it offers quite plausible explanations of many phenomena in nature. Like Christian Science, however, it is also full of contradictions. According to Theosophy, your present life is the result of your previous existence, or in other words, you are now reaping what you sowed in your former lives, and what you sow now, you will surely reap in your next incarnation. You cannot possibly change your "Karma," or the effect of your present life upon the next one, but you can change this life although it is under the same law as the next one.

The one who becomes interested in any of these "isms" is liable to become so fascinated that all inconsistencies are apt to be overlooked, or not even noticed. The world is now full of people, some of whom are men of brilliant intellect and strong thought power, who have a pet theory or scheme, and by virtue of their trained thought-force succeed in obtaining large numbers of believers. These believers as a rule give up

their cash and their time to the various so-called causes which have as a rule a pretended object in view. This object is either to save the world or else to prevent only a chosen few from being destroyed with the rest of the sinners.

Cyrus Teed is perhaps the most notorious of these so-called reformers. He has an entire system of philosophy, and even claims to prove that our "Mother Earth" is not a globe, as the majority know it to be, but a hollow sphere, whose crust is one hundred miles in thickness. We, according to this theory, inhabit the inner side of of this crust. It does not matter how absurd a theory is and how flimsy the pretended proofs are, many people will be hypnotized into accepting them as the truth and nothing but the truth.

The world's entire population is divided into two general classes. One of these classes embraces a quite small number. These are the positive pole of the world's population: the leaders, rulers, and controllers of men. These are the people who make history and who leave their footprints upon the sands of time. The second class embraces the majority of the world's population: the masses who are led, the negative pole of humanity.

You belong to one of these two general classes. You are either ruled by your own beliefs, superstitions and fancies, or by the thoughts and opinions of others, and thus belong to the negative class. If you, to some extent at least, are willing and able to think for yourself, and thus are prepared to view everything in a light of positive knowledge, to that extent you are partaking of the positive principle, and have liberty—liberty from the domination of another's thought-power. Your degree of freedom depends upon the degree of your ability to be positive. The Constitution of the United States gives you the right to "Life,

Liberty and the Pursuit of Happiness." You cannot be a free man or woman, nor even a true American until you make an individual "Declaration of Independence." It is not only your privilege to be free but it is a duty you owe not only to yourself, but also to humanity.

You cannot be free as long as you allow others to dictate your thoughts aud beliefs to you. I do not, however, mean that one should originate absurd theories or doubt everything and question the truth of everyone's statements. I mean simply that you should seek satisfactory proofs before accepting or rejecting any theories. That "Positiveness is a Power," can be easily proven to everyone's satisfaction. Everyone who has accomplished something, whether of a public or private nature, has achieved it through the power of positiveuess—through positive thought, followed by positive action. An example fresh in the memory of everyone, is the achievement of Admiral Dewey, the "Hero of Manila Bay." His absolute positiveness and certainty of victory inspired everyone under him—from captains to coal passers—with the same qualities, which are the qualities absolutely essential to success in every undertaking.

You cannot reasonably expect to achieve success and happiness or even health, unless you cultivate the positive, the aggressive side of your nature. This positive method of thinking will and must, in time, grow into a *mood*, a constant *frame of mind* as it were, which will invariably lead you to victory.

Have you a just purpose in life, a cherished desire, the accomplishment of which would give you satisfaction and happiness? You can gratify it only by positive methods of thinking and positive modes of action.

You cannot, however, reasonably expect to succeed

until you have gained sufficient command of your brain faculties and are able to banish all doubts and fears as to the outcome of your undertakings.

Positive thinking means will power, and the exercise of will power means success, vigorous health and permanent happiness. There are numerous methods by which the positive quality of thought, or will power, may be trained. I will here give a few rules which can be applied without any loss of time, and which at the same time will at once have desirable effect upon the health, etc., of such as will practically apply them. Have you ever thought that you are suffering serious losses of nerve force, or vital magnetism, which you can easily avoid? Most people are in the habit of making certain motions with their hands, feet, head, etc., such as drumming with fingers, playing with watch chain, rings and buttons, or otherwise almost unconsciously to themselves moving their hands and feet, and thus throwing off a large amount of force.

You should closely watch yourself, and if you find that you are subject to any of these "nervous" habits referred to, overcome them by an effort of the will. There are other force-scattering habits, mental as well physical, which are common with most people. These habits, tendencies and inclinations are so varied that but a few general hints can be given. First: Any motion of any part of the body which is not under the conscious control of the will (positive thought) should be suppressed. Second: Any appetite or craving that does not directly contribute to physical or mental well-being should be controlled. Third: The habit of *thought concentration* should be formed. This means that you should prevent your thoughts from "wandering," and always keep them centered upon the task on hand. Develop the habit of positive thinking on the lines suggested above, and observe results.

Subject of the next essay, "Personal Magnetism."

The Cause and Cure of Disease.

