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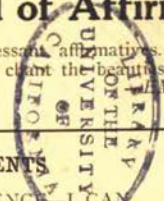
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A Journal of Affirmation

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No. 2

LOVE'S SUNSHINE.

*When I thought how my dear friend, my lover,
was on his way coming, O, then I was
happy!*

*O, then each breath tasted sweeter, and all
day my food nourished me more, and the
beautiful day passed well.*

—WHITMAN.

O, glorious is the morning!
I know the sun is up;
I feel the sweet birds singing;
Dew's in the lily's cup;
My heart is overflowing
With Peace and Love and Joy;
And all my thoughts are flowing,
As free as when a boy;—

Because I had a letter;—
My friend is on his way;
Time has now no fetter
To keep my soul from play!
My friend!—O, heart keep quiet!
Will be here ere the eve!
It's beating!—I know by it;
For Love will not deceive!

And now I raise my curtain;—
The sky is overcast;
And it is very certain
The rain all day will last!
No birds in trees are singing;
The lilies droop their leaves!
And busy winds are bringing
Fresh showers to my caves.

But still I have the letter,—
 And soon my friend will come!
 And no day could be better
 For him to hit upon!
 The day is not my making:—
 I know the letter came!
 The sunshine may seem lacking,
 But it's shining just the same.

HENRY HARRISON BROWN.

SELF-CONFIDENCE—I CAN!

We cannot describe the natural history of the soul, but we know it is divine. . . . This I know, that these qualities did not begin to exist, cannot be sick with my sickness, nor buried in any grave; but they circulate through the Universe. The world was, they were. Nothing can bar them out, or shut them in, but they penetrate the ocean and the land, space and time, form an essence and hold the key to universal nature. I draw from this, faith, courage and hope. ALL things are known to the soul. It is not to be surprised at any communication. Nothing can be bigger than it. . . . The soul is in her native realm, and it is wider than space, older than time, wide as hope, rich as love.—*Emerson in "The Method of Nature."*

I have built my Ideal. As carefully as the architect have I built under the Law. Principles are its material. They are eternal. The Law is inviolable. "Whatsoever you sow, you shall reap." The responsibility for the sowing is mine. I have chosen. The results belong to the Law of Compensation.

Knowing this, my responsibility, I accept the results. In faith that nothing is impossible to the Soul I have deliberately chosen and have incorporated only those Principles which, in their expression, are Success, Health and Happiness.

I, as Spirit, am limitless. I am a soul with vast desires. These desires are born in the limitless possibilities which, as Soul, I am. But in recognition of these desires I am to be careful that I also realize my responsibility for directing them and for holding them in check, when needful, and for giving them rein when it is best.

Desire finds its first expression in emotion. Emotion is the Power of an active soul. It is the pressing outward toward expression of the Indwelling God. "I will find a way or I'll force one!" it says in wind and torrent: in bud and bird: in beast and man. And it finds its way

by bursting all barriers; for it is dead, if it cannot express.

But in man there is a mightier than Emotion. It is that which in Man controls Emotion. That mightier power is Thought.

My humanity consists in this power to control my Life's expression, to control emotions and to convert them to chosen ends. He who controls his emotions controls his life. He is Self-controlled in contradistinction to him who is controlled merely by the Absolute Law of Power. One is the servant, and the other is the Master of Law.

The tendency of the mass of mankind is to act under the Law of Blind Force. All undirected power flows in the line of least resistance. Thus flows the water from the mountain side. It chooses the least obstructed way. So seek the rootlets and the leaves. So seek the bird and the wild animals. They all act under this same Law of the least resistance.

Man, when he follows his animal instincts, seeks the easiest way of expression. But all his development above the brute has been attained through overcoming resistance. So the developed man chooses not the easier, but the harder, way. Otherwise the latent human possibilities would ever have remained latent.

In building my Ideal I have followed the Law of Choice: have planned what I wished. I have not been content merely to drift with the winds and tides of emotion.

I know what I want!

Thus far one may assent, may affirm for himself,—and at the same time may not attain. There is a *doing* that is necessary to complete the Ideal. To get and to be what I want, I must act in the line of my Ideal.

Thousands have beautiful Ideals, know what Truth, Beauty and Goodness are, but fail to attain them. Instead of concentrating on the Ideal, which, in the soul, is a reality, they are prone to drift into empty imaginings about it and idle speculations as to methods and results.

"In the Silence" has no relation to any such ineffectual mental states. It is not a negative condition in its relation to Spirit, but the most positive blending of spirit

with spirit through the mental faculties. Silence is a most positive condition toward the objective life, and a most open condition toward the subconscious; it is a directed blending of the two. It is not drifting, a haphazard state, but a desired and a willed withdrawal from the objective expression of the Self—the Soul—in the utmost confidence and expectation that the Indwelling Sub-conscious Mind will actualize in the objective life every ideal that we hold before it.

The Ideal builded in the mind already has a real embryonic existence and it is as necessary that it be given time for its gestation and birth, as it is for the embryonic child to develop. From the same unseen realm both come, and in that realm both have an existence, as a reality, before they can have an objective expression.

Longing, day-dreaming, too often ends in drifting aimlessly when the time for activity comes. Nothing is accomplished toward self-direction. Life meanders aimlessly along under the undirected emotions which possess one in these mental states. Lowell says:

Of all the myriad moods of mind
That through the soul come thronging
Which one was e'er so dear, so kind,
So beautiful as Longing?

It is common with people of highly developed but uncontrolled imagination to be satisfied with the mere Ideal, to deplete themselves with longing and wishing. They do not realize that where there is not ambition and will to actualize these chosen dreams, the life will be a mixture, a composite of wandering, listless dreams. In fact, most Ideals are a crazy-quilt—a thing of shreds and patches from the many Ideals once held as possibilities, but which failed to become actualities because their creators let them die.

Such persons feel that they have been cheated in life of opportunities; for "If I had had a chance!" is the constant murmur of thousands.

You remember the plaint Whittier put into the mouth of the "maiden who raked the hay":

"Then she took up the burden of life again
Saying only, 'It might have been.'"

