

Nerve us with incessant 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 KHAYYAM.

VOL. I. NO. 5.

MONTHLY.  
50 CTS. PER YEAR.

SAN FRANCISCO, CAL., JULY, 1900.

HENRY HARRISON BROWN  
Editor and Proprietor  
Office, 621 YORK STREET,  
SAN FRANCISCO.

## The One Knoweth.

Trust the current that knows its way.

—Emerson.

O, Life, how faithful is thy flow!

I trust myself upon thy wave.

The Ocean whence thy waters go

I neither know nor care. I save

All thought of worry or of pain

By trusting thee. So to thy main

I'll float with thee. Thou know'st the way,

Or wind or calm, I peaceful rest.

What matter be it night or day,

Placid or stormy be thy breast?

Born of my trust my soul is still,

No matter where, so it be thy will.

O, Life thy currents free and strong,

From mounts beyond all vision come.

"I am," and by thee borne along

Thou art my rest, my joy, my home.

Where e'er I am, I cannot pray,

But trust thy flow; it knows its way.

—Henry Harrison Brown.

May '99.

## How to Save Doctor's Bills.

Every night before going to bed read the Affirmations in NOW over and over and meditate on them for a length of time from 15 minutes to one hour. Go to sleep with them in your mind. On waking, think of them and during the day do think the opposite thoughts. To unclothe the mind of old errors and re-clothe it with TRUTH will require time and effort. Let the WILL be called into activity to hold you to Truth and to shut out Error. Follow this and you will be well, prosperous and happy. But the WILL must be exercised to hold TRUTH and not to drive the body or the mind to action. Let the WILL be watch and warder at the gate of the mind to let in and keep out thoughts you have decided best. Thought will do all the rest. Keep NOW by you till its Truth is part of you. Till you have learned thus what it has for you.

The Present moves attended  
With all of brave and excellent and fair  
That made the old time splendid.

—Lowell.

## Affirmations.

Freedom.

I am free.

I am one with the Omnipresent Life.

To be one with that, is Liberty.

I am one with Omnipotence.

One with that is to be above limitations.

Any limitation is tyranny.

I am unlimited because I am One with Omnipotence.

I am one with Omniscience.

I am thus above the possibility of error and mistake.

To admit mistake and error is limitation.

I know each day what is right and best and do it.

I am one with Omnipresent Life.

I am therefore Health and cannot be sick.

Disease is limitation—is tyranny.

I know only health and freedom.

I am one with the Power that manifests in all.

Thus all power is mine and I want nothing.

I am daily supplied from the infinite ONE.

The ONE is my shepherd and cares for me.

I am never cold for IT shelters me.

I am never hungry for IT feeds me.

I am never in need for IT is with me.

The ONE is Freedom for IT is Power.

The highest manifestation of IT, is LOVE.

I am love and Love is free.

I make my body in love and it is mine in freedom.

I am not subject to the limitation of sense.

I am above all sense limitations for I am Spirit, Mind, God.

I am Master of Fate because I am free and choose my expression.

All limitations of Duty are passed away in the higher thought of LOVE.

Duty and Necessity are limitations, and in Love I live above them.

In love of Truth, Beauty and Goodness I live as "a son of God,"—Free!

I am free of the limitations of Fear, Worry, Hate, Anger, Revenge, Discontent, Envy, Jealousy, Discouragement, Complaint, Faultfinding, Self-criticism, Regret, Resentment, Passion and Petition.

I am free in body, mind and estate, because I am one with Infinite Love.

I am free because I am SOUL and Soul is God manifesting in Freedom.

I am daily manifesting this Freedom to my fellow men in loving Service. Thus am I Saviour prophet, and priest, because I am free.

Because I am free I am immortal and live the immortal life here and now.

I am one with the Father and we are freedom—He in the Subconscious and I in the conscious life. And only as I am free do I exist. Therefore, next to Love do I decree for myself Freedom.

