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NOW

THOUGHT IS POWER

A Journal of Affirmation

HENRY HARRISON BROWN,
Editor.

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



SOUL CULTURE
 ART OF LIVING
 PSYCHOMETRY
 INSPIRATION
 SPIRITUAL HEALING
 MENTAL SCIENCE
 SUGGESTION

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"NOW" FOLK PUBLICATIONS:

NOW, a Journal of Affirmation ✨

Monthly; \$1 a year. Henry Harrison Brown, editor. Devoted to the education of Man in the use of his Spiritual Faculties, the unfolding of Psychic Power, and the development of Self Control. It is a Monthly Messenger with Spiritual Food.

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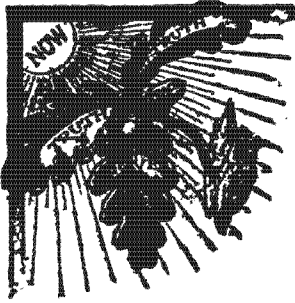
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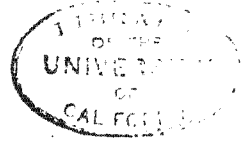
SAN FRANCISCO, CAL.

From all Life's Grapes I press sweet wine.—

Henry Harrison Brown



NOW



A JOURNAL OF AFFIRMATION

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NO. 4

To a Water-Lilly.

Pure to the pure, but gentleness to power.
Bride of the Sun. He waited many an hour
Before he clasped thee his, this bridal morn!
Before thou knew'st thyself, he saw thee, for-
lorn,

Buried in ooze, in slumber deep fast bound,
With naught but darkness, dampness, slime
around.

Listening he heard thy Soul in boding cry.
He saw thy Beauty; knew 'twas of the sky.
He poured his Love upon thee day by day;
He brought his rays of heat to play;
He sent his clouds to wrap thee warm;
For thee he sent the dews and raised the storm.
But still thou slept; felt not his kiss,
Nor knew that love held such a joy as this.
He patient wooed! Now clasped in his embrace,
Thou art redolent with Love's all perfect grace.
A slightest blush still shows the maiden coy,
But heart of purest gold is heart of joy.
Love found thee prisoned; by Night's warders
kept;

He through the darkness broke, and softly crept
Down with his Light, to dungeon neath the
cold,

And raised thy loveliness from generous mould.
Till now, O sweetest of all Flora's realm,
By thee redeemed—I've touched thy garment's
hem!

Love, centered in Earth's parent sun,
Found thee, redeemed thee, and thy young trust
won.

Obedient to his call thou forth hast come
And from thy prison dark found Light thy
home.

Love touched thy slumbering Soul and opened
the door

And on free pinion he has bade thee soar;
But from thy native heaven awhile thou'lt stay
That through thy Beauty I may learn the way!
I'll find through thee what's germinal within!
And Love through Beauty cleanses me from sin!

Love hath redeemed me! Hath awakened Life!
Now like thy bosom I am free from strife!
Love wings my Soul, and with his censor's
breath

Perfumes my atmosphere with Faith's immor-
tal wreath.

My Soul obedient to his call through Light,
Answered from grave of sense, then rose to
height

Sublime, and there Omniscient Power,
Brought into bloom Life's amaranthine flower.

Stay, lily, stay! Thou art my shrine, my priest!
Thy beauty and perfume celestial feast!
As teacher, guide, thy gracious work is done.
I've found my own! Thou, God and I are
one. —Henry Harrison Brown.

Twin Lakes.

* * *

"Brace up!"

Going home from the theater one
night two tipsy men were just
ahead of me. As I came near, one
clutched a lamp-post while the
other tried to still lead him on.
Finding he would not go, but was
inclined to slide to the ground,
he cried out to his companion,
"Brace up, here! Brace up! Be a
man! Brace up!" As he repeated
these admonitions, his "Brace up!"
grew more coherent. Soon the
other straightened up beside the
lamp-post, let go and they started
on again, the more sober one still
saying, "Brace up," and the other
echoing like a parrot, "Brace up!"
I followed them and learned they
were bracing up. Their walk was
steadier. When I left them their
speech was natural and their walk
steady. The Affirmation "Brace
up!" had braced them up.

Come forth! In love and life divine!
 Thou child of God! The world is thine.—

Harriet Ware Hall

80

Since then that commandment comes into my mind oftener than any of the "ten", as I see the weakness of humanity about me. I think, "Brace up!" when I see long faces, stooped shoulders, and weeping eyes; as I hear the complaints, moans, whines, wishes, and fears. O, dear brothers and sisters, "Brace up!" when you think anything unpleasant. When you wish to lean, you are like the drunken man. In principle you are one with him. Each has lost his grip; has lost self-control. The only possible cure lies in that bracing up which comes of self-assertion. "Brace up! O, ye that fear, that bend, that lean! Brace up! Omnipotence is within you! Lean on that!" "Break every staff!" means YOU. Brace up and throw away all staves! Brace up and throw away medicine, and discharge the doctor! Brace up and affirm the "Dollar wants me!" and throw away your business cowardice. The "Brace up!" of that half-drunken brother contained more religion than all the sermons I have heard from the pulpit. It taught me again the Law of Suggestion, and more strongly than ever do I now affirm: He who will think "Brace up!" will find himself braced. He who thinks he must lean will be a leaner. *I am that which I think I am.* NOW goes forth as a living voice proclaiming to all the weak, weary, disheartened and timid: "BRACE UP!"

The rill is tuneless to his ear who feels no harmony within.
 —E. H. Dana.

In the Silence.

Into the Silence, O Soul! would I walk with thee.
 Into that chamber whose walls are adorned with unexpressed ideals of the Soul.
 Here are thoughts that were never yet given outward expression.
 Here are poems excelling in beauty and grandeur those of earth's greatest masters.
 Songs sweeter and diviner than the incomparable Wagner ever voiced to an astonished world.
 Here are thoughts more creative than those of the great philosophies and religions.
 For now we have crossed the threshold of the Unexpressed.
 In the Silence characters are formed and developed.
 In Silence geniuses are born.
 When I walk with thee, O Soul! into the Silence, awe and reverence abide with me.
 That which is formless, uncreated, ready for the Master, fills me with awe.
 Into the Silence and commune with Self! Find there thy mission in the world.
 Into the Silence, O Soul! and there find the growing pathway of the Spirit.
 From the Silence, O Soul! shalt thou Return, seeking no longer far and wide thy mission in the world, for the message of thyself in glowing and burning eloquence speaks in thy every act.—George A. Fuller, in
"The Wisdom of the Ages."

* * *

GRATITUDE.

Established systems of education, whatever their matter may be, are FUNDAMENTALLY VICIOUS in their manner. They encourage SUBMISSIVE RECEPTIVITY INSTEAD OF INDEPENDENT ACTIVITY.

Spencer's Autobiography.

Whene'er I meet my calling peers,
"ALL'S WELL" I to their hall reply.—

Edith M. Thomas

81

Now.

I plead with the past and the future
To give me some token or sign
To prove that the soul is immortal
With a heritage divine.

The past and the future replied not,
But a voice to which reason must bow,
Out of the depths of my being spoke,
Responding, "You've only the Now."

"The past is a ship that has vanished,
Gone down in a measureless sea,
And hardly a ripple remains to show
Where the treasures it carried may be.

"Your visions and dreams of the future,
Like 'ships that pass in the night,'
Reveal not to mortals their bearing,
But silently fade from your sight.

"All you have then on earth or in heaven
Before which reason should bow
Is Truth, and the duty Love weds to Joy
In the temple of Wisdom named Now."
—Bell Bush, in *Banner of Light*.

Reply to Lillian. * *

I have read New Thought magazines for several years, but have found nothing that exactly suits my needs as NOW. I suppose small errors and slips will creep in. But I love it so much I wish it above criticism in its mechanical construction. I call attention, in a spirit of love, to the following errata: "Desires less things" should be "Desire fewer things!" —LILLIAN B.

Thank you, Lillian. We try to keep errors out of NOW; after all we don't care much for grammar, and still less do we care for authority. What we call grammar is but custom. Euphony, ease of expression, is the best test. Still, we will not wantonly violate ordinary forms of expression. Typographical errors have long ago ceased to annoy us, for the sense can generally be detected, and where it cannot be, the reader can charge it up against the great amount of good he otherwise receives for the dol-

lar. NOW has the same right to make grammar that Chaucer and Shakespeare had. And though *Good English* says, "Less should not be used in sense of fewer!" I shall so continue to use it because I like it best. It suits my ear best, is more terse and conveys my meaning. Fill in the elipsis and it meets the dictionary requirements: "Desire a less number of things, but desire that less number more!" My attention was called to it while in proof, but I said: "I am grammar!"

