

THE WORLD'S NEW THOUGHT JOURNAL

SEPTEMBER

10 cts.

\$1<sup>00</sup>  
A YEAR

# 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

PUBLISHED BY  
"NOW" FOLK  
NEW THOUGHT CENTER OF PACIFIC COAST  
105 STEINER ST., SAN FRANCISCO

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From all Life's grapes I press sweet wine.

Henry Harrison Brown.

# NOW

A JOURNAL OF AFFIRMATION

Vol. VI.

SEPTEMBER, 1905.

No. 3

## No Portion, But All.

"Son thou art ever with me, and  
All that I shall have is thine."

Thine the daisy and the rose,  
Thine the honey and the bee,  
Thine the sky at evening's close,  
Thine the sky-reflecting sea.  
Thine the wind and bending branch,  
Thine the bird and its evening song,  
Thine the sleeper and the trance,  
Thine the bark and current strong.

Thine the body and the soul,  
Thine the thinker and the thought,  
Thine the Unseen and the Whole,  
Thine the All! There is no Naught!  
And I am thine—my life, my breath—  
But since I'm thine, thou art my SELF!  
"Thy all is mine!" my Spirit saith—  
"I the rock and thou the delf!"

I am thine and thou art mine;  
Eternally thus are we one!  
Closer are we than sun to shine,  
Closer than father and the son,  
Closer than effect to cause,  
Closer than breathing is to life,  
Closer than Nature to her laws,  
Closer than Passion is to strife.

For, one in Thee, I am the Cause;  
One in Thee, effect am I;  
One in Thee, I'm Force and pause;  
In Thee I am the light and sky.

All thine is mine! And mine is thine;  
I cannot think, but thinketh Thou!  
Thy life in me is fruit and vine;  
But fruit and vine is in Thee now.  
Then why this separating thought?  
Why have I said, "My portion give?"  
Since we are ever one, then naught  
I lack. We evermore are inclusive.

I all possess! Since Thou art all,  
Thy All I am, forevermore.  
I've naught to ask, I need not call,  
There's naught to seek, naught to implore.  
But One? That One in Thee I am!  
Am all I ever sought or prayed!  
I'm Human, in that I am Man!  
Divine in Thee. By Thought I'm stayed.

By Thought? Aye! God is Absolute.  
I am the thinking, loving One!  
By Thought I'm Human! Soul's Divine!

By Thought as Conscious God, I've won.  
I am that which I am, by Thought;  
As Love, I'm one, with all my kind.  
As Life and Power I'm Being, wrought  
By action of Eternal Mind.

HENRY HARRISON BROWN.

\* \* \*

## What is and What is Not New Thought.

There are many cults, schools and gatherings under the "New Thought" name. They are continually increasing. Each new and successful movement ever has attached to it those who take its name for gain, so there are those attacking themselves like barnacles to a battleship, to this movement, and others that cannot live an independent, but must have a parasitic life.

It is a natural result. The scientific explanation is not hard to find. Were there not demand for these parasites the supply would not be forthcoming. The great ship of NEW THOUGHT can carry all the marine and submarine parasites that may choose to attach themselves to it, and be not in the least hindered.

Now that astrologists, phrenologists, palmists, mediums, fasters, health-foodists, physical-culturists, regenerationists, reincarnationists, mystics and many self-styled fakers and unnamed cults, have attached themselves to the movement, calling themselves New Thought, it is time NOW place itself distinctly on the line and state what, in its opinion, is, and what is not, New Thought.

NOW is a *journal of Affirmation*. It teaches a present Heaven. Its philosophy is based upon the Affirmation: *Man is spirit here and now, with all the possibilities of divinity within him,*

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

*Marcus Aurelius*

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*and he can consciously manifest those possibilities here and now.*

Therefore, in the "NOW" Philosophy nothing can be New Thought that is not in harmony with this Principle. There may be ten thousand methods of applying, ten thousand ways of practicing and ten thousand ways of consciously living this thought, and they will be New Thought, because they are methods of arising in the One Principle, *i.e., the Present Divinity of the Human Soul.*

Whenever any teacher, book or movement comes forth, placing any limitations on this soul, by advocating as necessary certain beliefs, methods, rules, rites, regulations or limitations, such movements are *not* New Thought, but old thought. It has been the custom from time immemorial for men to regulate the conduct of themselves and others. Tyranny is old and wrinkled, gray with the centuries. Its name once was king and priest; now it is "Founder," Leader." It is Rule, Regulation, Method. But now, as in all the past, its shibboleth is "Thou shalt," and "Thou shalt not." Its tenets are prefaced with a "Thus saith!" be it by Lord, man, book or teacher. The old thought is based upon some form of tyranny. Any method that claims to be New Thought, and by so much as a thought limits Freedom of Human Expression, is not New Thought, but old thought masquerading in the guise of the New. The ass in the lion's skin cannot keep itself unknown. Some ear will slip out. Every cult claiming to be New Thought that lays down a rule or a limitation in any form is showing the ass's ear. It is *not* NEW THOUGHT.

For one to claim to teach New Thought and tell us that the stars control human destiny, that we are guided by spirits, or are controlled now by results of past incarnations, or to prescribe fasting, or to establish rules as to what one shall wear, or eat, or follow, and to put forth dietetic or hy-

gienic rules, is the old tyranny of "Thou shalt" and "Thus saith the Lord," in modern guise. NOW will have none of it. All those who have faith in the soul, and in the Principle of Truth and Love, are emancipated from all limitations, save those which each individual chooses to place upon himself.

Out of the One mind which finds inlet into each Human intellect, out of the one Soul which finds expression in each Human affection, comes Truth. No Soul was ever yet given Truth for another; neither was one human soul given authority over another.

The New Thought rests upon the Divinity of each Human Soul. It has no authority save that which comes as Truth to each Soul. We believe that to each individual is given the expression of Truth which he needs at the present moment. We refuse to be limited by any formulas, or to accept any directions. We leave behind all belief in the supremacy of the external over the Soul. We have no allegiance to the old thought of control by circumstances. We bow not to any appearance, and yield to nothing of less vibration than this Soul Itself. "I AM DIVINE" will not allow him who so affirms to degrade his divinity to a fast, an isolation, a rule; will not allow him to be afraid of any food, place or condition. "I and my Father are one!" What my father is I AM; I am It NOW. I fear no evil, for I will not create it. I control circumstances to my will.

This is NEW THOUGHT. It is living the old thought of divinity, heaven, mystery, peace, Truth and Love, Now. Living it Now. The Soul its own Master.

Can you come up to this? If not, you are loiterers by the way.

"Many are called but few are chosen." The new dispensation is not the old revamped. It is the dispensation of liberty. Freedom from all limitations. The New is the awakening of the Hu-

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

Eva C. Hulinz

73

man intelligence to the fact that each person is now a Son of the Most High—a Child of the One. “Beloved, now are we the Sons of God,” said one of old time. He realized the fact. It has taken two thousand years to bring this truth into a more general realization. All who realize divinity as a present fact will live as such sons. They who do not will live as sons of the flesh, and subject to the flesh, devising rule, rite and limitation, and subject to the flesh. The New is the emancipation of the Human Soul from all bondage—is the acceptance of the divine inheritance here and now.

Faith in the soul will neither allow the giving nor the receiving from another any authoritative command.

Faith in the Soul will not allow the individual to think what he will do in any time but the present. No true believer in the divinity of the Soul and its ability to meet the requirements of every moment, will plan or arrange for any future, but will trust the soul to care for the future when it shall become now, just as it trusts the soul to care for the Now that is.

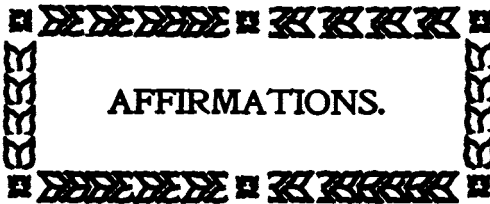
Babes in faith are those who tell you what to eat, to wear, how to bathe; that you must fast, must sleep, or *must* do anything.

Especially are they to be avoided who teach you that you must submit to odd, strange and dangerous ceremonies; who have great secrets to impart; who promise in a short time to make you an adept; who have books of ancient lore to exploit; who will teach you how to develop personal magnetism so you can win anyone to your side; who will teach you to use your hypnotic power; who claim Hindoo education, etc. Every little while the press has some account of someone who, having been pinched by one of these teachers, squeals to the police. Demand creates supply. When people will not seek things which are impossible; when the common sense which each person possesses is used; when those who know what is fraud,

and what are genuine claims are consulted—then these vampires will disappear. With the great mass of excellent New Thought literature which is before the people, there is no excuse for one being thus deluded. A few dollars devoted to this literature would save much loss in dollars and much suffering. NOW has little sympathy to waste upon the victims of so-called “Mystics,” “Developers of Personal Magnetism,” “Hindoo adepts,” “Materializing mediums” and many other workers of the “Occult.” All we can say is: Let all such persons severely alone. Prepare yourself for protection by reading standard literature. Beware of anyone who comes to you with a claim to possess what no one else can give. Truth is not capable of any patent right. Any book noticed in NOW or offered for sale by reputable dealers, any leading NEW THOUGHT journal, if studied, will save all this cry of being “Humbugged.” The humbug is in the mind of the person who seeks the mysterious. There is but one road to the spiritual discernment, and that is unfoldment. The rose is spoiled by picking open the bud; so surely they are disappointed, “humbugged,” who seek by any process save that of gradual unfoldment to attain spiritual awakening. “Heaven is not reached at a single bound.” All any teacher can do for you is to inspire you with a desire to let that which you are unfold naturally. Such teachers we know must have no secret but *love*.

When you come to your own you are free. There is no *must* in your thought. You work not from necessity. You do because you love to do. You do what you love, eat what you love; Love directs all your conduct, because in Love alone is found freedom. In love is the filling of all law, for Love is the only Law Spirit knows. When you thus live as Spirit, you live above limitation. Enter into this thought: I am Spirit! I am Divine! I am limitless in possi-

(See Page 104)



**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.

**Vacation Joy.**

This is my day. It is the day of Good.  
This day is the best day of all the year.  
This is the day of rejoicing. The day  
of rest.

This is the day of companionship with  
myself.

Today I "loaf and invite my soul."

This is the day when I come into close  
contact with nature.

I am one with the breast that nour-  
ished me. The grass is my  
friend.

I am one today with the birds and the  
trees are my habitation.

I drink at the brook without cup; I lie  
on the ground without covering.

Today I am nature. The primeval man  
in me rejoices.

I let my thoughts come and go as go  
the winds in yonder tree-tops.

Books and men are afar. I know only  
the silence where I commune  
with God.

In yonder tall spires of green are my  
cathedral chimes.

I hear angel voices of the wind chant-  
ing in yonder branches.

The birds are my choristers; I know  
the thoughts they sing.

My organ music is the roar of wind  
in distant wood, and the near  
brook is my accompaniment.

But God alone is priest. My Soul  
alone listens.

O, how I share all this liberty! I am  
free! I am free!

No care; no anxiety! no business  
thought is mine. I'm free! I'm  
free!

He is here in all His glory. His man-  
tle is the floating clouds. His  
canopy yonder blue expanse

But where He is. I am! I go with Him  
afar, and now the stars are my  
resting place.

O, sweet Peace, how you fan my brow!  
How you rest my brain! How  
you press my cheek!

I am floating, floating far away from  
consciousness. Delicious joy! I  
am losing all Self in the joy of  
Being.

I'm lost! Dying, dying, in the "Joy of  
joys, the joy of forever going  
on!"

\* \* \* \* \*

I awaken! Is this really the old earth,  
my mother? Why, I seem newly  
born.

Filled with Life! O, Spirit of Joy! You  
have come to me that I "might  
have life and have it more abun-  
dantly!" I am filled!

Nevermore am I to know pain, care or  
weariness.

It is now to be always vacation time.  
Hereafter it is to be ever vaca-  
tion joy.

Eden is restored! Lost through labor,  
it is mine again through play.

I live in thoughts of joy and all I do  
is restful.

Each moment is filled with the joy of  
living. My life is the sponta-  
neous life of a child.

I play at books, office, shop and farm.  
Labor is joy! Labor is worship!  
All joy is mine!

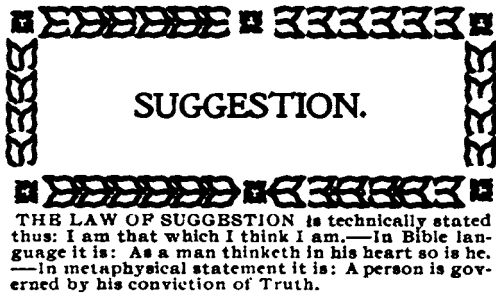
Rejuvenated, re-born, re-created, I re-  
turn to the simple life of the  
Soul.

Here is home! Here in the bush I meet  
God and henceforth I live One  
with him. Amen!

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

William Lloyd Garrison

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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.

### Suggestion in Daily Life No. 3.

#### Sleep.

Few human conditions are worse than insomnia. It is the forerunner of much that is inimical to health, happiness and success. It is an obstinate condition for doctors and from the use of drugs in this condition, millions are in torment. One physician tells us that 30,000 persons die of the morphine habit in the city of Chicago alone each year. Other cities are equally as bad. And there are many other drugs used, and worst of all, recommended, by reputable physicians. If ever a law was needed it is one that will protect the public from the physician's narcotics and surgeon's knife. Coming generations will look back with horror at the barbarism of the doctors, and at the immorality of the gynecologic abominations of the surgeon. No greater immediate benefit can Mental Science give the race, than relief from these customs through a knowledge of the Law of Suggestion.

For the benefit of those troubled with sleeplessness I write this Lesson. Remember the Law. *I am that which I think I am.* How long am I what I think I am? Just as long as I think it. Is not that simple? Then if I wish to sleep I must think I am that which I wish to be. In this case, I must think I am sleepy. This thought of sleep will put one to sleep. It is as sure as the law of gravity. Supposing I think I am wakeful, then I will be wakeful. Suppose I *try* to go to sleep, is not the

trying a Suggestion that I am not sleepy? That Suggestion will therefore keep me awake, for I tell myself that I am not sleepy, for when I am sleepy I do not try; I sleep. Therefore, as a remedy for not sleeping think, *I am sleepy*, and the thought will induce sleep.

The word "hypnotism" comes from the Greek, meaning "to sleep." But hypnotism is not a proper word for the phenomena of Suggestion. Sleeping is but one of the ten thousand phenomena that occur in human life under that Law. We should confine the thought of hypnotism to the single phenomenon of Sleep. Therefore, when you see the operator in Suggestion direct his subject to go to sleep, you recognize that the subject merely thinks, "I am sleepy," and goes to sleep. The time it takes for sleep to manifest depends upon the power of the subject to concentrate upon the thought of sleep. I have had those who would instantly go to sleep at command, others require a long time. But remember this, sleep whenever indulged is self-induced through concentration upon thought of sleep. It is impossible to keep awake when you say, "I am sleepy." Did you ever watch with a sick friend where you thought you *must* keep awake? You never so wanted to sleep as then. That "must" keeps you sleepy. Because of this when you are wakeful, and you say, "I *must* go to sleep!" that "must" will not let you sleep, for we can have mental conditions only through desire. Compulsion is not possible here. You cannot compel me to think, but you can compel me to act. "You must not speak so of grandma," said a mother to a little daughter. "You can't control my think," she replied. You can, but others cannot control your "think."

I give you this infallible recipe for insomnia. *Think sleep till you forget to think in sleep.* During the day think of night and bed with the thought, "O, how I shall sleep!" Prepare for bed

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

Francis Ellingwood Abbot

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with the expectation of sleep. Never tell any one that you did not sleep. Affirm: *I am sleepy*. Do not try to go to sleep. Think, if you find yourself awake when you think you ought to be asleep, "*Well, the Soul knows its business, and if I ought to be asleep, I would be. So let me think of something pleasant and enjoy this hour.*" When you shall bring yourself to this frame of mind, you will fall asleep, for under it you will relax and nature will care for the rest. Another way to forget your sleeplessness is to select some pleasant memory and concentrate upon that, live it over and in its pleasure you will sleep. Another plan which I have used is to repeat some poem over and over, letting its meaning flow over me very quietly. Once when thus troubled years ago, I concentrated upon the stanza from Whittier, commencing, "Amid the maddening maze of things." When later, there came another breakdown, I used:

"I know not where his islands lie,  
Their fronded palms in air;  
I only know I cannot drift  
Beyond his love and care!"

With some such thought in mind, calling it back when it would slip, till it becomes a habit for you to think it—till it thinks itself—you will find no narcotics necessary. Out of this condition will come a refreshing sleep; such sleep as is "tired nature's sweet restorer." A sleep that knits up all the ravelled strains of the day into a fabric of healthful joy.

Remember, it is the Suggestion of sleep that gives sleep. Affirm that which you wish to be, and thereby create the condition you wish. For Sleep affirm, *I am sleepy!* and repeat, "Sleep! sleep!" till sleep is yours.

\* \* \*

## Mental Tonic.

Yeast—What is the matter with your wife?  
I see she's got her arm in a sling.  
Crimsonbeak—Reckless driving.  
"Horse?"  
"No; nail."—Yonkers Statesman.

## PSYCHOMETRY.

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

### Second Series. Lesson 3.

#### Possibilities of Sensation.

Now comes the alleged discovery of a still further form of sensation, called by the describer, Di Brazza, the I-ray, closely allied to the N-ray, and given off the brain during certain psychic processes, such as concentration of attention.—*Journal of American Medical Association.*

Man is placed at the center of beings, and a ray of relation passes from every other being to him.—*Emerson in "Nature."*

The discovery of radīo-activity has stimulated investigation along all scientific lines. New radiations are being found constantly. "New?" What do we mean by "new?" Not new to Nature surely. Not new to the Mind that is manifesting through Nature. Not new to the Sub-conscious part of the Human Being. No. To all these it has been ever present from all eternity. But like the "New World" to Columbus, it is something Man has just realized through a new recognition of his own sensations. It is "new" only in the sense that it is paying attention to a sensation heretofore unnoticed. How many such discoveries may man make? They are limitless. The vibrations in the One Substance are infinite. Therefore man has only to create in his imagination any new ray, and he will find it by *creating in himself* the conditions through which he will recognize that which at all times has been present with him. It is not a new ray, but a new unfoldment of the human intellect. When Man says: "I am!" he little



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

Elizabeth Stuart Phelps

77

knows what he is. What am I? There is but one answer—I am that which I think I am.

The Universe is limitless. Human possibilities are limitless. There ever will be more things in the possibilities of the Soul than any philosophy dreams of. Then why not dream and seek and find the reality of the dream? I am teaching you to do this through these lessons. Once you drop the thought of limitations and reach out in desire, create in imagination, and then LET the created find material expression, you will recognize your power as "Conscious Law," to explore the universe with no other machinery than your nervous system.

Delicate instruments are in the laboratory, they move with the slightest action of chemical forces, but the nerve cell is still more delicate and is what the instrument of the scientist is not—the cell is intelligent.

Man has paid little attention to any sensation save those of the five senses. Some psychic investigators tell us now that there is a sixth and a seventh sense. I will go them so much better that I will say, there is but *one* sense. There is the Universal Sense; that sense which puts us in touch with all that is. But one sense, that of TOUCH. What do I mean by Touch? Let it be understood that Touch is the objective, and Sensation the subjective side of the same fact; Touch is Cause, and sensation is effect. Upon this fact there will be evolved a simple philosophy of life when this other fact is added, *i. e.*, that the Universe is to Consciousness only Sensation. All Sensation is caused by the touch of the various Modes of Motion, termed Vibration. To Consciousness there is only FEELING—Sensation. The one cause of all sensation is the Vibrations in the Universal One, term that ONE either God, Substance, Power or Intelligence. All the motions of this Infinity touch us. Each one of all these millions touch us. Therefore, we have as many

sensations as there are varieties of motion in the One.

The developing consciousness of child to manhood and the developing consciousness of the race, lies alone in the increased power to recognize these sensations. The recognition of a new sensation is in like degree a measure of human unfoldment. Along this line Humanity progresses.

Therefore, the definition at the head of this column is the Law of Life's unfoldment into consciousness of IT-SELF. Remember Hegle's definition of Man—"Man is spirit conscious of its own existence!" This consciousness is an ever awakening one, and manifests alone in the growing recognition of sensation.

A new sensation recognized, it is then thought about, and thus the intellectual powers unfold. But feeling first, then thinking, then reasoning, then application in action. From this it will be seen that the study of Psychometry is the greatest of all Sciences, and of all arts. It is the Science of Life. It is "The Art of Living."

In taking up this study, begin with paying attention to sensations heretofore unnoticed. Whenever you FEEL, seek the cause. A chill comes over you in a close room where is no draft; a feeling of elation, or depression comes. What causes them? You will soon realize that your universe of sensation is larger than you thought. Through sensation you will develop a recognition that you will name telepathy, clairvoyance, inspiration and intuition. The love of the Good, the Beautiful and the True will so grow that you will realize that the Kingdom of heaven lies within you and that you only have to feel for it and it is there. The writer of "The Acts" said this so beautifully long ago (Chap. 17, verse 27): "That they should seek the Lord, if haply they might *feel* after him and find him, though he be not far from every one of us." Through this feeling only is God, Spirit, Soul, Heaven found.



Evolution

I ask Thee not for days or years,  
 I ask Thee not for joys or tears;  
 But today, O, Lord,  
 Beat me on the anvil of Thy wrath—  
 And all along the upward path,  
 Give me Thy word,  
 Today!

I ask Thee not for good to come,  
 I ask Thee not a future home;  
 But today, O, Lord,  
 Beat me on the anvil of Thy wrath—  
 Yea, tear from me each crutch and staff—  
 Give me Thy word,  
 Today!

I ask Thee not for beds of ease,  
 I ask Thee not for bitter lees;  
 But today, O, Lord,  
 Beat me on the anvil of Thy wrath—  
 And 'midst thy making I will laugh—  
 Give me Thy word,  
 Today!

—SAM EXTON FOULDS.

\* \* \*

Is New Thought Limited?

"New Thought" is running into a series of affirmations and syllogisms that are so excessively silly they make even old theology appear sane by contrast. An affirmation is simply a declaration that a thing is so, whether it is so or not. The "new thoughtist" affirms, "All is good," "All is spirit," "I am God," etc. He might as well say "Alls a fake," "All's a crabapple," "I am nutty," etc. As affirmation merely asserts. You may merely cry, "Prove this isn't so," and you have the entire logic of the "affirmers."—*Social Thought*.

Exactly so, my brother! Remember your words! "Might as well say," "for they are Truth." You do not yet grasp the Principle. You are in the slough of details. The POWER to drive a mill is one with the Power to swing an ax. If Affirmations have any Power they are as powerful when one affirms pain as when he affirms health; as powerful when one affirms "All is Evil!" as when one affirms "All is Good!" Af-

firmation is but a statement of Truth. "Five time five is twenty-five!" is an Affirmation. What to you do with it? Prove it Truth by Demonstration. Mathematical Law will never vary, and the result is the same now, and forever. "Water runs down hill," is a statement of fact. But when I state, "All things tend toward the center of the earth," I state a law. So the law under which we affirm is the Law of Suggestion. *I am that which I think I am!* "All is Good!" is statement of a fact under this Law. Once the Law of Suggestion is understood, there is no difficulty with Affirmation. The editor of *Social Thought* is as fond of making Affirmations as the editor of NOW, because, he, like all human beings, lives under the Law of Suggestion. He must affirm what to him is true. That he thinks it is true; he lives true to it, because he so thinks. Remember! the law is announced in the present tense, and with the personal pronoun "I." The editor of *Social Thought* cannot think for me nor I for him. Therefore, if NOW in its Affirmation are "silly" and lack logic to him, it is so to him; but to me my Affirmations must be logical, because by LIVING I demonstrate every one of them to be Truth. When one shall say of any new thing, "It is a fake," this thought will so influence his conduct that to him it is that which he thinks it is. Remember! Principle is no personal matter. "All is Good" to me, because I will not think of anything in any other light. Therefore, all is good to me. I meet no evil condition. But to those who think of some portion of the universe as bad, their thought causes those results to come to them which they pronounce, "Bad!" This is a fact to me. Each thing, each condition is that which I think it! A picture, a piece of music, a statue, a natural scenery, is to the beholder only that which he in his unfoldment has power to see in it. Affirmation is merely using the Law of Suggestion to accomplish our desire.

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

Shakespeare

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just as building a dam on a stream and putting in a wheel is using the Law of Gravity to our desire. "Fool!" "Fad!" "Silly!" are words that greet every inventor, reformer, teacher. But still "Truth goes marching on!"

\* \* \*

Suggestion Cure.

*The American Practitioner and News* reports Dr. Guestt as telling in a recent discussion before the Louisville (Ky.) Medical and Surgical Society, this instance to illustrate how large a part psychology might play in disease: I have a brother-in-law who suffers every summer with hay-fever. He has a relative who believes in Christian Science. She told him that she felt positive that she could direct him to a woman, a Christian Scientist, who could cure him. He at first objected, because he hated to go to a woman physician. He arranged, however, to communicate with her daily by letter. When his hay-fever broke out, he suffered with it all that day and night, and the next morning wrote her a note telling her to put him on treatment immediately. When he returned that night he was improved and slept better. He wrote his second note next morning, and was much encouraged. The third day he repeated his letter writing and stated that the symptoms had almost ceased. And he was guying me about being cured by Christian Science when regular physicians could do nothing for him. The night of the third day, when he came home to supper, he found a note from the Christian Scientist stating that she had been in the country, and would put him under treatment the next day. Realizing that all his treatment had been only in his imagination, the symptoms reappeared with the same intensity as before.

Suppose these two brothers had been students of my "Self Healing Through Suggestion," would they not have intentionally cured this case and possessed it as a permanent cure? What man does instinctively he can do with a conscious understanding of the Law and its results. That is all any New Thought teacher is teaching men and women how to do. My system of "Soul Culture" teaches one how to use this principle of Auto-Suggestion as not only to heal, but to create for himself

environment to choice. "Imagination" did heal, but it did make ill before the healing and restored the illness after. The distinction of most potency between Man and brute is that Man has imagination and brute has none. Through the imagination all human progress is made. Thought is creative and mental images are realities. All Human achievements are first Thought builded in the Imagination, and then materialized. Mental Science is an investigation into the realm of Cause behind things. Thoughts are not things, but Things are the materialization of Thoughts. Thus are all human conditions thought created. Once this fundamental idea is held in the mind, all the rest of our teaching is easily understood.

I copied a series of rhymes by A. J. Waterhouse on New Thought in August NOW. I am glad to copy from the *San Francisco Call* this one, which is an echo of New Thought:

If you wobble a bit in the long, hard race,  
As even the best may do;  
If you are not a winner, or even a "place"—  
And that is my standing, too—  
Why, still it is better ahead to go,  
Short as to breath and painfully slow,  
Than to buck at the quarter or half, you  
know,  
And to stand with the useless crew.

If you're playing the game and are minus a  
trump,  
While the other chap's got them all;  
If the fortune awaited has come with a  
slump  
Of a species your soul to appall,  
Why, still it is better your hand to play,  
Though it's mainly composed of a deuce and  
a trey,  
Than to whine of your "luck" and complain-  
ingly say:  
"I won't play the cards as they fall."

I'm recalling a time when a horse had a fall,  
And a slower horse won in his place;  
And the man who played cards that were  
painfully small  
At last found the trumps in their place.  
So trot in the race, or the big game play,  
With a right good heart, nor know dismay,  
For Fortune at last shall turn your way  
And show you a smiling face.



## PHENOMENA.

### A Strange Hypnotic Experience.

While giving, in October last, a series of public lectures upon "Soul Culture" at B—ville, Kansas, a little station on the Union Pacific Railroad, an incident occurred unlike any I have ever before known.

In illustrating my lecture I had used Psychometry, Telepathy and Suggestion, and had developed several young men into fine somnambules. One Saturday evening, having no lecture, several persons had gathered in my room at the hotel, among them five of my subjects. Some experiments were tried, successfully, when it was suggested that I give them a football game, and then one said: "Let us see the game between the E—'s and the K—'s next Saturday." The boys who were my subjects were all familiar with the game.

They at once went to sleep, and I said: "Now you are on the grand stand, looking at the game between the E— and K— clubs. Game has just been called. Watch closely!"

This game was to be played the week following, and, as it was between two excellent clubs, it was well known that it would be an exciting one. The E— club was from a neighboring town, and at the beginning "my boys" yelled for E—. They watched the progress of the game, talking about the successes, failures and tactics of the two clubs; they saw the injuries to different members, and kept tally as they watched the results. They soon changed their cheers from E— to K—. Each one saw the game alike, and all joined in conversation as they would have done had the scene been real. They were fifteen minutes watching what they (when they awoke) and I supposed to be an imaginary game.

The following Saturday "the boys" and I, accompanied by some of the spectators at the hotel the previous week, went to see the play. Our surprise may be imagined when we saw the game begin and follow the same course as was seen by my somnambules. So exactly was this done that we knew what was coming in every change in the game. The same parties were "knocked out," the ball followed the same course, and results at the close were the same. Only two points were different, and those any spectator might have overlooked. These were, first, that, while the ball followed the same course, and the boys counted the tallies as they saw them made, the umpire did not count some of them; and, second, while asleep, one had said: "There's R—; he's got his knee hurt and is in the game no more!" while R— got his knee hurt a few days before, and was limping about the ground, and did not enter the game. These two facts only heightened our surprise. One young man, who was present at both the *seance* and the game, came to me in great excitement and said: "S— has the wind knocked out of him, just as the boys saw." This, early in the game, convinced us all that we were to see it played just as it had been reported a week before. These questions arise: Do events exist in the Mind-Spirit world before they occur in the world of sense? Or do they exist in conditions, and, when these are favorable, has the soul of man power to foresee future effects from present causes? I know of many cases where single individuals have foreseen incidents, but this is the only one where several persons saw the same thing and foretold, minutely, the particulars. Such facts open the door to a deeper vista into the possibilities of the Soul, and, consequently, of human life. Possibly, Whittier spoke scientifically when he said:

"The past and time to be are one,  
And both are Now."

—Henry Harrison Brown in the *Metaphysical Magazine*.

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

Elmer Gates

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## To Those Who Have Tried for the C.\*

Did you tackle that trouble that came your way

With a resolute heart and a cheerful,  
Or hide your face from the light of day  
With a craven soul and a fearful?

Oh, trouble is a ton, or a trouble is an ounce,

Oh, a trouble is what you make it,  
And it isn't the fact that you're hurt that counts,

But only—how did you take it?

You are beaten to earth! Well, well, what's that?

Come up with a smiling face.

It's nothing against you to fall down flat,  
But to lie there—that's disgrace.

The harder you're thrown, why, the higher you bounce;

Be proud of your blackened eye.

It isn't the fact that you're licked that counts;

It's how did you fight—and why?

And, although you be done to the death, what then?

If you battled the best you could,

If you played your part in the world of men,  
Why, the critic will call it good.

Death comes with a crawl, or comes with a bounce,

And whether he's slow or spry,

It isn't the fact that you're dead that counts,  
But only—how did you die?

—Edmund Vance Corlie, '88.

\*The poem hangs in the trophy room at Cornell University.

\* \* \*

## The Useful Life

Is the useful individual only that strenuous object who is constantly perspiring? Such a one does not, after all, accomplish much that is worth while.

It is not so much what work is done in the world as what influence is wrought, that is worthy of estimation. The infant binding together more closely the hearts of its parents; the school child sweetening the home; the adolescent boy and girl, opposing their beautiful, inexperienced idealism to the sordidness of life and its ghastly compromises; the husband maintaining his family; the wife rearing her offspring; the mature man (usually after forty) accomplishing the world's business; the venerable counselor; "the justified mother of men," who sits in her porch surrounded by her children and her children's children, while the rays of the setting sun touch warmly her whitened hair—who shall aver that any period of life, indeed, is without fruition—*Medical Lines.*

## The Power of Suggestion

Editor Medical World—When I perused the article from the pen of Dr. D. C. Summers, of Elm Springs, Ark., I was shocked to read that when a patient informed him that she was using \* \* \* with apparent benefit, he made answer, "And just about the time you get well you'll die." That remark was heartless and cruel. Does Dr. S. not realize or understand the power of suggestion? It was incontestably demonstrated to the medical profession of the whole world about 1860. In Paris, France, the medical fraternity petitioned the government to give them the privilege, for an experiment, of disposing of a criminal who was condemned to be executed, at the same time pledging themselves to use no cruelty. Upon the petition being granted, they tied the criminal into a chair, bandaged his eyes, then his arm for venesection, telling him that he was to be bled to death. When all was ready his arm was slightly pricked, when one of the doctors set a small stream of warm water flowing into a vessel so the subject could hear it flow, then they commenced making preconcerted remarks about the flowing blood, and when at last they spoke of the flow diminishing by degrees, and finally said that in a few more minutes all would be over, and then they remarked, "at last it is finished," when to the surprise of all, the criminal was dead in earnest—killed by suggestion, proving its power. Has any doctor who is consulted by a suffering human being the right to discourage such being? I emphatically say no. Our duty is to cheer and encourage, no matter how serious and questionable the case appears, or is in reality. A patient who has faith in the attending physician will watch the expression of the face during examination as well as listen to the words of the doctor, and the effect of either is left after the visit. Just one case as proof: I was attending a lady every other day; when she was improving I lengthened the time between the visits. Then her husband called on me wishing to know why I came so seldom. I answered, "because it is not necessary to see her oftener," when he remarked, "I am far from rich, but I will gladly pay you if you will come every second day, as then my wife will get well and strong much quicker, as she feels cheered and encouraged in every way after your visits." Dr. Summers and others like him would do well to try encouragement as a part of treatment, besides medication, instead of predicting death.—*Gertrude Hammond Harper, M. D., in The Medical World.*

# A man is rich in proportion to the things he can afford to let alone.←

Thoreau

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## The Humdrum Reason "Why"

"They never quarreled," the neighbors said,  
When old man Gray and his wife were  
dead,  
Their brows were wrinkled, their heads  
were white,  
But he was respectful and she was polite.

No day e'er passed but sweet words were  
given,  
Their love was true and their home was  
heaven,  
And smiles were plenty, and hearts were  
light,  
For he was respectful and she was po-  
lite.

And if they differed on points of skill,  
Home work, or husbandry, good folks will,  
He'd say, "well dear, it will all come right,"  
For he was respectful and she was polite.

Or if she was loath—women sometimes are,  
To give up the argument—scenting war,  
If she even frowned, he'd assume such  
fright!  
For he was respectful and she was polite.

So on they journeyed for eighty years,  
Of well-earned happiness; clouds and  
tears  
Were theirs, at times, but no mortal blight,  
While he was respectful and she was po-  
lite.

It might be called but a humdrum life,  
And she but a common-place, humdrum  
wife,  
And humdrum he, but they walked in the  
light,  
For he was respectful and she was polite.

There's a homely saying, a common phrase,  
And wise, that one often hears, "it pays"  
In all times and places, in shadow and light,  
To be respectful, to be polite.

—ALICE ROBBINS.

\* \* \*

## New Thought is Common Sense

There is a wide gulf between complaint of  
the cold and misrepresentation of the tem-  
perature and its effects. The Ego of me  
may not be shivering, but something is, and  
it is not a pleasant sensation.

To adapt ourselves to what seem to be acute  
conditions must be the part of common-  
sense. To be comfortable when it is cold  
and happy when it is hot, to feel very well  
indeed with a cut or a burn that has been  
lovingly and simply treated, are all possi-  
bilities.

To find fault with the weather, to worry and  
groan over a small hurt or a large one pro-  
duce very undesirable conditions, not only

upon the grumbler, but upon all who are  
unfortunate enough to be in the same envir-  
onment. Such an attitude toward the inevi-  
table is certainly very unscientific.

Equally so is that of the "demonstrating  
over" individual—the one with the superior  
I-know-it-all manner, who declares there is  
no pain and no matter, but who suffers in-  
tensely.

It is a mystery to me why these radicals do  
not demonstrate over the dirt on their faces.  
Why should one use water on one's skin  
when it is a reflection upon omnipotence to  
use it on a burn?

Why not let thought do all the little odd  
jobs?

Again, why do them at all when there is  
really no body to minister to?

Why not think eat, think drink, think sleep?  
Now I believe in right thought, but I do  
not believe in wasting time and nerve-force  
over the casting out of pain that can be im-  
mediately relieved by simple and conse-  
quently scientific means.

I also believe in the glorious gospel of com-  
mon-sense, and am truly proud to say that  
I dearly love and sincerely respect my own  
wonderful body. If I wound it I apologize  
as swiftly as possible and do all in my power  
to make it comfortable.

I am as opposed to martyrdom as I am to  
war, and if an apostleship were about to be  
conferred upon me I would ask to be named  
the apostle of "Feel Good."

Suffering is always caused by wrong  
thought, and the persons who prefer to add  
to their pain by a determination to "demon-  
strate over" a condition that can be eas-  
ily eliminated by a proper consideration of  
the case are off the track.

At least, this is the way it seems to me.—  
*Eleanor Kirk's Idea.*

\* \* \*

## The Father and I Are One.

Thy child looks up to Thee,  
Parent Divine,  
Work Thou Thy Will in me—  
Thy Will is mine.

Consciously do I work  
In tune with Thee,  
Joyously—though the end  
I cannot see.

Enough to know that Thou  
Dost dwell in me,  
Enough to know that I  
Am One with Thee.

To see the present step  
Is all I pray,  
My trust is fixed in Thee,  
Thou know'st the way.

—Lizzie Ducker Lyness, in *New Thought Sun.*

**"NOW" HOME ECHOES.**

How time flies. A month tomorrow since we left dear "NOW" Home for the mountains, and just think how much we have accomplished since then. With each overcoming we have been given a greater share of power \* \* \* so you see our stock of confidence is considerably above par. SAM.

\* \* \*

The other evening, while watching the development of negatives and pictures, I noticed how every little detail in the landscape was imprinted on the negative and brought out in the picture. It was there, waiting to be brought out when desired, and I thought, the negative is like the human mind. All that we see and hear is imprinted within us, waiting for experience to bring it out. Everything comes to make us stronger; thus we accumulate knowledge within, and when a great crisis comes in our lives we know that Experience, the great developer, has come, only to bring out what is already printed upon the sensitive plate within. Thus the picture brought out clearly and distinctly reveals to us consciously the power within.

Hereafter, let us take notice of only the true and the good. Imprint only these upon the sensitive plate within us. Thus we can convert our sensitiveness into power, for there will be no fear pictures to come up before us, but only the good, beautiful and true will stand out clearly and distinctly. Thus we will become peaceful, fearless, self-reliant, POWERFUL.

MAMA.

\* \* \*

Class and race distinctions are very slowly but surely dying out. As we

come into the NEW THOUGHT we realize more and more our Oneness with humanity. In this broad conception we recognize Soul only. Every body may not be my companion, yet I can extend the hand of good-fellowship to all. Soul unfoldment alone determines whether he may be my companion. A noble thought, a noble deed quickly brings the recognition of oneness in our love for the good and true. It is the same in spirit, no matter from whence it comes.

Soul unfoldment only can usher in the great spirit of Brotherhood, level all fences of prejudice and ignorance and create that which we are longing for—equality.

Let us all hold more strongly to the thought, I AM an Unfolding Soul, and thus bring into our individual lives what we desire the race to realize.

ROBERT.

\* \* \*

I had a boiler of water on the stove, and while waiting for it to become hot I busied myself about my other work. I was gone longer than I expected to be, and my little girl came running to me, saying, "Mama, the lid has lifted and the bubbles are coming out."

I understood perfectly what she meant. This fact presented itself to me clearly, and I felt that though our way of expression is not always perfect, it is better in life to get at the thought behind the words, and then we will understand each other perfectly. We thus touch the Soul, and all misunderstandings pass away.

What children feel and think comes out spontaneously. They never think about what others may think and feel about what they say or do. So with our conscious intelligence, let us have the spontaneity of childhood. Let us bring this quality more and more into our lives and let the bubbles out from within, like the water bubbled out from the boiler, into kind words and loving deeds—the feelings of the Soul. Thus all repression is removed, and

# Call this God; then call this Soul; And both the only facts for me.←

Browning

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our lives bubble over with joy and gladness. We thus can live the soul life now.

MRS. C.

\* \* \*

Just a few words expressing my appreciation of the "NOW" Home. It is ideal. Its atmosphere is packed with vibrations of power, love and health. The "NOW" Folk understand each other, and realize freedom and happiness through expression. Doubt, fear, pessimism, "don'ts" and suspicion find no place here. The soul is not subject to the tyranny of artificial rules and regulations. In the Love of Truth, and with confidence in the sustaining power of The All-God, heaven is demonstrated here and now.

CHARLES J. ANDERSON.

\* \* \*

## Federation Notes.

At the request of Prof. A. S. Weltmer, of Nevada, Mo., I wrote, as president of The New Thought Federation, the following, which I now copy from his *Magnetic Journal*. He circulated 30,000 copies of this Journal and is confident that there will be a large attendance at the Convention. I am sure it will be a meeting of worthy, interested and spiritual people. A meeting that will ever be a red-letter day in the life of each one present.

\* \* \*

## Health, Happiness, Prosperity.

For these the New Thought Federation stands. We believe this condition is the birthright of every individual and that he is kept from the enjoyment of it only through ignorance of his present powers and possessions.

The seers of all ages have believed in a Savior who would redeem the world from all ills. That Savior has ever been here; as fast as It is received, ill disappear; the name of this Savior is Truth. As fast as individuals unfold in perception of Truth they are redeemed in like proportion. When they come to a full illumination, then disease, poverty, and all unhappiness pass away.

"The kingdom of God is within you," said

the wisest Teacher, and he made also the declaration, "I and my Father are One." To realize this is redemption and regeneration, is the real "Kingdom of Heaven." The old perception of Truth is the basic proposition of the New Thought movement. It is a new realization of the ever present truth. It is a New Thought upon the immortal Truth which all seers have proclaimed. It is the practical application of all perceptions of truth that the twentieth century has inherited from all the past. Because the nineteenth century gave us the principle of evolution and the law of the conservation of energy we are now able to utilize the great treasures of past generations in a New Thought of Thought.

Thought, like all other forms of power can be directed to a chosen and predetermined end. New Thought may be expressed in a few words; I as a manifestation of the One Eternal Energy, have power to accomplish that which I will.

The only education needed is to learn how to use the power, I am. It is the mission of every cult in New Thought to so teach. That this new application of truth to daily living may become diffused among the masses, that teachers may come together for consultation and inspiration, that there may arise an awakening that shall rouse the slumbering materialism of today to the consciousness of a spiritual reality, we have united in effort in a Federation. Knowing the power of thought, we united that we may be felt by the world for good, and that a desire may be awakened in thousands who but for the publicity our Federation gives would not know what a gift of consciousness of interior power the new century has brought them.

"Where two or three gather together in my name, there am I (the Spirit of Truth) and that to bless." Believing this to be a scientific statement of a Universal law, we agree to meet in Nevada, Mo., the last week in September, knowing this spirit will be there. No intellectual tests imposed, no restriction as to belief, sect, sex, or condition. All who love the Truth well enough to trust it in themselves and in their neighbors, all who believe that the spirit of brotherhood is one with the spirit of God, are already members, in spirit, of our Federation. To all such the invitation is given, "Come and be One with us."

We believe that the opportunity of meeting each other, of communing together in spirit, of conferring together upon methods, ways, and means of employing the truth as we see it for the good of all, is compensation enough for the trouble and expense incident upon the meeting.

Each officer of the Federation is in sympathy with this idea of **Unity of Effort**. Unity



of method, or of thought, is not desirable. Individuality is the patent-right of our manhood. But one in spirit, one in love of truth, we then become one in effort. There can be no greater opportunity offered a teacher than to meet with us and feel that, hand to hand, shoulder to shoulder, we are a marching army. There can be no greater opportunity for the investigator than to come to the Convention and meet with many who have demonstrated truth in health, happiness and success. There can be no better place for the "Weary and heavy laden," for the ill and unhappy, than to come and for four days breathe in, spiritually and physically, the atmosphere of peace that prevails in our Convention. No more important gathering will be held in the United States this year than this New Thought Convention, for since thought is power, we shall intelligently send it forth to bless, to educate, to heal and to make happy the nation and the race. Come and cast into the treasury of humanity your gift of thought, love, presence, and material means and it will return to you an hundred-fold in health, happiness and prosperity.

\* \* \*

September 26, 27, 28, 29.

*This is the date for the New Thought Convention.*

*Nevada, Mo., near Kansas City.*

The new secretary, Ernest Weltmer, has taken hold of the work in earnest, and the conditions occasioned by the resignation of the former secretary, are fast being overcome. Mr. Weltmer writes this letter for those interested in the Convention:

The program is well under way, and all necessary arrangements are being made, and the officers of the Federation promise a better Convention than any previous one. Among those who have promised to address the Convention are Henry Harrison Brown, President; J. W. Winkler, Editor of Practical Ideals; Charles Filmore, Editor of Unity; Mr. A. P. and Mrs. J. C. Barton, Editors of The Life; F. G. Northrup, President of the Chicago Federation; Carl Gleser, Kansas City; Professor S. A. Weltmer and Dr. D. F. Howard of Nevada, Mo.; Dr. S. A. Carr, Editor of Medical Talk, Columbus, Ohio. Many others have been invited and are expected.

Every person interested in this Movement should not only make it a point of honor to attend, but should talk their neighbors into doing so. Only thus can there be unity of action that will make the New Thought a world power. A common meeting ground for the different cults will extend the influ-

ence and increase the power of each. Come to the Convention and compare your views with others. An exchange of ideas, in love, will help us all. Come mix with others; find out what each is doing, and take courage for an onward march. Come and learn that the chief difference between you and the others lies in the use of terms, and not in principles. Did we all see and express alike, this world would be a lonely place for us.

Our program will include speakers from every New Thought cult. None are barred because of ideas. All are equal here. There will be no condemnation of others. Each will state his or her views without seeking to confute his neighbor. We have no time, nor do we care, to pick holes in our neighbor's mental clothes. It will be a Convention of Affirmations of ideas, and not of antagonisms.

The people of Nevada are prepared to give the Convention a warm welcome. A large proportion of them sympathize with the movement. It is a town of 10,000, built on a northern spur of the Ozark Mountains. It has fine mineral wells and a beautiful park, which, with its surrounding scenery and fine climate, make it one of the favorite resort towns of this section. Board is both good and cheap at hotels and private boarding houses.

We have secured a low rate on many of the railroads, and hope to include the rest soon. The Secretary will gladly send you full information regarding railroad rates, board, etc.

We promise all who attend a good time, aside from the Convention. For particulars address me at Nevada, Mo. Yours for success,  
ERNEST WELTMER,

Secretary New Thought Federation.

\* \* \*

Through his poetry Whittier has entered the sacred experiences of countless human souls. He plays upon the heart strings of humanity. He sings of great faith in God, in mankind, in the future. Whittier is a seer. He catches the finer voice with which God's spirit whispers to the dull ear of the world. He puts that voice into words interpreting it to the people. As a man standing upon a lofty mountain summit sees what those on the plain cannot see, even so is it with Whittier. He has brain and heart and soul to see great visions. He tells the visions and inspires faith in others. As a seer, he is worthy to stand with the glorious Hebrew Bards. \* \* \*

A song of sweeter trust than his "Eternal Goodness" has never been sung. It is a magnificent cathedral-like poem. In it the poet puts his higher moral ideals of the love and tenderness of the All-Father.—  
*Northwestern Christian Advocate.*

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

Walt Whitman

86

**My Own.**

From near and far, o'er land and sea,  
I know my own is seeking me.  
I watch it in the sunset rays,  
At which through tears, perchance, I gaze.  
It lingers in the clouds above;  
I see it in each look of love;  
Each blooming flower and budding tree  
But brings my own again to me.  
I hear it in the ocean's roar;  
It shines with glory evermore.  
And thus, content, I pass along  
A path now glorified by song;  
More blessed with each succeeding day.  
For 't brings my own upon its way.

—F. B. H.

\* \* \*

**"A New Dispensation is Near."**

Under the above title Andrew Jackson Davin has an article in the *Banner of Light*, for November 7. It is a long time since "The Poughkeepsie Seer" has written anything for the public. Though by the record he is well along in years, he is vigorous in body, clear in mind and daily attends to his business. The following paragraphs are from his article. It is corroborative evidence of the fact New Thought teachers announce:

We are soon to pass into the embracing epoch of a New Dispensation. This coming era will bring to all humanity the only true and holy Savior—the guiding hand leading all mankind out of the darkness of ignorance and out of the wretchedness of accumulated evils—bringing to light, and organizing into practical, every-day existence, the immutable principles of righteousness, and, therefore, of universal peace.

Dispensations come from two co-operating and coequal fountains of causation—first, from the incessant, energetic momentum of the inherent principles of Association, Progression and Development; and secondly, from the powerful influx of thoughts and ideas emanating from the celestial congress of wise and philanthropic men and women in higher spheres.

The first is called "Evolution," the second is called "Inspiration."

Therefore be it henceforth understood \* \* \* that, ascending from the abysmal depths of Mother Nature, and that simultaneously descending from the Great Positive Mind, down through the countless inhabitants of the heavens, comes the approaching New Dispensation. \* \* \* It means a new era in the thoughts and practices of humanity. \* \*

\* this New Era is not to be identified by the

name of any individual. Wisdom takes on the diversified forms and phases of all known scientific, philosophical, theological thought, and every degree of intellectual and religious development. Wisdom, therefore, requires no embodiment and no personification.

\* \* \*

**Happiness.**

*Suggestion* of Chicago sent out a circular letter to many authors requesting an answer to the five following questions: 1. What is happiness? 2. Can all attain it, and how? 3. Is it right to seek it? 4. Is it possible under present conditions? 5. What is the chief object of life? My answers were printed in *Suggestion* for July, and were as follows:

From Henry Harrison Brown, editor of NOW, a magazine of advanced thought, 105 Steiner street, San Francisco, Calif.:

1. It is that mental state where there is no consciousness of self in the mere joy of existence.

2. Certainly, through concentration upon noble thoughts.

3. Certainly. And I believe it is the ultimate condition of every person.

4. No. The condition today is one of Necessity because man's ideals are low and he must be driven. But as he unfolds he builds higher ideals and is drawn into endeavor by them. Doing what one loves is happiness. Doing what one is forced to is the opposite. Happy persons live the ideal life and find all possible incentive in realizing that.

5. This question is not definite. If it means the chief aim of the individual, I answer—Happiness. Every human act is caused by that motive. Self-protection is a means to happiness. If the question means the aim of the Absolute in life, then I must answer—Human life has for its purpose the expression of the moral and intellectual possibilities of Infinity. It has for its purpose the conscious expression, in Love and Truth, the divine possibilities.

\* \* \*

My wife's kind regards to you; she has been in a state of suffering and sleeplessness for some nine days, but at last I set her right by mesmerizing. The effect was really wonderful.—*Letter of Tennyson in 1854, to his friend Forster.*

I have been mesmerizing her, which she says has done her a great deal of good.—*Letter of Tennyson to Mrs. Cameron, from "Memoirs," by his son.*

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

Whittier

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A Song of Now.

Sing, O my Soul, this story!  
A song of thy joy's increase!  
Now is thy home in glory,  
'Mid the sweetest flowers of peace.

Sing of the rest that's given  
The good, the brave, and the strong.  
Sing as they sing in Heaven!  
Thine Now is the angel's song.

Now is the time eternal!  
Now the Good Time to be!  
Now, all the joys supernal  
Are waiting for you and for me.  
—Florence Shaw Kellog.

Fay, Kansas.

\* \* \*

Power in Money?

Just where the line should be drawn in the vast accumulation of wealth I am not prepared to say, but it does seem that the modern tendency and modern conditions allow wealth to run to an extreme. It isn't the money so much that these men are after who have made great fortunes as it is the power that great wealth gives them. That is what they seek—power.—*President Patton, Princeton Theological Seminary.*

In connection with this extract, read these sentences from "*Dollars Want Me*," and see if this Theological President has struck any new lead in thought: "Personal ideals must of necessity differ; yet since money represents objective power, its consideration must enter into every ideal of success. \* \* \* In regard to money, regard it as merely the power that keeps business going. Welcome its coming and its going. It never does its work until, like water in the stream, it has passed under the wheel. *You* alone are power. Money has only a delegated power. You direct its expression. Change your attitude toward money. It is not 'the almighty dollar.' Almighty Power uses the dollar. \* \* \* The prevalent attitude is *want* for the dollar \* \* \* belief that dollars are power. This must be outgrown, and the attitude must be that *All power is in Man*. Dollars are machines with power delegated to them by man."—"*Dollars Want Me*."

A "Stuffed" Criticism from the Editor of  
"A Stuffed Club," Dr. Tilden.

SELF-HEALING THROUGH SUGGESTION.  
By Henry Harrison Brown.

Much of the Self-Healing taught in books like this one is common knowledge among the informed. Much of Mr. Brown's book is a compilation of New Thought platitudes, possibly clothed in the author's individual style of word painting. \* \* \* In spite of contradictions, the labyrinthian maze of mental gymnastics that accrues around the God thought—the antero-posterio-bilatero-infero-superior high kicks, sidesteps, and somersaults peculiar to New Thought, this book is good. Everyone can learn something worth knowing by reading it. All who read the almanac, Chase's receipt book, Domestic Medicine, or take Munyon's specifics, Old Blue Pills, allopathic specifics, or have become faddish on physical culture, or gone daffy on the subject of food, should send 25c to Mr. Brown for this book. And if they swallow the whole thing they will have a better insanity than the one they lose by reading it. The New Thought people are doing a great and grand work. They are people better to live with, eat with and even to sleep with, if necessary, though as crazy as a loon on New Thought, than the stupid, stuffing, odoriferous ignoramuses graduated at the schools of doping and stuffing. If people must be unreasonable, let us have the New Thought variety, for they are better citizens; and when they get over that craze they will naturally swing to a middle ground; not many will swing back to drugs and almanac prescriptions. Some may think this a rough criticism to be followed by a recommendation to buy the book. I will add: There are many people with Dr. Somebody's Domestic Medicine in their houses. These books cost all the way from \$2 to \$10; Henry Harrison Brown's little 25c book is worth a carload of them, and if they wish to make money—quick money—have better health, they should use Domestic Medicine to build the fire and buy SELF HEALING THROUGH SUGGESTION, for there is much of value in it, and the part I do not agree with is better mental excelsior than the junkshop material that it is supplanting all over the country. \* \* \* Suggestion is all right. No man ever succeeded in doing anyone good that there was not an element of Suggestion in the cure; but to say that Suggestion covers the ground, and will cure without any other help, is simply the gentle zephyrs of inexperience twanging the strings of a mental harmonica out of unison with truth.

\* \* \*

Freedom is its own eternal law—John Hay.

# Obstruction is but Virtue's foil. The Stream impeded has a song.←

Ingersoll

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## The City Boy

God help the boy who never sees  
The butterflies, the birds, the bees,  
Nor hears the music of the breeze  
When zephyrs soft are blowing.  
Who cannot in sweet comfort lie  
Where clover blooms are thick and high  
And hear the gentle murmur nigh  
Of brooklets softly flowing.  
God help the boy who does not know  
Where all the woodland berries grow;  
Who never sees the forest glow  
When leaves are red and yellow;  
Whose childish feet can never stray  
Where Nature doth her charms display.  
For such a hapless boy, I say,  
God help the little fellow!

—Exchange.

\* \* \*

## Waste of Vitality in Talking

Vitality is Life, and we needlessly use and extravagantly waste it in many ways. In our manner of walking and talking we expend much more strength than either demand. The very Life passes out in speech and superfluous talk, and is a waste of vital force. The kind of talk has much to do in the matter as to how exhaustive it may be. Life is given to each, moment by moment, for necessary needs; but when a person uses this up in talking nonsense, there is loss. By talking and discussing actual needs, one will have his portion of Life supplied, but not for needless purposes. Excessive blossoming of fruit trees prevents a good crop, and may prevent fruit altogether. So it is very often with many; vitality runs wild in word-bloom and bears no fruit.

Have you noticed how people often tell the same unimportant thing over and over; for example, the one who is not balanced well mentally? Did you ever notice how trifles are magnified by a world of words; how things that need not be spoken of at all are dragged out into gossip; how a worthless non-essential is argued and disputed over? And then, shortly after, have you noticed what an exhaustion follows?

The more the expression of thoughts and feelings is condensed, the greater power they have. A certain amount of steam properly compressed would do a great amount of work. So it is with the vital force of the body.—*Dr. Burke, in Health.*

\* \* \*

## Medicine Experimental.

The history of medicine teaches that any and every method of treatment has always been followed by a method based on exactly opposite principles; and it further demonstrates that all these differences have been

upheld by fanatic adherents with the same fervor, under cover of equally good statistics, so that as a matter of fact, every form of treatment, at least in the opinion of its chief supporters, may justly claim identical value as to efficacy and healing virtue.

The above paragraph is from a new book, entitled, "The Physician and Bacteriologist," by Prof. Dr. O. Rosenbach of Berlin, translated by Dr. Archiles Rose. Compare it with this statement from the editor's book, "Self-Healing by Suggestion!" written before this work was translated.

Page 8. The benefit of medicine is assumed not proven. Its administration is purely an experimental one. Pathology, therapeutics and hygiene, are constantly changing. There is a constant elimination of that which heretofore, believed beneficial, is now declared worthless by medical experts. What was used by the fathers is rejected by the sons. Patients recover under treatment of all schools and under no school; they die with the doctor's care and without the doctor. There is as much unrest, evolution and change within the medical profession as in other fields of thought and investigation. It may safely be affirmed that whatever *gains* the present generation has made in health over previous ones, have come from the increased intelligence of the whole people; from improved methods of housing, feeding, dressing; from improved sanitary conditions and a public spirit interested in the general welfare.

\* \* \*

## Suggestion Cannot Change Character

It is hard even to make a thief an honest man; it is harder to make an honest man a thief. This illustrates finely the dependence of the whole treatment by suggestion on the existence of the moral impulses. Suggestion depends for success on arousing the moral impulses to greater strength, for when Suggestion opposes the moral impulse it is sure to fail. My own experience has given me full proof of this, and the fact is important, as it is a safeguard against its criminal use. \* \* \* Suggestion has a large field of usefulness.—*Dr. John D. Quackenbush, of Columbia University.*

**Thought-Transference and Mental Healing**

If one thought can be transferred to another mind, then all thoughts are capable of such transference, under the operation of the same law. Therefore, if the fact of transfer can be satisfactorily demonstrated for any kind of thought, we may readily see that a thought possessing healing power can be transmitted from one mind to another. When such a thought is received and accepted by the other mind, it must become a true healing process. This claim is a legitimate act of mental healing. Thought-transference is its instrument for action. If we refuse to recognize either thought-transference or mental healing, we must refuse the other also, for they stand or fall together. \* \* \* The laws of action in thought-transference are neither mysterious nor abstruse. They are so plain and definite in operation, that but little direct attention is required to enable any thoughtful person to test and examine the principle. When the investigator does this he comes into possession of a new accomplishment, and hereafter wonders never cease with him. It is as natural for thought to be transferred to other minds, and be received by them, as it is for sound vibrations to extend and be heard; and to the mind that understands the principle it is as easy an accomplishment to receive a thought as to see objects in the light. It is no so familiar an experience—that is the only difference.—*From a fine editorial by Leander Edmund Whipple, in "Wiseman" for July.*

\* \* \*

**Four Illustrations of the Power of Suggestion**

A business gentleman from the southern part of California came to San Francisco for the purpose of having a surgical operation. A friend urged him to attend one of my Sunday evening lectures. It was new to him. But from it he decided not to see a surgeon. Went home. Practiced what he learned that night, and writes to his friend that he is practicing the Now Philosophy as far as he understands it, and that it "works like a charm." That he wants no other way. "Some seed fell upon good ground and brought forth fruit an hundred fold."

A young married man who came to our Home and resided for five weeks, writes this under date of Reno, Nev., July 13, 1905—For twenty-six years I had been physically weak, and had always been given that Suggestion, "You don't look strong!" and "You don't look able for this task," were frequent statements to me. For years I had lost four months or more each year from my work through sickness. Almost

three years since I was in "NOW" Home, and I have not lost a day through sickness during this time. I do not allow any Suggestion regarding my strength and health to affect me save for good.

BEE DE HART.

A lady in the hot belt of California is a student of my mail lessons, and under date of July 19, she writes—I have during the extreme heat suggested to myself that tomorrow I would be immune to the heat and would forget it. I certainly felt no discomfort the next day, when others were almost prostrated. In many other ways have good results followed this practice of Suggestion to myself. MRS. JENNIE E. BEALL.

The daily press is responsible for the following story: Recently there was an earthquake in Pasadena, Cal. After it was over some ladies from the east, learning they had passed through an earthquake, fainted. Now the question arises: What caused them to faint? It was not the earthquake, for it had passed, and they had experienced no after effects till they were told what it was. There is but one explanation, i. e., Suggestion. They suffered from the effect of their mental conditions. The only way anything occurs in the body. Thought is the only reality in such cases.

\* \* \*

**The Mission of New Thought**

is not only to heal the sick but to destroy poverty, destroy sorrow, uplift your fellow, making of you a missionary of the Gospel of Love, Joy and Peace, sending you out into the byways and highways, letting your words of comfort and your thoughts of good bring in those who are in need. And it means this: God Almighty leadeth me, He leads me from the morning until the night and from the night until the morning, He leads me in my business affairs and He leads me in my reasoning, in my religious thought and in the vicissitudes of life, whatever they may be, gives me a thought and reliance in God Almighty that I can lean on Him and in Him and realize that I have a father in Heaven whose hands are stretched out to all. All you have to do is to grasp it and He saves you and He leads you and He protects you in every department of life. What a beautiful thought that is!—*Oliver C. Sabín, in Washington News Letter.*

\* \* \*

The New Thought Primer is interestingly written and very useful to the student as a condensed history of the growth of the New Thought movement from the author's view-point. Its author, Henry Harrison Brown, the Editor of "NOW," is an earnest worker and a forceful writer in the interest of New Thought.—*Weltmer's Magazine.*

\*\*\*\*\*  
EDITORIAL.  
\*\*\*\*\*

Autobiographical.

How I Healed Myself.

Because of nervous prostration I was, in September, 1892, obliged to resign my position as minister and seek health in comparative seclusion. Because of a nervous breakdown in 1870, when I was healed through the wisdom of another, I was familiar enough with Truth to have avoided this second breakdown, had I once learned to demonstrate the Truth I knew. But, like thousands today who accept our New Thought Principles merely as intellectual statements and do not put them into practice in daily living, I held then as intellectual perceptions only the Principles I now LIVE.

Thus, while I said, "This is true!" I allowed cares, troubles, worries and many peculiar and trying conditions in my life to so encroach upon my thought and time that I at last found myself in a condition worse than that of any person it has been my privilege to meet. Medical friends with whom I have exchanged confidences tell me that it is rare that one in that condition ever rallies. Enough of this, for I do not like to dwell on those memories. There is no condition so difficult for the patient to bear as this of nervous prostration. None where friends have so little understanding of his needs.

I sought a distant city, where I was comparatively unknown, took a furnished room, boarding at restaurants, and devoted myself for six weeks to attaining self-control. A little while previous it had dawned upon me that while I had been preaching "The Indwelling God," I had lived in the old belief of "an absentee God." I thus became ill. "If God dwells in me, why am I sick?" was the question that forced itself upon me, till I was forced to reply,

"Because I do not trust him!" If God is in me, then I can have all the life I desire. I have only to know how to obtain it. The thought gradually developed itself into, "If God is in you, why, you are *now* all you desire!" And I began to reason how to be in expression that which I was as "The Indwelling God!" Soon the words of Jesus came to me, "According to thy Faith be it unto thee!" "Faith in what?" I asked The Indwelling One, and it answered, "Faith in yourself as God manifest!" I determined then and there to trust the Power that was in me.

I think, amid all the changes in mental attitude I have made during my life, this was the most difficult. Like most people, I grew up in the belief in externals. God was in the universe, but He was outside myself. I was taught obedience to parents, teachers and laws. I was very approbative. I looked for authority for all I said and did, outside myself. There was in me but little trained self-reliance. I was firm only through conscientiousness. Combativeness and firmness were not developed save in the moral realm. I was *afraid* to do wrong. And this is the condition of the great majority of the "moral" people. Authority had been my reason for doing and thinking till I was thirty. I then began to think for myself. But to change the location of God from his throne in Nature, and there giving his edicts as Natural Laws, to the throne where Jesus placed Him, within my soul, and to consider my desires as His Laws, was the greatest of all possible changes in my mental world. Then, to gain the courage to so declare it, and to affirm, *I am God!* was the hardest battle I ever won. I was never a believer in theology. Raised by a father who was called an infidel, I could not be. But I was scientific and analytic, and was as much a slave to my reason as the devotee is to his creed. But when once the thought of "The Indwelling" possessed

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



W. C. Henlev

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me, I gave up to it, and soon believed in God, *as my personal Self*.

Oh, how long it takes for an idea to really become ours! The more scientific, the more analytic one is, the harder it is to turn about, "repent," and work from the opposite point of view. One of the most difficult psychological problems in my life is this question, Why did it take me so long to grow into the idea that the "kingdom of God is within" me? Raised under liberal ideas, early attending Universalist Church, I never, after I was ten years old, having any fear of hell, it should have been easy for me to so think. During my service as a soldier in the Civil War I grew more liberal, for my chum was far advanced in liberal ideas, and while in the army I grew into the conception of a heaven all about me in the presence of the so-called dead. In 1870, during my sickness, through the opening of spiritual faculties, I became conscious of spirit presences, which consciousness has never left me. At that time there came the greater conviction, which has since voiced itself in the great Affirmation upon which all my philosophy is based—I AM SPIRIT.

For fifteen years I lectured from this conviction, and yet the realization that I was to look for Power *within* did not dawn upon me. I still looked without for guidance and for help. For two years I was at Divinity School, Meadville, Pa. There I found delightful teachers and companions. Grand opportunities. I broadened along old lines, but found no new ones. I became more firmly convinced that I was on the right track, and so cheerfully kept on. No change of mental attitude occurred while at school or in the pulpit. "God and I are one!" was often on my lips, but no conception of its application to Life dawned upon me. I did not look to the One *in* myself. I sought to *understand* the One, and my understanding was limited to my ability to reason upon phenomena about me. Later I learned to trust the God within

me and *let* results explain the Why. I delayed my unfoldment by seeking to know the Why before I acted. Now I have learned to act, and get my answer in the results.

Since 1870 I had been conscious of both special and general inspiration. Through this form of telepathy I have been to a great extent taught my present philosophy. I was accustomed to the "spiritual breath," knew the "divine afflatus" which everyone knows who lives as spirit, in touch with souls. But all this time, strange as it now seems to me, I never once thought of the "Indwelling" as my Supply.

In 1895 I first came in conscious touch with my own soul as the source of Intelligence and Power. But that is another story, which I will tell you some time.

Thus I passed years of mental strain and much suffering before the intellectual hull was broken—before my reliance upon external authority passed away and the spiritual germ within came into expression. That first expression was when the *conviction* burst upon me that *God was really in me; that I was in reality God manifest in the flesh*. Before, this had been a logical conception; now it became a reality. This is the GREATEST CONVICTION possible to man. It is the *all important thought*, "God and I are one!"

This conviction was long unfolding. The First time the words attracted my attention was when I saw them in the "Graduation Hymn" by Rev. W. P. Tilden when I left Divinity School. That stanza became fixed in my mind, and "God" had a new meaning to me from that time.

O spirit of Jesus, our brother and friend!  
Thy spirit, thy love, thy fidelity lend,  
That we, too, may rise from the perishing  
clod,  
And find ourselves sons of the Indwelling  
God!

I had never so found myself, but those words stayed with me until I did so

**When'er I meet my sailing peers,  
"ALL'S WELL" I to their hail reply.—**

*Edith M. Thomas*

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find myself; but I was then broken in health, unhappy and most miserable every way. One morning when the worst of all possible mental conditions possessed me, and I felt, like Job, to curse God and die, in the midst of my agony the conviction was borne in upon me, "Why, I *am* the Indwelling God!" and I exclaimed aloud, "I am the Indwelling God." A state of ecstasy came upon me such as has rarely been mine. And I said aloud to myself, "If I am the Indwelling God, why am I sick?" To answer that question for myself and you has been my work for thirteen years. What a revelation it brought me. I now see that only the agony of years could release the wisdom of the Soul and cause me so to exclaim. I bless all the conditions of pain that brought this realization.

Now we go back to that furnished room in 1892. I settled myself, sat down and talked to Henry Harrison, just as if I were talking to a patient in my charge. This method I followed till I attained self-control. It is to enforce this thought of Self-Mastery in my reader that I write this reminiscence.

In thought I placed my Sub-conscious Self as teacher before my Conscious Self, and in the consciousness that I was the Indwelling God I talked to and gave directions to the Conscious Self. I used these words, whose echo comes to me now whenever a doubt of my power would enter my mind: "Now, Henry Harrison, I am going to take care of you. I am the God within you, and me you must obey. I am Life. As Life I built your body, and now you will let me as Life cure your body. I have each day my orders, and you will obey them. You do not sleep. Sleep is necessary for the restoration of your body. No more insomnia. You will be regular in all your habits. You will retire at 8 p. m., and lie till 8 a. m. No matter whether you sleep or not, this much you will do. You will make a business of getting well. At 8 you

will rise, bathe, take a walk, and spend much of your time loafing out of doors in the sun. You will take your nap each afternoon. Understand! This you will do. for I *know*!" And I make Henry Harrison mind. I talked to him each day, till he understood and grew better. Whenever any nervous conditions came upon me, I seated myself and talked to myself thus: "Now, sir, sit down and sit there till you get quiet!" I did it. If I made any nervous motion, I at once said aloud to myself, "Keep still!" I obeyed, just as I would have obeyed a doctor. And whenever anything came up that I was not prepared for, I would say, "Now, God, take care of me!" and in trust forget that I did not know what to do. I always did something that I now know was the best to do.

I went to sleep with the thought, "I am cared for!" And I was. I soon awoke in the morning refreshed. While I often wondered where the Indwelling God would lead me, I ever knew that "He leadeth me," and never worried. With beautiful wisdom I was led, for while I was asking how and where, without money I would pass the winter and find needed rest, companionship and recreation; there opened most unexpectedly the most delightful conditions among the most congenial companions. These conditions lasted till April, and thus I learned that in material things I could "trust the current that knows its way"; that the Indwelling God could not only care for my body, but for my environment also, and He would be my Supply. From that day my trust has grown, till I can affirm, "The Lord is my shepherd, I do not want!" This state of mind insures at all times health, happiness and prosperity.

So I ask you my reader, since God is in you, why are you sick? Why are you unhappy? Why are you wanting in any direction. Make it a personal question. Create a personal God. He is, but He is your own soul. So think of



**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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yourself, and then LET that Personal God have his way through you. "If the light in thee be darkness, how great is that darkness," the Teacher exclaimed, and then said, "Let thy light shine!" This is all that is necessary to attain Health, Happiness and Prosperity—affirm: "Let that which I am have expression." All Light is within; all Power is within; all Truth is within. All the conscious man has to do is to so trust himself as to LET that which he is find an outlet in liberty. Liberty is found only in self-trust. The Soul is All. It possesses all God's power. Emerson tells us to trust it when he says, "Trust the current that knows its way!" God knows, but he knows only through the Soul. God is life, but only in the Soul. God is Love, but only in the Soul. I am Soul. I am Love. I am Wisdom. But I am these because I am only God in Expression.

Though I am much today in expression, I shall be more tomorrow and tomorrow and so on forever. I personally learned, as all must, through sorrow and pain to trust. I healed myself through LETTING the Soul have its way in outward expression. Much did I do in defiance of custom, authority, and much where I had to lay aside reason, that results might tell me why. For, I said, "Desire is God's demand," and I let desire direct me. I learned later how to direct desire, but I learned only through experience. Now I have faith in the Soul, my Soul, your Soul, God's Soul, in each Human being. No matter how great any achievement, I know there is a greater tomorrow. These lines of Emerson will fitly close this sketch. They express faith in the Soul's possibilities:

And fairer forms are in the quarry  
Than Phidias released.

\* \* \*

Society never decays from the lower strata up, but from the higher down.—*Rockland Independent.*

**Morality of Suggestion as an Art.**

*From an article by A. A. Lindsey, M.D., in Medical Brief for January.*

The whole article is a most excellent reply to those who fear Suggestion can be used for immoral purposes; that it can be used for evil. He emphasizes the one fact which alone prevents such use, i.e., Character. This is the permanent factor. Nothing that Conscience does not approve will be received by an individual as a conscious or an unconscious Suggestion.

It is inherent in the soul to ever strive to maintain moral and physical integrity, and, therefore, when that intelligence is brought uppermost, all reforms suggested co-operate with that which is, the soul's nature, and find reception. However, if a man with a high standard of morals were to place himself subject, day after day for six months, as a subject, hearing Suggestions contrary to a high standard, he would come down to the standard suggested. This is demonstrated in thousands of cases, without hypnosis or a trained suggester. For the best and purest, if placed in environments of the unclean, and retained there, will become like that which is constantly before his eyes or within his hearing. He, at least in some degree, partakes of the nature of that which is ever before him.

Even if it be true that an operator could, if he had the opportunity for six months to give bad Suggestions, destroy the high moral standard, how is he to get that opportunity? Who is going to place himself under the treatment of a pickpocket or any other sort of a criminal? Hypnosis even cannot be forced upon any person, man or woman. The deeper states are rare. Only after long experiment is forgetfulness possible. So there is protection to everyone, and this makes the misuse of Suggestion, even in the hypnotic condition, impracticable and improbable. If any person deliberately selects an evil minded operator and keeps himself under such treatment for months, evil results are possible, but he is himself to blame. The "ifs" in the case prevent hypnosis from being a partner in crime, or even a helpful agent.

\* \* \*

Self-Healing through Suggestion comes from Now Folk, written by Henry Harrison Brown in his own inimitable style, and contains many suggestive and beneficial lessons towards good health. Price, 25 cents. —*Vaccination.*

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105 Steiner street, San Francisco, California.

Vol. 6 SEPTEMBER, 1905 No. 3

# NOW,

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

Convention Sept. 26, 27, 28, 29.  
Lectures en Route by the Editor.

Henry Harrison Brown, on his route to Convention, will deliver addresses in Salt Lake City, Denver, Colorado Springs, Pueblo and Kansas City. He returns via Omaha, Lincoln, Helena, Butte, Spokane, Seattle, Tacoma and Portland. Friends of New Thought, and especially subscribers in these cities and nearby towns, are requested to arrange for lectures. He has until December that he can devote to this trip. Address "NOW" Folk. From this office there will always be communication with him.

\* \* \*

You have now the third number in the new volume. How do you like it? You can show your appreciation by sending a subscription for your friend.

Note carefully the advertisements in NOW, and when you answer any of them say you saw the advertisement in NOW. It will help us. We have now a circulation that will soon give us a good advertising patronage. And since NOW circulates among a well-to-do, thinking class, we feel that there are few better mediums for the advertiser than ours.

\* \* \*

Our news stand trade is rapidly increasing. Many dealers are doubling their orders. Call upon your nearest dealer and inquire for NOW. Suggest that he keep it, and show him your copy. You can order a few copies for him, and if they are not sold and you do not wish to keep them for free distribution, we will tell you what disposal to make of them for our benefit. NOW is the New Thought journal for the masses. Put it before them and they know their own. No more successful reform journal is in the market.

\* \* \*

We have on a separate sheet two lessons each in Suggestion and Psychometry, completing the course in last volume. We will send them to anyone enclosing a 2c stamp.

\* \* \*

Notice that for 10c we will send four back numbers. We have more of some months than we wish to bind, so send in orders early for numbers to give to your friends.

\* \* \*

### RAILROAD RATES TO CONVENTION

The following concession has been granted those attending Convention from most of the roads in the United States: Round trip rate for one and one-third fare one way. Tickets good for ten days. Pay full fare to convention. Get certificate from agent when you buy and have it countersigned at Convention by Secretary, and you will buy return ticket for one-third regular rate. provided 100 such tickets are countersigned. And we expect several hundred will be present.

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

George Eliot

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J. Stitt Wilson is continuing his classes in the city and having, as he deserves, success.

\* \* \*

Henry Harrison Brown being occupied with Sunday evening classes, Mr. Charles J. Anderson is taking his place these evenings at Odd Fellows' Building. He is drawing a large audience of interested listeners. He has recently lectured at Watsonville and Santa Cruz with success. Is open for engagements at any place within convenient distance from this city.

\* \* \*

July NOW has received so many compliments that we cannot begin to notice them. Now let every subscriber do a little work for us in the way of getting subscribers and advertising our books, and securing us patients, students and guests, and they shall have a still better magazine in the next volume.

\* \* \*

The address of the editor of NOW at the New Thought Convention will be entitled "*The New Emancipation.*"

A gentleman connected with one of the government departments at Washington, D. C., sending his subscription to Now, writes: "In this connection, let me say that your writings have been of more assistance to me than any influence that ever came into my life, and I feel constrained to express to you my most sincere admiration and appreciation of the work you are doing."

\* \* \*

San Francisco is now entering its most pleasant season of the year. Weather this month and from now on till next February will be delightful. There is a place here for all pleasure seekers, invalids and time-killers. California is large, and every taste can be suited somewhere. I like northern California best. And the Santa Cruz Mountains climate is as fine as that in a dream. Come, rest, grow and find happiness and health among us.

**"NOW" Folk, Incorporated.**

We are now a corporation working under the laws of the State of California. The capital stock of the corporation consists of our magazine, all the books and copyrights now published or to be published by us; all our class and lecture healing work; the "Mountain Home," with all the land and improvements thereon and hereafter to be placed thereon, with all the office and household furniture, libraries and paintings, and all the good will already obtained by us.

This course was necessary, that we might carry out the plans long held by us. It requires funds to develop the business, and we shall soon put stock enough on the market to enable us to build at the "Mountain Home" an addition to the hotel, some cottages, a sanitarium and a printing office. We feel that since we are but trustees for Truth there will be no lack of funds, and we cheerfully accept the duty of providing a *World's New Thought Center* for present and coming generations. The certificate of incorporation was most carefully prepared by competent legal advice, and covers every field of operation in which we may hereafter be called upon to labor. The following are the titles of the various departments:

1. Authorship.
2. Printing.
3. Publishing.
4. Teaching.
5. Lecturing.
6. Learning.
7. Healing.
8. Religion.
9. Telepathy.
10. Psychology.
11. Psychometry.
12. "NOW" Folk Centers.
13. "NOW" Folk Homes.
14. "NOW" Folk Health Resorts.
15. "NOW" Folk Sanitariums.
16. "NOW" Folk Hostelries.
17. "NOW" Folk Industrials.
18. "NOW" Folk Properties.

As fast as conditions admit we shall open work along such of these lines as we have not already begun. The field we occupy is as broad as human endeavor, and we shall never feel that our task is complete till every human be-

ing know himself or herself divine, and shall find opportunity to express that divinity along every line of possible unfoldment. Health, happiness and prosperity is to be the test of our work. "By their fruits" judge of all our movements. We have some stock for sale, and all who are ready in any way to further our enterprise may write us. We wish to sell enough to build our Sanitarium this fall and winter.

\* \* \*

"I have NOW for August, and wish to suggest that the first thing we do here is to fire drugs. Yet in my advertisement the first thing I find is that we cure "with drugs." Ye gods and little fishes! Think of it! For thirty years or more we have been trying to show the evils of the drug habit, and then to run up against it in NOW like this, is awful, and more awful from the fact that NOW teaches against drugs, the same as we do here. Kindly see the printer and "say things" to him that will result in correction. Yours very truly,

FRANK D. BLUE.

Mgr. Invalid's Home Sanatorium, Kokomo.

Lo! the perversity there is in types to go wrong. It should read "without drugs." "Out" was out in August, but you will see that "out" is in during September.

\* \* \*

The editor of NOW will be at the Convention. He can be away from home but a short time. He will give a few lectures on his route. He will take the Denver route on his way east. Those who would like him to stop off at their city, address him immediately.

\* \* \*

### Note Well!!!

"The Call of the Twentieth Century," the address Henry Harrison Brown gave at the St. Louis New Thought Convention, and "The New Emancipation," the address he will deliver at the Nevada New Thought Convention, are now in the hands of the printers, and will be ready for delivery in a few weeks. Two in one volume. Price, 25c. Mr. Brown considers these among the very best of his utterances. Address NOW Office.

"Unity People" of Kansas City, recently asked for contributions to amount of \$100,000 to build a Home for their work. *Unity* for August, says: "The contract for the property at 913 and 915 Tracy avenue, has been closed. We shall move to this new location September 1. The present two-story building will soon be moved to the rear of the lots, when active operations will be begun on the new building, which will contain a fine, large auditorium, healing rooms, business offices, publishing department, etc. Kansas City, Lovers of Truth have been generous, so that the first payment of \$1500 is now ready." *Unity* says:

Several have asked what we are going to do with that \$100,000 the generous people are sending us. We are going to build a Sanitarium, where Truth methods will prevail in healing invalids who are too sick to be treated at home.

We have long needed such a place, and now we are going to have it. It will not be run wholly on the free-will offering plan, as that may not prove practical in such an institution, but there will be free beds, the expense of which will be kept up by the surplus in the general fund, and other sources.

There is now no such Sanitarium in the country. The Homes of Truth are not Sanitariums, but schools and rest homes. They do not accommodate invalids where trained nurses are required. Special facilities for this sort of work are imperative, and there must be capital to carry it through. We have letters every day from people who want to come here and have Truth treatment, if they can be accommodated with board, room and trained attendants. The object of this Sanitarium will be to meet this need. It will be open to all healers who use mental and spiritual methods, and they will be allowed to come and treat their patients at will.

The new Unity Building is a move in this direction, but the Sanitarium will not be confined to local needs. It is to be all-inclusive, and the property of all people everywhere. It will be managed by a board of trustees, who will be appointed when the fund is large enough to begin the purchase of property.

We give hearty congratulations, not alone to Unity People, to Kansas City, but to New Thought people all over the world. Such a place IS needed, and this is a central location. May they

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

*Shakespeare*

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have generous donations for their work. All Unity says, we echo. "NOW" Folk have the same ideas and are working along similar lines. We wish to build our Sanitarium this winter, "among the redwoods," where all the care and assistance of wise instructors can be had in a mild and beautiful climate, with wonderfully beautiful scenery, to help in restoration. We do not seek donations. We offer our stock for sale at par.

\* \* \*

A gentleman connected with the Funk & Wagnels Company, New York City, sends NOW a copy of a letter he sent to a correspondent from which we take these sentences: "When you were in our office you left with the writer \$1, as subscription to the magazine NOW, which I recommended to you. Unfortunately the memorandum book in which I placed your address was mislaid. Later I found the memorandum. If you still desire the publication, which I consider one of the best in the New Thought field, I shall be pleased to place the subscription for you."

\* \* \*

Are you planning for the Convention? Send to Ernest Weltmer, secretary, for circular of railroad rates and program. Address, Nevada, Mo.

Are you a member? Then please write him whom you think will make a good President for next year. He should be an active worker, enthusiastic and well versed in New Thought, and above all, fearless. He should have time to devote to Federation work. I have not the time, and I positively request the members to find another man. How much money, time and effort will you pledge to next year's work? The Federation will be in condition to do effective work next year. It has not been this year because it was newly organized, and time and experience was needed to find its place and its work. If you are not a member, please send in your application for membership and your \$1 for next year.

I passed two days at "NOW" Folk Mountain Home, joy-full days, awe-full days, beauti-full days, inspiration-full days, responsibility-full days, prophetic days of power. Those giant redwoods—did I own them? No! Man can no more own them than he can own the soul of his fellows. He can destroy. As I lay in a cabin under them my heart was so full that it filled my eyes with tears, to realize that I was their guardian from the ax of the woodman and the fire of the careless; that I was trustee of future generations, to transmit them uninjured to posterity forever. To protect these groves for the future is to do more for humanity than were we to give millions in education or charity. "No! You shall never be destroyed. Ways will be opened for us to meet the payments for your liberty, so that you shall be here, an inspiration, as long as man has a Soul to love and be inspired!" was my declaration. But we have a task. Money in large sums is needed to develop our plans for this World-Center. Truth led us there; Truth placed it in our hands; Truth will enable us to meet the payments; Truth will erect the buildings and carry out our plans for a New Thought HOME Center. How? When? are questions with which I will not meddle. The Power *in* which we live and act possesses all, even the hearts of men. The business of the trusts, the bank accounts and millionaires, are His, and He can so move upon society that the means will come. It is ours to do *now*. That we are doing. It needs only that liberal people should know and see; they will then care for their New Thought World-Center. I returned to my office with strength. My Vacation Joy is expressed in this month's Affirmation. Come and FEEL the same with us, for we shall keep that Home open all the year. It is a most delightful winter climate, and especially suited to convalescents and invalids.

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

*Marcus Aurelius*

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See our list of books. 25c will bring any one of them to you by mail.

\* \* \*

Have you a copy of my little book, "Dollars Want Me"? If not, invest a dime in it. It is the guidepost on "The New Road to Opulence." "Repent!" said Jesus. This means, "Turn about!" It is the military command, when the troop is desired to go in the opposite direction, "'Bout face!" This title is a turn about on the road to wealth. "I want dollars!" is the common cry. This book teaches you that you are to think, talk and act from the opposite thought, then dollars will be plenty.

\* \* \*

The postage on the August edition of NOW was the largest we have paid any month since its issue. The July number awakened a new interest, and our friends are determined we shall have all needed encouragement, and are sending in subscriptions and orders for books. We were obliged to go in debt that you might have the magazine, and we are now paying the bills with these sales; every additional subscriber and every book sold helps us to the financial liberty we claim is ours. We started our business without monetary capital. It has grown, and now we feel we have a right to ask the only assistance we will receive, and that is for "value received," and it comes in the exchange of our products or our bonds for your cash.

\* \* \*

We have had a series of interferences with the new edition of "Man's Greatest Discovery," but we can now announce that it will certainly be ready for delivery the last of this month. A new edition of "How to Control Fate" will also be ready at that time. These books have met with a surprising sale, and we judge from present orders that this sale has but begun.

\* \* \*

Out of the darkness into the Light must come through telepathy.—*T. Shelton in Christian.*

Note carefully the Federation Notes, and arrange to be there.

\* \* \*

Charles J. Anderson closed his engagement in this city on Sunday, the 10th, and starts on a tour through Southern California, commencing at San Luis Obispo on the 16th and 17th of September, and thence going to Santa Barbara. Is open for engagements anywhere in that part of the state. He represents "NOW" Folk and their work. Will sell our books, take subscriptions for our magazine and arrange for those who wish to visit the "NOW" Folk Mountain Home as guests, patients or students, or to invest in our enterprise. All who wish a fine speaker and teacher along New Thought lines can address him at his permanent address at this office.

\* \* \*

Henry Frank of New York is delivering a course of Sunday evening lectures in the city at Academy of Science Hall, and also a series of six lectures and readings on the "Psychology of Hamlet" at the rooms of the Sorosis Club. He is one of the teachers we can always tie to, and is always welcome in San Francisco and at NOW headquarters.

\* \* \*

NEW BOOK by Henry Harrison Brown is in press. It is entitled "Concentration: The Road to Success." Price, 50c. It will contain answers to the oft repeated questions, "How can I concentrate?" "Why don't I concentrate?" "What is concentration?" and the like, which are answered from his thirty-five years' experience. It is a simple textbook upon the all-important subject of "The Silence!" and it is in Mr. Brown's happiest vein. We think we can promise it for delivery in October.

\* \* \*

NOW is always a welcome visitor in our office. The July number of this famous New Thought magazine should be read by all.—*Colorado Graphic, Denver.*

BOOK REVIEWS.

**THE OCCIDENTAL MYSTIC.** Arthur S. Howe, Editor and Publisher. 6 Cottage Row, San Francisco, Cal. \$1.00 a year.

This is the New Spiritualistic Journal in our city. It was started while NOW was taking its rest, and therefore has not been noticed. It bears well a comparison with any other journal in that field for matter, and in typography it is above the generality of such publications. Since the suspension of our old neighbor and friend, The Philosophical Journal, this has all the Pacific Coast without a rival. May those who believe in Spiritualism rally to its support. Thus far it is clean; does not lend itself to the sensational or the questionable in that movement. May it be a factor in redeeming this beautiful Philosophy from the parasites who in its name masquerade while they tamper with the holiest of human emotions. Mr. and Mrs. Howe I like. They have ever kindly treated New Thought, NOW and its editor. We wish them success.

**NEW THOUGHT SUN.** Edited by Lizzie Ducker Lyness and W. Simons Charles. Spokane, Wash. 50c a year.

This little journal is in its first volume, the August number being its eighth. It has the right ring. Its motto is, "Intellectual freedom is the birthright of every soul." It is away up near the northwest corner of the nation, and shows some of the vigor of that region. NOW wishes it power, growth and evolution till it finds a first place among liberal journals. I quote its kind thought of NOW, and on another page some lines by its editor.

"NOW is again a welcome visitor, and looks brighter and better than ever. Congratulations, Brother Henry."

**THE PERFECT LIFE.** By Adolphine Charlotte Hingst. 119 East 15th St., N. Y. City. Pamphlet, pp. 16, 25c.

The author says of this book: "It is a clew to the blessings of life—Youth, Beauty, Health, Intelligence, Eternal Life." It has three parts: 1, Life the highest art; 2, How to keep young; 3, Love. It is a good individual expression of that perception of Truth exploited by a multitude of writers. Since each person's expression is needed by others, there are many who will find here something that is gold to them.

**SUGGESTION SIMPLIFIED.** pp. 115. Price, \$1.00.

**SELF RELIANCE.** A key to business success. pp. 120. Price, \$1.00.

Both by Prof. S. A. Weltmer, Nevada, Mo. I like everything Prof. Weltmer writes. I find very few points of difference between his thoughts and my own. The first of these books is worth more than any other book upon the subject I have ever read. I claim all Prof. Weltmer claims for Suggestion. I honestly recommend this to all those who hold to the old idea of Hypnotism and those who have any fear of its use. Also to those who, having lost confidence in drugs, would find a way into the New Thought through rational methods.

The second book is a pleasant and convincing application of the suggestive method to the development of Manhood. I recommend that preachers, teachers, and especially the great army of reformers who depend upon Law and external means to reform man, to read this book. I quote one thought to show its spirit: "There is no way in which we can redeem man from his own weakness except by encouraging in him a belief in his own strength."

**THE WORLD'S Debt to James Rhodes Buchanan.**

If the world owed nothing to Dr. J. Rhodes Buchanan but the coinage of the word "psychometry," it would not be easy to pay that debt, so great and growing are the obligations under which we rest. The word, first proposed, I believe, in 1840, has become the familiar name under which may be conveniently grouped a large class of psychical phenomena of the most interesting and instructive character. For many years Dr. Buchanan has insisted upon Psychometry as a veritable science, susceptible of experimentation, and of verification and observation, like any other branch of scientific investigation. The world was not quite ripe for Dr. Buchanan's proofs when he presented them; but year by year the evidence in favor of the soundness of his main propositions has accumulated, largely through Buchanan's own labors, till only the most credulous or ignorant of scientists can now afford to ignore psychometry. A good deal that now goes by the newer name of "telepathy" is reducible to the principles of psychometry, just as most mesmeric phenomena are now accepted as hypnotic. Dr. Buchanan met the fate of most real discoverers, and has patiently accepted the situation. It is, perhaps, too much to expect that the Boston Society for Psychical Research, as a body, should sit at his feet to learn the rudiments of the science they desire to cultivate, for this is contrary to human nature. But when they shall have officially recog-

**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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nized and promulgated the underlying principles of psychic science, they will have advanced to the "point of view" Dr. Buchanan reached just forty years ago.—*Prof. Elliott Cones.*

**PRACTICAL METHODS FOR SELF-DEVELOPMENT: SPIRITUAL, MENTAL, PHYSICAL.** By Elizabeth Towne; pp. 159. Price \$1. For sale by author, Holyoke, Mass.

Like all Mrs. Towne says, this is good, breezy, penetrating, stimulating and practical. It is a tonic for all weak, discontented, complaining, leaning folk. I feel, as I read it, as if I heard that old Missouri cavalry captain, who during a sudden call for his company, forgetting the regular command, roused his men with the words: "Prepare to git on your horses!" followed this up with the command, "Now Git!" Elizabeth says: "Prepare to be well! Prepare to be happy! Prepare to BE somebody!" She emphasizes it by commanding, "Now, BE!" None better! Read it and BE! Listen as you read this aloud, these words. It is a bugle call. "You own all you can take in and your thought is the place to take it in." For those not yet strong enough to walk alone, she tells what they can do, not what they ought or must do. Throw aside as you now do snakes, any book that tells you what you should, ought and must do to be well. DO as you Think is right. Though Mrs. Towne does much I would not, and tells it, she inculcates first of all **FREEDOM** to have your own way. This is wisdom, therefore the book is wise.

**THE NEW EVANGEL.** By J. H. Dewey, M. D. Twelfth edition, revised and enlarged; pp. 466. Price \$2. The J. H. Dewey Publishing Co., 151 W. 23rd street, N. Y.

I am very glad that a new edition of this book is out. Dr. Dewey is one of the foremost of thinkers, and one of the earliest of writers on this subject. He gives a rational and spiritual interpretation of the Bible from human experience. There is nothing dogmatic, or artificial in way of symbolism, no seeking to read into the passages of scripture a meaning foreign to them. He finds in them an identity of Truth, with that found in modern science, and its present psychical unfoldment. For over ten years I have loved the doctor's writings for their helpfulness in unraveling the means and ways of spiritual unfoldment. No matter what he writes, like the writings of Dr. