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PSYCH.

Nerve us with affirmatives. Don't bark against the bad, but chant the beauties of the good.

—EMERSON.

NOW.

A JOURNAL OF AFFIRMATIONS.

Time past and time to be are one, And both are NOW.—WHITTIER.

'Twas only striking from the calendar Dead yesterdays and unborn to-morrows. —OMAR KAYAM.

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SAN FRANCISCO, CAL., MARCH, 1900.

HENRY HARRISON BROWN
Editor and Proprietor
Office, 521 TURK STREET,
SAN FRANCISCO.

Peace.

[This little poem I wrote for my class in Stockton. It is mental medicine for diseases known as doubt, gloom, discouragement, and all kindred ills. It was printed in the *Stockton Daily Record* and has been quoted by several of the New Thought journals and comes back to me in a journal printed in India. It embodies the Spirit of the writer and its Faith gives it its power. It is that Spirit which all the pages of NOW will carry. I therefore give it this initial place recommending it as something to memorize and to demonstrate, by living in the affirmation:— My own comes to me.]

My bark's afloat; the sky is fair;
The tide is up; I'm floating on;
My sails are filled with balmy air;
Sunshine around; all clouds are gone.

I'm going out upon the tide,
But where I know not, I've no chart;
O'er the waves I gently glide,
For Peace is brooding in my heart.

No hand have I on rudder laid;
All my oars lie idly by;
All my sheets are steadfast made,
For Love now guides me silently.

Why should I question and why fear?
That hand I know is guiding me.
Love's is my sail; His voice I hear,
And He directs these breezes free.

His are the waves and flowing tide;
He thus is bark and chart and hand;
He is companion at my side,
His the coming and departing land.

Somewhere I know I port shall win;
Some-when I know I friends shall see.
Love "The I Am" is Lord within;
Daily he brings "mine own" to me.

—Henry Harrison Brown.

STOCKTON, CAL., May 15, 1899.

God and "I" are in partnership in every human being. God is the silent partner. He lies in the sub-conscious life, and I in the conscious. He furnishes all the power and all the raw material, which "I" manufacture through consciousness into Truth and Love.

Affirmations.

I.
Is.
Be.
Do.
Now.
I am.
You are.
God is.
All is God.
God is ALL.
I am in God.
God is in me.
God and I are one.
You and I are one in God.
I am in ALL; ALL is in me.
I am all I affirm myself to be.
I am Good, because I so affirm.
I am Truth, because I so affirm.
I am Beauty, because I so affirm.
I am Health, because I so affirm.
I am Power, because I so affirm.
I am Life, because I so affirm.
I am Love, because I so affirm.
I am all this NOW, because I affirm this NOW.
I see nothing but God everywhere and in everything.
I will see nothing else but Goodness and Truth.
I will affirm nothing but that which I wish to be.
I will affirm the Ideal.
I am that Ideal.
The Ideal is All-good, All-beauty, All-truth.
This ideal I am, Now and here.
God is Love.
Love is the highest manifestation of Diety.
Love thyself. Then—
Love thy neighbor as thyself.
God is good in you. Never mind looking for good in others. When you find good (God) in yourself, you will see it in everybody.
I am ready for the new growth.
The Lord Is my sheperd.
I Do not want.



Man may by thought control his Life, Health, Friendship, Happiness and Business Success. May be his own Destiny. Read NOW and learn how to do it. A year's subscription will be all the cost.

Unity

There is but ONE Energy. Call it by whatever name, it is the ONE, that is named. The name effects the namer only. For that which I name IT, will be my conception of IT, and will control my thinking of IT. Therefore a name that is full of power, of love of truth, of intelligence, will cause me to look for these. For I can never rise higher than my conception in my knowledge of this Something that IS. Therefore, since the name God has been and still is the name for the highest conception, man has of ALL GOOD and the ALL WISE, it will be the designation in NOW of the Eternal ONE; of the Eternal Energy that manifests in ALL and is All. The power in whom we live and moves and who lives and moves in us. It will be used in no dogmatic sense, and there will be no antagonism between us, and those who wish to use some other term. I suggest that if the word God when used does not seem good to any reader that he or she use the term that best suits. If Force or Energy, or Mind, or Intelligence, or Wisdom, or Power, or Soul or Over-SOUL, or ALL FATHER, or Chance, or any other term suits, do not antagonize NOW for I mean that which you do. It is only our different expressions for the One Infinite Energy. But NOW, puts Love and Truth forward as the highest manifestations of the Eternal One, and God is to its editor the sweetest word of all.

