

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. II. No. 4 AND 5.

JUNE

SAN JOSE, CAL., 1901.

JULY

HENRY HARRISON BROWN
Editor and Proprietor.
Office, 33 South Second Street,
San Jose, Cal.

MONTHLY.
50 CTS. PER YEAR.

Love Versus Thought.

I see the way, but still I wait.

Fear master is, and weak I stand.

But O, my heart rebels! My hand
Puts forth for that, Thought cannot slake!

"My daily bread!" in pain I sigh!

This hunger call I ever hear!

I've lost my power, I know not why!

O, Father take me in thy care!

* * * * *

Afar has fled this vagrant thought.

Faith took my hand, and strength is mine.

She led me to Love's inner shrine,
And Life became with blessing fraught.

Love's wisdom was the wished for goal.

Blinded by Fear, I, hurrying, passed
All the peaceful pastures by.

But now I sense,—I'm Love's, at last.

I knew—*All's good!* and—*All is One!*

That I, Love's child was Love also!

That—*All is Mine!* Now this I know—

I recreant was, claimed not my own!

But now I Realize! No more

Wan Hunger hounds along my path!

Love brought clear vision to my eyes!

As His, I now claim All He hath.

HENRY HARRISON BROWN.

Skyland, Santa Cruz Mts., June 9, 1901.

I would give more for your being with Ann than for all the salves and liniments ever stirred up. Please read this sentence over twice and believe it. Healing is a living process greatly under the influence of mental conditions. It is often that the same wound received in battle will do well in the soldier that has beaten, that would have proved fatal in those who have been defeated.—*Dr. O. W. Holmes, in letter to his mother.*

When Dewey received the news of the sinking of Cervera's fleet he called the ship's crew together and while he looked at them with "a hallelujah smile" he said: "Now men, I want you to listen to the best news we've had since the first of May. *I was ill this morning, but, it has made me well.* Now listen!" And he read the dispatch.—*Newspaper Report.*

"Some people," said Uncle Eben, "doesn't seem to take no especial interest in tellin' de troof, 'ceptin' when it's sumpin' disagreeable." —*Washington Star.*

Affirmations.

TRUTH.

What is Truth?—*Pilate.*

Some call it Evolution,

And others call it God! *W. H. Carruth.*

All history shows that the first article of a saving faith for any land or time, is faith that there is Power in this universe, strong enough to make Truth-senking safe, and good enough to make Truth-telling useful.—*Andrew D. White.*

All is One.

There is but One Substance.

From the One Substance *things* manifest

There is no separateness for all is One and Indivisible.

The One is in manifestation, "all things to all men."

The One differentiates Itself in things.

This differentiation is Individualization.

Each Individual is a manifestation of the One Substance.

Man is the only Perfect Individual because he has evolved to the power of thinking and willing. He chooses.

This power of choice differentiates him from the brutes and makes him Man.

Being Man he Perceives the manifestations of the One Substance and names them.

He names them from his experiences; from their effects upon himself. Effects are manifold. Cause is One. And Cause is The One.

In the ONE is only Being, Existence, Possibility, God.

As Being manifests, Man names the manifestations, Life, Love, Truth, Intelligence, Power, and Wisdom.

To Man they are different, but are only different manifestations of the ONE, whom

"Some call Evolution

And others call God,"

or Force, or Intelligence or Power or IT.

Truth is therefore a manifestation of the ONE variously called God, Force, Energy, or Christ, Spirit, Mind.

Man makes Truth out of The ONE.

Truth is man's perception of whatever is.

Truth is the intellectual perception of Existence.

Truth is man's measure of Divinity.

Truth is of the intellect and is what the reason affirms of Existence.

No two persons perceive existence from the same point of view, therefore no two can express truth the same. All truth is relative.

Since each person is an individual manifestation of the ONE, Truth is the Individualization of the One.

Hence the affirmation I am to make is—**I AM TRUTH**, Truth is God *in* me. I am Truth. Truth is Power in me for all necessary expression.

Truth is infinite since Existence is. I cannot exhaust it. Therefore in Truth I can never fail, can never be weak, can never be sick, can never be ignorant, can never die.

In Truth, I am success. In Truth, I am Health. In Truth, I am Happy. In Truth, I am Prosperity. In Truth, I am blessed. In Truth, I am Immortal.

Lord, Thy Word abideth ever;

Revelation is not sealed;

Answering unto man's endeavor

Truth and Light are still revealed.

—*Samuel Longfellow.*

Art Thou the Truth?

