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# NOW

A Journal of Affirmation

HENRY HARRISON BROWN,

Editor.



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

Henry Harrison Brown



# NOW

A JOURNAL OF AFFIRMATION



VOL. V.

OCTOBER, 1904

NO. 7

## To a Soldier Friend with "Henry IV."

This gift to thee my long-time trusted friend!  
 What better thought than his, the Master, who  
 Sounded the gamut of Man's passion through  
 And to Life's every circumstance did lend  
 His wondrous light? May his as halo blend  
 With thee! Thou knowest well what Love  
 can do.  
 I bring his gold to brighten army blue  
 That 'gainst war's vices thee his thought shall  
 fend.

As soldier, I again in thee shall laugh  
 At wondrous wisdom-wit of Jack Falstaff.  
 He oft shall cheer us. Thou the bluff Prince  
 Hal.  
 But Hal as King all folly lived above.  
 So wilt thou live! While I at all times shall  
 Be one with thee, as now, in Thought and  
 Love.

1898. —HENRY HARRISON BROWN.

\* \* \*

## The Good. ❀ ❀

When mothers cease to love their young, then I  
 Will cast my faith in good far in the sea;  
 When all the seas of earth shall have gone dry,  
 Then will my faith in God be naught to me.  
 From out the heart of fountains welling high  
 Flow streams of good to heal the broken heart;  
 Unto weak hands that feel if God is nigh,  
 A touch is given that will strength impart.

There's naught but good around, above, within,  
 Where'er we look this goodness still we find,  
 In hovel, palace, or in place of sin—  
 Among the strong, the weak, the halt, the  
 blind:—

The good enshrines each joy, each hope, each  
 woe.  
 Gilds every height, illumines each depth below.

—SAM EYTON FOULDS.

\* \* \*

Who dares proclaim His name,  
 Or belief in Him proclaim?  
 Veiled in mystery the All-Enfolder!  
 Gleams across the mind His light,  
 Feels the lifted Soul His might,  
 Dare we then deny His reign, the All-Upholder?  
 —Goethe.

## The Whispering Cure. ❀ ❀

Breathing is necessary to life. A  
 happy and healthy person breathes  
 naturally. Long, full, deep, sus-  
 tained, regular breathing with clos-  
 ed mouth means health, happiness,  
 and self-control. Such breathers  
 are successful men and women.  
 Nervous, timid, fretful, blue, anxious,  
 angry, jealous, licentious, specula-  
 tive men and women do not breathe  
 naturally. By noting the breathing  
 of a person one can tell what are  
 the prevailing emotions and their  
 mental habits. Try upon yourself  
 the different emotions and notice  
 the effect. A good actor, singer,  
 or reader, knows the effect of the  
 emotions upon the breath and by  
 breathing as people do under cer-  
 tain emotions, they create within  
 themselves those emotions.

If you wish to have health, happi-  
 ness, and prosperity, you must  
*breathe* it in. Breathe properly and  
 you will create it. Lung capacity  
 means life-power, thought-power,  
 success-power.

For this reason physical culturists  
 devote much time to this subject.  
 And though seemingly successful,  
 there follows a reaction as soon as  
 the pupil ceases the established  
 practices and neglects the rules of  
 the teacher. "Systems" of culture

**A man is rich in proportion to the things he can afford to let alone.—**

Thoreau

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are bad. Principles of culture are necessary.

To develop lung capacity, no system is necessary; no apparatus is necessary. God gave the babe all the apparatus and system necessary for full, deep and natural breathing. Mothers and doctors don't think so. If anywhere He made a mistake it is either in the babe or its mother. Because I see babes smothered and cared for as if lungs were not made for air nor air for lungs. From babyhood, the lungs are inactive.

When God-in-the-baby wants to exercise his lungs in his only one other way besides breathing, i. e., by crying, he is hushed up. Baby can be played with, entertained and cajoled into unnatural excitement, can be paraded before friends, but when he wishes to entertain himself with a good cry, he is hushed. Crying is as necessary to a child as singing to a bird. When it is not a cry from some defect in his clothing, or from a created dyspepsia, let him cry and develop lung capacity. But I am talking to you who were thus raised; you don't know how to breathe. You have been so artificially bred that you have lost your native power of life. Air and you are not friends. As a result, colds and kindred attendant conditions are your companions. And all because you have not learned to breathe; have not learned to properly *think*.

By the law of re-action, you can learn to think by determining to properly breathe. As the actor simulates emotions and thus creates them in himself, you are to create

mental states by simulating them till they become mental habits.

You can create proper conditions of breathing, by holding affirmations of freedom, power, joy, peace.

You can create these mental conditions by putting your will upon yourself and practicing deep, full respiration. The results of all this exercise depends upon your thought while taking them. If you exercise under the old thought of the dominion of the body, you are only giving the body more dominion, and at the least thought of weakness you will find a lung collapse.

Any good teacher of elocution, any good book on elocution, will give you breathing exercises. Beware of the teacher who has for his end the making of you a "recitationist," or who proposes in "Ten easy lessons" to fit you for the platform. Such are mental poison. Find one who teaches from principle, and who has no methods, and let him teach you how to breathe.

I have followed closely for 35 years the teachers of elocution and of physical culture and find little to recommend from a New Thought line in them. A few are taking enough of New Thought to be a bait for new students, but it serves not to keep their system pure. If you wish a sound book written before elocution became a fad, find "Orthophony; or the Cultivation of the Voice," by William Russell. J. R. Osgood & Co., publishers. 1878 Chapter III. contains the thought which I shall emphasize in this article.

The thought influences the voice  
Every emotion changes the tone

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

Walt Whitman

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and quality of the voice. Each thought has its own pitch and timbre. During a political campaign in Massachusetts in 1879, I became very sore at the solar plexus. I went to my old teacher, Prof. Leonard, (now with the great majority) and requested to be taught how to speak three hours every night without becoming sore. He looked at me and said: "Brown, you are getting lazy!" I looked in surprise and asked: "In what respect?" "*Too lazy to breathe!*" was his answer.

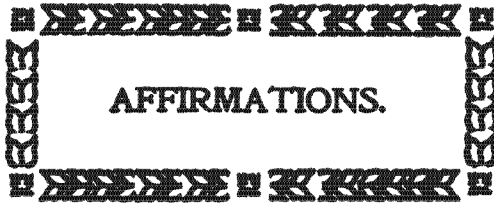
It was true. Because I became tired, I ceased to draw long breaths. Weariness caused a lack in respiration. "Now practice your breathing exercises and you will get well. Keep right on with your work, but *breathe.*" After half an hour's practice with him I went on with my work, and was never in better trim than during the rest of the campaign. Often since then I have diagnosed many ills as the result of laziness . . . *Too lazy to breathe.*

Vim, will, courage, determination, are needed for him who would rightly inspire. These mental states induce deep breathing. Create these states by Affirmations and then breathe.

There can be no proper singing or speaking without a sufficient quantity of air. There is no better exercise for developing the voice than the whisper. He who would be in fine voice before song or lecture, let him practice in a whisper his thought before he goes on the stage. Another practice that gives power is to practice in imagination. The latter creates the Ideal. Whis-

pering prepares the organs for expression of that ideal.

To create these mental habits, select Affirmations or passages from speeches or poems that will develop the needed mental traits in you. Let them be those of Faith, Power, Courage, etc., and practice whispering them. Declaim them in a whisper. Gradually increase your whisper; see how far you can be heard. Whispering is nearest to breathing. There is just enough of expression in it to fix the attention and by the use of Affirmations any emotion may be awakened and made a permanent habit. Consumption has but one cause . . . Too lazy in mind . . . too little will to breathe. The cure for this form of mental habit and for nervous prostration and all kindred ailments, lies in the breathing, in the laughter and the whisper cure. Prof. Russell says of the whisper: "It demands the full expansion of the chest, a deep inspiration, a powerful expulsion of the breath, the practice of frequent pausing and renewing the supply of breath." Let this be practiced till it becomes a habit thus to breathe, and health is the consequence. But unless with these exercises the right mental state is cultivated, the benefit will end with the exercise. With the right mental state, this method of breathing will become a habit, a habit that means health. With the Affirmations in NOW used in a loud whisper, you will create a habit of thinking that will insure proper breathing. Whisper then until you have found such joy in the new life that you will continue to whisper through love of whispering.



**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.

**Belief. \* \***

Ye believe in God, believe also in me.—*John 14:1.*

All about me are the signs of power. The Universe is Power.

All about me are the signs of intelligence. The Universe is Intelligence.

All about me are the signs of a wise adaptation of means to end. The Universe is Wisdom.

All about me are the evidences that the end of all experiences is good.

All about me evidences that the purpose of the Universe is good. The Universe is Goodness.