Not in the clamor of the crowded street,
Not in the shouts and plaudits of the throng,
But in ourselves, are triumph and defeat.
—Longfellow.

Any book published will be sent from this office at publisher's price,

WEAK AFFIRMATIONS WEAKEN US AND THOSE WHO HEAR US.—FANNIE B. JAMES.

NOW.

**A Primary and Fundamental Lesson
In Soul Culture.**

Soul Culture is an attempt, in the present evolution of man's consciousness of his being Spirit to systematically cultivate his spiritual faculties. In his consciousness of physical powers he has learned to cultivate them; conscious of intellectual powers, he has learned to discipline them; conscious of esthetic powers, he has learned how to develop them. In like manner he is now becoming conscious of the possession of spiritual powers—(or, if the term pleases better, psychic or occult may be used)—and becoming conscious of latent powers within his being, he is learning to develop them. There are many schools in the New Thought. They each have Truth, but necessarily in the inception of so great a movement all contain misconceptions and errors. Since Soul Culture is only an extended application of the present methods and deductions of physical science and also a fuller unfolding in application to the whole man, of the philosophy of Evolution, its teachers believe it is freest from errors and most widely adapted to wants of the people.

It is based upon the affirmation I AM SPIRIT. This is only the application to individual Life of the larger affirmation ALL is Spirit. But let it be understood that Spirit is the name of a Universal Something, known by various names. It stands for that "Power behind Phenomena," known as God, Allah, Brahm, Mind, Force, Energy, &c.

Science and Philosophy now know only unity. No matter what that unity is named, there is but One. This one thing which it is convenient to call Spirit, manifests in millions of ways; but no matter what its manifestations it is only a "mode of motion." Whatever this One may be, it is ever known to us as motion. This motion is called "atomic," "molecular," "etheric," &c., but is recognized also as a wave motion called vibration. To man the Universe external to himself is known to his reason as Vibration, but to his consciousness is known as Sensation.

All the different manifestations of the One Infinite Motion are only different rates of Vibration, and these different Vibrations produce different Sensations. We name both the cause—Vibration—and the effect—Sensation—the same. The definition of heat in college text-books is: "Heat is either a Sensation or that which produces a Sensation." The difference between rock and plant, light and electricity is only the difference in speed of atomic Vibrations and in rate of wave Vibration.

Thus the child-man's ancient idea of duality which has pervaded and dominated thought up to the present time is fast passing away and instead of two forces, antagonistic as Good and Evil God and Devil, but One is recognized. It is Motion, and is non-ethical; but is by man for his own convenience and by results termed good or bad, as these results, which in him are Sensations, are to him

pleasurable or otherwise. Such is the present status of science and philosophy.

Soul Culture is in perfect harmony with these deductions and supplements them by declaring that it has demonstrated Thought and Emotion in all their forms to be also manifestations of this One force, and, like all other forms, are subject to law and to conscious control.

That they are modes of motion is demonstrated by telepathy, clairvoyance and psychometry. And these faculties of the soul are, like the five senses, only different Sensations responding, as the senses respond to low Vibrations, to still higher pitched Vibrations of the Universal One. These soul faculties—called "spiritual gifts" by Paul—are as amenable to cultivation as is the talent innate in each person for mathematics or for music.

Man has it thus within the range of possibility to control through Thought his own life and be his own destiny. With many this control is a probability. It is the object of Soul Culture to make it possible for each individual to recognize these finer Sensations and to choose to what Vibrations he will respond, and by this choice to avoid sickness, failure and unhappiness.

