

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

—EMERSON.

# NOW.

A JOURNAL OF AFFIRMATIONS.

HENRY HARRISON BROWN, Editor and Proprietor.

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.

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## I'm Truth and Love.

O world! in vain thou offer'st me  
Thy treasured wealth, or dear bought fame!  
Thou hast no power of minstrelsy,  
Nor any pleasure man can'st name,  
To tempt me more! I live above  
Thy jail of sense! I'm Truth and Love.  
To think! To feel! 'Tis all of Life!  
In Thought's great realm my Soul is Free!  
To love is Peace! Beyond all strife  
I'm now, for Love is Harmony.  
Through this Peace Thought's realm is mine!  
Heaven is the fruit of Love the vine!  
Nor time nor space the Spirit knows!  
To Love and Truth, no here and there!  
Without these Life unhampered flows,  
And finds Expression without care!  
Life crystalizes as Love's sun.  
While Truth and Peace its orbit, run!

HENRY HARRISON BROWN.

NOW office, October 1898.

## All Truth is Instinctive;

we feel it and unconsciously obey it. Men act it long before they are conscious of it, as does the babe. They become artisans of Truth long before they become understanders of Truth. Philosophy is the last born of the trinity, Science, Art and Philosophy. To know, we must study the instinctive actions of men. In them the Soul finds its least hindered expression. Therefore the more culture, the less of Nature, and the less value the individual to the student of the Soul. This extract from Lowell is an illustration:

He impressed me as a man really educated, that is, with his aptitudes drawn out and ready for use. He was A. M. and LL. D. in Wood's College—Axe Master and Doctor of Logs. Are not our educations commonly like a pile of books laid over a plant in a pot? The compressed nature struggles through at every crevice, but can never get the cramp and stunt out of it. We spend all our youth in building a vessel for our voyage of life, and set forth with streamers flying, but the moment we come to the loadstone mountain of our proper destiny, out-leap all our carefully driven nails and bolts, and we get many a mouthful of salt brine and many a buffet of the rough water of experience, before we secure the bare right to live.

—Lowell.

## AFFIRMATIONS.

### Self-Control.

He who knows that power is in the soul, that he is weak only because he has looked for good out of him and elsewhere, and so perceiving, throws himself unhesitatingly on his thought, instantly rights himself, stands in an erect position, commands his limbs and works miracles.

—Emerson.

The perfection of character lies in Self-control.

The Ideal Man is master of himself.

I am Master.

I know myself as Power and Power is subject to my will.

Whatever I wish to do that I have Power to do, and I consciously direct the Power I am, to do it.

I mould circumstances to my Will. I mould them as potter moulds clay.

I am the creator of my environment, for I declare that all environment is subject to me, it does my will. The opinions of others are only such factors as I choose them to be in the evolution of my life. I am subject to no one.

No person has power over me, for I will my own conduct.

I listen for the Inner Voice and obey this, the edict of my Soul.

I am at Peace within, and from this center of Power I control all my expressions.

I have my voice in control. It is always pleasant and melodious.

I have my face in control. It has always a smile or a look of love for my fellow men.

I have my body in control. It is always in health and ever ready for any labor that is mine.

I have my hands in control and they readily execute my will at any labor.

I have my thoughts in control. Thought controls expression and by the control of my Thought, I control my life.

I have my passions under the control of my Thought. I think only Good and my passions work only good in me.

Every part of my body is controlled by my conscious Thought. That Thought is of the ALL-GOOD and the ALL-LOVE. My life is ever Good and is full of Love's expression.

My Supply is under my control. I

wish nothing that is not for my good—All that is Good comes to me. I control, by thinking Use and Enjoyment my income and my expenses, so that at all times I am Supplied with all that I can use and enjoy.

At all times I, under the thought of Peace and the ALL-GOOD, am happy. I am Master of Fate.

Through Thoughts of Goodness, Beauty and Truth I control my life.

Thinking Control makes me Self-controlled.

Thinking Happiness makes me happy.

Thinking Life makes me healthful.

Thinking Power makes me King of my SELF.

I am SELF-Control.

If instead of these negatives, you give me affirmatives—if you tell me there is always life for the living; that what man has done man can do; that this world belongs to the energetic; that there is always a way to everything desirable; that every man is provided, in the basis of his faculty, with a key to nature, and that man only rightly knows himself as far as he has experimented on things—I am invigorated, put into a genial working temper; the horizon opens, and we are full of good-will and gratitude to the Cause of Causes.

—Emerson.

Great good and great evil are born in one breast.

Love horns us and hoofs us—or gives us our wings

And best could be worst, or worst could be best.

You must thank your own worth for what you grew to be,

For the demon lurked under the angel in me.

—Ella Wheeler Willcox.

It begins to dawn upon us that possibly Theodore Roosevelt is the man of the hour, shaped and chosen for the purpose by that hidden hand that is strong enough to shape the centuries.

—The Reasoner.

Yet the gloomy day am a blessing sho'—

Kase it making the worl' mo' bright.

W'en the sunshine bus' froo de cloud once mo',

An' de sky, an de heart am light;

Den deep an' true am de song I raise—

"'Bress de Lawd foh de gloomy days."

—Lowell Otus Reese.

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

## NOW

## Primary Lesson No. 18.

## Breathing.

The first manifestation of physical living is a breath. When we cease to breathe we cease to live as physical beings. It follows logically then that to live as much as possible we should breathe as much as possible. It will be no exaggeration to say that the majority of diseases arise, as far as the physical cause is concerned, from lack of breath. Few breathe properly. The cause is mental. Fear is the great cause of all disease, and fear at once affects respiration.

To counteract this we must will to breathe and breathe fully. Think breathe and we shall breathe.

Therefore practice deep and slow breathing—that is controlled breathing—until deep breathing becomes habit. There is nothing in the fact of breathing, more than that it is the one way the soul has of maintaining itself in the body. To breathe is to live. Nothing mysterious about the fact that by deep breathing—controlled breathing—more than that he who breathes long and deep and controls his breath becomes in all matters self-controlled, for by breathing he controls his life. Therefore put your will upon your thought and breathe deeply. Materialize your thought into cell and tissue by breathing with the thought. Thoughts of health, happiness and success can be breathed into bodily expression.

The first requisite is that the lungs be filled. Few half breathe, all the rest have less than half the requisite breath for health and happiness. Then all breathing should be from the abdominal muscles. The "Solar Plexus," about which so much is said just now, and its awakening, is only the natural nerve centre for breath, digestion and circulation. Therefore when one does not breathe deeply and from this centre, there is lack of all the requirements of health and consequently all the attendant mental states. Mental states come first, and the breath is shortened by fear and laziness. Most people are too lazy, lack the necessary mental energy, to breathe properly. They breathe without putting the will upon the breathing function. They relax their will from the lungs and abdominal muscles and let the instinctive automatic action get what breath it can, impeded by these thoughts of fear, pain, weariness, &c.

Now it is so simple that few realize its truth and its importance. THAT ALL we have to do when in fear, weariness, pain, discouragement, and similar states, is to sit down, relax and draw deep, long, controlled breaths to find rest, strength, peace and power. Now try it. No text

books, no directions are necessary—just breathe with a sense of Mastery and the Mastery is yours.

Whenever you catch yourself holding your breath or breathing short, at once put the will at work and draw a deep, natural breath. This will soon become the habit, and you will not find the fear, tired condition, doubt or pain afflicting you, for you have given the Infinite Life opportunity for Expression, by taking breath.

A few good exercises for you until you can originate others are as follows: Stand as in the last lesson, place arms akimbo and draw breath through your nose till you feel the lungs are full then exhale through mouth, first a few times naturally; then with more force; then with all the force you have; then open the mouth wide and let it out as slowly as possible. Any good book upon elocution will give you breathing exercises. All the needed change is that you are to *Think* while at the exercise, that *You are Mind (or Spirit) and are manifesting power over all conditions as you breathe. I am taking Power into manifestation.* With this thought, no matter in what form, you will find power. The student of elocution is after a specific form of power, you are after POWER that you may use in all its forms as you may desire.

At first you may find yourself, after a few inhalations, getting dizzy. The sooner this comes the more do you need the practice, for it is a demonstration that you have ordinarily little oxygen in the lungs and are taking now enough to overstimulate, to intoxicate you. Therefore stop, when this condition comes, and try again, each time gaining until you find no unpleasant condition, but do find LIFE more abundantly yours than ever before. In the morning stand by an open window, or out of doors, and breathe. Breathe from the solar plexus, but remember *it is the thought that determines the result.* Breathe in love and love will bless you. Breathe in joy and joy will follow you. Breathe in courage and you will know no fear. Breathe with the thought of infinite life and health will be yours. Choose some affirmation from NOW and hold that thought as you by breathing build it into bodily texture; for remember, your body is only your emotions and thoughts materialized. Therefore by consciously breathing thoughts that you wish to have manifest, you will build a structure that will instinctively so manifest when you have ceased to consciously suggest the purpose of breath.