All about me are the manifestations of Life, and I am compelled to say the Universe is Life.

Behind all this I see and believe in the One, in That-which-is Power, Wisdom, Intelligence, Goodness.

In this One I believed, that belief grew into a conviction, and conviction has become faith! I know Him as my Origin, my Supply, my Strength, my Life.

In Him I live. In Him is my Being. In Him I am that which I am. He is in me and I am in Him. As I believe in Him, I believe in myself.

As my Soul, He is manifest in flesh. He is the Being I am. He is the Life I am.

The One who is Life and Power and Wisdom is the One I am.

As I believe in Him in the Universe, I believe in Him within myself.

I hear Him say in the Power of sun and ocean, "Believe in me!"

I hear Him say in art, "I am Intelligence! Believe in me!"

I hear Him say in science and in social law, "I am Wisdom! Believe in me."

I hear Him say in school, state and home, "I am Good! Believe in me!"

I hear Him say in seedtime and harvest, "I am Supply! Believe in me!" Partaking constantly of All that He is, I believe and find rest.

The Soul I am hears Him and from the heart of my Being comes the echo: "Believe also in me."

I listen as from the Silence comes the Inner Voice, saying: "As ye believe in Him, believe also in Me; for He and I are One.

From that inner sanctuary comes this Psalm of Life: "God is! He is Power, Wisdom, Love and Truth; but what He is, I am. Believe in me."

A deeper sense of being awakens and this chant of Divinity becomes louder, and I, listening hear: "God is not in the external universe. He is within the Soul and I am He. As ye see and believe in Him in sun and wave, in seedtime and harvest, in Intelligence and Law, believe in ME—the Human Soul. For I am He.

All the Power, Wisdom and Love of the One, I am; and being thus, I



**Let's not burden our remembrance  
With a heaviness that's gone.—**

Shakespeare

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am LAW. What I desire, that I am! Listen to wind and wave but know that I, the Soul, am that One who commands wind and wave.

Believe in me! Have faith in me! Trust me! Rely upon me! Then as you have found your command over physical body, you shall find command over physical environment. Believe in me and be saved. Now comes to me a Consciousness of Power. Belief deepens into conviction and I affirm . . . I am Power! I am Law! I am Love!

This consciousness still deepening, I grow strong in faith and the words of my Elder Brother rise as prayer, and praying I say: "I and my Father are One."

\* \* \*

"I am a Methodist minister, for many years a pastor, but now connected with —. I like your paper. I am much interested in the New Thought. Your NOW is the strongest paper I find. I am trying to get the New Thought into the church and to bring the people to see it. I can do more for our Master in that way than in any other. I send you a list of names for samples. I think from them you may get some subscribers.

"Truth wears no label. The Master taught it. We as a race have had to grow content to let our light shine as he did his without antagonism. To live, act, speak in the faith that Truth will redeem the world, and it needs only to be spoken to be taken as the light is, by all who are ready. I am glad to note that the perception of Truth, as NOW teaches it, is so readily accepted by the learned professions. They will radiate until millions shall see and come to Truth."

\* \* \*

We are but what we think, and must immortal be,  
Else whence hath come the thought of immortality?

—W. W. Story.

**RANCH PHILOSOPHY.**

**Keep a Goin'.** \* \* \*

When the road is hard an' rough,  
Keep a goin'!  
When yer lot in life seems tough,  
Keep a goin'!  
Peg away both night an' day,  
Don't go worryin' bout yer pay—  
An' no matter what folks say,  
Keep a goin'!

When hope seems a puny thing,  
Keep a goin'!  
Then 's the time ter laugh an' sing,  
Keep a goin'!  
Bound ter git thar bye an' bye,  
Can't afford ter moan an' sigh—  
Never stop ter ask the why,  
Keep a goin'!

When yer reach the shinin' goal,  
Keep a goin'!  
It 's a good thing fer the soul,  
Keep a goin'!  
Keep yer eye toward glory-land,  
Hold yer brother by the hand—  
Bye an' bye we'll understand,  
Keep a goin'!

—SAM EXTON FOULDS.

\* \* \*

O God, wherever I happen to look I find Thy seekers, and whatever language I hear spoken, speak of Thee. Apostacy and faith feel after Thee. Each religion says Thou art One without a Second. If it be in a mosque, people murmur the holy prayers; if it be in a temple, people ring the bells in love of Thee. Sometimes I frequent the temple, sometimes the mosque. But it is Thou whom I seek from door to door. Thy elect have no dealings with either heresy or orthodoxy, for neither of them know the light behind the veil. Heresy to the heretic and faith to the faithful, but the dust of the rose-petal belongs to the heart of the perfume seller.—*The words engraved on the front of the Temple which Akbar built for the use of Hindus and Mahomedans in Kashmere.*

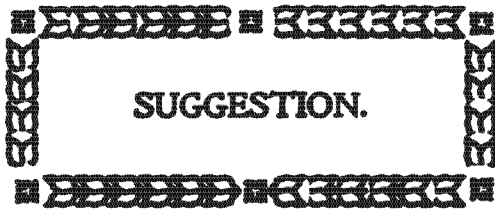
\* \* \*

It is with great pleasure that I send you my subscription for NOW. I never saw with clearness my own existence till I read your books. NOW is the best journal that I take and I have quite a number of New Thought papers, but shall drop most of them and stick to NOW as it teaches Christianity as a science.—W. L. R.

# The Arena of the new standpoint of Science is that of the pupil's own mind.←

Elmer Gates

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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 7.

### Evolution of Suggestion into Affirmation. \* \*

From previous Lessons you have learned that Thought is awakened through the feeling, caused by external conditions. We feel, then we think. Whatever makes an impression on the mind is a Suggestion.

It is evident that you cannot change to your desire, or will, the external universe. Circumstances, which are to you only the manifestations of the external universe, are the material out of which you are to mould your expression of Life. The Universe consists of you *and* circumstances. With either absent, neither could be. You know yourself only by knowing you are not something else. Know yourself by contrast.

To animal life, circumstances are the same as to Human Life. What is the difference between the two forms of Life? The animal adapts itself to environment or dies. Man adapts environment to himself or dies. As far as you are animal, you are the slave of environment. As far as the Human has emerged from the animal, you fit environment to yourself. The animal is the subject of Suggestion. Sug-

gestion, which is to him the circumstances of his life, creates a feeling in him and he acts from that feeling. In the animal, feeling is not transmuted into Thought. Thought and feeling are both forms of Omnipotent power. Emotion we call it in the Human. But until feeling is transmuted to thought, the Human is not unfolded from the brute. Thus each person, no matter how unfolded, still retains in the uncontrolled emotions some of the brute instincts. Controlled emotions equal Human expression. Uncontrolled emotions are the animal expression. Thus Man is coming through Self-Control.

The animal acts upon the Suggestions of hunger, fear, pain, anger, reproductive demands. He exercises no choice as to the effect of the Suggestion upon himself or others. All who are familiar with the habits of animals realize this fact. The babe and the savage resemble the animals. Gradually the babe's consciousness of power to choose, of his power to control the effects of the Suggestion is developed, and the uncontrolled infant and savage soon begin to exercise a control over their emotions and this control is expressed by some expression of Power. "I am not afraid!" "I will not run!" "I am able to protect myself!" are expressions of his thought, his choice, and all his feelings may be condensed in the two words, I WANT. He thinks, and thinking he begins to fit environment to himself with stone, club, hollow tree, cave, fire, dress and home. These all testify to the difference between Sugges-

## The power of the Higher Life Is the power of the Higher Thought.←

Francis Ellingwood Abbot

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tion and Affirmation. The Suggestion is the same from cold and heat to each, but the Affirmations in each differ. "I am warm;" "I am burned;" "I can cook;" "I can destroy," are some of the Affirmations the Suggestion of fire brings. Self-control lies in the power of decision each has as to how any Suggestion shall affect us.

The difference between individuals lies in the limitations they put upon themselves, in their ability to overcome circumstances. It is in the *overcoming* that our Humanity lies. There is a deep significance in the use the Revelator makes of the word, "Overcometh." All the promises are to him "who overcometh." He uses it eight times in the same sense and finally makes this promise: "He that overcometh shall inherit all things!" This is merely saying, When the animal is outgrown and all the propensities we inherit from him, we shall be superior to the flesh and as Spirit live, knowing no more the conditions of subserviency to the senses. As long as we are subject alone to Suggestion, we have not entered into our inheritance. But as soon as we say of any condition, "I can overcome it!" we have begun the campaign that ends in the victory and the "new name" is ours. Therefore, to know how to control the effects of Suggestion and, through Affirmations of Power, to turn them to our desires, is the most important knowledge we can seek. It is the knowledge that is truly *Power* and that makes us MAN. Therefore, the experiments in Suggestion between operator and sub-

ject teach the most important of all perceptions of Truth, i. e., *I am power. By my Thought I decide how any Suggestion shall affect me. When I think it will not, fire will not burn me. When I think it will, cold iron will blister me. When I think pain, pain is. When I will not feel pain, then pain is not for me. I control my life by my Affirmations.*

"Please think you cannot move," I say to the subject. He so thinks and cannot move till he changes his thought. It is not my Suggestion, but his Affirmation, that controls him. No person has any power over another. Each is controlled by his Affirmations and he can will to obey any Affirmation he desires. Man has risen from the animal enough to see his possibilities. Now through this perceptive power he is becoming Master of himself and thus Lord of All. Affirmation is the Sceptre of Human power. I AM is the throne of Conscious Life.