As the ear of the leader of an orchestra is trained to catch the note of each of twenty or more instruments, so can consciousness be trained to recognize many additional Sensations; those that reveal a larger external world surpassing eye and ear in the range of vision and sound.

Each individual as an Ego, being an indivisible part of the One, and a manifestation of the One in the One, possesses latent, infinite possibilities. These lay in the sub-conscious part of his nature—(called by some the sub-conscious mind)—and gradually are unfolded into consciousness. All power and wisdom are there. If, therefore, he desires health, knowledge or anything, he only needs to let that which he possesses sub-consciously, flow into consciousness. Intuition and inspiration are the faculties through which the Ego thus makes revelation.

Health is the normal condition, and sickness the result of wrong thoughts or emotions that have closed the channel of Life's manifestations. Because of this very mental condition, the sub-conscious power finds no outlet through the body, and like a field when irrigating ditch is dry, the body withers. With right emotions and thought the conditions of health can be restored and maintained.

The first mission of the Soul-Culturist is to "let" Life's current flow from the inner fountain and by expression know perfect health. Therefore the power of choosing and holding right thought is to be developed.

It is thus by conscious choice man becomes the controller of his life, the Master of Fate; has, as a "Son of God," entered into his own. As "the heir of all the ages," has found that he "possesses dominion over all things." The Redeemer looked for, the Second Coming of Christ is not a personality, but a Thought. It is a movement in spiritual development. The dawn of the millenium is here in man's con-

scious recognition of himself as Spirit and as an indivisible part and manifestation of the One Universal Spirit.

NOW Philosophy Boiled Down.

I am.

Before I knew I was, I existed.

Existence in infinite and eternal.

I am part of that existence.

Before any manifestation, I was.

After any manifestation, I shall be.

Therefore, I eternally AM.

Whether conscious or not, I AM, forever.

I know I AM.

I know, because I think.

I think, because I feel.

I AM before I feel.

I think because I feel.

I feel because I AM.

I know myself and say I AM because I feel and think.

When I cease to think I shall Not know that I AM.

When I cease to feel, I will still be I AM, though I shall not know it.

My individuality consists in my ability to think, I AM.

My individuality is only a manifestation of Existence IN existence.

I cannot be separated from Existence.

Existence is ALL.

I am part of ALL, IN ALL.

All that ALL is, I AM.

I cannot be taken from or lost from ALL.

All is manifest in me.

I AM manifest in ALL.

ALL is homogeneous.

ALL in manifestation is heterogeneous.

ALL changes not.

Manifestations change.

I am changeless, for I am part of the changeless ALL.

My manifestation, (conduct and form) changes but I do not change.

ALL is called by various names.

Whether Brahm or Allah or Jehovah, or Zeus, or Josh, or Jupiter, it is the same, ALL.

We like best the name of our fathers, —God.

We can say with Paul, "In Him, (ALL or ONE), we live and move and have our being."

IN Him. He IN us.

Jesus is our example;—"My Father and I are ONE."

There is no other philosophy for NOW but this:—

I AM ONE WITH THE FATHER.

THE INFINITE ALWAYS IS SILENT.—JOHN BOYLE O'RILEY.

1900.

What dost thou hold within thy casket sealed,
Only as bud is sealed on June rose-tree?

O, gift of God! blind, deaf and dumb are we,
Until each day to senses, are revealed
Thy treasures rare. And man, his Soul an-
nealed

By Passion's fire, shall daily bring to light
Glories thy casket now conceals from sight,
And learns that time is slave, and man is free.
In other years I hungered, waited, found.

Now Heaven and Hell are nought, nor Time
nor Space.

In all the worlds by gravitation bound,
No greater joy than this within my face.
Thus to the ONE I'm wedded! All is mine!
I'm Love and I am Loved! Life is Divine!
Dec., 1899. —Henry Harrison Brown.

Now.

From *Harmony* for Feb., 1900.

BY HENRY HARRISON BROWN, at the New Years' service of the First Divine Science Church of San Francisco, December 31, 1899.

The old simile—"Time is a flowing stream and each human being a bark, floating or rowing along its tide"—is not Truth and is full of misconception, and belief in it causes much of the so-called evils of life.

I am. I am not carried along by Time. I am centered in God. I am the Rock of Ages, forever fixed and changeless. The tide of appearances passes by me, but I, Rock, am not stirred by it. I, the Ego, am forever fixed, immovable and unchanged.

I recall, in memory, the flowing tide of events, and amid all memory's stream there is but one individuality. I have ever been I. There is no change in me in all these years. I have only changed my mental attitude toward the One who is in all events and who is events. At the earliest memory I can recall a little child at play, I was I; as school-boy, I was still the same I; I read now the old school lessons and the school-boy compositions, and it is the same I that writes this that wrote them—I have only a little more expression now than then—but the *I am* has not changed. I read again the old army letters, and it is the same I that reads now that wrote them thirty years ago.

Never for one moment can I be in memory anything but the same unchangeable I, the I of which I have been conscious all these years. The panorama of manifestation has passed by me, but has never changed. The God, of whom I am, never changes; therefore, I change not. Time is only a relative condition, it implies change, and is therefore *not* to the real man. It is the appearance of life to the conscious man, the intellectual man, and not to the spiritual man, the Ego.

Here, if a proof of immortality were needed, is it found. Here is found the realization of *unity*. Here I know myself one with the ever-present One. Here I, with my elder brother, realize "My Father and I are one." That One is ever-present and knows neither space nor

time. I am in God and God is in me. I am immortal and ever-present. I am changeless as God is.

I am immovable. God in manifestation passes by me, as He passed the prophet on the mount, in earthquake, storm, wind, fire, and the still small voice, but I move not. The illusion, the phantasmagoria of events passes, but the Ego is only an immovable spectator. Recognizing all this, the conscious man names the passing show—Time.

But even the conscious man can see and recognize only in the, to him, *now*. It is only now that he lives; it is only now that he sees this moving stream; in the now he loves and thinks; he has only now in which to say: "I am."

This being so, it follows that whenever one tries to live in the past, in regret or sorrow, or to live in the future in anticipation or in fear, to the extent that they, in these two divisions of time, lose the realization of the present, they are dying; for life only manifests itself in the Now. All attempts to live in the past or future is only a living death to all who in any decree succeed in obliterating the present; it is for this conscious life a spiritual suicide. It is refusing to live, by shutting out the expressing of life in the only time life is—*now*.

To hold any other thought of life, save as an expression of Spirit (God) in the present moment, is to refuse, to the Ego, the manifestation of life. To such a thought follows disease, decay and death. There is no prison so cold and dark to the soul as one builded of the past and the future, shutting out the ever living present. "Act, act, in the living present," says the poet, speaking the philosophy of life.

This, then, be the affirmation for the year 1900:

I am the Rock of Ages. I am immovable. I am unchangeable. Time to me is not. I am, and I live in the ever present now. God passes by me, and the changing tide of events is only the flowing robe in which he manifests to conscious man. I am ever the same, and I am Truth and Love, manifest in the flesh. I am forever the same. There are for me no "dead yesterdays and no unborn to-morrows." All is *now*. I fear no future. I regret no past. Now is the Father's time and it is mine. Now I rejoice. Now I labor. In Faith *Now* is my *All*, and I am *All Now*. I make of my *Self*, heaven *Nom*.

Soul Culture Is

Properly the science and the ART OF LIVING. It is Spiritual unfoldment under the conscious thought of the individual, who by this conscious thought directs and thus controls his life manifestation. Its aim is, therefore, to bring each individual into possession of himself through SELF-CONTROL. When thus controlled he becomes that which it is his privilege to be,—Master OF FATE.

Thus SOUL CULTURE means Health, Success, Wisdom and Happiness through conscious obedience to Spiritual law.

Among the faculties it is the especial province of SOUL CULTURE to recognize and encourage are these: SELF-KNOWLEDGE, SELF-HEALING, SELF-CONTROL, INTUITION, INSPIRATION, TELEPATHY, CLAIRVOYANCE and PSYCHOMETRY. It is only LIVING, the thought of Jesus;—"The Kingdom of God is within you."