But if we analyze the situation we realize it could nev-

er have been. Universal Law in the form of mental states of both judge and maiden forbade it. In later life their real ideals—not their musings—were realized; his in a rich marriage, hers in being “a household drudge.” Will and ambition would have opened doors to her. And faithfulness to a nobler Ideal would have prevented repining in the judge.

The wisest words of tongue or pen are these: “It is best, or it could not have been.” For Nature ordains that ALL IS WELL.

The most foolish of all expressions are those which begin with an IF. Under existing conditions, natural and mental, things could be none other than they are.

To those who feel that they never had an opportunity I commend the poem of E. R. Sill with which I close this essay.

Lowell also sees the Truth underlying these soul longings when he says:

Longing is God's fresh heavenward will
With our poor earthward striving;
We quench it that we may be still
Content with merely living.

If these longings *are* God's will, it is God's will that we realize them. And if they are not realized, it is evident that God's will is *not* done in us, that in us the Fate of Law is not controlled by the Free-will of Choice. If we make definite Ideals and cling to them, they are as sure to become actual as water on the mountain is sure to reach the sea. But we must cling to them. In this lies our responsibility. We must keep them before us as faithfully as the contractor keeps before him the plans which the architect has given him. We consciously draw the plan, which we must keep constantly before the Builder-Soul. I recommend the student of Life to memorize Longfellow's poem, “The Builders.” And Lowell in his poem “Longing” says at last:

But would we learn the heart's full scope
Which we are hourly wronging,
Our lives must climb from hope to hope,
And realize our longing.

The time has come in the race-development when we must be as sure and as conscious of Mental Power and

Law in the building of character as we are of natural Law in temple building. You must know that when you recognize yourself as cause, as the architect and builder of your fate, you are as sure to realize your ideal as the sun is sure to rise.

Every child is hereafter to be taught the power of Thought to create; to know that Imagination is the real realm of the Human; and he is to be taught how to build as confidently in that realm as heretofore he has been taught to build with iron and wood.

Here lies the danger of modern education. It is becoming too practical. Love of Beauty and work for Beauty's sake are being deadened in the development of the prose, the materiality, of money-making trades and professions.

The development of the consciousness of the inviolability of Creative Law in the domain of the Mental is hereafter to be the line of human progress. While we shall not neglect the hand, we will emphasize the Creative Power of Thought. We shall learn to build in the Realm of the Unseen, well knowing that the Indwelling will care for the objective, if we trust it as Inward Creator.

"Vast, the created and beheld, but vaster the inward Creator."
The individual will at last realize that he can no more escape from the effects of his thinking, than he can escape from a burn when he places his hand in the fire.

This sense of personal responsibility will develop in him a self-reliance and a self-confidence that will give us Men, full grown Men—"Men who their duties know and know their rights and knowing dare maintain."

But this knowledge of responsibility and power *to do* and *to be* must have its rise in the consciousness of union with the One Original Source of Power and in the limitless possibilities of the Human Soul.

Nature, in giving Man reason, has not only given him personal responsibility but through this responsibility it has, in the words of Emerson, "made him a freeman of the whole estate!" In the consciousness of this responsibility and of power the strong live.

"Then it is the brave man chooses, while the coward stands
aside
Dashing in his abject spirit, till his Lord is crucified."

For only the man of self-reliance is strong. His strength lies in his faith in himself as Power to do.

To this faith in himself as power to overcome environments we owe the progress of the race from cave to palace. By experience man learns more and more of himself as Power. This is the only education—*increased consciousness of one's self as power to master*. All else is but tools for his Thought to use, for his self-development into that consciousness of power which culminates in the affirmation—I CAN!

He starts this faith by realizing that he is a man like other men and logically concluding that since he is like other men he can do what they have done. Later, realizing that progress lies in doing what no one has done before he affirms: "*What no man has done I can do!*" In this affirmation he becomes a redeemer and a benefactor. Such a man lives in the light; has banished fear and in full consciousness of power fronts each morn with joy. He is the optimist, whom all welcome because he carries peace and joy wherever he goes.

"What can I do?" must sometime be the question of every person. The child begins the questioning; archangels cannot answer, save this: "You can overcome every limitation that body, time and space would place upon you!" This is Faith! This is Trust! This is Courage! This is Health! This is Success! This is Happiness.

In the sub-conscious Power Man is Absolute Power to be directed by his conscious self through Thought. For this reason each person as Thinker is to affirm: "I, as Thought, am infinite in possibility." In this thought can we not say with the Brahmin:

I am the blush of the morning! I am the evening breeze!
I am the leaf's low murmur! the swell of the terrible seas!
I am the breath of the flute! I am the breath of man!
Gold's glitter; the light of the diamond; and the sea-pearl's
luster wan;

I am both Good and Evil; the deed and the deed's intent;
Temptation, victim, crime, pardon, punishment.
I am what was, is, will be! Creation's ascent and fall!
The link, the chain of existence! Beginning and end of all.
How can any one debase his being by doubt or mistrust!
How can he lack faith in his ability, through creative

thought, to realize his Ideal, when once he knows that he is both an Inlet and an outlet of Infinite Power, and that his possibilities are as limitless as is his power of Idealization? When once a mental picture is made, that picture is eternal in the realm of mind. There it controls the expression and materialization of the Sub-conscious Power which each one is.

In this consciousness the beauty of Lowell's lines is seen:

E'en through our paltry stir and strife
Glow down the wished Ideal!
*And Longing moulds in clay, what Life
Carves in the marble Real.*

The whole metaphysical Law of Being is expressed in the two italicised lines. Longing is Creative in the realm of Spirit. To complete Lowell's figure, Man becomes the statue molded there for the Indwelling Life carves it into his *character*. Character is the only eternal possession man can have. Shaped thus from the ideal it is immortal, in the realm of Life eternal.

The conscious man I am is the result of my thinking. I live as the Character I have made by my Thought creations.

To become thus conscious of one's self as Power, limitless and omnipotent is the step of most importance after building a definite ideal. This consciousness of creative power will express itself habitually in the Affirmation I AM POWER TO BE AND TO DO because I am an expression in Thought of Infinity.