\* \* \*

*The Colorado Graphic* (Denver) has this to say of our new book: "'Self-Healing through Suggestion' is the title of a wonderful book by Henry Harrison Brown. It is divided into two parts. The first part explains the principles of mental healing in a simple yet scientific manner. It is now well known that Thought is Power. If you do not know how to use thought you are wasting your greatest power. This book shows you how to use it. The second part explains how to use your self-healing power. It is written in a style that anyone can understand it. Do you desire to use this power? If so, send only 25 cents to "NOW" Folk, Publishers, 1437 Market St., San Francisco, Calif."

\* \* \*

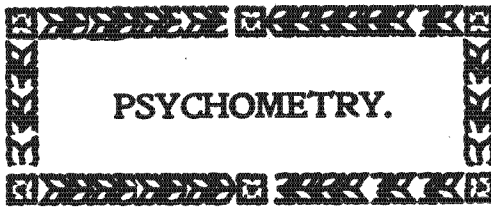
The great Idea baffles wit,  
Language falters under it,  
It leaves the learned in the lurch;  
Nor art, nor power, nor toil can find  
The measure of eternal Mind,  
Nor hymn, nor prayer, nor church.

—Emerson.

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

George Eliot

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

Lesson 7.

Beginning to Practice. \* \*

Place a book in the hand or on the forehead of a person gifted with the psychometric sense, and enough of the spiritual life of the author will be still in it to reveal his character. This hidden influence affects the delicate sensibility of the psychometer. A letter from a person written even in another continent, will be so charged with living magnetism and spiritual force of the writer as to cause the mind of the psychometer to vibrate in harmony with it, and the author's feelings of mind and body will be reproduced and can be accurately described.—*Rev. W. F. Evans, in "The Mental Cure." 1869.*

Understanding now the fundamentals of Vibration and Sensation, you are to put yourself into conscious recognition of these rays which include not only the n-ray and other emanations from the body with which science deals, but also with thought rays and love rays, and ultimately with still higher vibrations we call Soul forces, and you may even pass beyond all individuality and come en rapport with Spirit, which is to mortals the highest thinkable vibration. When you reach this last vibration you have reached that "Light that never was on land or sea;" are in the region where there is "no light of sun or moon, for the Lord God giveth Light."

As you develop your psychometric sense, you will soon discover that things reveal their spirituality by the degree of light they emit. You pass from darkness to light in your

development and soon realize that light is but a relative term: what is dark to you is light to a less developed individuality, and what is light to you will be dark to one still more highly unfolded. Thus All is Light. The variations are not in the ONE who is Light, but in our ability to recognize the Light.

This is an explanation of the visions of Light that come to the seers, and of the aureolas seen about the heads of saintly persons by those who have clairvoyant vision. By the sensations you receive from persons and things, you will soon be able to read their character and also to point out their peculiarities and trace their lines of unfoldment.

The place to begin your development of this faculty is where you are and with those whom you daily meet. No two persons give you the same feelings. Soon you will be able to tell who is beside you when blindfolded, or in a dark room, by the feelings you have, or the impressions you have of the character of the person.

The sense by which the hound follows his master or the game is also a human possession. It is not the sense of smell, but is the psychometric faculty of feeling and of following the call of the finer forces. In the human, this faculty is capable of being developed into knowledge by interpreting the sensations. This requires practice. Every person can, when once he or she has learned to concentrate upon desire, relax, feel, and then tell what is felt. He can then interpret his feelings and read character or history.

Before practice, must be desire. Desire must develop into a settled purpose. This done, begin your practice by having your friends give you something with a history, or that has been handled by some strong character.

Put yourself in a passive condition; that is, stop thinking of anything in particular. Quiet your emotional nature so that you are not conscious of any feeling. Be indifferent whether you get anything or not. Be as ready to make a failure as to succeed.

Sit quietly a few moments to let the new feelings possess you, then tell what you feel. It may be some physical sensation. Pay little attention to this; tell it to translate itself into thought. What kind of a person do you feel to be? What picture comes to your mind? What do you think? Conditions answering these may come to you in any order.

Let me illustrate by an incident in my own case. A watch being placed in my hands, I spoke thus: "This was taken in the settlement of an account. There was great dishonesty connected with the transaction. I am taken to the court house and feel that the owner of it then is a criminal." Now why did I say this? Because I had no grounds for saying anything,—nothing upon which to reason. Therefore I did not try to. All I could do was to let the emotions, the feelings, translate themselves into words. I FELT just as I would have felt if someone had settled an account with me by turning over the watch; just as if I had been dishonest; just as I

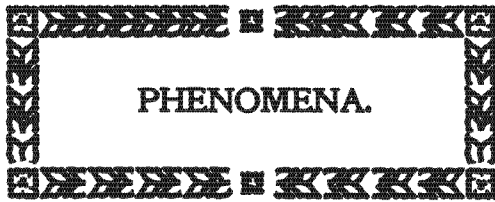
would if arrested and punished by law. This feeling I simply told, because under the circumstances I had nothing else to say.

Not long ago in my class a bit of stone was placed in my hand and I said: "I am taken back a long way in time, back to where the masses were slaves. Slaves handled this,—built it into a"—and I stopped and Sam said: "Pyramid. It is from Cheops!" It was. Mr. Foulds the same evening described St. Peters from a bit of rock; also described the entrance, the tunnel into a mine, the value of the ore and traced the vein beyond the tunnel, as it afterwards proved correctly.

Psychometry is all FEELING at first. You can readily learn to feel. Therefore let your first practice be to attain passivity so you can notice the sensations. This is but recognizing sensations you have always had but have not noticed. Therefore you are but enlarging your universe because you are enlarging your recognition of it by noting sensations from vibrations that always have been present, but to which you have been oblivious. Remember that your sensations are not limited to those of the ordinary five senses, but that you feel beyond them a million times more than you do with them.

\* \* \*

From Scotland comes this: "I like the classic tone of your paper. It is free from the slangy blemishes some of the New Thought papers affect. The "NOW" Folk, with their ideal excursions, are to be envied. We have no such associations that I know of on this side of the Atlantic. I have as my motto printed on a card, 'Peace like a river flows to him who loves and affirms Peace.' Please put me in an Emerson Circle." P. W.



PHENOMENA.

Telepathy Leads to Arrest of Criminals.

The daily paper tells today (October 10) of the arrest of some criminals by the officer coming in contact with the Thought vibrations of the guilty parties. The guilty person cannot help thinking of his crime. All his atmosphere is filled with his thoughts of it as Mississippi water is filled at times with clay and sand. These vibrations are felt by all who come into contact with him. Ignored by most, it is acted upon by many. In this case the officer FELT them so strongly that he knew the parties were guilty of something they would conceal. Only because it is a fine testimony to the truth of our paper, do I copy this spontaneous evidence. As Mr. Foulds acts in the hall consciously under the thought of the audience, this officer by the same Law acted under the thought of the parties he arrested. Thus they told because they could not help it all about themselves. Every effort they made to conceal only made the Thought vibrations more potent. Not to tell is to forget and clear the vibrations from the atmosphere. Under fear, this forgetting is impossible. Thus Nature is her own executioner.

The incident relates the capture of those concerned in the murder of Mr. Damon at Honolulu, H. I. The account says:

Deputy High Sheriff C. F. Chillingworth visited the scene and then drove back to the city for the purpose of sending out officers to search for the supposed guilty natives. When within a quarter of a mile of the police station he happened to glance back on the road and there saw a woman standing. She was a Porto Rican. The woman beckoned and two Porto Rican men joined her from behind a stone wall. The deputy did not in any way suspect them of being implicated in the crime, but with a sudden action of the mind, he determined to take them all into custody. He did so and when searched at the police station, one of the men betrayed evidences of guilt. The woman soon confessed, as he did.