To Thee, then, loved and craved and sought of yore,

I consecrate my manhood o'er and o'er
As once my youth. *Anon.*

If the first rule is to obey your genius, in the second place the good mind is known by choice of what is positive, of what is advancing. We must embrace the affirmative. But the affirmative of affirmatives is, Love.

—*Emerson in Nat. His. of the Intellect.*

It is life we crave and ever the new affirmation of the Spirit in union with another; that is Love. The ever widening and deepening synthesis of the universe in one view; that is Thought—the full expression of the spirit-giving action. * * * * *

It is only when we return to the point of view of the Human Spirit, and consider the facts of man's life from within, the forces that have produced them, that we realize again the infinite significance of humanity . . . More worthy of wonder than eons of existence, are the momentary expressions of love and justice from human hearts . . . It is the spiritual within us to which we return in the last resort of science and philosophy.

—*Prof E. H. Gregg, (The New Humanism)*

GO WAKE THE SEEDS OF GOOD ASLEEP THROUGHOUT THE WORLD.—*BROWNING.*

NOW

Primary Lesson, No. 14.

I WILL.

"Overcome evil with good."—Jesus.

Having learned Concentration and Relaxation you are now ready for some definite directions in the use of these.

I will, is the decision from which springs conduct. *I will not*, is negative and has no place in a true life. *I will* is the working mental condition. The true man never has to say *not* for he has so decided for good, for that which he desires, that he ignores the opposite. Therefore turn your attention to what you desire and only *will* in that direction. Think not of the undesirable. The artist sees the beautiful and desired statue in the marble. He brings that out. He never thinks of the ugly one that might be there. So in this "Art of Living" we are to see only that we love, and *will* for that. This simple direction, when followed, will produce, health, happiness and prosperity. For the Will will hold only the ideals desired. This ideal will materialize in the external life. As bud blooms into flower, so will the ideal bloom into conduct.

I will does not mean, however, that you shall place upon yourself that tense and strained condition under which most labor who say, "I will." They exhaust nervous energy in pushing themselves, and use the Will as whip and spur to encourage themselves. This causes reaction, and ultimate failure. The Will is cultivated as master, and the man, the real man, becomes slave.

It is here so many fail in self healing. "O, my will is strong enough. I willed myself to work. When I was sick, I declared I was well and was determined to be so and was so. Every time I felt pain I will it off, but it did no good." Similar expressions I hear every day. True! It must fail. *Never put your will upon your body.* This is an infallible rule. This is the cause of failure in all directions. There is for you no life, no strength, in body. It is all in you as Mind (Soul.) This is to flow through your body in expression. It is to "press out." Life is infinite. You can have all you desire to use. Strength is inexhaustable. You only need to open, and keep open, the gate and it will flow. There is no necessity for any one to be tired. There is no cause for exhaustion except ignorance; closing and keeping shut the gate of life. We live from our little individual ponds, that fill themselves from Infinity when we unconsciously let in the flood. We should consciously keep the gate open all the time.

Thought and Love, the two vibrations of Infinity, are infinite and when we remem-

ber that Thought, is also creative, we will LET thought do the work.

Here is the Law of Life. *Let Thought and Love be free to manifest by holding through the will, to the thought desired. Choose the Thought! Make the ideal! Hold to it with the Will! Let this Thought, this Ideal do the work of building itself. Hold it before the mind by the Will.*

No one can fail of success in any chosen line that follows this rule. It is the concentration of Success. It is organized success. Thought is the most powerful of all the forces at our command. It is Love individualized, or transmuted through the intellect, into thought. Love and Thought are Life, and Life is Spirit, or "God manifest in the flesh." It is therefore infinite in quantity, power and possibility in each one. All one has to do is to *let it flow.* The Will is like the trolley on the electric car. That holds the car to the Power. So the will is to hold the Conscious man to the Power which is to him, Thought. It is the Thought that does the work. Whenever, therefore, one tries to work with the Will he soon becomes exhausted, and from exhaustion all ills follow. Then *will*, to Let do, and *ignore the body in your thought.* Here is another law that will never fail. *Think of the thing as already accomplished;* in mind see it done; then forget all about the how; hold by the will to it as you see it; forget body and strength; then the wisdom needed for the expression of that which IS, will flow into the conscious mind, and the thing wished for will manifest. It can no more fail to manifest than water can help flowing down hill when the gate is lifted. You have willed it to manifest.

Remember: Never put your will upon the body to make it do. Put will upon your Thought, and Let it do.

Whenever you get tired know it is because you have closed the gate of life. Stop a moment and relax; let the life flow again. Soon you will so develop, that you will work with the will constantly relaxed from the body, and fastened upon the Thought. Soon it will become the constant mental condition and there will be only health and joy.