## Mrs. H. E. Cady

In the introduction of her Lessons gives these directions for all who wish to obtain good from the teachings of others. "Let each one as far as possible, lay aside for the time being all previous theories and beliefs. If there is anything you do not understand or agree with, just let it lie passively in your mind until you receive the entire course; for statements that arouse antagonism and discussion will be cleared and accepted a little further on. Be willing to be for the time as little children."

To-day is yours and mine, the only day we have, the day in which we play our part. What our part may be in the great whole we may not understand, but we are here to play it, and now is the time. It is the part of action and not of whining; it is the part of love and not of hate and not cynicism. It is for us to express love in terms of human helpfulness.

—Pres. David Starr Jordan.

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

**Primary Lesson No. 4.****EXPLANATION OF MENTAL HEALING.**

Facts are rapidly accumulating that testify to the power of the mental practitioner. The questions are: What is the power? And how is it done? Since thought is now known to be a mode of motion swifter and more potent than either light or electricity, it can readily be admitted that thought does it. This is readily understood when the power of one's own thought upon his body is recognized.

Thought Transference supplies the needed link in the solution of the problem. All claims to the mysterious or the supernatural, and all claims to a monopoly or a patent-right, fall away before the present understanding.

All the various schools, whether called "Christian Science," "Home of Truth," "Divine Science," "Mental Science," "Metaphysicians," "Ontologists," etc., effect their cures by the same power and telepathy, or what is also known as "Mind Reading," is a potent and ever present factor. The "Mind Reader" goes to the thing he is mentally told by the operator, just as the needle is drawn to the magnet by its slower vibrations. He acts as the operator suggests because he has become willing to do so. If, therefore, the operator thought "pain," the subject would feel pain. If he had a pain and the operator thought "relief," the pain would go. This is what the mental healer of whatever kind does. Though he may rise to that realm of being where thought is not yet formulated—the realm of spirit.

This is the principle known in physics as "Sympathetic Vibration." Experiments illustrating this may easily be tried. Press down the C key of the piano and then strike the C in any other octave, and the string of the first C will give tone, as may be discovered by letting up the key. Thus, a violin will, if lying in the room, vibrate with the piano. Since all nature is one and all force is one, this principle of sympathetic vibration will explain the phenomena of mental healing, telepathy, inspiration and all occult phenomena. Thoughts are received by all minds in the same key, or what is the same thing, are in sympathy with them.

A thought thus received has the same power in the mind receiving as it would have had come into it by the ordinary channels. And as thoughts

control life, and can make one sick, they can also make one well.

Mental healing requires on the part of the practitioner, a warm and generous nature and a concentrative mental power. His thought should in its influence be like the powder in the cannon behind the projectile, and not like that flashed in the pan.

Only through the mind can the body be reached, and thus those who are not susceptible to this mode of treatment must have something in shape of medicine or some hygienic measure to make them receptive to the thought of cure.

Whether medicine does or does not do good is not wise to affirm, but this is true:—If there is no faith on part of patient and his friends in the doctor, and in medicine, there will be no cure, whatever other factors be absent these of suggestion and faith must be present for success.

As a people, we are becoming more sensitive every generation, consequently are susceptible now to the finer forces as our fathers were not.

The faith-curer, the mental scientist and the magnetic healer would not have found a field one hundred years ago. Now the field is ready and they come in response to that sensitiveness which has outgrown not only calomel, but the high potencies of the homeopathists.

The evolution of the healing art lies along this field. Sometime we may expect a system of mental cure in which this principle is as perfectly developed as are physical sciences now. To-day, under the operation of force, but partially understood, they heal, but are themselves like the man healed by Jesus who "saw men as trees walking," but partially freed by the Truth too great for one generation to fully perceive.

**Psychometry**

Demonstrates in a man, and explains the mechanism of those transcendent powers which have hitherto defied the comprehension of philosophy, and which have been regarded with defiant hostility by materialistic cultivators of mere physical science, while they have been welcomed by poetry, religion, and the deepest emotions which ally man to heaven.

In studying Psychometry mystery disappears, and the most cautious enquirer in vital science will feel that he is treading on safe and solid ground.—

*Dr. J. R. Buchanan.*

**Effect of Mind on Body.**

Frank F. Moore in his "A Journalist's Note Book" tells this story: A young man in the civil service in India consulted an M. D. in regard to his health. After an examination the doctor said, "I will write you to-morrow."