The treament of disease without medicine, and by thought power under various names, is attracting the attention of not only the medical practitioners but the public in general. The "power" which performs the cure is known under various names. The hypnotist claims that suggestion does the work. The magnetic healer ascribes his success to the vital force which is transferred to the patient. The various "scientists" are sure that the "realization of truth" is performing the cures. Some healers and scientists of late have a smattering of what they call "the law of vibration," and in explaining the process by which cures are performed, they use the term "vibration" so promiscuously that an uninitiate does not really know where he is at. It is true and has been proven that all material objects, the human boby included, if reduced to atoms, would be found to be in a perpetual state of motion or vibration. There is, properly speaking, no "dead matter," as even the most solid substances known are found to be in a state of vibration. Vibration is motion, motion is activity, and activity is force. Conclusion: everything in nature is *force*. This force, howover, is in a *varied* states of activity, and is constantly changing. The change is either a process of organization or one of dissolution, and is caused by the action and reaction of the endless variety of force currents on each other. All motion and the resultant changeableness in nature is orderly and guided by intelligence.

Man is the most perfect organization of force on this planet, and as such, is endowed, not only with superior intelligence, but also the the ability to use

this intelligence in any desired direction.

Those of my readers who have investigated certain mental science literature, will, on reading this, form the conclusion that I am going to rehash the old theory, that all disease is originated in the mind, and all you need to do, if sick, is "to deny" the fact, "affirm" that you are well and then "realize" it. Now, suppose that you have a cancer. According to these "scientists" you would have to "realize" the "truth," for in their philosophy, no such thing exists, even though it is quite apparent to every one. Your would fairly have to hypnotize yourself into the belief that the cancer is not real, and that you are merely afflicted with a "belief in a cancer." Of course you would be told that there is no "hypnotism" used in this treatment, because the "science" does not approve of anything that smacks of "animal magnetism."

Let us first discover what disease is, and how it is caused, for then only will we be likely to come to an intelligent conclusion regarding a method of treatment which will effect a cure.

(To be continued)

The idea is to get rid of nature's control over us. That is the goal of all religions. Each soul is potentially divine. The goal is to manifest this Divinity within, by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy, by one, or more, or all of these—and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details. The *Yogi* tries to reach this goal through psychic control. Until we can free ourselves from nature we are slaves, as she dictates so we must go. The *Yogi* claims that he who controls mind controls matter also. The internal nature is much higher than the external, and much more difficult to control; therefore he who has conquered the internal nature controls

the whole universe; it becomes his servant. Raja Yoga propounds the methods of gaining this control. Higher forces than we know in physical nature will have to be subdued. This body is just the external crust of the mind. They are not different things; they are just as the oyster in its shell. There are but two aspects of one thing; the internal substance of the oyster is taking up matter from outside, and manufacturing the shell. In the same way these internal fine forces which are called mind take gross matter from outside, and from that manufacture this external shell, or body. If then, we have control of the internal, it is very easy to have control of the external. Then again, these forces are not different. It is not that some forces are physical, and some mental; the physical forces are but the gross manifestations of the fine forces, just as the physical world is but the gross manifestation of the fine world. From *"Raja Yoga, and other Lectures,"* by *Swami Vivekananda.*

Let the desire be what it may, strong or weak, and let it point constantly to one object, it will run dry if honeycombed by the swarms of doubts that are usually permitted to occupy it. For it is a fact, nine times out of ten, the stronger the desire the greater the swarm of doubts that beset it. Let the mind once divest the desire of doubt and rise into the clear atmosphere of hope and expectation and no power on earth can hinder the accomplishment of it. I have had experiences in this thing that I am not prepared to tell for the simple reason that the world is not prepared to believe them; they would appear miraculous.—*Helen Wilmans*

Knowledge must be gained by ourselves. Mankind may supply us with facts, but the results, even if they agree with previous ones, must be the work of our own minds.—*Earl of Beaconsfield.*

We shall one day learn to supersede politics by education.—*Emerson.*

All unsigned articles are editorials.

Books on Power of Thought, Personal Magnetism, Metaphysics, Self-Culture, Occultism, etc., will be carefully reviewed.

Correspondence.

(The following letter is too long to be quoted fully, therefore only extracts from it can be given.)

Box 81, WHEELING, W. VA., Sept. 18, 1899.

DR. J. A. EICHWALDT, San Francisco, Cal.

Kind Sir: . . . I have several courses, but they are "padded," written against space, full of glittering generalities, that no one can put to practical use to get health or even bread and butter. They are full of verbage and adjectives, that if any one can use or ever has put to practical use, I have never met such, and I know several of the "big heads," so called, in Christian Science, Mental Science, and Spiritual Science!?

The theories of Mental Science are beautiful and lovable, and I have tried honestly and faithfully for years to put them to practical use, but have not yet succeeded to my knowledge in a single instance! I know of others who have faithfully studied and are still "pounding away," in hopes that they will yet be able to heal and better their conditions, surroundings or environments!