Have at all times, night and day, fresh air. Never live in a close room. Pure air and deep, courageous breathing will cure all the ills man is heir to, be they of body, purse or reputation. For  
 " 'Tis life, wherefore our lives are scant,  
 'Tis life, not death, for which we pant;  
 More life and fuller that we want,"

And there is only one way to have more life and that is to breathe more. When we learn never to stop breathing we shall never die. When we learn to breathe properly we shall never be sick, or weak, or poor, nor discouraged. Therefore we must put a thought on guard, and whenever we find that we are holding any thought that is impeding respiration, we must put our will to work at once, and draw deep breaths and resume control of our life's expression. By thus willing we change mental conditions and become master, where before we were slave.

Any gymnastic or physical culture drill is good if taken with these thoughts, but taken with thoughts limited only to body, as too many teachers limit us, they are bad. Remember at all times that, *You are soul and that body is the creation of soul and is at all times subject to the conscious will.* Then all exercise is good and tends to Self Mastery. This Mastery should be the end and aim of all our thought and labor.

## Listen,

(the little paper of Edward Miller, Jr. Evansville, Ind., \$1.00 per year,) comes to me this October enlarged to eight pages and filled with good things—almost as good as those NOW gives each month. And it is not strange that these two papers are so near kin when we realize that we were both trained up by this same teacher and nourished at the same fount of Life. There was never but One who dipped for me from "the River of Life clear as crystal flowing from the throne of God," and to him I owe, as to none other that which I AM in my thought. That One is EMERSON! I quote what *Listen* says with more joy than I ever made any quotation for NOW. Get and study Emerson. Begin anywhere any keep at it. But if you can begin with "Self Reliance" do so, and then study, for the rest of your life, "The Over-Soul." Study these and you will appreciate NOW. All the New Thought journals are only so many dilutions of Emerson. If there could be a Founder to Truth, He would be the One in America.

The editor of *Listen* wishes to say, that we are indebted to your departed friend Ralph Waldo Emerson, for all the knowledge we have in the different lines we are publishing in this paper.

We found the LIGHT we are following by studying Mr. Emerson's works.

After years of hard studying of Mr. Emerson's works we caught his ideas, and have found that it was the GREAT POWER of THOUGHT that ruled this world as far as man is concerned.

THE EDITOR OF NOW WILL GIVE PRIVATE consultations, for advice upon health, matters of business, etc., through his Psychometric Powers. He will find the mental causes of diseases, failure and unhappiness, and give advice for the cure. Terms, \$1 per sitting. Parlors at 1423 Market street, San Francisco. Hours 9 A. M. to 1 P. M. Others by appointment.

**Thanksgiving.**

To the East the Moslem turns whene'er he prays.

There lies the Prophets tomb, the Kabba stone.

Thence his petitions rise to Allah's throne. In this belief his praying rug he lays

And kneels thereon, in fervent trust always, And rests himself in thought of Bounteous Good,

Who punishes, or gives in royal mood, But never leaves his desert child alone.

Like Moslem I too love and face the East, For there and everywhere, O Love 's thy home!

Out of the eastern sky risest thy sun To sink in western sea, its journey ceased. While over all bends cloudless blue above, My day is always Light—the Light of LOVE.

HENRY HARRISON BROWN.

November, 1901.

**"Freedom!"**

The General Postoffice Department is putting the screws still tighter upon Helen Wilmans. But they are pressing upon the eternal Principle of Liberty; against Truth; against the Unfolding Soul; and the screws will break. *Cling fast to Omnipotence, Helen, and let them break.*

Here is what she says in *Freedom* for October 28th:

I must speak out if I die for it. But death is not the result of self assertion. Jesus taught humanity and they murdered Him. The history of that sweet and pure and gracious and fervid soul is the most tearful chapter in the world's history. There will be no more like it. Personal pride of character; knowledge of personal power through mental development has taken the place of self denial, and will prove itself the positive pole of race salvation. I stand by the later and more potent thought. I am its spokesman, and I will be heard. The world may scorn at first, but later it will believe, and acting upon the new belief will develop a race of gods where before only pigmies dwelt.

The lines on "The Big Trees," have called out the following from one who has been among them:

"Thanks so much for the beautiful lines in October NOW. They are of your best.

"These matchless children of our mother earth,  
Have given to our souls this hour, new birth."

"How true! Bathed was I in the crystal waters of Love Divine. The Soul opened to all that was beautiful and sweet. My thoughts often revert to the golden moments I passed in Silence there. How wonderful is Life. How grateful, loving and tender we should be that we are! The longer I live the more I feel to encircle the world in my affections, to love all humanity, feeling the infinite possibilities in embryo."