The next day the letter came and in it he was advised to lose no time in closing up his affairs. "You may live many weeks but you had best not leave important matters undecided."

The young man was dismayed and took to his bed with difficult respiration and with severe pain in his heart. During the night he became so much worse that he sent for the doctor. "What on earth have you been doing," asked he; "there were none of these symptoms yesterday." "It is my heart," said the sick man. "But your heart was all right." "And my lungs," continued the man. "What is the matter with you? Have you been drinking?" "O, Doctor, your letter! You said I could live but a few weeks." "Are you crazy? I wrote you to take a vacation for a few weeks and then you would be all right." The patient then drew the letter from under his pillow. "Heavens!" cried the doctor on looking at it, "This was meant for another man." The young man at once sat up and made a rapid recovery.

What was the result upon the other man is not told, but by the same law he should have become well. "Evil to him who evil thinks." Sickness to him who thinks sickness.

**Psychometry.**

[Extract from a poem by Rev. John Pierpont.]

Fearful the thought, that when my clay is cold,  
And the next jubilee has o'er it rolled,  
The very page that I am tracing now,  
With tardy fingers and a careworn brow,  
To other brows, by other fingers pressed,  
Shall tell the world not what I had been deemed,

Nor what I passed for, nor what I had seemed,  
But what I *was*! believe it friends, or not,  
To this high point of *progress* have we got  
We stamp ourselves on every page we write!  
Send you a note to China or the pole,—  
Where'er the winds blows, or the waters roll,—  
The note conveys the measure of your soul.

Avoid all negative thought or refutative argument tending to call out opposition.—*Dresser, in "Voices of Freedom."*

[This little poem is full of the spirit of the basic affirmation Mental Science, All is Good. Let it be used as an affirmation and not merely because it is pleasing to the intellect. Let its sentiment be absorbed till it is part of the spiritual life and you can feel that

"Shock and strain and ruin are  
Friendlier than the smiling days,"

till you can thank the ALL-Good for all that comes. Then you have gained that which maybe, the poet had not attained, the Realization of Truth, which he wholly intellectually perceived. *Live* poems; *Be* poems; The ALL-GOOD is harmony. One with IT and your life will be poetry and melody.]

### The Making of Men.

As the insect from the rock  
Takes the color of its wing;  
As the boulder from the shock  
Of the ocean's rhythmic swing  
Makes itself a perfect form  
Learns a calmer front to raise;  
As the shell, enameled worn  
With the prism's mystic rays  
Praises wind and wave that make  
All its chambers fair and strong;  
As the mighty poets take  
Grief and pain to build their song;  
Even so for every soul  
Whatsoe'er its lot may be—  
Building, as the heavens roll,  
Something large and strong and free—  
Things that hurt and things that mar  
Shape the man for perfect praise;  
Shock and strain and ruin are  
Friendlier than the smiling days.

—*Rev. John White Chadwick.*

### "I Cannot Afford It."

So reply many when asked to subscribe to NOW. Why think so? And if you think it well for you to have it, you can *not* afford to forego it more than you can afford to go without bread. The mind needs food and to starve it is to invite poverty. When you cannot afford anything you feel it right to have, buy it if it takes your last nickel. That is the way to conquer poverty. A lady teacher of mental science tells me she did not conquer till she spent one Saturday evening her last nickel for car fare when she had not a cent for food on the morrow. "I was tired and wished I could afford to ride. I thought I could not afford it. Then came the thought, 'God is my supply and I will trust Him.' I did, and on the early morn came a lady for treatment and paid me \$10 in advance. Since that time I have not counted my money. To feel that it is right to spend is enough.

Ingersoll said: "If you have but a dollar to spend, spend it royally."

A gentleman told me recently that he had been wishing for a desk, but could not, he thought, afford it. Was trying to get enough ahead to pay a debt. One day looking in a window he saw a desk he wished. Feeling that *he had a right to it*, he went in and bought it. "Since then I have felt free; money goes easy but it comes also much easier. I seemed to have let some obstruction fall from my mind." He had dropped Limitations. This will ever free the individual from poverty as from pain.