* * *

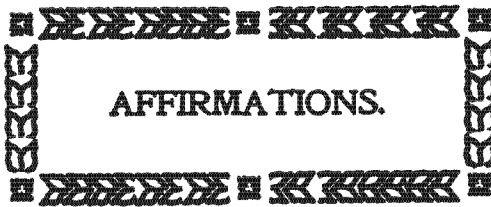
"You cannot pass sentence of guilt against me. In sentencing me, you pass sentence upon the ignorance of the age, and in condemning me, you exonerate me from any part or share in it."—*Helen Wilmans, to the Judge who presided at her trial.*

* * *

Inasmuch as suggestions beset our paths at every turn, is it not advisable to look each and every suggestion squarely in the eye before clasping its hand? Prophecy is always mixed and misty, but suggestion is an ever-present bed-fellow. Never mind Prophecy, but "look a little out" for Suggestion; he'll bear watching.—*C. P. Holt, in Human Nature.*

* * *

Hypnotism and waking Suggestion are one and the same thing, and it is the duty of the medical profession, of science, and of the colleges, to study them and enlighten the public in regard to them. How can a physician learn to know the functions of the brain which has such a preponderating influence on all the functions of the body, when psychology, psycho-physiology and hypnotism are so systematically ignored in general medical instruction.—*Translated from Muenchener Med. Wochenschrift, Munich, for the Journal of the American Medical Association.*



AFFIRMATIONS.

An Affirmation bears the same relation to Soul Culture that an axiom bears to mathematics. It is to be taken as Truth, not reasoned upon, but accepted. Thus held, it will mould the expression of life into its own likeness. The "I" is the ego of the person who affirms. As one says, "I am happy," when all goes well with him, he is to learn to say, "I am happy," when all seems ill to him. He will thus, by Auto-suggestion, produce in himself that mental state which is happiness. These Affirmations are given every month as spiritual gymnastics by which one may grow into self-control. When they are repeated, or held in mind, other and injurious thoughts cannot come in. Thus by conscious choice one becomes Master of Fate.

Self-Esteem. *

I am a manifestation of the One who is Wisdom and Power.

All that the One is in Absolute Expression, I am in Individual expression.

All the One is in the Absolute as Power, I am in the Possibilities of Power.

All that the One is in the Absolute as Intelligence, I am in the Unfolding of Intelligence through me.

All the possibilities and potencies of the One are in me, awaiting objective expression.

All the Truth of the One is latent in the Soul I am.

All the Goodness of the One is latent in me as a manifestation of the One.

All the reverence I pay to the One I pay also to my Real Self, because it is the One in objective expression.

All the love I bear the One I also bear my Real Self because I am the objective manifestation of that One.

All the trust and confidence I have

in the One as Power, Truth and Love, I also place in my Real Self as Soul, because I am all these expressing Self-consciousness.

Trust in Self is trust in the Power that manifests as myself.

Confidence in Self is but confidence in the Wisdom that manifests as that Self.

Self-esteem is the human recognition of the Soul as a manifestation of the One.

I show my faith in the infinite possibilities of Soul by asserting Self. I increase my belief in God, in Truth and Love, by a constantly increasing trust in Self, and a still more positive assertion of Self.

Limitless in possibilities of Power, Wisdom and Love, I assert the possession of these possibilities, and in this assertion find a peace born of a recognition of Union with the One.

In the One I have existence, and as an expression of the One I am Conscious Wisdom.

I live now as a child of the Most High and assert my right to this inheritance.

I enjoy now the kingdom of heaven and assert its presence here.

I am Power! I am Truth! I am Love! I am Beauty! Upon these Affirmations I base my assertion of Self.

I am Self-reliant! I am Self-sufficient! I am Self-assertive! because I respect my Self as an expression of the One.

I live in the thought of Self as an Unfolding Soul, as an Unfolding Expression of Divine Love, Wisdom and Truth.

The hero is not fed on sweets;
Daily his own heart he eats.—

Emerson

83

SUGGESTION.

THE LAW OF SUGGESTION is technically stated thus: I am that which I think I am.—In Bible language it is: As a man thinketh in his heart so is he.—In metaphysical statement it is: A person is governed by his conviction of Truth.

Lesson 4.

When to Think.

Thinking distinguishes man from the brute. The Force, the Life, in each, is one. The subconscious in each is alike, with this exception, the animal is subconsciously the instinct of his genus, while man has subconsciously the instinct of the genus Homo. Man acts impulsively and instinctively from the subconscious race-development as the brutes act. But when he *thinks* this subconscious accumulated experience comes into consciousness and he acts as an individual. Thinking is the absence of conscious effort. Reasoning is effort. *To think* is the highest manifestation of manhood. Therefore Emerson says: "Beware when God lets loose a thinker!" To fit thought to the objective life one must weigh it, decide upon it, and use it, upon the objective plane. Must reason, must judge and will. By this use, which is one's individual experience, Selfhood is developed and added to the race-experience. Therefore there is time to think, and a time to reason upon and to use what is thought.

Hence the pertinency of the question: *When to think?*

Thought is Power. Thought is the universal Life transformed into an Individual Human Being. To the extent one thinks, he is individualized and stands apart from the race-likeness, in his own image. To think is to be *A* man; to be an individual. To feel is to be Man, one with the race. The time to think is whenever one needs Power to carry on the objective life. Reasoning is the application of the Power—Truth—transformed by objective consciousness into Thought. The time to reason is when attention is called to the objective expression of life. One thinks as he writes by inspiration, a poem. He reasons, or thinks Truth over again, as he corrects and improves its expression. One thinks as business possibilities flash into his mind. He reasons as he plans their objective details. Thinking never tires; it leaves one stronger and better. Reasoning tires. Worry and anxiety are forms of reasoning. Eloquence, intuition, and inspiration are thinking. The time to think is when we desire Truth; desire Principle. To think, a passive mental condition is necessary. The objective world must be shut out. All questioning, doubt, fear, haste; whatever calls one's attention to body or environment, must be forgotten. This is the condition of CONCENTRATION. Have hours for thinking, times for concentration, seasons for "The Silence!" Hold over yourself the thought that this condition is to be developed into an ever present one.

**In the pure soul, whether it sing or pray,
The Christ is born anew from day to day.—**

Elizabeth Stuart Phelps

84

Affirm:—When Thought is necessary the Great Reservoir yields the needed supply.

To think that you can only have Thought when you make a great effort; can only have Power when you voluntarily concentrate; to think there *must* be a set time for "The Silence" and you can only draw then; is to put a limitation upon your real Self, and to shut out from objective expression Truth that is limitless in the Soul. *The time to think is all the time.*

As one unfolds there is less and less distinction between the two manifestations of life. Soul becomes positive so that there is Perception where now one has Reason. Then no question arises as to conduct, for the Soul *knows*, and its Revelation is immediate in all affairs of life, just as it is in moments of inspiration when Truth takes possession of orator's brain and tongue.

This is the Ideal condition. The ideal Man, emancipated from thralldom of sense, lives above the sense-life.

This unfoldment can be cultivated by a conscious use of Suggestion. Understand this lesson, and suggest to yourself that such is your desire and that you *are* thus unfolding. Choose hours, minutes, or moments, of Concentration and let your auto-suggestion be: *I know as Spirit. I will soon know as Individual by Inspiration. I shall know when the time comes to speak, what to say. When the time comes to write shall know what to write. When the time*

comes to act shall know what to do. Say this; believe this! trust this inspiration, and you will find Interior Power, the Everlasting Truth as ready at Suggestion as the water in the hydrant is ready when the hose is applied. Suggestion is but turning on the stream of Divine Power.

* * *

The Error.

I sought for God afar, afar!
I cast my gaze on high!
I reached my Soul to some vague star,
Nor knew that He was nigh!

I strove to learn where heaven might be;
To many a sage I spake!
I puzzled sore, nor knew that I
Myself my heaven must make.

—*Susie M. Best.*

* * *

True Freedom.

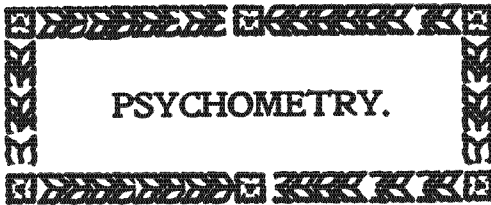
Away with the bondage of the Past!
Away with its myths and creeds!
To speak the Word, to do the Will
Will bloom in acts and deeds.
Away from touch of death and age!
Turn from man's word on printed page!
And list to Life which speaks within
Which knows not care; which sees not sin.

Fling to the winds the tenants cold!
God builds anew in this thrilling time!
The Book is closed on pages old
Man recreates with power sublime.
No one e'er grieves with waters past;
The wheels turn slow which once were fast.
But to know the Truth which sets Man free
Is to live and love in the Grand To Be.

—*Abbie Walker Gould.*

* * *

A gentleman called upon me eighteen years ago in Chicago, and said: "Doctor, all my people have died with consumption, and I am the only one left of a large family. I suppose that I must go in the same way!" My answer was: "Not necessarily; live as unlike the customs of your family as you can; change all habits peculiar to your people and you need not have consumption or any other disease." He is living in Chicago to-day with no prospect of getting off the earth in the way his family did.—*Dr. J. H. Tilden, in Stuffed Club.*



PSYCHOMETRY.

PSYCHOMETRY is the Science and the Art of recognizing and interpreting sensations not recognizable by the five senses.

Lesson 4.

The Nervous System.

While each man is one in Spirit with all that is, as an individual he is not separated from all that is, though he has a separate consciousness. This separate consciousness makes him an individual. One's Individuality is a matter of the unfoldment of consciousness. Man is one with all the universe, but until he is conscious of this Oneness it does not exist for him. The feeling of separateness that now dominates humanity, will disappear as soon as man becomes conscious of himself, as an expression of the All.

This consciousness begins in the physical manifestations. It centers in the Affirmation: I AM. Until the individual is conscious of something that is *not* himself, he cannot think,—“I am.” Thus in recognition of the Non-me lies also the recognition of the Me. As one's recognition of the Non-me increases, in like proportion does the recognition of Self increase. For this reason, “Knowledge is power!” To know one's self as not the rock, and the ox, is power; to know that ox and rock are subject to one's thought is greater power.

To see the star with the eye is power; to create the lens and see through it, is greater power. Each enlargement of human consciousness builds a larger Non-me, which is a larger Universe in which the Me finds expression. One's universe, one's life, is limited only by his consciousness. There are only self-imposed limitations.

Modern man is conscious of more than the cave-man was. Along the line of consciousness are the present generations unfolding. Consciousness is born in sensation. Men feel, and after a while they think about their feelings, and seek their origin. Human knowledge centers in feeling.

Feeling (sensation) is located in the five senses. Light, sound, odor, flavor, are but feelings. They are caused by impact of something from without. What causes us to feel? Modern science has solved the problem and answers: “Undulatory motion—vibration.” To understand, this study up in any text-book or encyclopædia the “Wave theory” of sound and light. Upon this theory rests our study of Psychometry. We are studying the unfoldment of the same consciousness of the existence of the Non-me that began with primeval man. Psychometry is as much a science dealing with finer vibrations as are those classified as physical sciences which deal with coarser ones. Nature is One. Consciousness is the basis of every science. They all are based upon feeling.

The so-called five senses are in reality but one sense, that of Touch, or better, the sense of feeling, and the five are but names for certain sensations, produced by the impact of different vibrations. Vibrations differ in length and in speed of waves. This is termed "Pitch" in music. Pitch changes tone, it also changes color, odor, flavor and passion. No vibrations differing in pitch produce the same sensations. By sensation alone do we become acquainted with the Universe. The Human body is capable of receiving and transmitting certain series of vibrations. It is to be inferred that since human consciousness has extended its recognition of the effects of vibration thus far, it is to continue, and when the possible series to which the body is capable of responding have been reached there will be an unfoldment that will enable Man to recognize other vibrations still higher in the infinite scale of pitch.

This unfoldment is already reached. Man FEELS now, much that he does not receive as sensations through the senses. This *feeling* results in unrest and disease. Nervous diseases are commonly born in these undefined and unlocated feelings. Race-unfoldment has reached that position where it necessitates more intelligence along psychic lines, or else civilized nations will follow in the wake of the early Nile and Mediterranean nations. Psychometry comes as the Twentieth Century

Savior of the progressive nations. This study is the most important man ever began, because it is a scientific study of the Real Self,—the Soul,—and places the Spiritual Life of Man upon as secure, intelligent and scientific a base as chemistry places the physical and makes Daily Living Finest of Fine Arts. This Feeling which transcends the senses is mentioned by Emerson in "Letters to a Friend." He says: "It is strange how people act on me. I am not a pith ball nor raw silk, yet to human electricity is no piece of humanity so sensible." Here the greatest of modern thinkers perceived the truth, and in likening himself to pith ball and silk, and calling this vibration "human electricity" he demonstrated that he realized that which acted upon him was a form of force.

Telepathy demonstrates that all manifestations of the Human Soul are those of Force. Thousands, like Emerson, feel Human Vibrations. Scientists now have found human body emits an *n*-ray. That ray has always been emitted by humanity. By it photographs are taken. Do not these radiation effect all persons and make them feel, even though there are no special organs through which they may act? The finest vibrations in Nature have no special organ; they impinge upon the whole sympathetic nerve. It is through that nerve (which study, in your Anatomy) that one is capable of feeling.

Therefore, in the definition these words: "Not recognized by the five senses." They are recognized by the parent nerve, the Sympathetic. This recognition of the Sensation, is not understood and often becomes an irritation, as in the case of Emerson. He had power to rise superior to it, or to get away from those whose vibrations were not harmonious. But he did not seek what it was in the person that so affected him; what mental or moral characteristics repelled or drew him. Thousands cannot, or do not know how, to get out of conditions, or to rise superior to them, and thus succumb, and disease, unhappiness and crime are the result. The false cry of "Hypnotism" and of that of "Undue influence" are given to the effects of over work, over excitement, over study, over stimulation. They are but the symptoms of an overwrought, an uncontrolled nervous condition, due to the unfolded sensitiveness of the individuals. These individuals are subject to the Law of Natural Selection. When they shall understand how to protect and develop under intelligent guidance, they will find a larger heaven of happiness and health than is known to those less sensitive.

A knowledge of Psychometry gives this protection.

* * *

"Drugs are useless as a cure for pneumonia."—*Dr A. D. Bevan, before Chicago Medical Society.*

Is the doctor more honest or more wise than others of his profession?

RANCH PHILOSOPHY. * * *

Bill Jones' Worry.

"O, this is a world o' sorrow an' woe,"
Bill Jones he sez ter me;
"It's a mighty hard line we hev ter toe,"
An' he moaned quite dismally;
"With babes ter feed an' a wife as cross
As a blusterin' day in March,
An' chores ter do, an' hay ter toss
Till all the grit an' starch
Thet held me stiff an' firm in life
Back twenty years ago
Has disappeared in a maze o' strife,
Like last December's snow."

"An' then there's rhuematiz," he said,
"An' fever an' kindred ills,
Till it seems thet I'm about half dead
From pain an' quinine pills;
With an' achin' head, an' a twitchin back,
An' a host o' squallin' tads,
An' bills ter pay, an' a constant lack
O' gold, an' shoes fer the lads,
Ah! what's the use," (and he shook his head),
"O' honesty an' worth,
When crops won't yield, an' dear is bread,
An' the riotous rule the earth?"

"Just look at the sun high in the sky,"
I said ter ole Bill Jones,
"It ain't a-askin' the how an' why,
An' fillin' the air with groans;
Why it kinder smiles, an' seems ter say,
As it enters each crack an' chink,
'I'll push all darkness out o' the way
Tho' it be as black as ink;"
An' men sing hymns ter the mighty sun,
As they work among the hay,
An' children grow as they leap an' run
In its smile the live-long day."

"So cast yer eyes ter the top o' the trees,
An' keep 'em away from the mire,
An' when in yer orchard, see busy bees
'Stead o' crows an' insects dire;
An' trust ter heaven where God still dwells,
An' steers all things aright—
The corn thet bends, the grass thet swells,
All move before His sight;
Just open yer heart ter the sun o' love,
An' let it but warm yer through,
Then life—a blossom sweet 'll prove—
An' heartsease outgrow sad rue!"

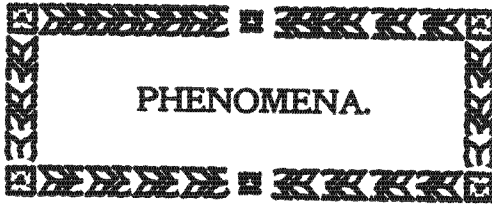
—*Sam Eaton Foulds.*

* * *

It was an Easter Sunday, bright and calm,
And Life not death, was the glad theme that day;

The air was full of spring's delicious balm,
The maple buds were dropping on the way,
And one sweet leaf with flush of crimson on it
Fell on the dead birds of a woman's bonnet.

—*Our Dumb Animals.*



PHENOMENA.

Psychometric Experiments.

[A personal friend of over twenty years is a fine psychometrist. He is a gentleman quite well known in certain literary and scientific circles. At my request he sends NOW these facts, of an interview of which I had previously heard. His name is withheld because he does not wish the deluge of letters its publication in NOW would bring him. The editor of NOW will vouch for his truthfulness. This friend continued for a time to have similar experiences and successes with other sitters, but, finding it exhausting, he has, now for many years, tried to confine his impressions to the strictly normal. He does not always succeed, for in certain organisms, such as his own and many others, the inner manhood will every now and then peep out, and manifest its powers.]

Dr. J. Rodes Buchanan had been requested to meet the late Judge Marsh of New York in the chambers of a well-known legal editor of that city. The doctor was not himself a sensitive, so invited me, his student, to accompany him, and attempt to satisfy the judge. The sensitive, for I will speak of myself in the third person, was received by both judge and editor as if he were a prisoner on trial rather than an invited visitor. The doctor briefly introduced me, and then invited the two lawyers to commence their experiments.

The judge produced a large envelope containing a written paper which he handed to the sensitive. Holding it without opening it for a few moments, he very quietly observed "the writer of this letter was a born bookkeeper."

The Judge exclaimed, "Stop, sir! That will do. That letter was written a cent-

ury ago by Hamilton, who opened the first books of the United States. But how did you find it out?"

Treating the sensitive with a courtesy that was not manifest before, he said he should like to offer another letter, to see if the first result had been merely an accident or a coincidence. This time the sensitive exclaimed as he touched the letter, "Here is a man who went through life with a chip on his shoulder." "That is enough!" said the Judge. "I am satisfied. That letter was written by Emmet, the Irish revolutionist, just before his execution."

The proof of his psychometric sense having been thus demonstrated to the satisfaction of both these legal gentlemen, the editor asked if he might submit a letter for psychometric investigation. The result was perhaps as startling as any psychometric experiment that has been recorded.

This time the psychometer was himself astonished, and hesitated to tell what came to him. But being urged and encouraged to go on, he said: "I sense an imperfectly developed manhood. This man's voice never changed. Though mentally a giant, physically he was less than a man."

Even the Judge was surprised at such a statement, and evidently expected to hear it contradicted, but the editor, deeply moved, said: "I thought I was the only man living, or at least in the North, who knew that my friend Alexander H. Stevens, Vice-President of the Confederate States, was physically imperfect. It is true his voice never changed."

These three readings had occupied but a few minutes, for these legal minds, trained to the value of evidence, grasped the truth they were seeking, and were careless of further details.

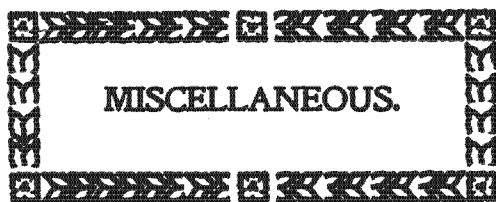
* * *

Why is breakfast the most trying meal of the day? Why are people irritable at breakfast and disinclined to talk? Is it possible that there already exists a particular breakfast bacillus?—*Spectator (London)*.

To the receptive soul the River of Life pauseth not,
nor is diminished.—

George Eliot

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MISCELLANEOUS.

Body Made by Life.

The human body is made through eating, drinking, breathing and thinking, by Life. These things could not exist were it not for Life, no, they could not even be thought of. Life furnishes food, drink, breath, and thought; or I might say, to make the matter plainer, Life is food, drink, breath, and thought; but this is not all there is of Life. When we say that food, drink, breath and thought are the agents of Life for building, nourishing and maintaining the body, we mean that Life is simply expressing itself in this way, for all is Life and there is none else. Life has a body, through which it expresses, and that body is all there is. All there is, is not something apart from the things or substance that compose it. The human body is a part of the body of Life (or God). There is but *One* body, and Life or God is *One*. That which is called the human body is the body of Life or God. There is no such thing as creation, but there is evolution. Things are not created, nor are they destroyed. There is no such thing as destruction. What to us is destruction is simply change in form, or in other words, change in Life's expression. If one could but sense that all is Life and Life is all, the mystery of mysteries (existence) would be made plain. But we are all in the evolutionary highway, and the way will be plain to all of us yet, for none can be lost, for there is no death, all is Life.—*Isaac Burke, D. O., in Health Magazine.*

* * *

NOW has added several pages to its reading matter. It is a bright, optimistic and valuable publication, and has been before the public for the last five years.

—*Dominion, Brooklyn, N. Y.*

Physical Culture Ruinous to Feminine Beauty.

To the Editor:—The incessant practice of physical culture is producing an unnatural expression in the faces of women. Involuntarily they are constantly twitching the muscles of the face and moving the lips in their efforts to follow the rules laid down. The best of all physical exercise is in the daily walk. Walk with an object. If you have no particular object buy a dog. I have a dog, and the gratitude which shines from his great brown eyes when I start out for a long walk with him more than compensates me for the effort, to say nothing of the benefit I derive physically.

Read in moderation sensible books, elevating literature. Do not let every trifling annoyance become in your mind a calamity.

Discard lotions; all of them are harmful. Remember that Nature is her own beautifier.

What Nature has not done for woman in the way of beauty art cannot do. It will be but art at best. "There is no lasting beauty that is not of the mind and heart."

If you desire to "find favor in the eyes of man" you will accomplish that result better by natural methods. Every clean-souled man admires an interesting woman; an artificial one, never.—*Louise Eleanor Smith, in Chicago Record-Herald.*

* * *

And all that is is part of all to be,
And you to-morrow shall be Me;
For that which *was* shall sometime be
again—

Today 'tis Now; to-morrow 'twill be
Then;

The future cometh from the tomb of
Time,

All things exist, with consciousness sub-
lime,

But in the present moment, for I vow
When all is told there is no time but
Now!

—*T. Shelly, in Mind.*

To a good man nothing is evil, neither when living nor when dead.—

Socrates

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Three Love-Letters. * *

NOW, Henry Harrison Brown's magazine, comes out in a new and enlarged form for April. I am really pleased to see the enlargement, and may NOW like the little peach that grew—keep on growing. But oh! H. H. B., *why* did you put that horrible earthy brown and earthy red cover on your pretty magazine? You who soar so near to heaven, you poet, with all the clear blue tints of heaven at your command. I may be prejudiced, but I *do* dislike red and brown, particularly very bright or very dingy red; it is symbolic of coarse and earthy, of material vibrations, and certainly is out of place on NOW.—*O. Hashnu Hara, in her English Magazine of Mysteries.*

NOW! The magazine by this name, edited by Henry Harrison Brown, and published in San Francisco, is a remarkable comfort-producer. Those of our friends who wished to be helped and made happy should send for sample copies,—and who does not desire happiness? This magazine is a bracer for the weak, a tonic to the tired, and a general and particular straightener-out of the conditions caused by over-much metaphysical figuring. NOW has lately been enlarged and is out in a rich and substantial brown, which at the same time represents its editor and the prevailing fashion in color. Brown (color) stands for money,—and those who have not read Henry Harrison Brown's "Dollars Want Me!" should send for it at once and learn the author's receipt for the replenishment of empty coffers.

—*Eleanor Kirk's Idea.*

Great minds differ. Editors differ. The editor of NOW can only say we chose the red and brown because we liked them; they were durable; and NOW has work to do. We gave it a dress that would wear. It will bear handling; it keeps its color on the news-stands. We have the very best red ink pos-

sible to get in the market. The cover stock is equal to that of any magazine we know. Our thought is attractiveness and durability. The cover has that. Since notice is called to it, we realize that for occult reasons they are our best colors. Brown is the symbol of Protective Power. It is the color of the earth, protecting the seed bulb and germ. It is the color of the bark protecting the tree. It is the color of herbage protecting the roots during vegetal rest. Red is the color of blood. It stands for Life, for material power, for the protective power of the strong arm and the resolute will. This is the place of NOW in the metaphysical field. It comes to give strength to the weak, to protect the germinal Truth in each soul, and to bring it into expression. NOW stands for all the silent, latent good that, like seeds in soil, lie in every heart. Yes; red and brown belong to NOW for the present, for it is a pioneer and is breaking the way. The majority of its readers are new to Truth as NOW represents it. Its place is in front of the present scientific, medical, social, and legal fields. It carries the metaphysical panacea for ills these cause, and try in vain to cure. The first need of NOW is POWER. That is won! When its pioneer work is accomplished, it will put on its robe of white and blue. Till then, Sister Hara, rejoice that it can carry in red and brown POWER to protect and bless, for Truth as NOW proclaims it is the world's redeemer; is Humanity's Savior.

**Hold your Thought, your Mind, your Will in Principle
and you will succeed.—**

Eva C. Hulinar

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It Pays. *

It pays to wear a smiling face,
And laugh our troubles down,
For all our little troubles wait
Our laughter or our frown.
Beneath the magic of a smile,
Our doubts will fade away,
As melts the frost in early spring
Beneath the sunny ray.

It pays to give a helping hand
To eager, earnest youth;
To note, with all their waywardness,
Their courage and their truth;
To strive with sympathy and love,
Their confidence to win,
It pays to open wide the heart
And "let the sunshine in." —*Exchange.*

* * *

"I don't get tired because—because I am giving people pleasure—old people. When I see the old gray heads swaying to and fro and hear the laughter, then I forget that I'm working; I actually believe I'm doing somebody some good. And you know how that is. Take yourself. Suppose you knew of a family somewhere up country that would feel better for having you visit them now and then. Wouldn't you make the trip? Of course you would; you'd go up every week and feel good all over for doing it. And if your business was such that you could make a nice little living out of those trips without really worrying about the business end, would you ever get tired?"—*Denman Thompson; Interview in S. F. Examiner.*

* * *

I am ready for the woods now, for I am escaping the limitations of my own personality, and I am entering into consciousness of a race-life and dimly surveying the records of a race-memory.—*Hamilton Wright Mabie, in "Under the Trees."*

* * *

Sunday-School Teacher—I hope all the little girls in my class love God?

Eva Brown—I do.

Sunday School Teacher—That's right,

Eva. Now tell us why you love him?

Eva Brown—Got to.

A Week's Affirmations. * *

First day—I am God expressed in visible form.

Second day—I am the Kingdom of Heaven now.

Third day—I am immortality now.

Fourth day—I am the fulness of God now.

Fifth day—In the present moment I am all I shall ever be.

Sixth day—I make practical the Truth of the I am now.

Seventh day—All the beauty, all the goodness, all the perfection that can be conceived of, I am.

Harmony for April.

* * *

A Clairvoyant Experiment. * *

By the aid of a clairvoyant, Shan Smith, clerk in the Nethercutt grocery, has recovered possession of a watch which he lost several days ago. A few days ago Smith missed his timepiece and, being unable to find it, he called in the clairvoyant, who replied he could find it and would. He said he would confine himself in a dark room and after a time would be able to tell where the watch was. He left the store and on Monday returned. He said he had located the hiding place of the timepiece and hurried to the ice-chest of the grocery. In the darkness he groped about the place and finally brought to light the watch. It had evidently fallen from Smith' pocket while he was using the ice chest and had lain on the floor for several days. Smith and other employees of the grocery vouch for the story.

—*Logansport (Ind.) Journal.*

* * *

Away with scenes of war! Away with war itself!

Hence from my shuddering sight to nevermore return,

That show of blackened mutilated corpses,
That hell unpent and raid of blood,
Fit for wild tigers or lop-tongued wolves,
Not reasoning men!

And in its stead speed Industry's campaigns,
With thine undaunted engineering;
Thy pennants, Labor, loosened to the breeze;
Thy bugles sounding loud and clear.

—*Walt Whitman.*

**The dependence of liberty shall be lovers;
The continuance of equality shall be comrades.—**

Walt Whitman

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OFFICE OF NOW
1437 Market street, San Francisco, California

JULY, 1904

NOW,

HENRY HARRISON BROWN,
EDITOR.

A monthly Journal of Positive Affirmations.

Devoted to the Science and Art of Soul Culture.

It is the utterance of the Editor only. All thought not credited to others is his.

Its basic Affirmation is: — **Man is spirit here and now, with all the possibilities of Divinity within him and he can consciously manifest those possibilities HERE and NOW.**

SUBSCRIPTION RATES.....\$1.00 per year
Single Copies, 10 cents.

ADVERTISING RATES.....\$2.00 per inch

Send money in bills, P. O. Money Orders payable to "Now" Folk, San Francisco, Express Orders, in silver or bank drafts. Postage stamps (1c and 2c only), for parts of the dollar when more convenient for sender.

Foreign subscribers, outside of Canada and Mexico, must add 25c to the ordinary subscription price to cover postage. Do not send foreign P. O. stamps.

Entered Jan. 6, 1903, at San Francisco, Cal., as 2d class matter, under Act of Congress of March 3, 1879

The editor of this magazine, Henry Harrison Brown, will attend the New Thought Convention which is to be held at St. Louis October 25-28th. Those desiring to hear him lecture, or arrange for classes, during November, are respectfully requested to communicate with him as soon as possible. He will make no stops on the way to the Convention. He will arrange with any one to stop over at places which are large enough to insure a class. Denver, Topeka, Kansas City, Omaha, St. Louis and Chicago are especially favorable points.

**SEND IN YOUR ORDERS
FOR OUR NEW BOOK.**

Unavoidable circumstances have delayed this July number, but it comes just as rich in contents and as full of Power as ever. One thing delaying us has been the electroplating of all standing matter and the reorganizing of our advertising department. NOW has now its place in the business world. We are now ready to receive any proper advertisements for its columns. We intend to mail the August NOW as early as our printers can prepare it. We wish to have NOW on the news-stands by the 25th of every month previous to its date of issue. When our edition was numbered only by hundreds and there was no cover and but few pages, it was a small task, now we find ourselves very busy not only on mailing days, but during the whole month. It is the aim of the publishers to give the editor more leisure. Each reader will co-operate by helping to increase our subscription list and advertising patronage. By this means the editor will have more time to devote to his most valuable contributions to the New Thought Movement. We have to tell you that he is not only now working in his office from 10 to 12 hours a day, but is also teaching four evenings a week, besides giving two public lectures. We look to the lovers of NOW and of Mr. Brown's books to help us in the next two months so that he may not only be relieved but that he may find time to prepare some manuscripts for publication that will still further elucidate the needed thought of Suggestion. We are open to any Suggestions or help that will further our desire.

One of our subscribers in Butte, Montana, writes: "Our largest news-dealer in this place has promised to write for NOW and to keep it on sale. I told him if he would send for 50 copies a month I would take the unsold ones. Of course, I am greatly pleased with NOW."

Who is next to follow suit? What an impetus it would give NOW and New Thought if one subscriber, wherever

As a matter of fact, a man's first duty is to mind his own business.—

Geo. C. Lorimer

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there is a news-stand, would do likewise to encourage the sale of NOW. Do something to show your appreciation of our efforts.

A lady writes: "If you will send me some NOWS and a few books I will do all I can at the Fair in our city to make them known." This is a good way to sow the seed.

A physician writes: "Send me some NOWS and I will hand them to some patients that need your thought!" This conduct will strengthen the patient's faith in his doctor's honesty and give him greater power to heal.

Each reader can do some little helpful thing and the result will be a big thing to us. Give NOW a boom in August and September, and meet us at the New Thought Convention in St. Louis in October and know NOW as Great Power in the work.

* * *

YOU CAN ASSIST US

Every reader of this magazine and especially those so much benefited by studying its pages every month, can help us in a material way, and right away, too. HOW? By obtaining subscriptions for NOW, by purchasing our books, mail lessons, etc. We have spent much time and money upon NOW in order to bring it up to our Ideal. At present it is the most beautiful magazine in the New Thought field. For quality of thought it has no superior. NOW has a circulation of 7,000 copies monthly, and is slowly but steadily gaining in circulation. Now, dear friend, this journal belongs to YOU; it belongs to every individual who reads and enjoys it. Why not induce some friends to subscribe for

it. See our combination offers on back pages of cover.

With your help we should be able to double our subscription list.