Love and Truth

Are the highest forms of the Eternal Energy known to man. In himself he interpretes this God-motion in happiness and success. It is the law of energy that the highest manifestation masters the lower. Love being the highest known, is the master of all. "Love is therefore the fulfilling of the law." He who lives in love is the master of all conditions. Human love is the highest manifestation of power in this INFINITE COMMON-WEALTH OF ONE.

The Eternal SELF is in man. Not in the personality called John or Mary, but below these in the Sub-conscious life. It lies in that individuality which says, "I AM." The Soul is a manifestation of God *in* God. That personality is the creation of the Soul, is a partial recognition and manifestation of the Soul in self-consciousness of its oneness with all life.

Where one is acquainted with his soul, it will never be said of any ideal "It may be," for it will be known to really exist. It will be said, "It is."

All the senses have to do is to recognize what IS.

"Where is God? Everywhere." So says the Catechism. Is He in the saloon? Is He in the political meeting? Is He in the brothel? If so, what is he doing there?

Telepathy:

Mr. Henry Harrison Brown gave an address at 521 Turk street, from the question, "Am I my Brother's Keeper?" which pleased an audience that almost filled his double parlors. He gave readings of character from the voice, and also some fine telepathic experiments; one of which was catching a picture from the mind of a gentleman.—*Religio Philosophical Journal*, San Francisco, Cal.

NOW.

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OFFICE OF NOW,
521 TURK STREET SAN FRANCISCO, CAL.

MARCH, 1900.

NOW.

HENRY HARRISON BROWN, EDITOR.

SUBSCRIPTION RATES - - - 50 CTS. PER YEAR
5 cts. per number, post paid.

A monthly Journal of Positive Affirmations.
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It is the utterance only of the editor. All thought not credited to others is his.
Its basic Affirmation is:—Man is Spirit and can manifest as spirit here and now.

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The Aim of The NOW:

Will be to assist its readers to the attainment of Self-control. To be the Masters of Fate.

Its Philosophy is that of the NEW THOUGHT. It is Not Christian Science, nor Divine Science, Nor Mental Science, nor Spiritualism, nor Theosophy, nor Christianity, nor Buddhism, nor is it the organ of any sect, class nor person. But it is ALL of these. It is the harmony of all these, It is the Demonstration of Truth in all these. Any differences between these schools and sects will be ignored and Truth will be taken from all. All Truth is one. Its Standard of Truth will be,—I AM SPIRIT! ALL IS SPIRIT! SPIRIT IS ALL. Its purpose is the unfolding of the SOUL, HERE AND NOW.

It will deal only with affirmations.

It will never admit argumentation nor controversy. What do you KNOW? is the question it will answer.

The principle that actuates the author is, The New Commandment:— THAT YE LOVE ONE ANOTHER.

Why the NOW?

Because the custom is to live in the Past and the Future, to the neglect of Now. All the Disease, and dis-ease, the unpleasant physical and mental conditions arise from fear, and fear is the child of the future sired by the past. I would have all my readers think not of either of these, but think and live only in the Now. The majority of

people live in regret of the past or in fear of the future, or both. Fear of the About-to-be, is the greatest cause of human misery. To abolish this fear and all other fears is the object of this paper. Its title is a constant Suggestion of the beauty, happiness and success there is NOW for each.

Why San Francisco?

Because it was here the shackles of fear fell from me and I dared to DO that which I have for three years dreamed. I have been led by the Inner Light to this city. I did not know in the conscious mind for what, but I had Faith born of past experiences that it was all right, and amid all seeming discouragements have never doubted. NOW, the paper of my heart is born. There is room for it here. This coast is fast unfolding, and few are the journals doing work in the NEW THOUGHT. The more there are the more there are readers for all. For this reason, because this coast need it, is it started in the *metropolis* of all the Pacific Coast.

San Francisco as a Commercial Center.