\* \* \*

Live Now. ۞ ۞

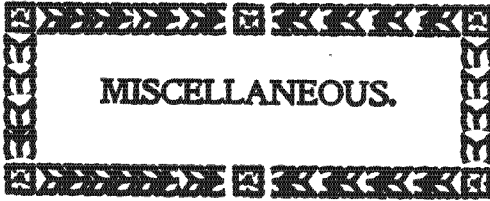
Most men live in the future instead of Now; that is to say, they send their thought ahead of where they stand; they anticipate contingencies which may never arise, look forward to difficulties which may never occur. Hence their power to deal with present things is crippled. They cannot review all the factors which are essential to success in their business, for where their thoughts are, their lies their success or failure, according to the nature of the thoughts indulged in. We shall have to live tomorrow, next week, next year, therefore why try to forestall Father Time? We shall come round to it in due time; our business is with the Here and Now, and if we concentrate our attention on the details as they arise we shall do everything as it ought to be done—perfectly. Of course, this does not preclude the use of imagination for ten minutes or half-an-hour a day, building up the future.

In sitting for the building up of an ideal, the mind does not bubble over with energy as in the case of worry, or an anxious frame be engendered. No, it is a calm contemplation, a picturing of the conditions by which we would have ourselves surrounded. The conservation of energy holds no less in the mental world than in the physical, therefore let the future take care of itself, so far wondering what it holds in store, or what difficulties are likely to arise.—*The Talisman.*

**The Soul is pilot gray on the sea of Lore,  
Where barks of Touch are sent from every shore.—**

J. W. Powell

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**MISCELLANEOUS.**

**Thought-Builded. \* \***

We build our future thought by thought;  
For good or bad we know it not;  
Yet so the universe is wrought.

Thought is another name for Fate;  
Choose then they destiny and wait,  
For love brings love and hate brings hate.

Mind is the Master of the sphere;  
Be calm, be steadfast and sincere;  
Fear is the only thing to fear.

Thought, like an arrow, flies where sent;  
Aim well, be sure of thy intent,  
And make thine own environment.

—Ella Wheeler Wilcox.

\* \* \*

**Feeling the Chief Component of Mind.**

The chief component of mind is feeling. To see this, it is necessary to get rid of the wrong connotations which the word "mind" has acquired, and use in its stead its equivalent—consciousness. Mind properly interpreted is co-extensive with consciousness; all parts of consciousness are parts of mind. Sensations and emotions are parts of consciousness, and so far from being its minor are its major components. In the first place the mass of consciousness at any moment consists of the sensations produced in us by things around. \* \* \* Among these numerous peripheral feelings there is every instant an establishment of relations constituting perceptions and thoughts. \* \* \* So with all sounds, touches, odors, warmth: the intellectual element being limited to recognition of the co-existences and sequences among them. So that the *body* even of our thought-consciousness consists of feelings, and only the *form* constitutes what we distinguish as intelligence: there is no intelligence in a sensation of red, or of sweetness, or of hardness, or of effort, but only in certain co-ordination of such sensations.

Then comes the other 'great class of

feelings, ignored in the current conception of mind—the emotions. \* \* Every instant emotions are present. No movement is made but what is preceded by a prompting feeling as well as a prompting thought. It needs only that the movement be large, or difficult, or resisted, to make us aware that some kind of an emotion of some kind was its antecedent. \* \* \* That part of the mind which we ordinarily ignore is its essential part. The emotions are the masters, the intellect is the servant. The guidance of our acts through perception and reason has for its end the satisfaction of the feelings. \* \* \* The over valuation of intelligence necessarily has for its concomitant undervaluation of the emotional nature.

An overvaluation of teaching is necessarily the concomitant of this erroneous interpretation of mind. Everywhere the cry is:—Educate, educate, educate! Everywhere the belief is that by such culture as the schools furnish, children, therefore adults, can be molded into desired shapes. It assumes that when men and women are taught what is right, they will do what is right,—that a proposition intellectually accepted will be morally operative. Yet this conviction, contradicted by every-day experience, is at variance with an every-day axiom—the axiom, that each faculty is strengthened by exercise of it—intellectual power by intellectual action and moral power by moral action. \* \* \* It seems, however, that this unlimited faith in teaching is not changed by facts. \* \* \* This undue faith in teaching is mainly caused by the erroneous conception of mind. Were it fully understood that the emotions are the masters and the intellect the servant, it would seem that little can be done by improving the servant while the master goes unimproved. Improving the servant but gives the masters more power of achieving their ends.—From Herbert Spencer's article, "Feelings versus Intellect," in his latest book, "Facts and Comments."

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

Socrates

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Today. \* \* \*

Now is the time. Tomorrow  
Is a day that shall never dawn;  
It comes with its joy and sorrow,  
But ere it has come is gone.  
With our eyes on the rosy Portal  
We wait for the promised Day;  
The Present is still immortal—  
The Future is far away.

Now is the time. The ages  
In one little moment dwell,  
And Life, with its countless pages,  
Its scope, in a word, could tell;  
And that one little moment, casting  
Its light on the troubled brow,  
Forever and aye is lasting,  
For all of our life—is Now.

Immortal, it lives forever,  
Bidding us *dare* and *do*,  
And who from the Past will sever?—  
And why should the Present rue?  
Live while the life is in you,  
Do while the time is here;  
Act with a soul and sinew,  
Act with a conscience clear.

Now is the time—or never;  
Awake—and renounce the Past;  
There, by the Stygian river,  
Let not thy lot be cast;  
Awake, for thy work's a mission,  
Awake, for thy work's begun;  
Act with a soul's decision,  
Do, till the work is done.

—T. SHELLY SUTTON.

\* \* \*

Live Happy While You Live.

We pass this way but once. We cannot retrace our steps to any preceding milestone. Every time the clock strikes it is both the announcement of the hour upon which we are entering and the knell of the one which is gone. Each night memory balances the books and we know before we sleep whether the result is on the right side or on the wrong side of our account. The older we grow the more we realize that life is worth the living. We think too little of the fun there is in it. We are too parsimonious of laughter. We do not appreciate as we ought the man or the woman who can make us forget while we are amused. We can not help the past, and the man is a fool who lives in it. Today is a better day than yesterday. The secrets of happiness and longevity, in my judgment, are to cherish and

cultivate cheerful, hopeful and buoyant spirits. If you haven't them, create them. Enjoy things as they are. Let us never lose our faith in human nature, no matter how often we are deceived. Do not let the deceptions destroy confidence in the real, honest goodness, generosity, humanity and friendship that exist in the world. They are overwhelmingly in the majority.—*Senator Chauncey M. Depew.*

\* \* \*

True Success. \* \* \*

C. H. F. writes as follows: "I have often read of 'self made men' who, without education or advantages, have risen to positions of great importance in the world. And yet I find college bred men on the street cars here, and as far as my personal experience goes, it seems to me there are a hundred applicants for every decent occupation. This being the case, how is it possible for every person to be successful?" Answer: You have the wrong ideal of success to begin with. No human being, be he millionaire or laborer, can get more out of life than health, happiness and soul development. And these things are all within the reach of the laborer quite as much as of the millionaire.

Too many take for their standard of success the mere acquisition of wealth, utterly forgetting that wealth does not affect the real man—the inner life—in the least. If you will take for your ideal of success the accomplishment of some work, you will find happiness in that accomplishment. And by a mathematical certainty, if you bend your energies with cheerful and interested effort toward that accomplishment, it will bring you adequate returns in money as well as in contentment. Money is not power, however much we may try to make it so. Money merely represents a person's acquisition of material things. And if you have a roomful of clothing and food, you can wear only one suit at a time and eat only as much as you need.

You may imagine that money procure :



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

William Morris

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the leisure and the possibilities for culture of mind and soul. That is a mistake. Much of the so-called culture of the very rich is affectation and is detrimental to real growth of intellect. It is not culture that makes a person shrink from rough surroundings and turn up his nose at a workman in overalls. That is an evidence of the curse of the race—artificiality. The very rich are generally too busy seeking surcease of ennui to take the leisure for culture, and very often they are far greater slaves of time than is the man who labors ten hours a day with a pick and shovel.

Aspiration is the open door to attainment and aspiration may be practiced while the hands are busy and the mind occupied. All work is good, if you look at it in the right way. It is only idleness which one need dread. The realization that one is in the world and accomplishing nothing toward the happiness of the world is all the hell one need fear. Desire for really better and really higher things is never unanswered. But be sure you are not longing for a bauble when priceless gems are within your reach.—*Dr. Alexander J. McIvor-Tyndall, in Los Angeles (Cal.) Sunday Herald.*

\* \* \*

### "The Man and the Place." \* \*

For the kingdom of God is not in word but in power.—*Corinthians 4:20.*

Words spoken without due consideration put to route the power in their kingdom.

The significance of the foregoing quotation is plain when we view the man in his position in life.

A snap shot of his power is readily shown in the patience he exhibits when working his way out of a critical condition.

The first and best test is characterized in an uncongenial marriage; Secondly, A severe physical ailment; Thirdly, In poor business relations.