HERE IS THE WAY:

If you are a subscriber to NOW you can subscribe for some friend.

We will send this Journal one year to any person you may thus select, not already a subscriber, for 60 cents. In order to introduce NOW to your many friends at little cost to you is offered the following: Send us 10 cents for each name and we will send a three months' trial subscription to NOW. Both these offers are intended for strangers to NOW.

Never urge a person to subscribe; simply call their attention to NOW and invite them to subscribe. Tell them of the *two courses* of lessons running through it. One in Suggestion, one in Psychometry. Tell them of the various departments, each of which is worth the price of the whole journal. With a liberal patronage we will be able to get out many new books, some of them cloth-bound. We will spend every cent in promotion work. FIRE AWAY.

* * *

A Connecticut lad, fourteen years of age, writes to NOW and says: "God bless NOW and "NOW" Folk in all branches of their work, 'Play', I mean. Of all the magazines I take, and I have a lot of them, I enjoy reading NOW so much, getting my years' subscription out of each number. My unfoldment has been very rapid since I joined in February, reading the different articles on 'Thought as Power.' They have helped me like everything. I wish Mr.

**I thank whatever gods may be
For my unconquerable Soul.—**

W. C. Henlev

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Brown would publish more of Mr. Fould's experiments in Telepathy, but I have read many times that 'A man's first duty is to mind his own business,' so I must keep still. Since reading the 'Eating articles' and those on Physical Culture, I have followed the advice in them and am gaining in weight. Have gained 15 pounds in two months. How is telepathy pronounced? Is it like telegraphy in four syllables, with the accent on path?"

Thank you, Roger. To help the boys means to help the world more than by helping the men. Tel-ep-a-ty, with the accent on ep, is the proper pronunciation.

* * *

Attention is called to the two mining propositions as advertised in this issue. We are personally acquainted with the gentlemen who in these particular cases are proprietors as well as business promoters. Each company has valuable mining properties which are paying at the present time—this we know.

Furthermore, the heads of these companies have stated in person to us that they would protect all investors who come from NOW readers. As we understand it, the companies wish to increase the capacity of their plants.

We will always seek to protect our readers from dishonest concerns by never accepting an advertisement from any party we believe to be unreliable. Having done this we have no further responsibility. Should any individual find the advertisers in NOW to be unreliable, kindly communicate to this office.

Self-Healing Through Suggestion, our new book, has been delayed. It will be ready for delivery by August 15th. This delay has enabled us to ascertain how the new adventure is going to take. We are so well pleased with the orders constantly coming in that we have purchased all new type, and the entire book is being electroplated. The series of type selected is "The Cheltenham", and is the same as that with which many old bibles are printed. Our desire is to put out better and better books each time. This method is more expensive and requires more time; but we feel sure that all our readers will appreciate the effort.

Please send your orders at once. They will be filed away and the book sent as soon as it comes from the press.

The book has been in preparation for years. The manuscript has received a careful revision and we are now able to give it to the public in the maturity of our thought and power. The Principles set forth in its pages are the death-knell of disease.

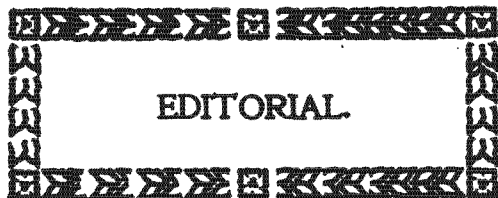
Boston Ideas, a bright literary and dramatic weekly in an extended and highly eulogistic notice of *New Thought Primer*, says of its author:

Mr. Brown is one of the most valuable workers for the advancement of modern humanity into consciousness of the wonderful birthright of Divinity which we already possess but so little realize.

The Light of Truth for June 11, copies the food article from May NOW. Brother Hull knows a good thing, and fills his paper with them. These articles are being widely noticed.

* * *

Every dose of medicine given to a patient is an experiment. It makes no difference how many times a certain drug has produced a certain result, there are times when it will fail; no one knows this better than the doctor, hence he is prepared for such an emergency.—*Health Reporter*.



EDITORIAL.

Heredity and Individuality. * *

In the beginning was the Word (Thought), and Thought was with God, and Thought was God.

—*Joh'n's Gospel.*

Impressions received through the senses are all probably composed of the same unit.—*Carl L. Vinsn, in Metaphysical Magazine.*

Whence emanated matter in the beginning is inscrutable; from nowhere, certainly, if not from the self-conscious, the self-determined Universal Mind, which willed it to become manifest. Whereto? Nowhere, certainly, if not to whence it came to complete the circle, the symbol of Infinity, whose quadrature is unknown. Equally unknown are the time, the place and the origin of Life. We may learn of these things when we discover what matter is, when it is divorced from force; for neither of these is, apart from the other; if they be not one in essence, and that essence pure spirit, we do not know anything at all. —*Professor Elliott Coues, in "Biogen."*

Man has to find and to feel his true relation to other creatures and to the whole of which he is a part, and he has to use his brain to further this. Science is the search for Unity. That is its Ideal. It unites innumerable phenomena under one law; it unites many laws under one higher; always seeking for the ultimate complete integration. But man cannot find that Unity of the Whole, until he feels his Unity with the Whole. It seems obvious to me that man will never find in theory the Unity of outer Nature till he reaches in practice the Unity of his own. When he has learned to harmonize in himself, all his powers, bodily and mental, his desires, faculties,

and needs, and bring them into perfect cooperation—when he has found the true hierarchy of himself—then, somehow, I think, that Nature around him will reflect this order and range itself in clear and intelligible harmony about him.—*Edward Carpenter, in "The Need of a Rational and Humane Science."*

Realizing Unity, we realize also that things, individualities, are not creations in the sense of being made from nothing. They are projections into time and space of the One. They are objective manifestations of the One. Objective, means present to whatever has an objective consciousness. Things exist in so far as there is an objective consciousness to realize them. In like manner the spiritual has an existence only to one who has a spiritual consciousness to perceive its existence. Thus it is within proper bounds to say; things are manifestations to Human Consciousness of the One. Things are merely conditions under which the One makes Itself known to the intellect of man. Nothing has been added to the One, who has existed from all eternity, that worlds or Man might be. World and Man existed potentially, existed as a possibility but not as an actuality, in the One from all eternity. "Before Abraham was I am," each person can say, but he cannot say he existed as an individual; he cannot say that he existed as a form, or as a consciousness, as he now exists; but he can affirm; "In essence I ever was: From all eternity I am a possibility and a potential manifestation in the One." He could say this as

the statue of Apollo could say, "Before Phidas was I am!" for the statue was a possibility in the rock from the time the marble floors of the earth were laid. So could the buildings at the St. Louis Fair say: "Before Columbus was we are!" for they lay in the possible of Human conception and construction, as well as in the possibilities of wood and iron, stone and clay.

The possible and the actual; the conscious and the unconscious; the real and the potential; are confused in the minds of many writers along metaphysical lines. They limit the Infinite to the Law of Necessity. But the One is free. This limitation of the One, limits the Soul to the conditions of body, or of form and to natural law. But the freedom of the One is in that individualized portion of Himself, we call Soul, or Man.

In like manner as things are but a condition of the One, so body is but a condition of the Soul; is a manifestation of the Soul. The Soul possesses all the possibilities of the One. To limit it by the Law of Necessity is the same in Principle as to limit the One. Things are manifestations of the possibilities of the One, and Human achievements are manifestations of the Soul.

This distinction between the manifestation and the Power that manifests, is a necessary one to keep in mind as one grows in Soul Culture. ALL possibilities slumber in the sub-conscious; a few of them

are manifest in the conscious life. The Sub-conscious is the centralized Essence of the One; is that Center within the One, where converge all the Vibrations of the One. That Center was formed by union of the two Streams of God-power that met through the souls of parents in love embrace. All the experience of those two souls entered into the vibrations of the new soul, just as all the conscious experience of the race enters into the vibrations of the objective world into which that Soul was born. He enters into the accumulated wisdom and achievements of the race in the objective life, and in like manner he enters into all the accumulated spiritual achievements of the race. This gives him that interior wisdom we call sub-conscious and which bubbles up in intuitions and in the feelings so many misinterpret to man that one has lived before; has had experiences in other lives and worlds. These feelings are born of the race as a unit. All accumulated wisdom lives in each Soul as the results of a spiritual race-heredity. Infinite possibilities slumber in me in virtue of my heredity from the One—"My Heredity is from God," says E. P. Powell.) All the future slumbers in me as my gift of heredity to the race, and in my power to transmit Life and race-wisdom to posterity.