What is it we lack? Can you supply the "missing link"? . . . Is your journal, "Thought," just a circular, or are you honestly going to show your subscribers a sure and certain way to lift "the veil"? The one article in it is O. K., but why not reveal the secret, if there be such, so your readers can use their thoughts, or your thoughts? I have taken more than one sick man, (who according to Mental Science and Christian Science papers, was only possessed of the thought or idea that he was sick) to two noted Christian Science and Mental Science healers, to get him cured or at least relieved. I offered to pay cash down if they would guarantee to cure him, but I could get no satisfaction from them for the (so-called) patient. They

beat around the bush, while I wanted them to "shake the Plum tree" of their doctrine, system or science, and *prove*, without *quibbling*, that *"All is Good"* and *"there is no evil"!* I believe, and in fact I know that this is a good and beautiful world. To me individually it is very lovable, since I stopped looking at it cross-eyed! I don't want any better (so-called) Heaven than right here on this planet!

When I go to the store keeper, or mechanic, or the farmer for articles in their line, I get what I want every time, but wnen I go to the Christian Science or Mental Science healers or teachers, they will not or can not deliver the goods they so loudly claim to have for sale! My good Editor, you may put this letter in your correspondence column, if you see fit. I can back it up with names of seekers for health and knowledge!

I am, etc.,

C. PHILBRICK.

P. S.: If you succeed in putting into each issue "one peg to hang a hat on" for your readers, so they can help themselves without a confounded lot of useless circumlocution, I'll get out and hustle for subscribers, and "let no guilty man escape." I'll get 'em too! If there be one righteous thought the paper shall be saved! Are you going to let your readers stay in Hell (ignorance) or put them into Heaven? Where are you, my good Editor? The Eddy Science is just tolerable, Mrs. Willman's Mental Science, or the Will, is better, but "My Sweetheart" at Little Rock,—"I am God," is one after my own heart, for I believe in claiming everything in sight and out of sight! . . .

"Suggestion rules the world." Uncle Sam intimated to Spain, "You get." Spain replied, "You bet!" Columbia is now trying to hypnotize the leetle Pheelipeens, and she'll do it! I am waiting for some one to suggest to me how to heal?

"All things comes to him who (hustles while he) waits!"

C. P.

This letter is from one who has "swallowed everything" in the line of "advanced thought literature," and who is now, as a consequence, suffering "mental

indigestion."

If you read "Thought" for one year, practice it's suggestions carefully, and then write up your experience, I shall be pleased to publish your letter in this department.

In reference to your other questions will say that,

1st. "Thought" is *not* "just a circular" because my business announcement appears in its advertising pages. I am advertising my business in a number of papers and you can do the same. The advertising pages of "Thought" are open to any reliable individual or firm who "pays the price," but the reading pages will be kept free of any announcements of a business nature. If you receive a sample copy, it is to be considered an invitation to subscribe, but not an indication that the paper will be sent you from month to month. You are not likely to see another copy unless you subscribe. I have too great a respect for your liberty to send my paper where it is not wanted.

2nd. Yes, I am "honestly going to show" in the pages of "Thought" not only how to heal, but also "how to do other things." You certainly cannot expect that I should crowd it all into the first issue and then send it out as a "sample copy." That would be expecting too much, especially if you consider the fact that I am not in business "only for my health." Where would the "law of compensation" come in in this case? It is true that I give more than I receive, but in order to be able to give at all, I first must receive.

3rd. According to your experience, and the conclusions you have formed therefrom, all the numerous reports, sworn and otherwise, which have been published by the various "Scientists" and "Healers," are miserable falsehoods, and the healers as well as their patients are a pack of liars.

There are "would be's" in every calling. However,

that is no proof that the genuine does not exist.

Outside of my own work and that of my pupils, I could name you many who are daily healing all kinds of diseases by thought power under various names.

Perhaps you expected too much of these "Scientists" in requiring a guarantee to perform a cure. How can anyone (outside of the life-insurance business) guarantee that anyone else *will remain alive* 24 hours or even two minutes!

J. A. E.

P——., Calif., Sept. 24, 1899.

Prof. J. A. Eichwaldt, San Francisco, Cal.

Dear Sir: . . . I am surprised at the Will-Power I have over the things mentioned in your lessons. Indeed, I meet with great success, and am glad I have taken up the study of Personal Magnetism.

I believe already that I will make a great Magnetic Healer if the last part of your course is as plain as the first. To be able to heal without medicine is my ambition! I forgot to tell you that I have taken a course in Magnetic Healing, but it was not satisfactory, although I paid enough money for it. . . . I am very sure that yours is the thing I have been looking for.

Yours very truly,

F. L.

Now, as you have received the 2nd part of the course, yon will be in a position to understand that "Magnetic Healing," or Hypnotism, which is taught in the various schools under the name of Magnetic Healing, and *true* Magnetic Healing--healing through the *radiation* of *developed force*—differ in their principles. The books given as premiums to subscribers give all the information needed in order to be able to heal hypnotically without being obliged to study 10 days, or to pay from $25.00 to $100.00 for the information.

J. A. E.