The individual in whom the spirit of this Affirmation has become a mental habit will never doubt his ability to overcome any obstacle.

"This I beheld, or dreamed it in a dream:—
There spread a cloud of dust along a plain:
And underneath the cloud, or in it, raged
A furious battle, and men yelled, and swords
Shocked upon swords and shields. A prince's banner
Wavered, then staggered backward, hemmed by foes.
A craven hung along the battle's edge,
And thought, "Had I a sword of keener steel—
That true blade that the king's son bears,—but this
Blunt thing—!" He snapt and flung it from his hand,

And lowering crept away and left the field,
 Then came the king's son, wounded, sore bestead,
 And weaponless, and saw the broken sword,
 Hilt-buried in the dry and trodden sand,
 And ran and snatched it, and with battle-shout
 Lifted afresh he hewed his enemy down,
 And saved a great cause that heroic day."—*Sill.*

HENRY HARRISON BROWN.

◆
LIFE—LIMITATION.

New Thought is not so much a philosophy as it is a mode of living. Solomon complained that there was nothing new under the sun, and we are apt to make the same complaint and in disgruntled moments say there is nothing new in philosophy—therefore New Thought is not *new* thought. This is in reality true; wise men of all ages have seen the inherent truth of what is called today New Thought; but there is a *new vision*, just the same, and this new vision lies in removing philosophy from the realm of theorization and speculation and bringing it into vital expression as a mode of living. When this thought, of there being nothing new under the sun, enters your mind, know that you are growing stale and pessimistic. Get it out of your mind and replace it with some thought of a vital nature.

As long as philosophy is to you simply a thought-process or mental speculation, you have not grasped the significance of the New Thought movement. When you begin to apply your philosophy to every-day living, you then become a *new* thought individual, and not until then.

To be a member of the Methodist organization I must accept certain tenets, the chief being "salvation by grace." To be *New Thought* and use it in my daily life I must accept certain fundamental philosophical truths. The first being:—*There is only One Life!* Second:—Life is Universal. Third:—All men partake of that life.

As this article is written from the standpoint of health, I am using the term Life instead of Mind. The average person who desires to demonstrate New Thought, wants

to demonstrate because he finds that he lacks in the Life-expression, and has not been able to find relief along old accepted lines. In other words, physical science has failed him. Men instinctively feel that there is a source of power within that can be tapped, but the trouble is they do not try to reach this power when they are normal in expression: it is usually resorted to as a last expedient.

Under the old thought man has hemmed himself in with limitations. His worst limitation being—*I lack in life expression*. To live in this thought of one life demands a new mental attitude on the part of the individual.

In thinking of my being as in touch with the one life of the universe, I am apt to speculate on what part of the life finds expression through me. Until this limitation of thought is replaced, health cannot be realized by mental method. I must know that *all* the Life of the Universe is back of me; that all the Life of the Universe is trying to find expression through me; that it is regulated and guided in its expression by my thinking. The life power must be directed by thought. Life in man is not self-directive, it is sub-conscious power, and all sub-conscious power must be directed by the conscious mind of the individual.

Do not limit yourself in your thought of Life—know that back of you is the whole of the life-power of the Universe, waiting your recognition or co-operation. Assume the new attitude toward this life, i. e., *I am One with the Life of the Universe. I am Life. I direct the Life. I am by my Thought*. Affirm:—*My daily attitude toward Life is: I am directing now all of Life to find expression through me—I am one with Life now.*

SAM E. FOULDS.

No Treaty of Peace is worthy of the name if it contains within itself the germ of future wars.—Immanuel Kant.

* * * *

Occupation is an infallible specific for depression. Active brains don't collect lichens. Determination is an irresistible purge. Resolve to forget unpleasant and unfortunate episodes and they'll cease harassing you.—Herbert Kauffman

TRAINING CARD ON FAITH.

"The Indwelling Mind Does the Work."

TRUST IN THYSELF.

I am—

1. To have profound faith in my True Self.
2. To have faith that is strong, vital, positive, powerful.
3. To have absolute trust.
4. To have all conquering courage.
5. To have deep, powerful confidence.
6. To have positive self-reliance—absolute assurance.
7. To have true conscious knowledge.
8. To be brave.
9. To be *wisely* fearless.
10. To be constant.
11. To be unwavering.
12. To be absolutely true.
13. To have profound conviction.
14. TO RADIATE, INSPIRE AND CONTAG: Courage, Trust, Calmness, Wisdom, Inspiration, Poise, Self-Reliance, Enthusiasm, Assurance, Determination, Harmony, Safety, Self-Mastery, Conviction.
15. To have *positive, powerful* persistence and perseverance.
16. To have calm, continuous insistence.
17. To have joy in persevering.
18. To always have wise patience, especially with myself.
19. To direct myself with a hand of steel.
20. To have absolute, vital, Divine determination.

HELENA J. MARTIN.

◆ EVENING THOUGHT. ◆

I can't fathom poet's rhymin',
 Or metres or metaphors,
 Yet I hear sweet voices singin'
 When I'm done with the chores—
 When the lamp is low, an' silence
 Refreshin' as morning dew,
 Like calm after ocean violence,
 With peace fills me through and through;
 An' I think of the day that's finished,

An' the morrow that's on the way,
 While the shadows grow an' diminish
 Like goblins hard at play;
 A day that's passed forever,
 A day full of duties done;
 Of a glad new day the Giver
 Will send with the mornin' sun;
 With a thousan' unknown duties
 To gem the unborn day;
 To lend it lastin' beauties,
 Forever an' for aye.
 Then a song of glad thankgivin',
 Without metre or metaphor,
 Torrents an' floods of feelin'
 Makes my cup run o'er;
 Peace as a mother holds me
 An' lulls her child to sleep;
 Then I'm in the land of glory
 Till day in my face shall peep!
 SAM EXTON FOULDS.

◆
 A PLEA.

Give me one friend, just one, who meets
 The needs of all my varying moods;
 Be we in noisy city streets,
 Or in dear Nature's solitudes.