An example. You have rheumatism. You must go to work. What shall you do? Now you say "must," and drive yourself. Learn to say: "I can! I am Life! Life will take me there! Life will do this work!" And hold by the Will this Thought. It need not be put into language, hold this Thought. Forget rheumatism, work, everything, except this thought, "Life is infinite; I can do anything I will," and before many moments you will find that Thought tak-

ing possession of you and rheumatism has passed from your mind, and once from mind, from body. It will not come again until this thought of Life is dropped. Concentration upon the right thought will open the gate to strength, health, happiness and prosperity. Only one thought at a time can be in the mind. If it be sickness, it is there because the Will holds it. If you have lost power to hold the thought you prefer, of Health, you have lost self-control and the Will does not obey you. Thus is seen the necessity of learning well the lesson of Concentration, or Attention. Will never to think evil, and there will be no evil. You have overcome all evil, by only thinking good. You have willed not to think evil. Try to win this power of willing. Will to hold only thoughts of health, happiness, kindness, love, prosperity. Talk of only these. Read only these. Hold them to you by the Will. Soon they will become a part of your manifest life. You will have built them into your mental constitution and you and they are one.

The practice of medicine has no scientific foundation whatever. . . . A man can say anything he pleases about the practice of medicine, either for or against it with perfect safety, for according to the laws of evidence that obtain in our courts of justice, nothing possible can be proven anyway.—R. Summy M. D., in *Medical Talk*.

Are you in the NOW Class? Then join, for we are learning fast how to help ourselves and each other into any condition desired. Only 50c for the benefits of the class. No one can afford to let this chance for mutual help pass by unused.

Mind is the creator of the world and is ever creating. At last matter is dead Mind; Mind makes the senses it sees it with. —Emerson.

The Horticulturist's Creed:—

No birds, many insects;
More insects, less fruit;
Little fruit, small profit;
Ergo: Birds fill the pocket-book.

—Prof. John Brown.

Success is the Realization of the estimate that you place upon yourself.

—Elbert Hubbard.

So rich, O God the store,
Of perfect things how dare we ask for more.
—J. W. Chadwick, *N. E. Magazine*, Sept '96.

THINGS SEEN ARE TEMPORAL; THINGS UNSEEN ARE ETERNAL.—PAUL.

NOW

From *The Banner of Light*.

To Andrew Jackson Davis.

HENRY HARRISON BROWN.

Great in an age of Greatness thou. And wise
Amid a century when millions tower,
Like Alp and Pyramid, in mental power,
O'er ages past. Simple, childlike thy guise,
O, modest Seer, with "Magic Staff"! Now
files

On wires of gold, world-wide, thy angel's
song,
Telling to waiting hearts, it is the dawn
Of Spirit. . . . Freedom's promised natal
hour.

Thy swaddling clothes were His in Manger
laid.
Thy cradle rocked beneath the Boodh-tree
bough,
Brahm, Zeus, Yahweh, their debt to mankind
paid,
By placing Plato's wreath upon thy brow.
Thy name we gild on History's brightest page.
With His we love so well. . . . Our Con-
cord Sage.

San Jose, Cal., April 15, 1900.

For NOW.

Unity.

From an unpublished Poem by Dorothy
O'Neil.

There are mountains in my soul
Even while I sweep the plain;
Though I blend with sunset's gold
Still I mingle with the rain!
Through the vast, eternal space,
Through the blue engirdling air,
One at-one-ment, conquering fate,
Dear, if you love, you'll find me there.

I am one with time and space!
One with all that's past and gone!
One with God! One with the race!
One with all that yet shall dawn!
Do I blaspheme? Do I profane?
Yet I in future forecast, see
That you, dear, will be the same,—
One with God, and one with me.
Presno, Calif.

Good priest, good priest, your God is where?
You come to me with book and creed.
I cannot read your book. I read
You boundless book of air.
What time, or plane, or way I look
I see God in the Garden walk;
I hear Him in the thunder talk
As once He talked with burning tongue
With Moses when the world was young,
And priest what more is in your book?

—Joaquin Miller.

Right thought comes spontaneously; comes
like the morning wind; comes daily like our
daily bread, to humble service; comes duly to
those who look for it.

—Emerson (*Natural History Intellect*.)

Wee Wisdom Library, Vol. 2. Unity
Tract Society, Kansas City, Mo.

A beautiful little booklet for children.
Would that every child had a copy.
Glad to notice that the New Thought is
being carried to the young.