When I make any thing with my consciousness, when I *think it out* and make it with my hands, when I invent, or write a poem, it is done with the accumulated soul-un-

**We are the Arbiters of destiny !
Lords of Life ! We either make or mar.←**

T. B. Aldrich

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foldment of the race. This is the secondary condition of the One. The One at first hand had only a cosmic dust manifestation. Through eons IT developed Itself so that IT manifested in the first soul. Eons have gone "to the making of man" from that first soul.

The Universal mind is my mind, is your Mind, all men's mind, all brute's mind, all plant's mind all protoplasm's mind. But my mind is also all men's mind, and on this plane is not brute's or plant's mind. God is in all things but as He differs in tone or color, and "A" is not in "C," or blue in red, so the Human is not in the brute or plant. One in essence, but not in hereditary accumulation of unfolded power. Mankind is one in the Universal Mind with all other things, all other manifestations of the One, but in subconsciousness he is only One with the Human race, just as plants are One only with the Universal and with plants. Just as suns are one with suns, and violets with violets, so is man with man and race with race. Heredity is but the accumulated soul-unfoldment; is accumulated spiritual unfoldment; is accumulated species unfoldment; is accumulated variety unfoldment; and crowning all this, are those mental conditions which are his personal heredity from the soul-side of the race, just as the cities, railroads, and libraries, are his inheritance on the intellectual side of the race. This soul inheritance is of no value

to him till the objective life calls it into expression.

Soul-knowledge is of no value till expressed in manifestation.

Soul is a center in the One, who is Spirit, who is Infinite possibility. From Original Substance all Things, all individualities are expressed. The One is the Original clay, the Soul is the lump of clay worked over by the race-potter, the Conscious Man, the Henry, John, Mary or Susan is the vessel, fitted to some definite purpose. The Soul has not only the latent possibilities of the One but it has also the results of the race development to prepare it for the manifestation of Powers that are also the result of the race-development, but it adds to the race-unfoldment those manifestations which it as an individual, unlike any other incarnation of the One, gives. Thus the unlikeness of persons is the growing, the unfolding manifestations of the One. Our likeness each to each is the result of race heredity. Therefore as the wheat grain can say, "Before earth was, I am!" It can also say, "Before you saw me an individual, I was in my heredity, wheat and could manifest as wheat!" Through its own manifestation it has helped the wheat of all succeeding centuries to be better wheat.

Each of us can say: "Before earth was, I am!" for we were in the Original ONE. But we can say also, "Before my father was, I am! In me all future generations exist potentially. I am my ancestors, but I am also my own descen-

dents." The man of the next century slumbers in the loins of the boy to-day. That measure of unfoldment which the individual itself, or himself, adds to the species, to the race or variety, constitutes his individuality. Thus individuals are kept distinct and by their unlikeness add to the developing manifestation of the One.

The Possible lies in the One, and you and I, as individual expressions of the One, are infinite possibilities. The actual lies in the Sub-conscious which is the Soul.

This conscious individual which says, "I AM!" manifests some of this actuality of the soul. Soul builds from itself as the One builds worlds, from itself. From its accumulated but latent wisdom, it builds cities and writes poems, thus giving individual expression to that which it is by the accumulated experience of all things that have been. Into this unfoldment he was incarnated as an individual. Thus each person can say: "Before Abraham was, I am!"

* * *

Our real "I" knows no age. It remains ever young. It is eternal and independent of time. Nor can our forms be destroyed by fire. They are mirrors in which the Spirit reflects its divine image, and matter is made of spirit, and as long as matter exists Spirit will reflect its image in it. —*Franz Hartman.*

* * *

NOW, Henry Harrison Brown's popular journal of affirmations, commences its fifth year with the addition of several pages and a beautiful cover. NOW has the News Letter's best wishes for its continued success and prosperity. —*Washington (D. C.) Newsletter (Reformed Christian Science).*



"NOW" HOME ECHOES.

One night I went to give the baby a drink of water in the dark. Then as I thought that I would miss the mouth and spill the water, the thought came: "Why not trust the baby?" I did so. She spilled not a drop. This held a great lesson for me. It is symbolic of our giving Truth to the Soul. We can bring the cup, but the individual must drink for himself. We must give, and trust the Soul. I could bring the water to the child, but she must drink. So we can bring Truth. We cannot drink and others receive the benefit. Her soul knew how much her little body wanted. If she had attempted to help herself in the dark, she would have spilled the water. I was needed to assist her. The lesson is for me to give Truth freely, but I am not to follow after it is given to see what use the recipient makes of it. I am to have perfect faith that Truth will care for itself, and will make its way. I am to have perfect trust in the Human Soul that it will apply Truth to its own good. —LEONA.

I am learning to trust my soul more and more. I use to plan in my mind what I would say to my friends to help them, only to find that when the opportunity came my prepared words did not fit. I would then keep still. Now I trust: give myself the Suggestion, that I shall say the right word at the right time. I

The True Incentive to a useful and happy labor must be pleasure in the work itself.←

William Morris

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make some statement of Truth and then some question is asked and I am thus drawn out to say the right word. I often find at the close of a conversation that I have said much that surprises myself. When we trust Truth it bubbles up spontaneously. By living Truth I am brought closer to my friends and give them the words of encouragement they need. As I recognize my own soul powers I needs must see them in others, and draw them out. —MRS. B.

All my past life I have been subject to the blues. I thought these sulks no one's business I would go off by myself and expect every body to let me alone. Coming into the "NOW" philosophy and learning the power of thought-vibrations I realize how careful one should be of his thoughts and feelings lest he send out poisonous thoughts. Why should others living near me have to wear continually an armor of protection against my dark thoughts? Why should I not enter into the joys of life and radiate joy?.

When we consider how little of the love element enters into men's lives, how impoverished the world is for love, and how rich is our source of supply, it becomes our duty to send out vibrations of joy and hope into all the lives about us.

A friend of mine years ago offered his life service to Bishop Taylor of the Methodist Episcopal Foreign Mission. In his letter he expressed his willingness to "die for Christ." The Bishop's reply contains a lesson for us all "We do not need me to die, but to live for Christ." And this is life's truest

inspiration—not death, self-sacrifice—and martyrdom, but to live for truth—to live truth, to be filled with strength and happiness and radiate it as the sun radiates warmth, health and joy.

—KENNETH

* * *

A lady in Philadelphia sent for a Psychometric Reading of her husband. She replied: "My husband is so well pleased with his Reading that he says he would not part with it for a hundred dollars." Later she sent for one for herself. In reply she says: "I do not know how to express my feelings to think that there is some one who understands me so rightly. I feel that I must tell you something of my life the Reading was so true. * * * I have often been told that I had no religion. I felt that I had more than the churches, but I could never explain it until I found it in NOW and in Truth, as you teach it.

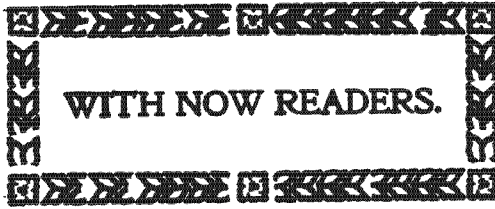
George A. Fuller, one of the best known speakers upon the Spiritualist platform, and President of one of its most successful Camp-meetings at Onset, Mass., writes the author thus concerning *New Thought Primer*:

"I think it worth its weight in gold, being the fairest statement of all the great movements that lead toward a better condition for humanity, that I have ever read. No person who desires to understand the evolution of the Ideas that have led up to the present New Thought Movement, and at the same time would know the fundamental Principle of this greatest of all movements for the emancipation of the race from the bondage to matter, can afford to be without it." The author had every question in his mind as he wrote it that has been asked him by investigators during thirty years of lecturing and teaching. Wisdom will lead every person to know the parentage of their ideas, and in this book is traced their heredity. Price, only 25c.

The hour is not wasted that brings with it tranquillity of mind and an uplifting of the heart.—

Bradford Torrey

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I was, as I thought, healed by absent treatment, but since I have learned Suggestion, I think that there was nothing in it but Suggestion. —B. L.