One who can let the World go by,
 And suffer not a minute's pang;
 Who'd dare to shock propriety
 With me, and never care a hang.
 * * *

Who, in my rarely righteous streaks,
 Should love me—love me not the less
 When I am given to outbreaks
 Of pure besotted selfishness.

One who, when I am sick and glum,
 Can lay conventions on the shelf,
 And just for my dear sake become
 A blooming heathen, like myself.

One who can share my griefs or mirth,
 And know my days to praise or curse;
 And rate me for just what I'm worth,
 And find me still—Oh, not so worse!

Give me one friend for peace or war,
 And I shall hold myself well-blest,
 And richly compensated for
 The cussedness of all the rest.
 —*Esther M. Clark.*

THE JOY OF ORIGINATING.

What a joy it is to really do something worth-while. To take a few thoughts and mold them into some new form through the great foundry of the Soul.

To be a Creator-in-the-World-of-Mind, to really be original, to get away from the Canneries of Thought, to Burbank ideas and then watch them grow.

To plant our own seed in the soil of our surroundings, to be a surprise to one's self and to others, never to be classified, but always keep the world surprised.

To know that every day is a day spent in the University of Life and that experience gained is the material from which we can put up new buildings when the old ones are out of date.

To be sure, some people are dreadfully shabby mentally: they have been wearing the same old garments all through life that grandparents wore before them—"hand-me-downs" from many generations!

Come, let us get a new outfit: be the tailor "on the job" and cut and design for ourselves. And while we are at it, let us build a new dwelling place: discard the prison-house of Limitation and Tradition and walk forth into flower-gardens of Originality where one can breathe free air. Dare to think in the garden of liberal minds:-- the free country of the world, the heaven of the Soul.

Original people are always interesting and refreshing. They are the wine of life. The sunlight that clears away dull monotony; the real teachers and joy-bringers. All originators are the inventors of the art they represent. Very few people are original, the masses seldom try to improve methods. They live in mental molds made thousands of years ago.—old, cracked molds.

With the unthinking, original thinkers will always be viewed with alarm, for it oftentimes means the tearing down of the old, that the new may be created. The original thinkers are pioneers who enter the wilderness of the Mind,—ofttimes with axe and gun, and make new trails to undiscovered lands. Such are the discoverers, inventors, educators, and the "God's Man," who master Natural Law by the Law of Mind.

HAROLD PALMER.

MIND: A SUCCESS DYNAMO.**Part II.**

I form the light, and create darkness; I make peace, and create evil: I the Lord do all these things.—*Isa. XLV, 7.*

I have stated in Part I that each individual lives, moves and has his being by the Thought Power generated by the mighty Mental Dynamo within himself, and which is inseparably connected with the great Central Battery of Life and Intelligence.

The "conductors" over which this Limitless Power flows to externals are Idea wires, and the "switch" that turns this energy on or off is the spoken word.

You may "close the circuit" and allow the Current of Mental Energy to flow freely to the outer world by the spoken word of Affirmation, or you may "open the circuit" and cut off the supply by the spoken word of negation.

"Let the weak say I AM *strong*," and say it understandingly, and they will "close the circuit," turn on Thought Energy, and will increase in strength.

On the other hand, let one who is now expressing strength open the switch by giving utterance to the negative words, "I am weak," and he will check the flow of Thought Force and will commence to create weakness.

Again, let the one who thinks and expresses "failure," throw in his word-switch to receive the Dynamic Thought Current for success, the wires for which are already laid (everyone is inseparably connected with his own Success-Ideal), let him say, "I AM *success*," with an understanding heart, and he will begin to create success.

Understand, *it is the Mental Energy or THOUGHT that is to do the thing*; your own Mental Energy from your own Inner Dynamo will change failure into success.

You have simply to adjust the switch by the word, and *keep it adjusted by faith and trust* until THOUGHT has wrought the change. "Entrust your desire unto the Lord (Thought), and he shall bring it to pass." It is

"Not by power, nor by might (strenuous exertion of physical brain and body), but by my spirit, said the Lord of hosts"—i. e., THOUGHT. And this "Lord," this Supreme Force of forces, flows freely to each individual dynamo from the Great Mind or Motive-power of the Universe, for it is truly written that "The Lord (Thought) is nigh unto all them that call upon him, *to all them that call upon him in truth.*" The "call" made under the knowledge and understanding of the Law of Mental Demand—"To him that hath," etc., will be heard and answered.

Use your word-switch to close your Thought-Circuit for success. Declare, I AM *Success*, and stand fast in your word of Affirmation until your Ideal of Success is by *the Power of Thought* established in the world of visible effects.

WILLIAM MORRIS NICHOLS.

◆
THE PRAYER.

(The Real Experience of a French Gunner)

You say there's only evil in this war—
That bullets drive out Christ? If you had been
In Furnes with me that night . . . what would you say,
I wonder?

It was ruin past all words,
Horror where joyous comfort used to be,
And not clean quiet death, for all day long
The great shells tore the little that remained
Like vultures on a body that still breathes.
They stopped as it grew dark. I looked about
The ghastly wilderness that once had been
The village street, and saw no other life
Except a Belgian soldier, shadowy
Among the shadows, and a little group
Of children creeping from a cellar school
And hurrying home. One older than the rest—
So little older!—mothered them along
Till all at once a stray belated shell
Whined suddenly out of the gloom, and burst
Near by. The babies wailed and clung together,
Helpless with fear. In vain the little mother
Encouraged them—"But no! you mustn't cry.
That isn't brave, that isn't French!" At last
She led her frightened brood across the way
To where there stood a roadside Calvary
Bearing its sad, indomitable Christ—

Strange how the shells will spare just that! I saw
 So many. . . There they knelt, poor innocents,
 Hands folded and eyes closed. I stole across
 And stood behind them. "We must say our prayer—
 Our Father which art in heaven," she began,
 And all the little sobbing voices piped,
 "Hallowed be Thy Name." From down the road
 The Belgian soldier had come near. I felt
 Him standing there beside me in the dusk.
 "Thy kingdom come—"

"Thy will be done on earth
 As it is in heaven." The irony of it
 Cut me like steel. I barely kept an oath
 Behind my teeth. If one could name this earth
 In the same breath with heaven—what is hell?
 Only a little child could pray like this.
 "Give us this day our daily bread—" A pause.
 There was no answer. She repeated it
 Urgently. Still the hush. She opened wide
 Reproachful eyes at them. Their eyes were open
 Also, and staring at the shadowy shapes
 Of ruin all around them. Now that prayer
 Had grown too hard even for little children.
 "I know—I know—but we *must* say the prayer,"
 She faltered. "Give us this day our daily bread,
 And—and forgive—" she stopped.