A friend recently had but 25 cents in his pocket, with the uncertainty of earning more. He was lonesome, and said to himself: "I wish I could afford to go to the theatre." As this thought flitted through his brain came this: "I am the equal of any one. If another can afford it, so can I. I will go and trust the future." He started, and on his way met a friend who put him on to the way of earning a \$1 before he went to the theatre. Since that he has seen the law of Opulence to lie in Trust in the Omnipresent Life within and without him.

We can afford *To do Right*. That is all we can afford. So let there be no economy where you feel it right for you to have from the ALL that which you wish. To refuse, is to put a limitation that will keep you poor. Well, says Helen Wilmans: "Economy is the road to the poorhouse." And economy in papers and books is the road to mental poverty. Take NOW and all the papers you can study. Let the records of crimes and political harangues and gossips in the dailies alone. Seek Truth.

This is the affirmation. I can afford all that is good for me.

### The Editor

Is obliged to those who have sent manuscripts to NOW, but he is compelled to decline all such contributions, for the space and the scope of the paper is limited. All contributions, not his own, are solicited from those whom he feels has something that is within the mission of NOW. It must be affirmations. There will be nothing of a negative character in the columns of NOW and only those who can AFFIRM truth will find room for a line in its pages.

SEND LISTS OF ALL WHOM YOU THINK WILL LIKE "NOW."

### Mind in Disease.

[From an article by Q. A. R. HOLTON, M. D., in the *California Medical Journal*, for January, 1900, on the treatment of disease.]

The medical profession has long made the mistake of trying to trace all diseases from the material to the psychical, and in the treatment they have still more closely adhered to the material and neglected the immaterial forces. Not only does a weakened and irregular acting heart produce a sense of fear and alarm, but fear produced from outside influences, will much more readily produce a weak and irregular action of the heart. Sudden fright or fear will also produce an excessive flow of urine and a watery painless diarrhoea, thus showing its depressing effects on the vital functions of the body; carried to extremes it has often produced death.

Long continued indigestion will bring on irritability, melancholy, depression and anxiety, but these conditions of the mind, when produced from causes without the body, will very quickly destroy the appetite and the power of digestion. The recipient of bad news loses appetite and the process of digestion is stopped.

The presence of a crowd of strangers suspends the action of the bowels. Thus people who leave home with its quiet routine to travel in public, or to mingle in crowds, find themselves suffering from constipation, which they suppose to be caused by a change of diet, but which is in reality caused by changed influence on the mind, and through the mind on the nerves.

Anger is a disease producer; excitation is followed by depression and weakness, very much like alcoholism. I once had a patient who had a sick spell after every quarrel with her husband.

Hope, confidence, cheerfulness, faith and a clear conscience, are sustainers, if not creators, of vital force and power. They not only help to maintain a state of health, but are powerful forces in throwing off diseased conditions.

The medical profession while acknowledging the influence of the mind on health and disease, has been woefully deficient in utilizing this powerful factor and turning its potent influence to their aid against disease. Development along this line is needed.

ALL YEARLY SUBSCRIPTIONS TO NOW MUST BEGIN WITH THE FIRST NUMBER.

FINALITIES ARE AN IMPERTINENCE IN A GROWING AGE.—*J. W. CHADWICK.*

OFFICE OF NOW,  
72 N. SECOND STREET SAN JOSE, CAL.

AUGUST, 1900.

**NOW.**

HENRY HARRISON BROWN, EDITOR.

SUBSCRIPTION RATES . . . . . 50 CTS. PER YEAR  
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A monthly Journal of Positive Affirmations.  
Devoted to the Science and Art of Soul Culture.  
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 mani-  
fest as spirit here and now.

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when easier for sender.

NOW is published on the 15th of  
each month.

### Notice!

Henry Harrison Brown having  
been called to fill the platform of the  
First Spiritual Union, of San Jose, for  
a few months has moved his Institute  
and the office of NOW to that city.  
Will all correspondents and all ex-  
changes please so address him and  
NOW hereafter?