Dear Brother, be careful of limitations. "Nothing but", has swamped many an investigator. There is no limit to the universe. We as yet know but a very few octaves in the infinite scale of Nature's vibrations. Thought is but one octave, but it is *the* one we at present use to direct all the others we have learned to use. Therefore, by telepathy we know some healing is done, and that Telepathic Suggestion enters into every absent treatment. When a person is healed without his knowing he is being treated telepathically, Suggestion as you mean it, and that is Auto-Suggestion, does not enter. Suggestion is to an individual what the cannon is to the powder, it confines the millions of other forces which belong to the soul and sends them through concentration to a definite end. No, Suggestion is not *all*. Study as long as Darwin did before you draw conclusions and then, as far as Mind is concerned, you will be willing to still wait before you put a limit upon its power.

Can any disease be cured by Suggestion?
—M. L.

There is no limit to Principle. Truth is all powerful. The only reason that all diseases are not cured is that we either do not understand the application of Mental Law, or are too lax in our efforts. "Belief," says Mrs. Eddy. Belief is but auto-suggestion. There is but one Cause for every condition, be it health or disease, and that Cause is Mind. See my pamphlet on *Self-Healing*.

Admitting Telepathy to be a fact, why cannot the released soul and one in the body communicate.—E. E. M., Mayor of the City of B.

They can; they do. Telepathy is the open door between souls, no matter where they are or what their condition. Study my books and NOW and see the portend of Man's greatest discovery that Thought is Power.

Should like to have you define Spirit in NOW.
—B. W. C.

My definition is:—Spirit is that Universal Something out of which all things come as manifestations. It is everything we can conceive and more; Substance, Power, Intelligence, Mind, Force, Energy, God, only partially define it. For it is the ALL in ALL; the ALL from which ALL manifests.

* * *

NOW, with its April issue, begins its fifth year. It has added several pages, including a beautiful cover. The quality of paper used is a marked improvement over that of last year. The publishers are justified in being pleased with the results of their labor. NOW started as an eight-page paper and has demonstrated a success in the metropolis of the Pacific Coast.

—*Boston Ideas*.

Whatever we have dared to think
That dare we also say.—

William Lloyd Garrison

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BOOK REVIEWS.

TELEPATHY, what it is, and how it is done, by R. Dimsdale Stocker. L. N. Fowler & Co., London. Fowler & Wells, N. Y. 1904.

THE FOUNDATION OF ALL REFORM. A guide to health, wealth and freedom. A popular treatise on the diet question. By Otto Carque. Kosmos Publishing Co., Chicago, Ill. Price, 25c. Cloth bound.

THE DIAGNOSIS FROM THE EYE. A new art of diagnosing with perfect certainty from the iris of the eye, the normal and abnormal conditions of the organism in general and of the different organs in particular. A scientific essay for the public and the medical profession. By Henry Edward Lane, M. D. Kosmos Publishing Society, Chicago, Ill. Price, \$2.00.

PRE-NATAL DUTY, by Mrs. Mary Barbeau. Price, 25c.

MAZDAZANAN ENCYCLOPEDIA OF DIETETICS AND HOME COOK-BOOK—COOKED AND UNCOOKED FOODS. What to eat, and how to eat. By Dr. O. Hanish. Paper, 75c. Cloth, \$1. Both the above published by the Mazdaznan Co., Chicago. Many dishes in the *Cook-Book* can be used, as they are simple and will give rest to the overworked housekeeper.

The Master Christian is a new paper by Dr. S. A. West of Rock Port, Mo. It is one dollar a year. Filled with the Power of Truth to bring Health, Happiness and Success. "You must be born into the mind of the lawless Spirit whose body is formless being Truth", says the Doctor.

WISDOM OF THE AGES. Revelations

from Zertoulem, Prophet of Tlaskanata. Automatically transcribed by George A. Fuller, M. D. *Banner of Light* Publishing Co., Boston, Mass. 1901. Price, \$1. Also obtained from the author, Onset, Mass. This book was written automatically through the hand of Dr. Fuller. But it is to be judged independent of its authorship, by its inherent worth. That worth is great. Here are found the essential Principles of the various New Thought cults. They are beautifully expressed. The book is rich in food for meditation. Rich in Affirmation of Power. But that neither was aware of the other's thought, there could be many a charge of plagiarism made by the editor of NOW upon Dr. Fuller and by him upon me. We love our own children; therefore do I welcome my own thoughts, so beautifully clad, coming in this form. But having said this, I am compelled in self-defense to say that there is one blemish in the book, and that is occasional references to reincarnation as if it were an established fact instead of being a mere theory. Still, I feel certain that the true understanding of the thought is the same as my own. *There is but ONE SOUL and that Soul is reincarnated in every human being. God is constantly reincarnating Himself.* Putting aside all references to this unsettled question, I recommend the book as one that "nerves us" with Affirmations. See extracts in another column.

FIRST LESSONS IN THE NEW THOUGHT. J. W. Winkley, M. D., Editor of *Practical Ideals*, Author of "John Brown the Hero," etc. 77 pp. Paper, 30c. Cloth, 60c. James H. West & Co., Boston, Mass.

The highest praise I can give this book is to say that it is in harmony with every principle NOW and my books teach. I am glad that they come in this form and in the clear, pleasant style of Dr. Winkley. Each author writes from his own point of view and readers need the testimony of many that they may learn

**All outward wisdom yields to that within,
Whereto no Creed nor Canon holds the key.—**

Bayard Taylor

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there is but one Truth of which each has his glimpses. With this book, Henry Wood's *New Thought Simplified* and our *New Thought Primer* accessible, there is no excuse for ignorance as to what New Thought is. These three books should be scattered by friends of humanity broadcast and thus help eliminate from the movement much that has attached itself to it for gain. I quote one passage from the last chapter of Dr. Winkley's book: "We have no hesitation in stating our conviction, gained from observation and experience, that every kind of disease known, which is not from its nature incurable, can be cured under this system of [mental] treatment. In fact, all such have been so cured in recent years."

IN THE TRAIL OF THE PACK-MULE, by Sid H. Nealy. Price, \$1. F. Tennyson Neely, New York.

This book was written for boys, but I have read its every word with great interest and declare it one of the most healthy of "boys'" books. It is an ac-govern-ment surveying party in the Rocky Mountains. The only feature I would eliminate is the Indian killing, but since it is a correct picture of the times and the men it has a right to be there. The adventures are such as any brave lad might have in such a place.

* * *

The secular life must absorb the spiritual, must be permeated by it, transformed by it; else would the spiritual have no business in earthly places and the human world would miss its true purpose of being, dishonoring Him who wills it to be. The world is not doomed to be a godless world; it is to be the abode of a redeemed and perfected man; the realizations of all ideals. Religion is one of those ideals, but not the only one, the chief but not the only agency for transforming the world. There is a greater word even than religion, a word of further reach, of more momentous import, including religion with how much else; that word is HUMANITY.—*Frederich H. Hedge (Unitarian).*

MENTAL TONIC.

Stewart's mother was making sandwiches of devilled ham. The little fellow came along, and, seeing the can with the picture of the imp on it, regarded it earnestly awhile, and then said, "Mamma, what is that stuff?" "This? Oh, this is devilled ham." He looked seriously at the mixture and in an awed voice inquired, "Why, mother, have they killed him?"

—*Congregationalist.*

"A kiss is a peculiar proposition. Of no use to one, yet absolute bliss to two. The small boy gets it for nothing, the young man has to steal it, and the old man has to buy it. The baby's right, the lover's privilege, the hypocrite's mask. To a young girl, faith; to a married woman, hope; and to an old maid, charity."

—*Stolen.*

So many good people find fault with God,
Though admitting He's doing the best He
can,
But still they consider it somewhat odd
That He doesn't consult them concerning
His plan.
But the sun sinks down and the sun climbs
back,
And the world runs round and round its track.

—*Edmund Vance Cook.*

"Do you think," said the intellectual young woman, "that there is any truth in the theory that big creatures are better-natured than small ones?" "Yes," answered the young man, "I do. Look at the difference between the Jersey mosquito and the Jersey cow." —*Life.*

Let me ask you a few questions: Do people freeze because there is not enough coal in the ground? Do people starve because food is scarce? Do people go in rags because there is not enough cotton or wool? Is there too much of these things or too little? Is there not enough people to dig the coal or raise the wheat, the cotton and the wool?

New Thought Meetings in San Francisco.
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PLAIN INSTRUCTIONS IN HYPNOTISM, A. E. Carpenter.

Price 75c, cloth; pocket size, pp. 108. The author of this book is one of the best operators on the public platform. He certainly gives "plain" instructions. He recognizes the importance of Suggestion, and claims that its power for good is limitless.

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