The offer made in May NOW will be
open until Aug. 31. For \$1 I will give
you a Psychometric Reading and the
first 6 numbers of the present Volume
of NOW. This is your time to learn of
your possibilities, to learn your tenden-
cies, and to get an outline whereby you
may understand yourself. Read the
advertisement "Readings by Psychom-
etry" and send \$1.00 to this office. There
is no better helper in any affair of life
than the Psychometrist.

Are you not needing definite instructions
in the "Art of Living?" The best ar-
ticles upon this subject were written by
the editor of NOW in the *New Man*.
They can be had with all the matter in
that excellent journal for a year for 60c.
Send to this office.

By the power of silent suggestion, com-
bined with a sincere *desire* to impart
good and truth, and by vocal utterance
if we deeply feel it, we can do much
towards dislodging from the mind of an
invalid the idea, the belief, the thought
of his malady, and with the disappear-
ance of this, the body can be left to
take care of itself, or rather it can be
commended, like the plants of our gar-
den, to the loving care of the Universal
Life of Nature. Our main attack
should be on the morbid idea, for if
this be expelled from its throne, the
scepter will be taken by the soul and
convalescence will commence.—F. W.
Evans, in Primitive Mind-Cure.

There are no Gods and devils, angels and de-
mons, men and women, spirit and body, mind
and matter, good and evil, life and death—as
separate entities. There are no double
standards. One reigns forever, and that One
is mind or spirit—omnipotent, omniscient
and omnipresent.

—M. S. Norton, *Ex-President Cal. State As-
sociation Spiritualists.*

Within man is the Soul of the whole; the
wise silence; the universal beauty; to which
every part and parcel is equally related,—
THE ETERNAL ONE.—Emerson.

All that the doctor can do in acute diseases is
to take all hindrances away so that nature can
have a fair fight. Manifestly the only help he
can bring is to increase the power of nature to
resist.

—C. S. Carr, M. D., in *Medical Talk*.

Psychometric Readings.

Have you noticed my advertisement for
Psychometric Readings? Have you
seen in "Words of Gold" how well satis-
fied my patrons are? Then why not send
your \$1 for a Reading? You cannot do
better than to learn from the Soul-side
what your possibilities are, and in what
direction to look for health, happiness
and success. I will make this offer,
good until June 20, for \$1, I will send a
Reading and NOW for six months. En-
close stamped envelope for reply. Do
not send stamps. Remember! until Sept.
20, my Reading and NOW six months
for \$1.

FOR NOW.

Affirmation for Health.

BY JANE W. YARNALL.

Author of "Practical Healing for Mind and
Body."

I am renewed daily in the image of God
perfectly.

I am renewed in mind by the influx of
the Divine Omnipresent Wisdom and
Intelligence.

I am renewed in body, daily, by the
conscious realization that there is but
one source of life and energy, which
continually imparts the same to me.

Because of this daily renewal I am
healthy, and strong in both mind and
body now.

I feel that you are the best friend
that I ever had and I am better
acquainted with you than perhaps you
are aware, insomuch as I am beginning
to receive some of your thoughts direct.
I have begun to *realize* since studying
your last Lesson, that all is One and
that I am that One. I am conscious of
the fact at times, but can hold myself
intellectually to this Truth but for a
short time but I will envolve to it. The
Thought will leave me and again I am
in the noise, but I know Truth."

—Mrs. L. D. K. of Oklahoma.

God sends all good and says: "Hold fast."

To humanity give I, Man.

His heritage in his own past;

His future his own plan.

—Lydia Avery Coonly, *N. E. Magazine*,
August, '95.

Readings by Psychometry for
Delineation of Character,

Advice in Business or Matters in Life, and in De-
velopment of any Psychic phase will be given by the
Editor. He has had 25 years' experience in this work,
and claims to be one of the most practical of ad-
visers. Write a short letter as to a friend, giving out-
lines only of the desire, and enclose \$1.00 and a reply
will be sent at once.

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JUNE 1901. JULY

NOW.


HENRY HARRISON BROWN,
EDITOR.

SUBSCRIPTION RATES, - - - 50 CENTS PER YEAR
5 cents per number.
ADVERTISING RATES, - - - - \$2.00 PER INCH
3 insertions, \$5.00. No other reductions.
No illustrations.

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
manifest as spirit here and now.


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Money Orders payable at, San Jose, Cal.
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age stamps (1c and 2c only), for parts of the dollar,
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NOW is published on the 15th of each month.


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Foreign subscribers outside Canada and Mexico,
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Entered at P. O. San Jose, Cal., as second class matter.

 Note Well! THERE WILL BE
NO JULY ISSUE OF NOW.