**The Benefit of Affirmations.**

By Margaret B. PRAKE, Teacher of the Occult, Author of "Zenita, the Vestal," and other works.

To understand the power of repeated Affirmations, one must understand the law of Vibrations. When a word is uttered, it has a dynamic power that the mere thought cannot have, and to prove this, we only need go back to the creative principle when It sent forth the energy that was to unfold the universe of worlds. If Thought had been sufficient there would not have been the command. The Word, *Fiat Lux*, would not have been spoken.

"As the above, so the below," said Hermes, the thrice Wise, long ago; and no science of the later times has found anything to supercede this utterance of the ancient philosopher.

If then the First Cause, the Being who is all that was, all that is, and all that ever will be, used the *Word* for the accomplishment of his purpose, how important it is that we, in our finite reflection of Him, should use at all times, the Word of power. Affirmations are the steps that lead up to this Word. They are vital thoughts formulated into words that have certain power according to the mind that sends them forth. All Vibrations increase as they increase in intensity. A cold intellect can bring forth great thoughts, but these will never take root in another's mind, because they have not within them the intensity that will take hold. As an illustration of this, take an arrow and throw it with the hand towards a distant object, it will not even make an impression; but place it on the string of a bow and send it forth with power and it will fasten itself and hold its place. Why? It has been sent from a centre, with intense force; this has given it more rapid Vibrations, and the result is increase of force.

A cool mind will only throw its utterance; the intense mind will shoot it forth with power, and it will take root. As far as feeling is beyond thought, so far is the *Word*, or *words*, spoken by the feelings, more powerful than those of the mind.

Take five of the affirmations of the last number of NOW. Every reader can prove their value for himself by trying them according to the Science of Vibrations. Take them first mentally, thinking what they mean, and repeating them calmly five times each. Then repeat the same with greater intensity as many times. Then repeat them without thinking, but with deep *feeling* of what they will mean to your soul, to your mentality, your eternal self-hood.

Strive to increase the power of this center by greater intensity of feeling, and you will understand something of

the power of Affirmation, by Vibratory Law.

If there was but one rule to be given to the soul reaching out towards realization, this would be the most practical, most helpful, most enduring: It has no limit, no end.

Now as to the Affirmation itself. If the mind is divided against itself, or against the feeling, the result is nil. It is as if a boat were being drawn two ways by opposing tugs—the end, disaster.

If the Affirmation is so formulated on eternal principles of truth, and so worded that it has a living arrow to send forth, both mind and heart will join and the dynamic power be multiplied. God is *perfect*, and I his creature, his child, am perfect also—your mind instantly utters its decree and says: "This is not true," even while affirming it.

To say, "God is all Love, all Life, all Wisdom, and I am made in his image and am also perfect—am also all Life, all Love, all Wisdom"—your words will not have an atom of effect, because your mind tells you the falsity of the utterance. This has been the secret of the inadequacy of the Affirmations in all lines of the New Thought. *We* must speak what we know to be TRUE, if the work is to be accomplished. We can truly say that the divine germ is latent in the soul of man, and when it has aroused from latency, into actual life, we shall feel its power and manifest it to the world in divine gifts of healing, teaching and prophesying, even as Christ said. *Then*, and not till then only, can we truly say, "I and the Father are one, because the Father's works I do."

Affirmations wisely worded, earnestly repeated, will take the soul far out on the road to a divine life, and a new world of tremendous possibilities, that will, in time, bring to the faithful one, the power of the WORD. It is here that the efficacy of prayer is found. It brings man up from his ordinary life in the body, to a middle realm, where he may come in touch with the divine world, whose doors are never shut. Here is the creative energy, the God-world, where we know faintly the mighty energies that lie within man's future development.

Let me as a teacher of Social development, urge the readers of NOW, to try the five selected Affirmations for a month, and if they do not grow more than in any previous month of their lives, write to me and I will see wherein lies the trouble. By so doing the *Word* will grow nearer and appear in living letters, when the time of need is at hand.

Sandusky, O.

The loftiest, purest, and most penetrating spirit that has ever shone in American literature—Ralph Waldo Emerson.  
—Prof. Tyndall.

The cry of a scourged slave, or the wail of a child is a more mighty lever of human destiny, than the arrogance of enthroned oppression.  
—Prof. E. H. Greggs, (*The New Humanism.*)

OFFICE OF NOW,  
124 Santa Clara Street, San Jose, California.

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**NOW.**

HENRY HARRISON BROWN,  
EDITOR.

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business office of the editor is 1423  
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The editor lectures every Sunday at 8  
P. M. in Odd Fellows' Building, Market  
street, San Francisco. Seats free.