One may make many protestations of superior ability which are calculated to catch the approbation and sympa-

thy of the unsophisticated, "For the kingdom of God is not in word," but the man of power wastes not his energy in vain boasting but rather conducts his thoughts and thus his affairs quietly, thereby containing his soul in peace; which can only be done by using great patience. Taking things philosophically. In other words, *agreeing*, thereby slaying the slayer.

Power is ever clothed with patience which manifests an at-home-ness within; where another, even the wary, recognizes completeness.

Words are rooted in physical strength. Each spoken word manifests so much exhaust in material; we should therefore be careful to speak such words as are prolific of best results.

Thought is the immediate generator of spiritual power. Words serve as the escape valve of thought and should be reserved for mighty ends.

In the man working out an uncongenial marriage, he will gain the best results by using this creative energy creditably, i. e., in following out some ideal line of action.

Is he disappointed in love, he will probably turn his attention to music, art, or poetry.

Men pursuing an adaptable business succeed; the creative energy, power being directed correctly, his "kingdom of God" (Heaven within) power, materializing estimably to both.

Uncongenial marriage relations often impell success in business,—less children and more dollars.

Love, creative energy, must gain a congenial uplifting outlet, or the poor soul seemingly degenerates.

Intellectuality is little engaged in gratifying physical desires.

Casts of energy (each man's kingdom of God in power) is depicted by pursuits. Ignorance begets large families,—words.

Intelligence, power,—dollars or equivalents.

"Do not worry, Dear Heart, but work."—(*Louise Alcott.*)

NORA E. HULINGS SEIGEL,  
Los Angeles, Calif.

Whene'er I meet my sailing peers,  
"ALL'S WELL" I to their hail reply.←

Edith M. Thomas

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OFFICE OF NOW  
1437 Market street, San Francisco, California

OCTOBER, 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 November issue of NOW will be a "Convention Number," and will contain the editor's impressions and opinions of the New Thought Convention. This is destined to be the best number of the present volume. All those desiring to obtain a copy of the November NOW will please send in their orders for it at once. Yearly subscriptions, \$1; single issues, 10c.

It is with great pleasure that the publishers of NOW are able to report that the editor of this Journal, Henry Harrison Brown, has been elected President of the New Thought Federation, at the convention which was held at St. Louis from the 25th to the 28th of October. It is needless to say that all "NOW" Folk rejoice in this recognition by the Convention of the worth and ability of our brother and co-worker as shown by his election. We are sure that the same spirit of Love and Truth which has characterized

him heretofore, and through which has crystallized our work on the Pacific Coast, will still be his. We prophesy a renewed vigor and an extended influence to the Federation. We congratulate both the New Thought Federation and its President.

We have been so crowded with work at this office that NOW has been delayed but it contains as much Power and Truth as ever. The November number will follow shortly and by January we hope to be fairly abreast of our work. The greatest help you can be to us is to send subscriptions. The editor and publishers of NOW believe that it is the best and the purest New Thought magazine before the public. It does not describe evil tendencies in mankind but devotes its entire columns to teaching such philosophy of mind as will aid all its readers to live above the seeming evil conditions about them. Its monthly visit, like a messenger dove, brings a message of hope and strength to the weary. It teaches and explains how healing can be brought about without drugs. It contains lessons in Suggestion and Psychometry. Many letters of praise come to this office testifying that NOW has done wonders towards bringing health, happiness and success to an entire family. Wherever it goes it carries with it great Power, and no one can come in contact with it without feeling uplifted and inspired.

A few months ago the "NOW" office was equipped with a complete set of the "Encyclopedia Americana" which is edited by Frederick Converse Beach, who is editor of the *Scientific American*. For a long time "NOW" office has used the "Standard" Dictionary, which Mr. Brown has always regarded as the best. In a recent letter to this office, Mr. Brown wrote as follows: "Our encyclopedia and the Standard Dictionary were awarded first prizes at the St. Louis Fair. The best is good enough for 'NOW' Folk."

**Obstruction is but Virtue's foll.  
The Stream impeded has a song.←**

Ingersoll

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Dr. Alexander J. McIvor-Tyndall has been engaged to conduct a "Psychological Department" in the *Los Angeles (Cal.) Sunday Herald*. It covers one page and consists in answers to questions sent him by mail. These answers cover a wide field and are extremely valuable contributions to New Thought literature. He shows himself to be a most wise adviser and a deep thinker. The *Herald* is to be commended for departing from the sensational to the really valuable in the matter it thus gives its readers. Some of these wise answers I shall transfer to NOW hereafter. I can here only clip his good words for NOW and "NOW" literature:—

Interested Annie asks: "Will you tell me the name of a New Thought magazine which you personally recommend? Are there any good magazines on practical psychology?"

Answer: Personally, I rather prefer NOW, published by Henry Harrison Brown, 1437 Market street, San Francisco, better than any magazine on practical psychology. *Mind*, published in New York, is another excellent publication.

Mrs S. J. C., Santa Monica, writes: "Can you tell me what to do that I may be rescued from a ceaseless worry and anxiety regarding the material side of life?"

Answer: I regard your condition as a disease of the mind. If you cannot learn by yourself how to change currents of thought, you had better take lessons. Read Mrs. Wilman's "Conquest of Poverty" or "Dollars Want me," by Henry Harrison Brown, 1437 Market street, San Francisco.

The editor of NOW was invited to speak at the Weltmer School of Healing in Nevada, Mo., and there addressed 500 people. Many new and warm friends were made during his short stay at the Weltmer Home. Prof. S. A. Weltmer and his three sons have the entire management of all their work and, from Mr. Brown's letters relative to them, we feel sure they are fine people.

Mr. Brown also spoke in the parlors of the Unity Tract Society, at Kansas City, Mo., where he is at the present time conducting large and successful classes.

There is a constant demand for Mr. Brown in various cities of the United

States, and he is making arrangements for an extended tour through every state in the Union, as well as England, Australia and New Zealand. This tour will be made in the interest of NOW and of the New Thought Federation. It is Mr. Brown's plan to stop only at cities of 10,000 or more inhabitants. Any suggestions or inquiries from the subscribers of NOW will be gladly welcomed. Address the office of NOW.

Henry Harrison Brown's little books are selling well. "How to Control Fate through Suggestion" has exhausted its 4th edition, and another edition must be printed. "Man's Greatest Discovery," in its 3d edition, is also exhausted and a fourth edition must be forthcoming from the press within a month. The publishers, as well as the author, feel well pleased at the reception these books are receiving from the people. Their sale in England is increasing rapidly. They are also selling in India, Australia, New Zealand, South Africa, South America, and many other places. It is evident that the "NOW" Philosophy as expounded by the author of these books, is extending its influence the world-round. For a complete list of Mr. Brown's publications, see the inside of front cover.

Have you seen the bound volumes of NOW? Volumes III. and IV.? They are in themselves a library either for the beginner or the older student. They contain Lessons for the one and Affirmations for the other with a lot of miscellaneous reading and poems for each. They are beautifully and durably bound in cloth and gold, and form a fine book for library, center-table, and bedside. I wrote them with the needs of my fellows in view and what has comforted me to write will comfort them to read. Read carefully the advertisement of them and order. They are limited in number and to be sure of a copy, order soon.

**DO IT NOW!**

## Hold your Thought, your Mind, your Will in Principle and you will succeed.←

Eva C. Hulinar

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### Finding the Soul. \* \*

Discovering the spiritual world may be likened to one entering a new country. He travels with much labor up the steep mountain side which leads to its boundary and thinks that when he reaches the top his trials will be over and that he will be at his journey's end. But it is not so. When he reaches the top he finds that his journey has in fact just begun. The steep mountain side is passed, it is true, but from the height he looks over a large stretch of country, as far as his eye can reach, and farther, and realizes that to thoroughly know that country he must travel over every portion of it. The possibilities are endless. So with the soul. Men take the dead carcasses of other men from which the soul has fled—the soul which never dies—and because they do not find the soul therein, they say: "There is no soul." "Oh, fools and blind!" Were the soul there you would not have its body to dissect. No. The soul, if its existence is to be proved at all, must be found during the lifetime of the body. It has been well said that the body is like a dress which the soul uses to oppose the physical forces which it encounters in this world. It is a semblance which it assumes in order to be visible to the physical senses of other unawakened men who as yet could not perceive the soul were it not clothed in the body as with a garment. Every day men acknowledge the existence of their souls—unconsciously, perhaps—when they say: "My body." If it is *your* body, how can your body be you? You might retort that we also say, "My soul." True. But ultimately we are acknowledging that the ego is not the body—not even the soul, but—"I am that I am."