 At 8 P. M. Sundays, June 30 and
July 7, 14 and 21, the Editor of NOW
will lecture at the Mental Science
School, 137 Hyde St., San Francisco.
All interested persons are invited.
Lectures are free, with collection.
Topics will be those in harmony with
NOW Philosophy.

 Henry Harrison Brown begins a
course of 12 Lessons in Suggestion—6
Theory and 6 Practice—in San Fran-
cisco June 26. The Class is composed
of physicians, business men, and several
ladies. This course completed he will
be ready to form another class about
July 8. Those desiring to join can ad-
dress 137 Hyde St., San Francisco.

 Henry Harrison Brown will com-
mence a class in *Self-Culture* at the
Mental Science School, 137 Hyde, St.,
San Francisco, Monday, June 30, at 2
P. M. There will be 10 lessons upon
"Vibration," and its relation to Health,
Spiritual Unfoldment, Business Success,
Telepathy, Clairvoyance, Psychometry,
and the Social Relations. Terms for the
10 lessons, \$2 in advance. Single les-
son, 50c.

Commit to memory the law. Never
place your will upon your body. Like
the hypnotic subject under the Sugges-
tion: "You are Samson," do you *let* the
thought of strength manifest, and there
will be no exhaustion by any labor, and
all labor will be joy.

From *The Magnetic Leader* for May.

Suggestion: Its Place and Power.

By HENRY HARRISON BROWN, (Editor of
NOW, a journal of affirmations,
San Jose, California.

Suggestion, in ordinary speech, means
anything addressed to the senses, any-
thing that causes an idea in the mind.
Thus every individual thing in one's
environment at all times is a suggestion.
It is whatever from without awakens a
thought, whatever "sets a man to think-
ing." It is thus an ever present factor
in life; and in this respect it is true that
"suggestion rules the world;" but to
rule, the suggestion must be taken by
the mind as truth. It is then converted
into auto-suggestion. This is a sugges-
tion given by the individual to himself;
it is born of conviction of truth. Each
individual is controlled by his thoughts,
that is, by auto-suggestion. In this
view it is not suggestion, but auto-sug-
gestion that rules the world; however,
in common thought, this cause and effect,
suggestion and auto-suggestion are one.
Therefore it is near enough to fact to say,
"suggestion rules the world," for until
man learns to give himself suggestions
independent of the external condition,
it is the primal manifestation of power.
When he reaches the plane of develop-
ment where he is controlled by auto-
suggestion he becomes through this
power of auto-suggestion, the creator of
his own destiny. But while this is the meaning of sug-
gestion in ordinary speech there is a
technical use of the word. Suggestion as
used by mental scientists, suggestionists
and hypnotists, means an intelligent use
of this ever present power with a pre-
determined purpose to create a certain
idea in the mind. It is an intentional
use of suggestion, to cause a person to
think and act from a chosen thought.
Like all other arts, it is only the use of
power, intelligently. The art of sugges-
tion is the greatest of all arts yet de-
veloped, and as a consequence is the one
most potent for good to the race.
All civilization is only ideas materialized;
thoughts control life, and while they are
not things they are *power* and thus they
are the creator of things. The thought
in mind of warrior, statesman, artist be-
comes the victor, the state, the statue.
As thoughts change so does all external
life change; all progress, all reform,
consists in the change of thought in
some individual. Heretofore this change
has been, as in savage man, merely in-
stinctive; but as man by thought has
become a factor in changing the world
into better conditions, and as he has at
will changed grass to wheat, and scrub
to blooded stock, so is he now becoming
a conscious factor in his own evolution

and is beginning to realize that the
only power by which he has wrought has
been that of thought. He is learning
that thought is as easily controlled and
made to do selected work as is steam or
electricity. He has only to think rightly
to have whatever he wishes, either in
person or in his surroundings. "As a
man thinketh in his heart, so is he,"
said the ancient prophet. The key to
this affirmation is the words, "in his
heart;" interpreted it reads, "Profound
convictions control the life." In scien-
tific terms it is this, man is controlled
by auto-suggestions, therefore to make
life's expression what we wish we have
only to hold our wish as a profound con-
viction; it will then materialize. Life
is as easily molded into forms desired as
is clay moulded into shape by the potter.
Clay takes the shape of the thought in
the mind. The child's body is molded
by the mother's thought; he follows the
evolution of that thought until he be-
gins to think for himself, then he be-
gins to re-shape his body; and some-
what consciously, but to the greater de-
gree unconsciously, he is doing this
every moment of time; when he shall
understand his power, he will shape
body and environment at will.