N. B.—The Editor of NOW will lec-  
ture in the parlors of Mrs. James Stewart,  
1537 Curtis street, Oakland, Tuesday  
evening, November 26th, upon "Sugges-  
tion in Daily Life." Meeting free, and  
those interested invited.

New Classes in SUGGESTION and  
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cations.

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### The Ultimate of Power.

The Universe is One.

(Article three on "Man's Greatest Discovery.")  
Nor can we venture to speak of Life as one of  
the varieties or manifestations of energy.

—Prof. Wm. Crooks.

All about us, and within us, exists rates of  
vibration known as forms of energy, some of  
them forced by man's ingenuity to record  
themselves by aid of mechanism, others yet  
waiting this sort of detection. Recording de-  
vices to reveal the laws of light, heat, chemical  
affinity are familiar, but no one yet in a similar  
manner records thought or gravity.

—Wm. J. Marlin in *Century Magazine*.

Force is not gravity, nor electricity, nor mag-  
netism, nor chemical affinity. But WILL is  
the typical idea of Force.

—Dr. Brown, *Dean of Boston University*.

It is evident that there will eventually take  
place an integration by which all orders of  
phenomena will be combined and recognized  
as differently conditioned forms of one ultimate  
fact.

—Herbert Spencer.

We know nothing of the ultimate of force.  
Science is already getting something like a  
firm hold of the idea that all kinds of motion  
are but forms of one persistent Force, arising  
in one fountain head of Power.

—Duke of Argyle.

All phenomena are in their ultimate analysis  
known to us only as facts of consciousness.

—Prof. Huxley.

Thoughts and feelings are the fundamental  
facts from which there is no escaping.

—John Fiske.

The laws of thought are the laws of the Uni-  
verse.

—Buchner.

Thought is Power.

—Victor Hugo.

Great men are they who see that spiritual  
force is stronger than material force; that  
thoughts rule the world.

—Emerson.

This last quotation, from Emerson, shall  
be the text of this essay.  
Science and philosophy have ever  
sought for the ultimate, for the origin  
of Power.

Religion has ever been the recognition  
and worship of Power. Theology has  
been a system of belief in Power. The-  
ology assumes a beginning of things,  
which is only a beginning of the mani-  
festation of Power in things or by things.  
From the earliest theology to the latest  
it has been the incarnation of Power  
that has received praise, thanksgiving,  
sacrifice, and where possible, love.  
Omnipotence is the God of the world.  
Power has thus been recognized as  
ONE, even before modern science so  
decided. The Greek placing Fate above  
all the gods located Power as ONE.  
Monotheism is the belief in the ONE  
Power.

Thus Power has been the ONE prin-  
ciple without which no other could be.  
It has been the ONE-thing without  
which there was no-thing. With Power

—Omnipotence—all things were possible.  
Hence in the Ideal, Power has been the  
chief and the prime constituent. To  
subdue, to create, and to exercise Power  
has been man's ambition. For Power  
is Life and Life manifests in Power. So  
much Power so much Life.

From child making mud-pies to Edison  
in his laboratory; from negro voodoo to  
episcopal bishop; from seance to synod;  
from club to dynamite; from water to  
gas; from wind to electricity; from  
pugilist to commander-in-chief; from  
toy boat to Dewey's fleet; from ward-  
boss to king; from money to magnetism;  
from medicine to Mental Science; there  
has been only one cry, one desire, one  
hunger. It is the infinite demand for  
Power, never to be satisfied till man  
finds and posses infinity.

To meet this, to satisfy this God-demand  
within himself, he has conquered the  
external forces and made them obey his  
will, only to find greater desire and  
greater unrest. He conquered the wild  
horse and made him his servant. But  
the Power that conquered the horse is  
greater than the horse. The horse never  
yielded to the physical power man ex-  
erted. But to . . . what?

He conquered wind and made it fill his  
sail and bear him wherever he would.  
He is more powerful than the wind. He  
chained the water and fed it with flame,  
until, harnessed, it became his slave.  
That which harnessed steam is more  
powerful than steam.

He reached out into space and grasping  
the bolts of Jove taught the gods  
how to wield their power, as he buckled  
them to his cars and made the fires of  
heaven his torches and their dynamic  
force his messengers. But the Power  
that could thus teach the gods is  
greater than the lightning. Lightning  
would ever have remained lightning  
and been self-destructive had not man—  
Thought—come to enfold and direct.  
Man virtually made electricity by convert-  
ing destructive Power to direction and  
use. In man then lies the greater Power  
—the Power that can control all Power  
not himself.