### God Is.

It is difficult for one who has been  
used to reasoning and living intellectu-  
ally, to understand the Mental Scien-  
tist who, holding the same philosophy  
and differing not with him in opinion,  
nevertheless does not stop with merely  
seeing Truth by way of logic, but  
Lives it by affirmation till he comes to  
live it by Realization. The centuries  
have known all the principles we af-  
firm. We do not attempt to reason  
nor by logic to prove the existence of  
God or the "I AM," but to affirm this  
till we sense that *we are* and that *God is*.

From sources that at first one would  
think would be ready to welcome us,  
comes our worst misunderstanding.  
One who has lived by reason will be  
apt to die by reason before he learns  
to use and realize the Truth he has  
reasoned out. Applied Truth is art  
and mechanics. Applied Truth to  
daily living is Mental Science. The  
difference between the *New Thought*  
and *Free Thought* is that between  
Science and Art. Mental Science is  
more properly termed *The Art of*  
*Living*.

This difference is shown in a sermon  
preached before the Pacific Unitarian

Conference recently by Rev. W. D.  
Simonds of Seattle. He pays atten-  
tion to NOW in these words. "Not  
long since I received a sample copy of  
the 'organ' of a new religion. It hails  
from San Francisco, which this religion  
declares is the 'Psychic Centre' of the  
World'. Before me lays the new creed  
destined to supersede all others—a  
statement of truth for which the ages  
have waited. I read its principal af-  
firmations just as they are now for the  
first time given to an eager world:"  
And here he quotes thirty-one of the  
thirty-nine affirmations in the March  
NOW. By his comments is shown  
that the gentleman has not yet com-  
prehended in the slightest degree the  
first principles of Mental Science. He  
has not learned to live deeper than the  
intellectual perception of Truth. He  
is where the ancients were who knew  
that there was electricity but had no  
use for it. The axioms of mathemat-  
ics are not reasoned upon, but stated  
and form the basis of all future mathe-  
matical operations. So affirmations of  
well-accepted Truth are stated for the  
purpose of making them the basis of  
practical work in the art of living. It  
does not harm TRUTH for this Unitar-  
ian brother to thus misunderstand the  
purpose of NOW in Love. NOW takes  
his words as an incentive for harder  
effort to make plain its purpose and the  
work of all metaphysical teaching,  
whether it be "Christian Science" or  
the rational method of "Soul Culture."  
I will note his comment upon one af-  
firmation, merely pausing here to say  
that upon the close of his remarks  
upon NOW he says "This creed seems  
to be a question of capitals, of inanity in  
a large type." The brother in his ser-  
mon has capitals for "God," "M.E.  
Church," "L.L.D.," "D.D.," "Bible,"  
"Christian," etc. NOW has capitals  
for its God, also, and puts them in  
Capital that the old conception of God  
may pass away. And, by the way, its  
conception is the Unitarian conception  
and this gentleman's creed is that of  
NOW. It is "Love to God and Love  
to Man." All the difference lies in the  
one smelling only of the study and  
pulpit, and the other is of the work-  
shop and the field of daily life. We  
practice what the liberalism of all time  
has taught.

The basic affirmations of all philos-  
ophy must that of the Me and the  
Not-me. The common word for the  
Not-me is God. Therefore, the basic af-

firmations of NOW are—I AM: GOD  
IS. Of this latter affirmation the Rev.  
says, "How wonderful!"