"Sufficient unto the day." When we find the soul; that is, when we advance one step beyond our present stage of knowledge, it will be time enough to search out the deeper mysteries. It is true that to the soul there are no mysteries, for the soul is omniscient, at least so far as this world is concerned.

But to the physical or objective mind everything is a mystery, even his own existence—and man to himself is the greatest mystery of all.

—ALICE ROBBINS.

\* \* \*

Since our editor is elected President of the New Thought Federation, we feel that every member of that organization will want his magazine. We therefore, in his absence, make the following offer, holding good for a limited time only: One year's membership to the Federation, \$1.00, and one year's subscription to NOW for 50c additional. If you have already sent in your dollar for the annual Federation dues, and if you wish to become a subscriber to NOW, we will send our publication one year for 75c. We make this offer as our "NOW" Folk contribution to the work of the Federation. We desire and recommend that every reader of NOW send in their dollar and become a member for one year of the New Thought Federation. This Federation is destined to do a world-wide good, and it needs a little capital in order that it may carry on its public work. If you desire to do a good thing and help along a good cause, send in your dollar at once and interest friends to do likewise.

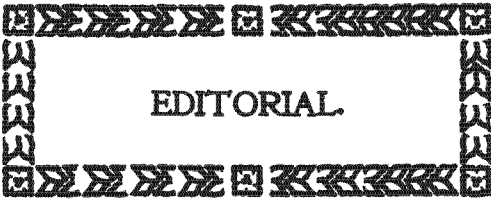
At the request of friends, Sam Exton Foulds has begun a series of lectures with telepathic demonstrations at the "NOW" Parlors, 1437 Market street. Mr. Foulds is one of the greatest demonstrators of Thought Reading before the public, and those who are taking advantage of this opportunity to study with him are sure to get the "best obtainable. He is holding meetings on Sunday and Thursday evenings at 8 o'clock. Admission, 25c.

Mr. Brown will have nothing whatever to do with the business management of NOW during the coming year, as he proposes to spend the larger share of his time and labor in the interest of the New Thought Federation of which he is president.

Within One's self must be the source of strength, the basis of consolation.—

Marcus Aurelius

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## EDITORIAL.

### A Thought on Evolution.

We have good grounds for assuming that the true snow-crystals are formed directly from the minute, invisible atoms, or molecules, of water in the air, and not from the coarse particles in the clouds.—*W. A. Bentley, in National Geographical Magazine.*

Here is a new aggregating agency the reverse of gravitation, that causes a concentration, depending on the lightness and power of flight of atoms, whereas gravitation tends to collect the heavier particles. \* \* \* The formation of these aggregations of light molecules carries us beyond the theory of the dissipation of energy and a study of the whole subject shows that the cosmos as a whole is a cyclical process in which we have a rejuvenescence of universes. \* \* \* This fact of nature's sorting molecules which goes under the name of "selective molecular escape," entirely alters our conception of the whence and the where of the universe.—*Prof. A. W. Bickerton, in Scientific American.*

Evolution, as an explanation of the way in which Truth manifests, is correct as a Principle. The details as expressed in the special laws of "Natural selection, Sexual selection, Heredity, Variety, Correlation," etc., may or may not be correct. This fact does not affect the truth of the Principle that the One in His manifestations of Life is Progressive; that all the phenomena of the external universe is an unfoldment of an interior Principle.

From the ONE, *things* come by evolution. The questions of environment, affect not the question of origin or the power. Biologists think environment, to a greater or less degree, controls the results of evolution.

This theory of control will be very much modified. It will be seen

sometime by scientists, as now by metaphysicians, that environment is the *choice* of the Power instead of being the *necessity* of the power. The results existed in the Power before they found expression in form. In the One all things are, and they choose the conditions necessary for their expression. Were this not true, there would not be conditions of order and uniformity which are termed, natural law. The ONE chooses the necessary environment that it may produce determined results.

Before any results were, Life could say: "I am Algae!" or "I am jelly-fish!" *Man in evolution*, is a term to apply to every form of Life. Mind in manifestation is each individual thing of every species.

Evolution is the Conscious Mind's observance of the operations of the Unconscious Mind. Mind materializes individual things from Itself. These things are materialized in orderly and ever repeated methods. These methods are called Laws, and the order is termed, Evolution. These Laws are but Human perceptions, and Human interpretations, of these Methods of Nature. They are therefore Laws only of the unfolding Human mind, and are imposed upon nature as her Laws. They are Nature's Laws only so far as the methods of unfoldment in the Human Mind are reflections of the Universal Method in Nature.

So-called natural Laws reach no farther into nature than the mind perceives that named the Law. When one goes still deeper into his own mind, he finds another

**There is an Inmost center in us all,  
Where Truth abides in fullness.—**

*Browning*

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law that renders his previous one untenable.

Science is therefore but a record of the perceptions of the Human Mind and is not, as commonly supposed, a study of objective phenomena. Man can deal only with himself. The phenomena upon which science is based is but the sensations of the scientist himself. So-called natural Laws are the perceptions of that order in which the Universal Mind becomes conscious through the individualized mind of Man of its own processes of unfoldment. There are no Laws and there is no Nature, outside Man himself, because he is the only *self-conscious* manifestation,—is the only SELF-CONSCIOUS MIND.

All else but Man is the Unconscious, the Undifferentiated, the Impersonal, the Homogenous ONE, which is neither power, nor life, nor intelligence, nor love, nor truth, but is the possibility of all these, and a million other at present undreamed of manifestations. Things must come that IT might be even Power, but it is not power till conscious mind comes to recognize and realize it. Unity has no consciousness of Itself. Man alone, of all the manifestations of Unity, *is Unity conscious of Itself*. "Man is spirit conscious of Itself," says Hegel. These possibilities the One is not conscious IT possesses, until they unfold into Human Consciousness. The steps of this unfoldment, from the homogenous to the Individualized, from the Human point of view are termed "Evolution."

The water on the mountain top is destined to reach the sea. No ob-

stacle can prevent it. It flows to meet and then to avoid obstacles. But God (Life or Energy) is to express Itself in Self-consciousness, and, being Infinite, it materializes conditions for each step of the way it travels. Why? Never to be answered. IT IS. The beginning of wisdom is to perceive existence. IT IS. *I am*. Why I am Man and not fig is never to be answered save by saying: "I am one with all that is, and I *am* fig, and fig is I, because both are one in the One. Existence is the beginning of all philosophy. IT (or ALL) is, and IT has ever been. Creation is impossible. One Substance has ever been and ever will be. Beside IT nothing else is. In the One Substance all possibilities are. These possibilities come into existence like waves on the ocean. Starting as a form of motion as yet unrecognized, after some evolution it has been recognized as protoplasm, or rissua, or some form that becomes a basis of the rock. For a while it exists in these forms, but ultimately through the gases passes back, like receding waves, till restored to the Original One in its original form. Wherever Human Intelligence makes a beginning, it names only a link in the Infinite chain stretching from the One to brute, and back from brute to the One.

"Thus on, still on, the current rolls,  
Through daisies blooming on the sod;  
Through creeping things, through living things,  
Through 'quicken'd spirits,' up to God."

From the One and back to the One. What is gained? Nothing if this going back to God means lost like a drop of water in the sea,—if it means loss of individuality.

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

Bradford Torrey

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If it means absorption and return to Universal Essence, God has played a game more foolish, and as purposeless, than the Greek's Tantalus, and Sisyphus. He has tied himself to a worse than Ixion wheel. The One never changes. The Unconscious cannot change. Man, the conscious, must change. Because Man is Man, he must unfold, just as God has unfolded. But God unfolds through change of organism. Man changes not organism but continues to improve through an organism that admits of infinite unfoldment on his part. Thus God *evolves* because he moves from simple to complex organism, but man *unfolds* through one organism.

What does all this evolution from polyp to man mean? It means that God has builded for Himself out of Himself and within Himself an individuality that is Self-Conscious. When that Individuality, which we term Man, shall drop the organism he inherits from brute, he will return to God, not to be lost in Him, not to be absorbed, but to manifest eternally the infinite possibilities which he, as a Self-Conscious Individual, possesses as an incarnation of God. All that God has been doing in the Unconscious, He shall do consciously through Man, and it will take all eternity for him to manifest all His infinite possibilities.

The One starts in the Human perception termed Evolution, in protoplasm, and ends in a Human brain. No farther will Evolution go. God's work is done save as he repeats himself along the same old lines. Any new lines of manifestation are in the *unfoldment* of the Human

Soul. Present latent possibilities of God will find only Human expression. God truly finished his work on the "Adamic day"—the day Man came. The Absolute can go no farther through Evolution and now comes the new day, the new dispensation, that of Individual Unfoldment, and each man as an Unfolding Soul carries on the work of creation and does all God has done and more; for, by adding Art to Evolution, he makes earth consciously an Eden.