Elsewhere is the principle recognized,  
that it takes superior Power to control  
Power. Why not here? The conquerer  
is in some form of Power the greater.  
This will be admitted, and yet because  
of present methods of thinking, it will  
be said—Man does it because he is man  
—because he thinks and builds mech-  
anism through which Power may act.  
True. If Thought can thus direct, is  
not Thought Power? The very banks  
of the river are Power. The still car is  
Power and only superior Power can  
move it. Nothing can move nothing.  
Nothing can direct nothing. Only  
Power can direct Power.

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

Had man any sails till he thought "Sails?" What caused him to think "Sails?" Recognition of, and faith in, external Power. Faith led the way to achievement. As long as man recognizes only external Power, what Emerson calls "Material force," he will have faith in that alone, and will use that alone. When he shall recognize interior, "spiritual" Power, then he will have faith in that form and will learn to use it. He once was used by the material forms of force he now controls. He is now used as a leaf in the Mississippi of Spiritual—Thought—Power. He will learn to use it, and then be The Master of Fate. When he thinks of himself as Power, he will use himself as Power and will be Power. Then will all other forms be either obedient to him or useless.

Thought is Power. It is the highest form of Power that man, the director of the Omnipotence in himself can use. He is Thought. He is Power conscious of itself.

Jesus said: "The kingdom of God is within you!" "Kingdom" means, if it means anything, Power. That Power is God. God is Omnipotent and Everpresent.

Then it follows that where God is, or where God's kingdom is, there is Omnipotence. Man, each individual man, is therefore a "Kingdom" of Omnipotence. He is daily manifesting the Universal Power within himself. HE IS Omnipotence. Can Omnipotence, which he is, be limited? Not by Itself. Man can only limit himself. Self-Limitation is then the only possibility limitation to the Power of man. This limitation is a Thought placed over himself. This thought is born in ignorance. When he knows himself as he is, he will not be limited. The Power to limit is equal to the Power limited. Man, therefore, as an individual balances the Absolute. He is the equal in Power of all that is not himself. The Me and the Non-Me are equal. The Universe is ONE. The ultimate seat of Power so long sought is found. It is *in man*. The Ultimate Power so long sought is—MAN.

"I break my pilgrim staff,  
I lay aside my toiling oar.  
The angel sought so far away,  
I welcome at my door."

As far as Man is concerned he is all Power, and has only to use that which he himself IS. Any Without Power has influence upon him, only so far as he by recognition of it has given it power. He confers upon things their power to harm. He is master and can still every tempest by his, "Peace, be still," when he comes to know himself as Soul.

Ignorant of his heirship to the Crown of Life he yields a slave where he should reign as king. He manifests all his Power in those "Fundamental facts" of Fiske—Thought and Feeling. He can control all that is not himself and also himself, by those laws that

Buchner calls "Laws of the Universe," for they are only the Laws of Thought. Since man can control Thought he is the Master of the Universe and "A Law unto himself." His Universe is his body and his environment. He is as supreme in his individual Universe as God is in the Absolute Universe.

That "Will," of which Dr. Brown speaks, is the Persistency of Force, the Law of Crystallization, the Survival of the Fittest, the Descent by Heredity, and all "natural laws" of science and philosophy, to which man now holds himself responsible, and to which he will be slave, until he shall, as an individual, control by his Will the undifferentiated Will, that is manifesting in him. That "Integration" Spencer prophesies is made a fact by "Man's Greatest Discovery," demonstrated daily by the facts of Telepathy and Mental Healing.

To assume, as is the common belief, that all man can do is to direct physical force, or to relegate as does Prof Crooks, Life to some different origin than that of ordinary force, is to limit man to the use of external force and this to the neglect of himself as force. It is to shut the gates of the "Kingdom." "Lift up your heads, O ye eternal gates! and the King of Glory shall come in! Who is the King of Glory?" MAN. Man recognizing himself as Power.

Religion and Science are now so wed by this discovery that hereafter they are One. One in the recognition of Power, and all Power as One.

Why am I thus positive? Because as surely as the early electricians saw that they were dealing with Power, and felt then all the possibilities it held for the future, so do I realize the possibilities of Thought, when directed as it can be by the Conscious Will.