Thus is it by suggestion that man builds
today his body into disease, old age,
weakness, pain and death; builds his en-
vironment into poverty and squalor; and
his mental conditions correspond in un-
happiness and sorrow; suggestion has
materialized.

When he shall never hold these ideas of
bodily decay, or pain or poverty, but in
their stead will hold "in his heart" ideals
of youth, health, vigor and plenty, there
will be to him no more of life's ill, but
the realization of the beautiful ideals.

This is the place and the power of sug-
gestion in the new thought. It places in
the control of man his fate, by teaching
him how to think; demonstrates that by
right thinking he may be that which at
times he dreams of being; ever youth-
ful, healthful, happy and free from care.
This is possible for all; it is as easily
taught as is the use of the magnet; it is
demonstrated in many lives. Would
you know the law? here it is: *Never
think a thing that you do not wish to
materialize as a fact. I will put it in
another way: Suggest to yourself that
that is true that you wish to be true.* "Be-
lieve and be saved," was the command
of Jesus; *believe that truth you wish truth
and it will manifest in your life as truth.*

Illustration: You wish health; say and
think health; hold the picture of your-
self in health before your mind just as
the artist holds that of the statue he is
carving from the marble; hold it per-
sistently and you will make the body
well. Do you wish relief from poverty;

THOUGH HE SLAY ME YET WILL I TRUST IN HIM.—PSALMIST.

hold the idea of plenty *to use, to enjoy, not to hoard, not to oppress, but to bless,* and it will surely come as rose from bud. This is the power of the Christian scientist, the Divine Scientist, the Mental Scientist, the Soul Culturist, the hypnotist, the Suggestionist; they all use the power of suggestion and auto-suggestion, each more or less understandingly. It is the power of priest, politician, street faker, auctioneer, or teacher, doctor and reformer; all of them use it instinctively, for it is *all* the power man has—that of his mind:

The technical word in evidence here is *Affirmation*. *Affirm that which you wish and it will manifest in your life.* Learn the lesson from the hypnotist. He says to the subject, "You cannot get up." He repeats it until he cannot get up. He says, "You have a toothache," and repeats it until the painless jaw really aches. So do we say to ourselves, "I am sick, poor, unhappy, weak, old, penniless," until we make ourselves so. Now turn about. "Repent," and affirm the opposite. Say, "I am rich, happy, healthful," until you find life changing. It will change when you have said it from conviction. Realize that as mind (or spirit) you are potentially all this. It lies in you waiting expression. For what one man is, all men are, and if one man is healthful and happy and rich all men can be. Let that power that is life in you manifest. By affirmation you are only directing the life-flow your way.

There is one affirmation that contains all that is necessary for a perfect life. It is this: *ALL IS GOOD.* It is faith in the Providence of the universe. It is faith in the intelligence and wisdom of that Almighty Power that out of Itself said, "Let there be light," and there was light. That power is good. All comes from it, therefore all is good. This taken as suggestion, which is the principle of affirmation, and repeated until it becomes auto-suggestion, through affirmance, will redeem any individual from any and all ills.

So great is the power of Suggestion that in its intelligent use those of us who have studied and practiced it, see in it the fulfilment of the prophecy and the expectation of the milenium. It is here already in every heart that affirms *ALL IS GOOD.*

Sphinx

For June is at hand. It is an elaborate monthly devoted to Astrology and makes a very pretty appearance. Its price is reduced to \$1 per year. It must certainly be valuable to all interested in that science. Boston, Mass.

It is curious how tyrannical the habit of reading is, and what shifts we make to escape thinking.

—Lowell.

Are You Thinking?

Only two have sent their thought upon the poem on editorial page last month. They are found below. Is it possible that a reader of NOW is not willing to Demonstrate to the extent of a postal card? Remember it is now, Thinking and Doing, and DOING is the most important. To read and grasp intellectually an Affirmation or a paragraph is not enough. That is the old way. The new way is to take the Thought expressed in the words printed and *live* it. To live it is to think about it; to act upon it, until the thought, like the morning's meal, is incorporated into the manifestation of each moment. Try again. The request is repeated for this month. Tell NOW what Lesson you draw from the poem of Sam Walter Foss on editorial page of May NOW. James writes: "It seems to me that it teaches self-esteem, self-confidence, and self-reliance, and that we will be what we think we are, therefore we should be in thought, what we would be in reality."

Ada Ballou writes: "Self-assurance. General Zachary Taylor won the battles in the Mexican war 'by sheer pluck and awkwardness.' 'A lunkhead' may be a 'lummux and a gawk,' but a gawk, lummux and a lunkhead who will win. Believe in yourself."