Creation is but the manifestation of Original Substance in visible forms. This Substance is everpresent and omnipotent. Out of Itself it materializes all forms. As out of itself the atmosphere materializes the rain drop, so out of Itself Substance materializes worlds. And out of Itself the Human Soul materializes a visible body.

Scientists talk of seventy or more original elements. They are "original" only because chemists have not found the way of reducing them still farther, till they are lost in the One. But the discovery of radioactivity is fast eliminating from the mind these scientific limitations. Radium reveals that it and other so-called elements are but temporary forms of radiations in the One and, like the more common forms, are capable of transformation or conversion into other forms. Nothing is permanent but God. All must at last be resolved back into Spencer's "Ultimate Reality." Unity cannot have "original elements." Seven, or seventy, would make diversity and destroy all theories of Unity. "One God, One Law, one

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

*Elizabeth Stuart Phelps*

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Element," is the Affirmation of present philosophy. Each thing is more or less of God in manifestation. Not more or less of God in reality, but of God in manifestation; for behind every manifestation, even the smallest insect, is all of God. The fly is God manifest. We are to think of Man not only as God manifest, but as God manifest in Self-consciousness. We are to think of Man as the Conscious God. We then correctly estimate his place in the Universal manifestation of Life.

Nothing has been added to the One that Man may be. In the One from the beginning of manifestation slumbered not only Man but all the various forms that are. All Life was present potentially then as now. Says Emerson:—

Once slept the earth an egg of stone,  
And pulse, and sound, and light was none;  
But God said, "Throb!" and there was motion,  
And the vast mass became vast ocean."

God's *thought* entered chaos, and Thought evolved to Man. Science follows the footsteps of Eternal Thought. It is our privilege to deal with Thought itself. All attention heretofore placed upon externality will be placed upon that Inner power—Thought. Instead of studying the body of Man, the Soul will be recognized and studied.

All study heretofore placed upon matter will be placed upon Mind. The study of Motion will be confined to the highest form known; namely, Thought; for Thought controls all the lesser forms. Man will live from the Interior and not as now from the external. Then, knowing himself as Mind, he will live as Mind,—will consciously live

in the Mind-world as he now lives in the external world of illusion and shadows. Ideas are the only realities. He will live in them and when he wills they will materialize as his thoughts as God's thoughts have ever been materializing.

\* \* \*

Affirmations used by the audience at the opening of each session of the New Thought Federation Convention:—

With reverent recognition of my birth-right, I claim my sonship with the Almighty.

I am in harmony with my Source.

The Infinite Health is made manifest in me.

The Infinite Substance is my constant supply.

The Infinite Life fills and strengthens me.

The Infinite Intelligence illumines and directs me.

The Infinite Love surrounds and protects me.

The Infinite Power upholds and supports me.

I have the freedom of the Sons of God. With all that is in me I rejoice and give thanks.

God and man are the all in all, now and forever more.

\* \* \*

Life-long insistence upon six maxims is regarded as largely responsible for the success of Joseph Jefferson. These are:—

The surest way to score a failure is to imitate some one.

Never act to or at your audience. Always act for them.

Never try to gage the intelligence of your audience by the price paid for seats.

Always keep the promise you make to the public.

Always do the thing you can do best. No lasting success can be gained if anything of vulgarity or impurity is permitted to tarnish a performance.

—New York American.



I, grateful, take the good I find;  
The best of now and here.—

Whittier

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**"NOW" HOME ECHOES.**

This is my last evening in the Home and I wish to express my thanks and appreciation of the help I have received here. I know I shall always be stronger and happier hereafter for the lessons I have had here. I came into the Home broken down in spirit and my health was breaking down under this depression of mind. I feel that I have now a good foundation and will be able to demonstrate that which I have learned. I see that you are each not afraid to express the affection you have for each other. I like this. I have always repressed the love I really felt for my family. I will, when I go home, let them know that I love them. I realize that only through expression can I grow. Before I came here I imagined that you were a very serious people. I never dreamed you were such a jolly crowd. I like this free, happy atmosphere and shall carry it with me.

Mrs. G.

Coming here tonight I was delayed first by the car running off the track, then by waiting at the station on account of that. It seems that it is thus in life. We get off the track and this causes delays all along our line. In looking at my life it seems as if I was never on the track till I found this truth. It took the "NOW" classes to put me where I belonged. I am on the track and intend to stay there. I am so much better in many ways that I am happy all the time.

Mrs. C.

Once when I was a little boy (and I am a little boy in thought now, tho' a big boy in body) I found a chrysalis and brought it to my father and asked what it was. He told me it was a winter cover the caterpillar had woven for itself and that if I watched it I would see it turn to a beautiful but-

terfly. He told me to take it up to my room and watch it. To my surprise, one day a butterfly, with beautiful colors, was flying around the room. No longer need the worm crawl about, for it was lifted up above old conditions and soared in freedom. So is it with us. We have sometimes lived submissive to body, as worms of the dust," "of the earth earthy." I used to think I was but a speck. God was all; I was nothing. I didn't want to be anything. Then came the sleeping time—the chrysalis time—I didn't believe anything. At last I awakened to the consciousness that I am Spirit. Like the butterfly, I was newly born into freedom. I found the Light. I have mastered my environment. Mastered all conditions and know I am Spirit and live in Love and Truth.

SAM.

I once thought there should be but one business, but one teacher, but one in every line of work in a community. Now I know that numbers but increase the demand. Every advertisement of one implement calls the attention of the people to the fact of implements and they seek the best. The more the general interest the greater the demand for Truth. Every teacher in New Thought lines helps the work of every other teacher. There is an increased interest in the study. Rightly seen there is no competition, for we are all one in Truth and all helping each other. This is the "NOW" position. The more there are to teach and write, the more the vibrations increase, the better for each one of us, for we live in the universe of vibrations.

RAYMOND.

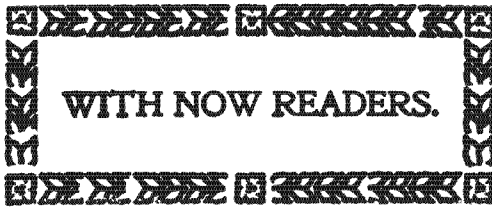
My first experience in healing was when I was a little girl. My aunt had a headache and she suggested that we children sit in a circle with her in the center. We did so and were told to think she was well. Auntie explained it all to us. We sat twenty minutes when aunt said the pain had all left. Curious to know what thought we had held, she asked us severally. My little cousin Allen said: "I kept saying to myself, She's all right! She's all hunkidory!" Now when I am ever not up to my ideal I say to myself: "I'm all right! I'm all hunkidory."

LENORE.

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

T. B. Aldrich

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You say in "Dollars Want Me" that I should change my attitude toward business, and say "It wants me." I am a piano tuner and have canvassed for business. Shall I quit canvassing?—A. M. A.

To quit, is not changing mental attitude toward business but is quitting business. To change your mental attitude, think of business as wanting you, as waiting for you. When you go out, go not to seek it, but to be drawn by it. Business is to be done first in the mind, and thus it is created in the external.

I have an office and but little business. How will I obey the principles in "Dollars Want Me" and draw patients.—Dr. W. D. H. B.

Do business in your mind during business hours. Be ready for business at those hours. In the real world—that of thought—see your self full of business and successful. By being business yourself, you draw business. You must polarize your thought and become a business magnet, then business wants you as the needle wants the pole. This is done through concentration by *doing* in mind that which later will do itself through your body. Mental habits manifest in conduct. Create the habit of doing business and you will soon do it.

I thought I was well over my physical troubles when lo! there is a recurrence of them. Your little book on "Self-Healing" tells me they will occur. Can I prevent this?—Mrs. A. M. B.

Certainly. You are doing it. Each time you swing around the circle the disturbance will be less. "Consider the lilies, how they *grow*."

They grow out of old conditions. So must you. We cannot jump. But the greater your concentration upon health; that is, the more perfectly you forget old conditions, the sooner you will outgrow them. They will fall off when neglected. Ills grow by cultivation. Cultivate lilies and lilies will grow. Cultivate aches and they will grow. Grow well by thinking health.

I left a prescription to be filled at the drug store. It contained eight ingredients. I was told that it would take one-half hour to put it up. I walked a block while waiting and, while looking in the window at a dry goods display, I saw the druggist putting up the medicine. I saw him put only three common articles in and heard him say, "That is enough for her." It made me so indignant that I immediately walked back to the store. The bottle was there filled. I told him what he had done and refused to take the bottle. He did not deny the fact but said: "You did not see me." But I did. I did not think it unusual at the time, but do now. What was it?—Mrs. E. G.

It is called clairvoyance. It can be understood through telepathy. The thought of what he was doing and of his surroundings was in his mind. You came enrapt with his thought. You were negative through the concentration at the window. The personal matter of his thought struck you like a blow from the hand, and took shape in your mind as it had already done in his.