Yes, wonderful. It bears the same  
relation to Mental Science that the  
axiom "The whole is equal to all its  
parts," does to mathematics. How  
wonderful! could one exclaim. Why  
tell anything everybody knows? But  
till everybody works upon that axiom  
no possible solution of any problem  
of quantity. So not till one works  
from this axiom, God is, will there be  
any solution to any problem of life, and  
no practical growth in the application  
of Truth to life manifestation. But to  
affirm this, and to dwell in thought  
upon all that God means, is to carve  
life, with the only tools Man uses, into  
conscious manifestation. Till one does  
this there is only the manifestation in-  
cident to the sub-conscious in him.  
When he does this, he becomes the  
conscious director of his life. Thought  
is creative, and to use affirmations as  
tools is different from using them to  
reason upon. And when one affirms,  
God is, till he is conscious of being  
ONE with The Father, till he realizes  
Union with the Everpresent ONE (call  
it Life, Power, Truth, Energy or God),  
then All the difference between slave  
to the unconscious working of law, and  
being Law, is evident to him who so  
realizes. To one who has not so real-  
ized or at least recognized this union  
all our affirmations are like axioms of  
geometry to the boy in the primary  
class.

To this brother and all like him,  
NOW comes as a light upon the path,  
and when the light within be not dark-  
ened, they will see and affirm *God is*  
and rejoice to feel that they are One  
with the Father who IS, even as Jesus  
was.

### Suggestion.

A Kansas M. D. writes NOW,  
that a lady came to him to be treated  
for rheumatism but was afraid of Hyp-  
notism. "If you will use electricity I'll  
let you treat me, but I won't have that  
dangerous Hypnotism." He agreed to  
use the battery. "I told her what effect  
it would have upon her, and he writes:  
"When I had thus prepared her mind,  
I gave her the poles to hold. In 15  
minutes she was cured and has re-  
mained so. But *I never turned on*  
*the current.*"

**Words That Burn.**

Roy writes from Kansas:—NOW maintains its original high standard and is bound to succeed.

F. H. from Ill. says:—NOW was such a welcome call to the spirit. How I liked that stanza beginning "By all I know of Truth." "All Good" I read and pondered. And there was much else in the paper that nourished my soul.

My dear old friend in whose home much of my development came, writes from Topeka:—Our little NOW comes to us sparkling to the overflow with Truth and Love for all mankind. How I wish all could accept its reality. It will live long in its usefulness.

J. T. Shelton, "I am Shelton," sends his "I Am Sermons" and they seem better than when I read them in Christian. Send 50 cents and make them part of yourself. Denver, Colo.

"Psychic Studies," by Albert Norton, has been waiting for a line for some time, but all I can say now is that it is a book that is up to the highwater mark of the Spiritualistic Philosophy. 25 cts. Summerland, Cal.

"Clara writes from Avalon, Calif.—We often speak of you and your lessons. Can't you take a vacation and enjoy this seaside with us? We are trying to hold ourselves to our anchor bravely, yet, being so adrift we do not perhaps realize, as we otherwise would." My dear little girl: Till we can hold under all circumstances we are not there.

Longley's Beautiful Songs, for public meetings, are on NOW Table. O, when I can sing, then I will tell how I love such songs. Till then I must say that friends who do sing say that "Beautiful" is the name for them. 20 cents. 600 Penn. Ave., S. E. Washington, D. C.

Jane writes from R. I.—How did I ever get along without NOW? It does not seem that I could again.

Mrs. Charlotte W—writes from Platteville, Wis. "I am glad you deal only in affirmations." Will negations win in anything? Affirm and you *are*. Deny and you are *not*.

A lady connected with newspaper work writes of a Psychometric Reading: "I wish to thank you most sincerely for your helpful Reading. I realize every word you say is true and your advice is just what I needed and I shall profit by it. Thoroughly ap-

preciating it and NOW and the spirit that is behind both; I am always sincerely your friend, M. B. P.

Mrs. K., of Kansas, in writing a letter for treatment, says: "Once I could call and get your thought-answer, but now I call and call and do not realize the answer.—Well! Well! My plea for help was successful. As I write I am sitting opposite the back door. Some one seemed to come in. I looked up and there you stood as plain as ever I saw you in the past in our home and you said, 'Your stomach is all right.' You then looked around as if looking at our new home and then disappeared. I feel better. It will occur oftener now.—What a grand paper NOW is. Flora Parris Howard is just, true and good. NOW is you, to all who know you."

This is one with the report of Mrs. G., of San Francisco. She and her husband attended my class, but had no reason to think I would call at their home. Mrs. G. says: "I was sitting at my work and heard a footstep coming through the hall and thought it was that of Mr. K., and went to answer the bell. What was my surprise to welcome you. You entered the room. I turned to get you a chair and when I looked for you again you had disappeared. I almost fainted with surprise."—Well, Spirit knows no space, and we are where our thought is.

**Charles Dawbarn,**

Of San Leandro, Cal., has been writing for the *Progressive Thinker*, Chicago, a series of articles that come nearer to what will be the philosophy of the future than any I have ever seen before. He seems to have drank from the same cup of inspiration that I have, and much of his thought is identical with that I have in manuscript, waiting the necessary dollars to print. It is a clear elucidation of the fundamental principles that underly all the present metaphysical and psychic movements. Truth is ONE. The Mental Scientists, the Metaphysicians, the Theosophists and the Spiritualists, will ultimately meet on the common ground—*I am Spirit! All is Spirit*. Then will there be a united movement that means the redemption of Man from sickness, poverty, sorrow and death. The twentieth century is to see the application of Truth, made clear in all the past—That man is not body, but *Mind*.

A very pleasant evening was spent by members of the First Spiritual Union at their rooms in Sleeper Hall, last evening. The reception, which was tendered to the society's newly-chosen teacher, Henry Harrison Brown, consisted of a short musical and literary program followed by a social hour, during which refreshments were served.—*Herald*, San Jose, July 28, 1900.

**At Noon**

Each day let each reader of NOW send forth the affirmation of PEACE. Peace first, for self; Peace for the nation; Peace for all humanity. As the clock, or bell, or whistle, or sun, announces the meridian hour, let the thought of Peace in some form go forth. This will soon become a habit, and as noon approaches the sense of Peace will steal over you. That sense will each day extend its reign until ultimately each moment will be one of inward Peace. These vibrations flowing from so many souls will do much to mold the world-thought into that of "Peace on earth: Good will to men."

**The "Suggester and Thinker"**

For July has these kind words for NOW: "Henry Harrison Brown, a well and favorably known contributor to the *Suggester and Thinker* has just begun the publication of a very excellent 'New Thought' periodical, with the appropriate title of NOW. Every one of our readers should procure a copy. It is full from cover to cover of brilliant and inspiring gems of thought, the way of thinking most prone to lead to correct habits of thought and hence to health and vigor both of mind and body."

**The Editor of NOW**

Will attend weddings or funerals, or arrange for a course of lectures within reasonable distances of the city. Classes can also be arranged for.

**Notice**

That the office of NOW and my address have been changed from San Francisco to Sleeper Hall, San Jose, Cal.

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HOLD FAST TO THE PRESENT; IT REPRESENTS THE WHOLE OF ETERNITY.—GOETHE.

## NOW.

**Power of Thinking.**

Through thinking, states of consciousness are set up. If this thinking conforms to Truth, harmony results. The law is, that thoughts become externalized, for thoughts are creative. We never think a thought that does not make an impression on our body, or upon that of others, or on our or their environment. So far as the physical manifestation is concerned, it pictures the growth of the soul; the body represents the sum total of what we have thought. It is true that other people's thoughts have had somewhat to do with it, since thought is force; nevertheless, their thoughts cannot effect us unless we let them into consciousness and appropriate them and make them our own. We must shut the door to evil thoughts, let them come from where they may. This we can do if we keep in mind the Truth of our Being. Thoughts come and go, and effect a lodgment where there is the least resistance, in obedience to the law of attraction. But we must not emphasize the power of other people's thought over us. It is carried too far when we try to saddle our sins and shortcomings upon others, because of this power of thought. This is simply the old orthodox devil made over to suit the occasion. We have the work of choosing and overcoming to do. No thought can enter our consciousness that does not find a welcome there. Do not welcome evil ones.—*J. W. Bennett, in Unity.*