Not long ago I blindfolded a boy and thought to him, "You will go and touch the mantel." Soon his body swayed and had he not stepped he would have fallen forward. He was soon touching the mantel. I mentally requested a young man who did not know that I was going to experiment with him at the time, "Bring me my clock." He went at once to the shelf and brought it to me. Asking the boy why he went, he replied, "I felt pulled that way." The young man said, "Felt impelled to do it." What pulled, what impelled? Thought as Power. It is true that it may be said that I awakened Thought in them. If so, Thought did the work. That which awakens Power is Power. That is all I am now demonstrating. Some form of vibration went from me to them. Accumulate enough of vibration, or of energy, which is the same, and something must move. A lady requested me to treat her daughter by the absent method. I told the girl mentally that she would be well at such a time, and that all pain would leave at such a time, told her to go to sleep, and to awaken at such a time, all of which she did. *Thought is Power*. Demonstrations, similar to these, thousands of teachers and healers are making. Who shall limit the Power of thought. Faith can move mountains. Faith is only Thought united with and

directing all the Soul forces. Faith is only the Self-Suggestion of Power. Faith is only a Suggestion of the Conscious man dropped into the Infinity of the Unconscious. Faith is telling the Soul what to manifest. Faith is the Conscious Power of God. Faith is the Power of the Conscious God.

(Fourth paper next month.)

### How to Master Fate Through Suggestion.

By Henry Harrison Brown, Editor of NOW. Price 25 cents. NOW Publishing Co., San Francisco, Cal.

This little book is the first one written that makes Suggestion a Science as well as an Art. It deals with Life from the principles of Unity and unfolds a practical Philosophy from that point of view. Suggestion is an ever-present factor, and when converted into an Auto-suggestion it becomes Affirmation and controls the individual life expression. This is the "Part First." In the "Second Part," the principle of Suggestion is studied in its relation to health, business success and happiness. Here, as by no other author, has Mr. Brown unfolded and developed those principles that heretofore, under the names of Mesmerism and Hypnotism, have been made to play so important a part in the stage show. In his hand they become the way to self-confidence and place in man's hands the key to wisdom. When understood these principles lead man to the attainment of his desires. At the close of this "Part," are given the necessary Self-Suggestions in way of Affirmations, for the development of that which is most desired by the individual.

The book is well written in a clear, easy, forcible style. It is strongly affirmative, and will attract at once all who need to be stimulated by strong assertions and forceful thought. The sincerity and faith of the writer is imparted to the reader. Few books so well pay purchase and study.

—C. B. E.

'Tis not what man does which exalts him, but what man would do.

—Browning.

Henry Harrison Brown, editor of NOW, San Jose, California, is a past master on "affirmations." He gives in each number of his journal an original psalm in affirmations for the development of some particular desired quality, every one of which is a gem. That in the October number, which we herewith publish in full, is on POWER TO DO. If you wish to strengthen your power to do, then repeat these affirmations, putting your whole soul and will into your enunciation of the sentences.

—The Reasoner, San Luis Obispo, Cal.

Where Love with Beauty glorified  
Forgets utility. —John R. Tabb.

Hold up a little, is a good remedy for a great many ills.

—Medical Talk.

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, or help ourselves in no other way. Join and be helped and receive help.

**NOW CLASS**

The President of a St. Louis Medical College recently said in the hearing of a friend of NOW, in an address to a California Medical Class:

If the medical profession does not pay more attention to the psychical treatment of their patients, the Christian Scientists will take a good deal of their trade from them.

A member of the NOW Class writes: You have given me sufficient material for thought to occupy me for time to come. M—— especially has been greatly benefited by your treatment. Indeed he was pronounced perfectly well by the physician when examined for the "Woodmen." I find comfort in NOW and the tidings it brings.

A young man who came from the east of the Alleghanys to study in the NOW office writes several weeks after his return:

"Thoughts of my California friends act in me as the elixir of life. It was there I discovered the fountain of perpetual youth. I mean just what I say. I now see no reason why I should ever grow old—Spirit cannot. I am realizing that my Supply of Life is infinite. I feel as fresh in the evening as when commencing my day's work. I am learning to let Thought do the work. Words cannot express the difference between myself as I now am, and what I was before I went west, and yet it is only a difference in Thought. I am unfolding rapidly under the stimulation of the 'Soul Culture Lessons.' After reading the first five and studying three of them [since going home he desired the MSS. lessons] I must say that if any one thinks he cannot afford to take this course, he is practicing that kind of economy that leads to the poor-house. I am demonstrating along a new line now. Last Friday morning I decided that I would stop wearing my glasses. [He wore them for near sightedness.] I decided that I was a slave to them and decreed my freedom and threw them aside and have not used them since. My eyes have not felt so good as they do to-night for a long time. [Two weeks later he reports constant improvement.]