Mental Science Convention, 1901.

The second annual convention of Mental Scientists will convene at Sea Breeze, Florida, Nov. 28th, and remain in convention until it has completed the work laid out for it. Persons interested in the New Thought all over the United States will be present, and there is no doubt but that it will be one of the most profitable and influential of conventions ever held in this country. Particulars can be obtained by writing to Charles F. Burgman, Sec. Mental Science Association, Sea Breeze, Fla. It is desired that all who intend to attend should thus write that there may be co-operation among those who are to come from any section. Reduced railroad rates from all points.

The Only Good. By Leo Virgo. Unity Tract Society, Kansas City, Mo. 25c. Everything Leo Virgo writes is Good. This series of essays has very much to commend it. It deals with Bible thought in a non-sectarian manner, and uses that book, not as authority, but as a means of illustration. It is good common-sense. All wish common sense, and here it is attractively presented.

Lessons In Soul Culture.

These Lessons, advertised in all the numbers of NOW, have been revised and improved. They meet the needs of the scientific thinker. They are an ultimate of the deductions of the physical sciences. Truth is one, and since all is Mind, the geologist, chemist and biologist are studying Mind as well as those who study what is known as mental phenomena. Therefore Mental Sciences only supplements these other sciences. In these Lessons all the principles of Physical Science and the Spenserian Philosophy are applied to Mental phenomena, and the universe is studied as ONE. The vagaries, speculations and conclusions, that are not in harmony with Truth, as revealed to the senses, are avoided, and the student is as rationally carried into the Secrets of the Inner Life as he had hitherto been carried by the schools into those of the objective life. No thinker can afford not to have them. There are none other like them. Read my adv. and consider if you can do without them.

The Christ Ideal, by Horatio W. Dresser. G. P. Putnam's Sons, New York. This new book from Mr. Dresser is a fit companion to his "Living by the Spirit." It finds its place beside that upon the table where every morn and eve passages may be read. I use it this way whenever I can give up Emerson for any one else. Put it in satchel on journeys. Dresser is the most philosophical and clear among the present writers, calm, cautious and convincing; nay, he is more—he is stimulating and inspires to activity. All who love and take in his thought will not fail to demonstrate by living the Ideal which this book will help them to build.

Our Home Rights.

Boston, Mass; 50c per year. This is the official organ of the United States Confederation of the Medical Rights League. This motto from Gladstone is upon the title page and indicates the objects of the League. "A man ought to be as free to select his physician as his blacksmith, for he alone is to profit or suffer by his choice." That the magazine may have a million subscribers is the wish of NOW. We need the affirmation of Medical Liberty. Repeat this Affirmation of Gladstone until the Legislator *feels* it, and all oppressive laws are no longer. "I am as free to select my physician as I am my blacksmith."

For angels and devils are cast in one mold,
Till love guides them upward or downward I hold.

—Ella Wheeler Wilcox.

I CANNOT DRIFT BEYOND HIS LOVE AND CARE.—WHITTIER.

The NOW Class.

This class was organized in January. It has now many members. We have united for mutual assistance. All who wish can join. Send for the February NOW for directions, (5 cents.) It is for Success in Business, for Health, Spiritual unfoldment or any human Want. Cost: A subscription to NOW, and 50 cents for the first month. After that a monthly letter, and any freewill offering. Pupils join any time, and leave any time. We learn to help ourselves by helping others. We can learn, nor help, ourselves in no other way. Join and be helpful and receive help.

Sincerity Serenity Study these words. They are conditions of Class-receptivity.

Be faithful to your hour of sitting. Tell no lies to SELF. Benefits come from Truth. Then be truthful to Self.

Remember always that it is nature that cures the doctor can only assist.

—*Medical Talk.*

I think when I make the statement that one-half, at least, of the human family die from worry, I am not over-estimating.

Geo. T. Monroe, in Medical Summary.

"I am getting along first rate. Your last letter was grand. Keep me in the Class for Self Dominion."

—*W., of Boston.*

"Do my hours of sitting have to correspond with yours?"

—*Mrs. C., of Nebraska.*

Study the Circular of Instructions carefully. Failure in this Class work comes more from inattention than from all else. This question will never be asked if the attention has been called to circular and the Instructions digested.

"At no time can you call upon me as 'Central' that I will not respond. Infinity is behind me. I am conscious of these calls in Spirit and in Spirit answer." This is the direction. Also the Circular says: "Choose your time, or times, for reception." I am ALL the time in Spirit for you. I have my hours when I especially treat you, but that has nothing to do with your consciousness or your chosen hour. My hour is my business; your business is to do your part at your time. It is thus that you help yourself, and I help you to help yourself.