This city is the great center of commerce and trade on the western coast of the Union. It will never lose its position. The future will know New York in the East, and San Francisco in the West as *the* cities. The central portion will have competing cities. The coasts never. This is the New York of the Pacific. Here center all the converging interests of the whole nation looking to the "Old World" now becoming "The NEW." All the lines from the Orient converge here. And as in NEW YORK all the lines from the East have centered and made it one of the largest and most cosmopolitan of cities, so the interests centering here prophecy that the only rival of NEW YORK and London is here. Here are a mingled population, and the Human Soul has in this city as many varieties of manifestation as in any in the United States, if not on the globe.

Here also are as many varieties of expression in character and development as are to be found anywhere.

Here is a liberty of conduct, a freedom from oversight and interference, and from civil and individual restraint that is like no city farther east. And

this means much for the future of the Soul's expression. For, says Emerson, "All reforms tend in some way to let the Soul have its way through us." And the soul must have liberty that it may have its way through us. A liberty is in San Francisco of thought and conduct that I have met nowhere else. This Liberty, often recognized as license, means much to the unfolding psychic life of the world.

Early Spirit of California.

California was settled by the love of adventure. The Spirit of risk. "Nothing venture nothing have," was the spirit under which the State was settled. It was born in the rush for gold, but the Spirit was that of Faith. Faith in the possibility of man to conquer even mountain and desert; ocean and plain. This faith made the Pacific Coast the servant of human will. Faith in the earth, "which is the Lord's," giving back from its bosom for labor, given her, better returns than the children of men had been receiving. That faith brought no cowards across the plains nor around Cape Horn. Adventure, if you like—but to him who looks deeper, it was Faith, as deep, pure, abiding and more productive than that of the Children of Israel in their forty years' journey that settled this coast and founded this city. That faith yet lives in the atmosphere, as the Pilgrim's faith lives in New England, or the Huguenot's in the Carolinas, and the Cavillier's in Virginia. It gives the impetus to all California's development. There is a need now for it to take a new form. It has centered heretofore in the faith of money, to make money. Hence comparatively little of the monied wealth is centered in productive industry. Too much is used in speculation. But that mighty faith is beginning to feel a new birth; and faith in the soil to give and in Labor to make, is coming, and when it comes then comes

The New California.

It will come as the child of the Spanish war and Philippine rebellion. And already is this coast feeling the new life. But it is coming so naturally and so surely that they who have been used to booms do not realize that a great movement, which is upheaving a continent and thrusting it into the sight of nations, has begun.

REWARDS AND PUNSHMENTS ARE THE REACTIONS OF OUR OWN ACTIONS.—THE VENDANTA.

Psychic San Francisco.

Behind every movement is the Soul. The soul has in this city its opportunity. I have felt it to be the great psychic field of the future. I was surprised and pleased to hear one of the best students of Mental Science and psychic law, Dr. J. Plunkett, of this city, say in the Divine Science Congress that San Francisco was "the psychic center of the world," and he declared it to be his purpose to so proclaim this on his journey to New York, London and Paris, and that a great immigration of sensitives and lovers of truth will result. Its Liberty, its Faith, its push and its rush (which is only the spirit of untamed progress), its atmosphere, its continual floral display, all these and much more make it the ONE city where in the future, and in near future, the NEW THOUGHT in all its present forms, will, in some ONE form, crystalize.

Then, Why San Francisco?

Because it is the Psychic Center, and Now is "in the swim."

A Practical Thought—Work.

At a recent recount of the votes cast in this city at the last election, for the office of Public Administrator, out of 60,000 votes cast there were 1,377 rejected for one candidate and 1,315 for the other. Thus 2,600 men, in 60,000 did not vote intelligently.

Has not the New Thought something for the nation in this matter of an intelligent and an honest ballot? If we cannot make our philosophy practical and help the evolution of Good in the civic as well as in the social and individual life, then we have not TRUTH.

I suggest to all the journals and to all the meetings and to each person in the Thought, that we put our knowledge to a practical test.

The use of the voting machines in the cities of Buffalo and Rochester, N. Y., shows that an honest expression of the people's will is possible at the count of the ballots. And the constant contests and the present deplorable condition in Kentucky is a demonstration of the fact, that the will of the people can be defeated in the returns.