M. P. H., of Fresno, writes: Your reading was perfectly satisfactory.

NOW always comes to me as in Inspiration as a Suggester of Affirmations that I am to make my own." Mrs. M. A. W. "Bless you, my friend, the reading is right in every particular, and your words have confirmed the very things that I instinctively know are true." So writes a correspondent from Conn.

"Man's Greatest Discovery" still attracts increasing attention. Let the facts to substantiate it still come in. There will be the needed volume some time that will revolutionize philosophy as "The Origin of the Species" did, and one that wonderful book of Darwin makes a necessity.

**Experiments.**

Mrs. M. A. W. of Kansas, writes: "I have helped to perform that 'Experiment' in Sept. NOW many years ago, but did not realize where the power lay. Four girls could lift a heavy man with ease when properly done. That is there must be no foolishness nor laugh-mixed with it.

C. H. Doty of Juniata, Neb., writes:

"When I was a boy, somewhere from 1837 to 1840, we performed the experiment of 'Blowing each other up.' One would lie on his back on a table or counter. Several, say 4 or 8, would stand on each side of him with one finger extended under him. Then all were to blow a long, steady, continuous breath upon his breast until we felt somewhat light-headed. Then we raised our fingers and he would come up with us. I would like your explanation." Here is the explanation: **THOUGHT IS POWER.** Power can be applied in millions of ways.

Onfa of New Mexico, writes:—"A sea Captain, at an evening party in San Francisco, gave an illustration of what he termed an 'Oriental Trick.' He selected six young ladies, then placed himself upon the floor in a rigid condition. Placed the ladies one at his head, one at feet and two on each side—one at elbow and knee. They were then commanded to lean over, each placing the index finger of the right hand under the points mentioned. The order was given to breathe in unison and to lift with the finger with the first breath. At the first breath the ladies raised the Captain above their heads and then with the second lifted him above their heads and lowered him to an upright position, by first removing the finger from the feet, then from the knees, balancing him for a moment on his elbows ere his feet reached the floor. This story was told me by one of the ladies who took part in the experiment.

Dr. L. Miller of Duluth, Minn., sends an interesting letter. He says:

"The articles upon 'Man's Greatest Discovery,'

and 'The Missing Link,' are bringing together what should have long ago been summarized, for Thought is Omnipotent Creator. I am sure that a great truth is connected with breathing the 'Breath of Life' with simultaneous physical effort. Mack, 'The Boy Wonder, was in my office yesterday. He claims that he does not breathe deeply, to perform levitation of the body, while some one lifts it from the waist, but he simply concentrates his mind and his body is easily lifted up to the height of the lifter's head. On the other hand, when he concentrates against being lifted, a man has great trouble in raising him from the floor.

Asked for an explanation of this gift, he says it is psychic; and indeed this seems the only shadow of explanation. He says he is nervous and thinks his power may in time leave him. He can also increase his weight on the scales."

So writes the Dr. "Psychic" names, but explains nothing. What do you mean by it? How do you do it? What is the Power? We are after this. NOW claims it is **THOUGHT.** Methods may be numbered by millions. It IS "concentration," but concentration of what? Concentration of some Power? What IS the power?

As to the nervousness—that would come from the excitement, and from the life lead as an exhibitor, also from ignorance of how to use the Power, not to manifest health and intelligence, but simply to show what he can do. When he shall think of Use and Health with his exhibitions he will neither be nervous nor fear loss. If lost, it will be because he fears it.

From another source I find this statement of Mack:

"On the scales he can vary his weight (123 lbs.) tipping the scales at 800 or at 98. In the *Chicago American* Office he defied the strongest person there to lift him from the ground and no amount of energy seemed able to raise him."

Scientists have studied him and can give no clear explanation. One great Professor thinks it is a form of "nerve resistance." Which, is clear as a fog to obscure but not to reveal. Try **THOUGHT**, Professors, and declare your theories of gravity false, and weight to be merely a sensation, that one need not feel when he will not.

Henry Harrison Brown had a fine audience at Odd Fellows Hall last Sunday evening, and delivered one of his best lectures. These meetings are growing and may soon need a larger hall.

*Philosophical Journal*, San Francisco, Cal.

Can you not think as you please? Certainly you can *if you will.* It depends upon your *will.* Cultivate your **WILL.** **WILL** to be happy.

—Thought for October.

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**MIND**

has added to its already interesting pages the giving each month the likeness of some prominent worker in the New Thought movement. Rev. R. Hebert Newton's spiritual face looks out from the October number. But why this tendency to follow the old thought in its worship of personality? Let us regard each person as a condit of Truth and worship Truth, while we love the medium, forget the personality, and remember his spirit and his deed.

See Notice of Henry Harrison Brown's New Book. Page 5.

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