Last Sunday I heard one of your poems quoted from the platform. I felt like shouting. I know the author. He is my Socrates!

—*Mrs. G., Los Angeles.*

After five doctors in Evansville, Ind., had pronounced a patient dead, he rose up and asked for something to eat; but we suppose the doctors proceeded to finish up their job.—*San Francisco Post.*

J. S. L., Penn., writes, "I have been greatly benefited by the Class. Looking backward, I see that I have been more or less afraid of failure in what I was about to undertake, but that has all gone and I know that nothing but good can come to me.

"Why need I question or why fear?"

That hand I know is leading me."

That poem, 'Peace' I like very much. 'Be Thyself' and 'Over and Under' are also favorites. The rest of the family are strict in theology and I cannot talk the New Thought to them without being thought a lunatic, but I grow."

"I wish to stay in the Class. No better company can I find nor do I wish to find. It is indeed full of 'Ideal Mental Suggestion' and NOW is getting so good it is like sipping sweet cream from richest milk." C. A. N. Denver.

J. W. of Wis. says, "I cannot say what progress I have made but am satisfied the class is doing me good." That is the spirit to gain. It is the ones who stick that win. The conditions are not changed immediately to sense but there is a within change the moment one enters the Class. Give it Faith to unfold. "A thousand thanks for your Reading. It is worth that \$10 to me. Yes, far more." N. H. P. Montana.

"Your words are coming true. I am mastering myself and am quite happy. Am growing every day in this sweet New Thought. God is within me." Mrs. P. Canada.

"Your reading was all right and gave me much encouragement." W. S. R., Okla.

"Your letter of April — has been read many times, but before I was through with it the first time I had to get up and shout "The morning light is breaking." W. H. S., Boston.

Brother Yates of Burlington, Mo., joined the class in April in a very bad condition. Has been constantly improving. He says in last letter, "I am slowly but surely gaining my general health. My eye is getting much stronger." He asked for date of my birth and has sent me a horoscope filled with good things for me. It is well to know tendencies and then if they are not what we desire we can change them. Brother Yates says, "The science of Astrology is true for all those who are prone to drift with wind and tide, but he that hath spiritual unfoldment overcometh all things." This is true. Man may rule the stars and make his own destiny. The stars will fight for him who rightly wills. Learn to use all Power within and without for Good and that is to be Master.

There is no bore we dread being left alone with so much as our own minds. —*Lowell II.*

Mrs. S. H. C., in an Old Ladies' Home, joined the Class and had also a Psychometric Reading. Her experience is instructive, and so it becomes, indeed, Words of Gold to quote from her letter. "... The Reading was perfectly satisfactory. I wish I might talk with you and thank you for the encouraging words. Yes, you are right. I love dearly to read NOW, and every issue is read as soon as it comes. I have just read again the 'Primary Lesson' on 'Letting Go,' and the lesson wise old Warren Chase gave you in '73 does me good. 'When you will not worry there will be nothing to worry about.' How true. Since joining the NOW Class I have been wondrously uplifted and have been able to overcome many obstacles. 7 P. M. is my hour for sitting and strong vibrations come every time. The explanations in 'That Troublesome A' helped me much to understand the Oneness of all things."

Words of Gold.

"NOW is all so good that I cannot pick out the best.

—*H. F. C., San Francisco.*

"O, I must have two copies one to keep constantly where I can read it, and one to lend, that others may know how good it is, but I loan only once to the same person, for they must subscribe."

—*Mrs. D., San Francisco.*

"I am a new man since I knew NOW and you" —*W., San Francisco.*

Science of Palmistry, and Its Relations to Astrology and Phrenology. Irene Smith. Tacoma, Wash., P. O. Box 945. Price \$1.00.

This is a step in the road of Unity. Truth is one and Mrs. Smith has here made a brave beginning. Much of the matter is original. A friend who has studied Palmistry has at my request read the book and recommends it.

Mrs. J. S., Oakland, asks: "Sometimes I go to a Wednesday evening meeting and am asked to speak. I do so. Is it all right?" Certainly. Give *expression* in every way, and at all times. You are desiring Truth. Now in full trust that Truth will flow through you when you LET it, seek opportunity for expression. But keep SELF in the background. Truth is your desire. "Open your mouth and the Lord will fill it." Modest, humble and receptive in relation to Truth. Positive, brave and independent toward external conditions.

One learns more metaphysics from a single temptation than from all philosophies.

—*Lowell.*

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