"Our trespasses
 As we forgive them who have trespassed against us."
 The children turned amazed, to see who spoke
 The word they could not. I too turned to him,
 The soldier there beside me—and I looked
 Into King Albert's face . . . I have no words
 To tell you what I saw . . . only I thought
 That while a man's breast held a heart like that,
 Christ was not—even here—so far away.

—Amelia E. Burr in *The Outlook*.

THE COURSE OF A DOLLAR.

It is easy to visualize the course of a dollar saved from waste and invested in Government bonds: First, it goes to the Government as a loan for the war; second, it is expended by the Government for food, clothing, and ammunition which go directly to a gallant soldier or sailor, whose fighting strength is kept up by the food, whose body is kept warm by the clothing, and whose enemy is hit by the ammunition. It has not been expended in the purchase of needless food, and is therefore released for the use of the soldier; it is *saved* wealth to the man at home and can be loaned to his Government at interest, with resulting benefit to himself and to his Government.

AFFIRMATIONS.**GOOD-WILL.**

The Master said: "Love thy neighbor."

I asked him: "How much?"

He answered: "As much as thou lovest thyself!"

Upon me is placed the decision.

I am responsible that I love myself and my neighbor.

As God's child I love myself.

As God's child I love my neighbor.

In loving myself I let loose within the force that radiates good-will.

Like the sun, this Love of myself as God's child, shines upon all.

Love radiates from me as the Light that lights every man.

In the liberty of self-confidence I love. I let that light shine.

In the shining of the light, I am blessed.

I grow more illumined with the shining.

I feel friendly to all when I let the light shine.

In the shining I am expressing Friendship.

Through the expression of Friendship I am in health.

In the mental state induced by Friendship, I find peace.

I am expressing health, happiness, prosperity and peace when I am a Friend.

As Life, Thought and Love are limitless, so is my Friendship enough for all.

Remember one thing: *No one can influence you against your will.* This is a well-known law of psychology and any honest, educated hypnotist will tell you that what I say is true. If others seem to influence you against your desire it is because you allow your will to become weak through fear. Affirm over and over to yourself many times a day the statement I have given above, and it will impress your subconscious mind so that no one can influence you unless you give the consent of your conscious mind. *You are free now.* All you need is to awaken to the fact and believe the truth about yourself.—*Nautilus.*

* * *

I am a worshipper of Friendship, and cannot find any other good equal to it. . . . As soon as any man pronounces the words which approve him fit for that great office, I make no haste; he is holy; let me be holy also; our relations are eternal; why should we count days and weeks?

—*Emerson in letter to Sterling.*

TO A FRIEND, WITH EMERSON'S ESSAYS.

Wouldst drink from fount than Helicon more pure?
 Wouldst rise to heights more than Olympus grand?
 Wouldst feel thy cheek by more than Eden fanned
 And sense thyself in Love Divine made sure?
 Wouldst come *en rapport* with the rarest store
 Of honeyed wisdom from all earthly lore,
 And "know thyself" as touched by fairy wand?
 And find the balm that all Life's ills shall cure.

Study this prophet—one who spake as none
 Save he,* since first the East began to name
 This western world, to which he added fame.
 He freed the Soul! Earth's promised Sage has come!
 He is our sacrament! Your love he's won!
 And now he brings you mine—OUR EMERSON!
 Dec. 25, 1901. HENRY HARRISON BROWN.

**Shakespeare.*

THOUGHT BUILDS MUSCLE.

Next to Elmer Gates' scientific discovery in the Thought realm, come those of Dr. Anderson of Yale. Every position taken by Mental Science in regard to power of Mind over body, these two men have demonstrated along their line of physical science.

Thought is the instrumentality the conscious man uses to direct the Life current.

As we *think*, we *are*! There is no more doubt of this fact than of the fact that bodies fall toward the center of the earth. Simple as is the Law of Suggestion, it is to Human Life what gravity is to mechanics and causation to philosophy. Here is the Law of Human Life: I AM THAT WHICH I THINK I AM!

I call attention to an article in *New York Herald*. That this is a correct report of Dr. Anderson's position, we have Henry Wood's statement that he has Dr. Anderson's endorsement of the article in a letter. The experiment to which I call attention is this: Eleven young men were selected and the strength of the right and the left arms registered. At the beginning of the tests, the average strength of the right hand, as shown by the grip machine, was 111 lbs.; that of the left was ninety-seven lbs. After one week of special practice with the right hand only, tests were made and it was found that the right hand had gained six lbs. in strength while the left.

which had not been exercised at all, had gained seven lbs. The thought without exercise had developed strength. Think strength and you are strong.

This Law of Suggestion has long been used by the Healer. An incident reported by a physician in one of our magazines is in full accord with this experiment of Dr. Anderson.

A cornet player came to him with paralyzed lips. He could not play. He was ordered by the doctor not to touch his cornet for three weeks. But he was to practice as usual every day, but that only in his mind without attempting to move his lips, only to think that he moved them. At the end of three weeks, he was to bring his cornet with him to the doctor. He followed faithfully the directions and, upon entering the doctor's presence, he was ordered to play and found himself fully recovered.

The law is:—*We form ideals and they react and form us.* Man controls not only his body, as Dr. A. shows, but he also controls all his environment by his power to create his ideal. As his ideal, so is his life in all its manifestations. *I am that which I think I am.* How do I do it? How can I build to my desire? NOW answers these questions in its affirmations, lessons, editorials and selections. Follow, as the musician did the doctor's, NOW prescriptions, and like him, you will be made well; well in body and estate; for, well in mind, you are well in these.