**Your Real Self**

Is that which says "I am." It cannot be described, because description is limitation, and IT is unlimited in its capacity BE. It is the All Possibility, yet ignorant of the states of consciousness into which it is ushered until it has experienced them. In the flesh consciousness it is Will. In the spiritual consciousness it is Love. There are people who have had enough of fleshly experience and desire to be born into Spirit. That desire will open the door. You have only to *desire* to be, and you surely will find the way to be that which you desire. There is no exception to this inherent principle of Being. You have polarized your desire in the direction of the flesh or you would not be having the experiences of the flesh.—*Leo Virgo, in Unity.*

**How to Read NOW.**

*Occult Truths* has this direction for its readers which is good enough for NOW. Learn how to get the good NOW has for you. The New Thought demands study; students, and not readers. Keep each issue by you until it has become yours by assimilation. Absorption is the word. I have read Emerson's First Series of Essays since 1864 and have only begun to absorb them. They have never been away from me on any journey nor at any time. I am beginning to FEEL them in my life. So may NOW be to you. This is what brother Smiley says:

"To merely read this magazine once will do you no appreciable good. If you read it over and over for at least 7 nights, its truths will soak into your consciousness, change your thoughts and then your movements, till prosperity results. Do not read in a hurry, nor when liable to be interrupted, nor thoughtlessly. Do not discuss its statements with unsympathetic people. Treat it as a child must treat cube root, as a lesson to be learned when you are quiet and undisturbed. Otherwise its good influence upon you may be lost. Divine knowledge springs up within consciousness when one is quiet, undisturbed, alone, peaceful, and attentive to the voice within. Outer distractions drown its words. Cherishing truth leads us to acts which produce health and wealth."

It is good to get such words as these from a co-worker of power like Mrs. Jean Porter Rudd: "NOW is splendid. It will surely win its way. The Affirmations are glorious. Emerson tells us that 'The soul is fed on affirmations,' and I know this to be true. When souls are fed and nourished there is no doubt that our bodies will be. Do you ever give away a subscription to NOW? I am interested in a little family. They are respectable working people who were well and living in content till overwork brought on sickness and this in such cases soon means want. I have taken them under my care, to heal and to teach." Yes Jean, NOW will go and we will heal both body and purse by stimulating the I AM to affirmation. Somebody will pay the 50c.

J. S. P. of Windsor, N. C., writes:—Your ideas give me more information than I have ever found in others.

TODAY OF ALL DAYS IS THE ONE TO BE ADMIRER.—THOREAU.

**Notice**

That I have reduced my Readings by mail to \$1 for each letter. I do this at the request of friends. See advertisement.

**Mrs. H. E. Cady**

In the introduction of her Lessons gives these directions for all who wish to obtain good from the teachings of others. "Let each one as far as possible, lay aside for the time being all previous theories and beliefs. If there is anything you do not understand or agree with, just let it lie passively in your mind until you receive the entire course; for statements that arouse antagonism and discussion will be cleared and accepted a little further on. Be willing to be for the time as little children."

I am whole. I am prosperous.

I am rich. I am happy.

I am generous. I am loving.

I am good. I am true.

Nothing tempts me, nor binds or limits me. I am free, I am free. In Truth I am free. *So let it be.*

*Harmony for May.*

"What a charming day!" said Yorke. "I'm too busy to bother about the weather," replied Mrs. Isiah Briskley. "Can't spare time for that Down East."

"Indeed! That is a frugal sentiment," said Yorke.

"There's no sentiment about it," she said. "It's sense; as you'd find out if you lived here. If I'd spent myself noticing the weather, I should have been in my grave ten winters ago."—*Elisabeth Stuart Phelps in "Doctor Zay."*

**Mind Over Pain.**

A gentleman met a boy on a cold winter morning riding a horse and crying with the cold. He advised the boy to get off and walk. The youth replied: "No, Sir! this is a borrowed horse and I'll ride him if I freeze."

To act and to love are the twin functions of the human body and soul. To refuse these functions is to make one incapable of them.—*Pres. David Starr Jordan, of "Stanford."*

**Motto.**

In what I have to do,

I shall be led;

In what I have to bear,

I shall be sustained.

—*Jean Porter Rudd.*



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M. E. Nichols to Mrs. A. H. Turton.

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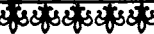
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