I am out of a situation. Shall I hunt one, or say, "A situation wants me," and wait for it?—Will B.

At all times keep commonsense uppermost. If situations are running about looking for men, then wait for one to pick you up. But I recommend that you say, "A situation is wanting me. I shall be led to it, or some notice will come to me of it." Then, with confidence that the situation *is*, go about the matter as

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

William Lloyd Garrison

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any other sensible person would. When you have created the situation in your mind, it will have power to materialize, either by impressing you to take some steps, or by sending some person or word to you, of its existence. New Thought does not change the laws of conduct or of business. It simply puts us in harmony with those laws so that Thoughts become a conscious power in our hands. "He leadeth me!" does not absolve us from responsibility nor relieve us from effort.

\* \* \*

Upon receipt of twelve cents to pay postage, I will send a copy of **HEALING CURRENTS FROM THE BATTERY OF LIFE** to any New Thought or Spiritual Science Circle in the world where it will be freely circulated. It is proving itself of true worth by healing the sick and I desire that it shall preach the healing gospel to as many of God's Beloved as possible. Address College of Freedom, 6027 Drexel Ave., Chicago, Ill.

\* \* \*

Your little booklet, "Dollars Want Me," came promptly to hand. I was so well pleased with it that I loaned it to Mr. C—, a Chicago editor, and he is so well pleased that he immediately sent for one. I have given mine to a nephew who is just starting out to make his way in the world, so I enclose a dime for another copy.—*Angie J., of Ill.*

\* \* \*

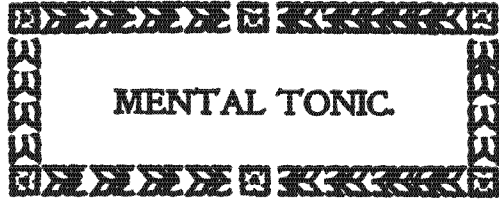
**The Stronger Helps. \* \***

Benignant skies and strong magnetic suns  
Abet Life's wondrous story;  
Meantime the stream, where bitter water runs,  
Adds greatly to the glory.

The mellow gladness of a radiant June  
Sets all the pulses singing;  
But needful lashings sanctify the tune  
Angelic bells are ringing.

Thank God for summer days and loving friends,  
Life's most delicious leaven;  
But frigid sorrow hath diviner ends—  
It lifts the soul to heaven.

—FARRINGTON.



Teacher: "Have you looked up the meaning of the word 'imbibes,' Fanny?" Fanny: "Yes, ma'am." Teacher: "Well, what does it mean?" Fanny: "To take in." Teacher: "Yes. Now give a sentence using the word." Fanny: "My aunt imbibes boarders."—*Ex.*

"Absent-minded?" exclaimed the woman whose husband worries her. "He is the most absent minded man that ever lived. He's the kind of a man who, if he were going to the Klondike, would be as likely as not to leave the cook stove behind and take along the refrigerator."—*Washington Star.*

**BETTER THAN ST. LOUIS.**—A bookkeeper in New York has a sweetheart in Hannibal, Mo. The other day an office associate asked him where he was going for his vacation this year. "To Missouri," said he. "Ahl going to see the World's Fair, eh?" "No," he answered. "I'm going to see the world's fairest."—*Ex.*

A family in the city was seated at dinner when the door-bell was rung. The maid went to the door. It was noticed that there was considerable parleying, and on her return the master of the house said: "Well, Bridget, who was it?" "It was a gentleman, sir, looking for the wrong house, replied Bridget.—*Philadelphia Ledger.*

Rapid disappearance of coal from his bin alarmed Major Higgins, and he determined to trace it. He questioned the man who tended the furnace. "Rastus," he asked, "where do you reckon my coal has disappeared to?" Erastus scratched his head thoughtfully. "Wal, suh," he replied, "Ah—Ah—Ah reckon dem squihels done took it." "Squirrels? Take coal? Nonsense!" "Yasseh, squihels, Major Higgins. Dat was nut coal, suh."—*Chicago News.*

A lady in San Francisco engaged a Chinese cook. When the celestial came, among other things she asked him his name. "My namee," said the Chinaman, smiling, "is Wang Hang Ho." "Oh, I can't remember all that," said the lady. "I will call you John." John smiled all over, and asked: "What your namee?" "My name is Mrs. Melville Landon." "Me no memble all that," said John. "Chinaman he no savey Mrs. Membul London. I call you Tommy."—*Watchman.*

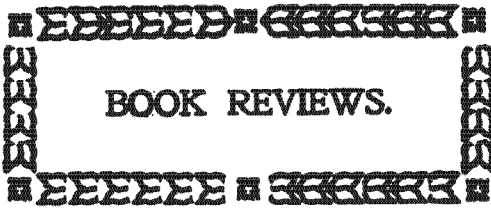
**A CARROL-ETTE.**

He thought he saw a damsel fair,  
Who carried a bottle of ink,  
He looked again and saw it was  
His mother's kitchen sink.  
"I'm glad it isn't a girl," he said,  
"For she had such a naughty wink!"

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

Bayard Taylor

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[Books and pamphlets received; will be acknowledged in this column. Those for which we have space will be honestly noticed.]

**THE PERFECT ROUND**, by Frances Allen Ross. pp. 128. Price, postpaid, \$1.05. Sold by the author, Honey Falls, N. Y. This is a fine collection of New Thought essays. I would like to make copious extracts for NOW, but when I begin I find no place to stop. The titles of the chapters convey some little idea of their value:—"The Nature of Man," "Health," "Our Center," "The Perception of Truth," "The Relation of the Ideal to Growth," "The Perfect Whole," "Man His Own Star." Here are a few sentences taken at random from the book: "True science assumes the divinity of matter as well as of mind. Body, mind and soul are of one substance and equally divine, for each is but a different manifestation of the same Spirit. We are the Ideal because we are the Word made flesh. The goal of life is not achievement, but self-expression. Let us not copy our own or another's past, but throw ourselves unhesitatingly into the present with buoyant faith and whole-souled activity. The faith that is of any value I must put into operation this minute.

**WHY WE SUFFER: THE REMEDY. HOW TO GAIN HEALTH.** Two books by Katherine Holmes. 2 Jane St., N. Y. 22 pp. 25c each. These little books are written from an advanced New Thought point of view; are strongly affirmative of man's power over his environment; full of helpful suggestions and written in an attractive style. This extract shows style and thought:—

Your greatest assistance comes through knowing your source, and how to unite with it at any moment. This source, the One Universal Spirit or Life, is the All, the Substance back of

all expression. But you are here. What are you? Your inner Self is that source or Spirit. This One Universal Life is Harmony, Good, Opulence, Power, Love, Strength and Health.

Harry Gaze has resumed publication of *Life Culture*, a journal of Life and Joy, teaching how to live forever. \$1 a year, 10c a copy. Address, Harry Gaze, Los Angeles, Calif.

*Nautilus*, Elizabeth Towne's fine, spicy and frank little paper is enlarged to regular magazine size. This is welcome news to all who love the thought and sparkling rhetoric of this author.

*The Washington News Letter* has been changed in form to regular magazine size with fine cover. The article is left off. It is now *Washington News Letter*. It is the organ of the Reformed Christian Scientists and is filled each month with lectures by Bishop Sabine and quite liberal articles by members of his staff. Its motto is, "*Unchain the Truth.*"

Each month since Albert Brandt purchased *The Arena*, it has improved. No better magazine typographically in the market. Its contents for October are rich. The one of deepest present interest is the Symposium upon the pending election. It shows how men equally honest, loyal and intelligent can differ upon political methods. The chances are that the reader will agree with the reason of neither. The article by Joaquin Miller on The Chinese Exclusion Act is worthy of consideration for it deals with a question of much deeper import than is usually supposed. The article of most interest to lovers of the Principle of Justice and their kind is "The Golden Rule Factory." New Thought is there made practical. Mayor Jones, of Toledo, did what thousands have tried and millions of Christians declared impossible. That is, he demonstrated that the Golden Rule was workable as a business proposition. The two pages devoted to this furnish one of the most valuable contributions to economics that I have seen for a long time. *The Arena* is now a net magazine; that is, it has no club rates. \$2.50 a year.

## 4 months for 10 cents

**THE NAUTILUS** Is a unique monthly magazine, standard size, (now in its seventh year,) devoted to the realization of *health, happiness* and *success* through spiritual, mental and physical development.

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**Ella Wheeler Wilcox** is a regular contributor to **THE NAUTILUS**. She writes one of her grand New Thought poems for each issue.

**William E. Towne** writes regularly for **THE NAUTILUS**. His "Individualisms" and "Briefs" are an important and highly prized feature of every number.

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