The voting machine is the cure for all these election evils and we can bring it into use. Will we take each day a few minutes as individuals and *Realize in Thought* that they are in

constant use; will all who believe in the desirability of their adoption, will all who love the principles of our government and believe it is in ideal all that the Good and the True can be, and who desire to see that ideal realized, will all who love their country, thus join for a few minutes per day, in their own way and pray for the inauguration of the voting machine as the expression of an HONEST ballot and expect it to be realized, there would by the silent forces of Thought and Love, be a sentiment created that would soon move upon the hearts of Statesmen and Legislators, and the machine would be in every precinct at the next election possible under laws to be enacted.

Beloved friends, let us so inaugurate a silent reform work. For God works silently. Let us join Him in His work of Freedom in America by holding in Thought this method of voting and hold it in Love of Truth and in Love of Home and Country. We shall do more good than by denunciation on stump or in press, or by the cannon and the warship in conflict. The silent weapon of God is Thought. The ballot will yet execute God's and the freeman's will as the lightning does His will in the atmosphere. But Love of Truth must come first. We will hold this thought. NOW, DOES hold it. How many will join! ALL do join and the machine is here and to stay.

Grammar of Soul Culture.

To the verb called under the old dispensation TO BE, there is in Soul Culture only two moods and one tense. The moods are the imperative—BE, and the Indicative (the assertive, the affirmative) mood—AM. The one tense is present—NOW. The verb is conjugated only in the present tense indicative mood, thus—I AM; YOU ARE; GOD IS.

Psychic Powers

Include Self-control, Self-healing, Self-knowledge, Power to heal others by Magnetism, Telepathy, Suggestion, or those deeper vibrations of Spirit which the Divine Healer uses. Then, come, Intuition, Inspiration, Telepathy, and Clairvoyance in its four phases, viz.: Perception of Truth, Perception of Space, Perception of history, Perception of the Spiritual world, and lastly as the crown of human attainment in the spiritual, Psychometry in its many phases. These will all be treated as science and as art.

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The Henry Harrison Brown

Who is the editor of NOW, is the one who since 1871 has been well known on platform and stump, in sanctum and pulpit. He anticipates that his old friends whom he numbers by thousands will all wish for NOW each month, as it will come to them with the force of a personal letter. Dearly beloved friends, send in your subscriptions and see what a greeting I have for you.

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Mental Medicine Chest.

This column will each month contain such gems from all literature that as Thought, have power, when held in concentration, to cure all ills and all trouble. The reader is recommended to take each day that quotation that is in the line of his need, and that one is the one opposite to the condition of unpleasantness which he is in, and to think of it instead of his trouble. A Thought from this CHEST will cure, if so taken, no matter how chronic the case if the directions are followed.

N O W.

Readers are requested to send any extract that they have found helpful. Since the Bible, which is one of the best of all books for finding the needed medicine, is so well known and at each one's command, no passages will be taken from that.

DIRECTIONS:—*Memorize a passage from this Chest at least once a week and meditate on it instead of the worry and trouble of the disease, and especially on rising and on retiring morn and evening.*

The first four of the following have been the "fixed trust" to which I have clung for 30 years, and they have never failed me. That they may bring the same blessing to you, my beloved brothers and sisters, I place them first in our Mental Medicine Case.

Amid the maddening maze of things,
And tossed by storm and flood,
To one fixed trust my Spirit clings,
I know, that God is Good.
—Whittier.

I know not where His islands lift,
Their fronded palms in air,
I only know, I cannot drift,
Beyond His Love and care.
—Whittier.

Serene I fold my hands and wait,
Nor care for wind nor tide nor sea,
I rave no more 'gainst time nor fate,
For what is mine shall come to me.
—John Burroughs.

Trust the current that knows its way.
—Emerson.

I know as my life grows older,
And my eyes have clearer sight,
That under each rank wrong, somewhere,
There lies the root of right;
That each sorrow has its purpose,
By the sorrowing oft unguessed,
But as sure as night brings morning,
Whatever is—is best.
—Ella Wheeler Wilcox.

Through our lives mysterious changes,
Through the sorrow haunted years,
Runs a law of compensation,
For our suffering and our tears,
And the soul that reasons rightly,
All its sad complaining stills,
Till it reaches that calm condition,
Where it wishes not nor wills.
—Lizzie Doten.

Thought is Force.

This is one of the fundamental principles which it will be the object of NOW to demonstrate. This fact is destined to work a revolution in every department of human life. It is one of the few, and very few, factors that will usher in the NEW CIVILIZATION. Thought is like electricity, and heat and light and sound, only a mode of motion; a form of the Infinite ONE, Energy. All forms of energy are known to us only as modes of motion,

and differ only in rate of vibration. Thought is therefore only a vibration of Eternal Energy. To us it is revealed as all energy is, by sensation. Thought waves are therefore sensibly felt by those who are sensitive to recognize them. They may be felt by all. To develop this recognition is the work of Soul Culture. NOW will have much to say on this subject. The Art of thus recognizing thought waves is

Telepathy.

This is defined by Professor William Crooks as the transference of a thought or an emotion from one person to another without visible means. It has ever been more or less common, but not understood. Now, it is like all the spontaneous actions of the soul being understood and cultivated. NOW will often deal with it, for it is the key to much of psychic phenomena and mental healing. Once understood it can readily be made an every day affair. That a phenomenon occurs once, is evidence that it can at will be reproduced when the necessary conditions are observed. I quote from E. E. Hale's book, "Lowell and His Friends," page 190, this remarkable

Reliable Case of Telepathy.

The person who was the recipient of the message tells of it thus:—

I spent the night before Commencement on a lounge in Hollis 21. I could not afterwards remember dreaming of anything in particular; but as I woke I *heard*

"And what they dare to dream of, dare to die for."

"Rather good sentiment," I said to myself; "It seems appropriate to the day"—then just dawning. And so I dropped off again.

The dinner was spread in the green.
* * * My seat was just about the middle. Mr. Lowell was about under the window of Hollis 21. When he arose he waited till all was quiet before he commenced reading. (It was his masterpiece, "The Harvard Commemoration Ode.") As he came to the words,

"Their higher instincts knew
Those love her best,"—

I began to feel, not that I had heard this before, but that *something was coming that was familiar.*

"Who to themselves are true," went on the reader, "Hullo!" I said

to myself, "I ought to know the next line."

"And what they dare"—

"Yes, but it isn't going to rhyme," and this without distinctly repeating the rest of the line.

But when he observed "to die for," would not rhyme with "True," Lowell came to his relief by saying,

"And what they dare to dream of, dare to do."

Says Mr. Hale:—"So well authenticated a story of sympathy and telepathy seems worth repeating."

God is ever the inner power; man ever the manifestation in Consciousness of God. When he will recognize and affirm this he will be Master. Affirm and live—"God and I are one!"

There is ONE GOD in the universe. He is known to us externally only as Vibration; to us internally as Sensation. The scale of Vibration is infinite; the scale of Sensation is therefore infinite. I am in Sensation as infinite as God is in Vibration. All that is known of the external universe is its modes of motion—Vibrations. It is right then to conclude that all that ever will be known will be only modes of motion. That Thought and Love are such manifestations of God is demonstrated every day. Telepathy is the interpretation of sensations just as color and tone are. The latter are produced by Vibrations, so are the former. The vibrations differ only in pitch. That is there are more waves of motion in the vibrations of Love in a second of time and an inch of space than in sound and light.

Trust God to attend to his business at least as much as you trust the politician. You do not seek every day to see if McKinley is doing his work. Then do not look to see if God is. KNOW He is, and then attend to yours, and all is well.

"What am I to do?" writes a friend. My answer was, "Do as you have a mind to." Was I right?

"How shall I know what is right?" Decide, act, and learn by results. Know you any other way?

"You did wrong," said a friend to me recently. Well, I had a right to do wrong if that was the best I saw to do.

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Plant the bean, then pull it up every day to see how it grows. You do not. You do the same thing in spirit. You plant a thought seed in the mind and then look to see how it sprouts. I am well! then look for symptoms of the past. How is that for wisdom?

I fill a place none else can fill, and I fill it NOW.

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