Good health cannot be one-sided—merely appearance, merely appetite, merely big muscles, merely the capacity for hard work. True health, like true virtue, is a combination of many things forming a harmonious unity. I consider good health to be not merely an absence of certain more or less definite signs of illness but in being also a positive and active tendency to develop as God meant man to develop, in every direction—physical, mental and moral.—*Exchange.*

The best gift to a baby is a healthy father and mother—physically healthy, mentally healthy, morally healthy. Such a gift is not to be found every day, but it is rather to be chosen than great riches. It is great riches, for, accident or mischance aside, it means efficient life, joyous life, life that is worth while.

—*David Starr Jordan.*

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NOW

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—*Chas. Edgar Prather in Power.*

The world is marching onward to the thunder of the drums
As they echo out the music of the far millenniums.

And across the broken trenches where a nation is the pawn,
Still it keeps the steady journey and is always moving on!

What though long the cannons thunder

Where the nations are in pawn?

To the land of peace and plenty

Still the world is moving on!

—*Inon.*

* * * *

When we let new friends into our lives we become permanently enlarged, and marvel that we could ever have lived in a smaller world.—*David Grayson.*

AFFIRM THE REALITY OF THE IDEAL.

The reason people have mixed results in their lives is because they express mixed thoughts and words.

I remember well when my attention was first called to the importance of studying my thoughts. I had been reading one of Henry Harrison Brown's books, and I came upon a statement that made a deep impression upon my mind. It was this: "Affirm that which you desire to be (or that which you desire) as a present reality. Live as if it were already manifest, and you shall find it manifest."

Now this sounds like a wonderful promise. The first lesson of every Truth student is to learn to affirm the fulfillment of a desire as a present reality, but to live as if it were already manifest—there is the point. It is a common practice among metaphysicians to *act* as though certain desired blessings were already manifest. One of our prominent writers gives an account of a woman who demonstrated a piano by this method. The necessary money for the instrument was not in sight, so she affirmed her piano as already manifest, at the same time reserving a certain corner in her parlor for the instrument, and seeing in her imagination the piano there, it soon came.

The Law of Life is simple—I again quote from Mr. Brown, slightly altering his wording. It is this: "Never think a single thought nor speak a single word that you would not have made manifest in your life or the life of another; never image or picture a condition you would not have manifest." Turn this just the other way. Think only those thoughts and speak only those words which represent Good; entertain only those mental pictures which you would see made manifest.

Constantly study your daily thoughts and words—for right here, among your common daily thoughts is your field of overcoming. Weed out every negative word, every word which means some undesirable condition. Try for one month using good, strong, positive words, cheerful words, happy words, and note the great difference which this practice will make in your mental state, for it is just a matter of forming the habit.—*H. K. Miller, in (Kansas City) Unity.*

* * * *

At a recent meeting of the Homeopathic Medical Society in Chicago, Arthur O. Sax, M. D., said: "Anger or fear will poison the secretions of the body. Anger or fright promotes the secretion of poison in the sac of a venomous snake and this where the snake is in the head of a man. We have no organ where we may store the toxins we develop for the same purpose, perhaps, as the snake, and consequently we poison ourselves with the material we meant for our enemies."

* * * *

There is a distinction between Mind and Matter (as of the two aspects of the same thing) but no real separateness.

—*Edce. Carpenter.*

How can I say "I hear" when I know I am deaf? This question is born in the old thought of body. All NOW Affirmations will seem false to those who look upon Life from a materialistic point of view. All our thought is: I AM SPIRIT. From this point of view, no one can say: "I am sick"; "I am deaf." Body is an effect. We reason from, and demonstrate from, Cause. I am Cause. Effects in my body are the results of my thinking. To change effects, I must change Cause. I must change my thought. To change effects, I must change Cause. This I do by changing "I am sick" to the Affirmation I AM WELL. I thus create in my body the conditions desired. We are to reason, think and affirm from the thought: *I am Mind!* or *I am Spirit!* From this position there will be no difficulty in making the Affirmation "I am well."

◆

I AM—THE THINKER.

Most assuredly you are not a thought. You are that which thinks.—The Thinker. You are—I AM—The Thinker, the Creator, the Maker and the Ruler of your thinking.

Any other statement of yourself, your nature, and your powers, is incomplete, misleading and weakening.

There is not a quarter of an hour in the day but you have a pressing need to affirm and declare the truth of your being, and in these declarations or affirmations, I AM must be for you the changeless and Perfect One, complete in every detail, lacking nothing in Wisdom and Power and Life and Love.

As long as "I AM" means for you this Perfect One, it makes no difference whether you call it Spirit, Thinker, or Creator. But under no circumstances is "I" thought.

I am Creator changelessly and everlastingly; my life is endless; my love without limit; my wisdom complete; and my Power is supreme.

I am; I think; I act!

I am eternally Thinker, having thought and body.

This is the only satisfactory manner of stating yourself, your nature, your position and your power.

—Alma Galen in "Expression."

* * * *

NOW"—The November issue. I am always glad to see "NOW," but this November issue is specially interesting. "Comradeship" touched the "cockles of my heart"; "Paying Attention" (By Henry Harrison Brown) and "Concentration" (By Sam Exton Foulds) are "worth the money." Send ten cents to "NOW," 589 Haight St., San Francisco, Calif., and get a copy. It's good lessons.—*Ande Hollingshead in The True Word.*

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FROM FELLOWSHIP MEMBERS.

The trouble is gone or nearly so, I noticed a difference as soon as I wrote you. I kept my mind on the letter I would write telling you it was gone. I had told no one of the trouble, neither friend or neighbor, so had no thought to contend with. This helped, did it not?

Mrs. L. B. H., Calif.

* * * *

Sure it made it easier for both of us.

I thank you for the blessed words you always send. I always feel stronger for them.

Mrs. H., Mass.

WORDS OF GOLD.

From those who have renewed their subscriptions to NOW.

I have been made very happy by the response of my subscribers to NOW by their renewals and their words of cheer. NOW has its place; draws its friends; does a work on its plane; and is appreciated by those for whom it is written. I am encouraged to continue as I have in the publication of an *independent journal of positive thought* that is *clean* from first page of cover to the last. I never solicit advertising and accept only that which is in harmony with its principles. It has made me many friends and "I am so happy in nothing as in possession of my friends!"

"Its splendid articles are a continued inspiration to me. It is the peer of all the New Thought journals I know." B. F., Ohio.

So writes a subscriber for many years.

"I would feel almost lost without the monthly visits of NOW to help me along in my work," writes the Secretary of a Chamber of Commerce in Alabama.

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"Could get along without NOW but would not like to."

M. S. M., Minn.

* * * *

The spaces between fame and failure are crowded with cravens, shirkers and weaklings. Life denies no man more than he personally surrenders.—*Herbert Kauffman.*

IN THE BEGINNING.

In the beginning, the Word was. *Something* was. Why quarrel over names? Let us say IT. That IT was ONE. IT was homogeneous. Alike in all its parts. IT was the possibility of every *thing*, but, in the beginning, there was no *thing*; there was only IT. Science and Reality can never recognize a beginning, but Philosophy may imagine one. From this condition of ALLNESS and no-*Thing-ness*, came manifestation, which is creation. The IT began to manifest. At the moment of manifestation, differentiation began: Evolution began, things began; germinal life began. Till then, ALL was latent possibility; latent Power; Intelligence; Wisdom: Truth; Love; latent ALL.

Where were you and I then? Where were you and I before the beginning? In the Word! In the All! In It! Where are you and I now? In the ALL! In the Word! In It!

Were we ever anywhere else? Can we ever be anywhere else? *Always and ever in IT! Always and ever in God!* "All things were made by the Word (IT) and without IT was no thing made that was made." "And the Word (IT) was made flesh and dwelt among us!" Who? IT (God). Dwelt where? Among us—you and me. Has IT ever left us? Where is IT (God) now? Can he be anywhere but *here*? Everywhere? Anywhere?

I am *here*! Where I AM, GOD is! God is where I am! Enter into the realization of this thought: there is only one place for God and the Soul and that place is here and in me.

Original Substance is alike in every part. No matter then what thing, what manifestation of IT we take, it is of the same substance with all other things. Rock and electricity; water and star; jelly-fish and statue; rose and man; sand-grain and human ovum; torrent and thought; earthquake and mother love, are all manifestations of the ONE substance, are the one substance, are all reducible to the one substance. That which they are fills all space at all time. That which all things are and that which manifests under all conditions is omnipresent. It is at every part of space at the same time. There

is no difference between different portions of space. God is everywhere and at all times the same. Try to accept and understand this. It is the mighty perception of Truth! Can we limit, can we parcel out God? Can we say that God is more in one *place* than another? If not, why say he is more in one *thing* than another? To remove this false conception is now my object. God manifests as Omnipotence, as Omniscience, in every point of space equally. This is then a natural corollary: *I, as a manifestation of God, manifest with God equally at all times in every portion of space.*

What is the one manifestation of IT, of Substance, of God, with which human consciousness deals? There is but one manifestation that is universal and to which science is fast reducing all the various things, i. e., Motion. What IT, God, Substance is, we can never know. IT IS! GOD IS! That is the limit.

HENRY HARRISON BROWN.

THE COLOR THEORY OF PROF. GATES.

There are certain emotions which retard circulation, respiration, digestion, produce pallor, hasten fatigue and other emotions which do just the reverse. Fear causes a cold perspiration which differs chemically from that due to joyous labor. Anger fills the mouth with a bitter taste. By training the good emotions, life and health are promoted, while the bad emotions shorten life.

Thus, even in its chemical nature, the universe is moral. Now, recently I have been able to prove that pleasing combinations and contrast of color produce anabolism (or the life-producing force) and that discords of color and unpleasant combinations thereof augment katabolism (the life-destroying force). The conclusion is obvious that colors do this through aesthetic emotions which, when pleasant, act as all other pleasant emotions and, when unpleasant, do as other unpleasant emotions. I have shown that the fatigue point occurs less quickly under emotions due to pleasant colors and more quickly under emotions due to unaesthetic combinations. Thought has no such relations. Colors affect metabolism (the process of physical life) only through emotion and intellectual states only so far as they produce emotions.—*Elmer Gates, Professor of Psychology and Psychurgy, in World's Sunday Magazine.*

* * * * *

An important ingredient of any medicine is the patient's faith in the physician who gives it.—*Albany Journal.*

N. B.

The critical shortage of white paper will compel NOW to drop subscribers from our mailing list on date of expiration of subscription. This is in line with the policy being adopted by other publications in order to conserve the supply of white paper. The price of practically every item entering into the making of newspaper has gone up since the European war started, the increase ranging from 1 per cent in some cases to 3,000 per cent in others. I have not raised the subscription price of NOW. Please renew and help me to keep the magazine at its present size and price. Please mail your dollar promptly so that you may not miss a single copy of NOW. I do not like to lose a name from my list. If you do not receive your NOW after this month, know it is because you have forgotten to mail your dollar. Blue pencil mark in this square shows

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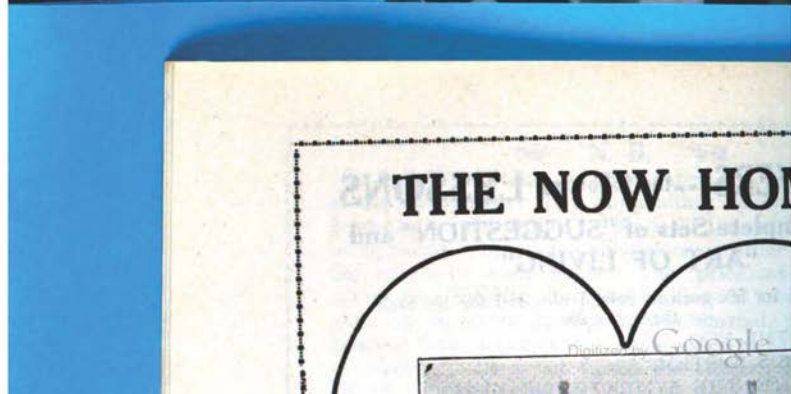
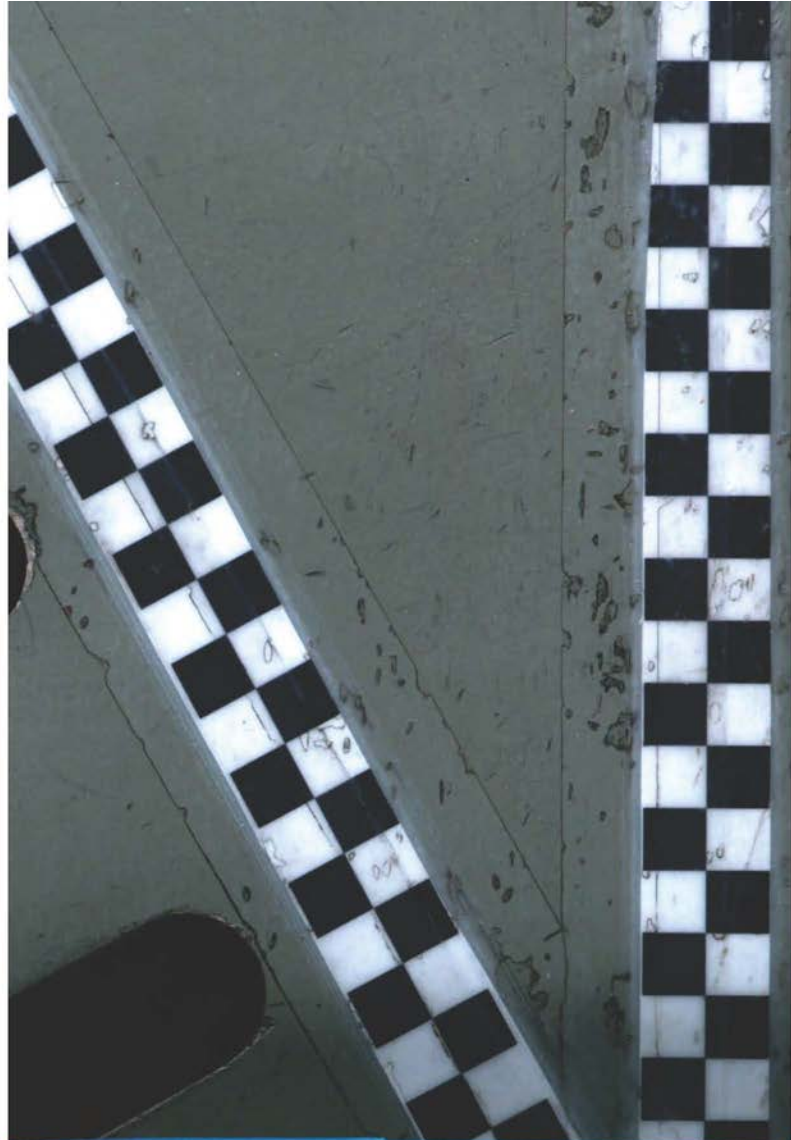
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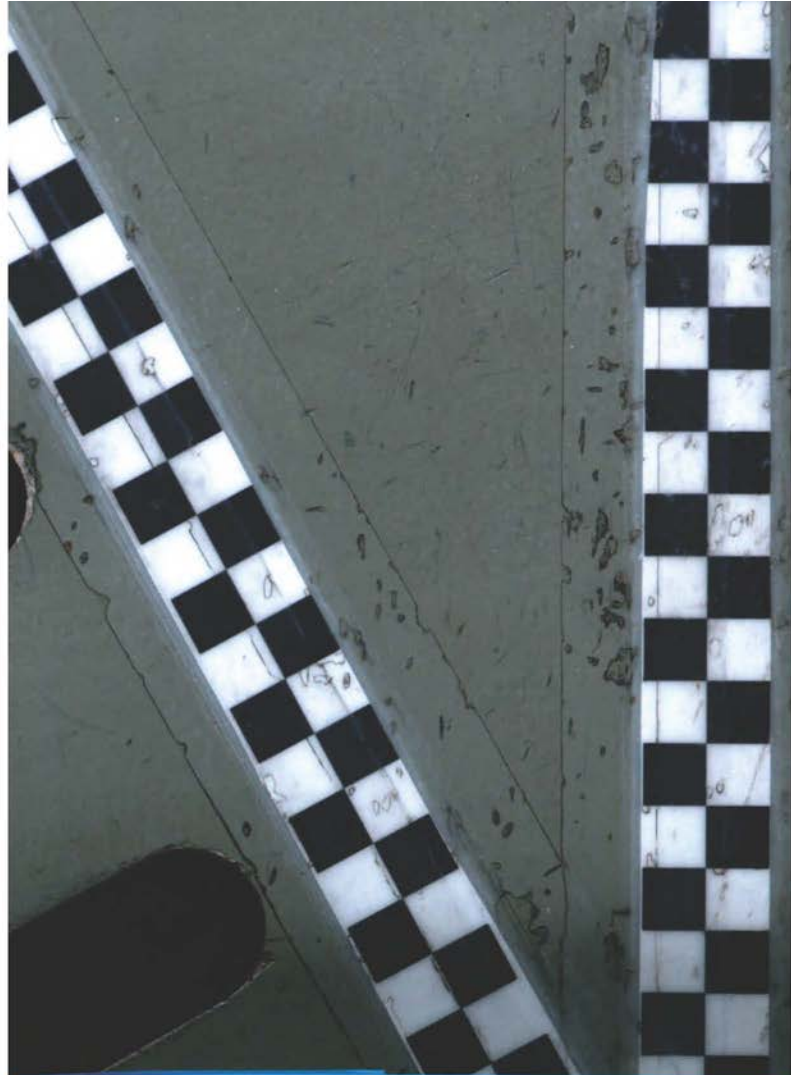
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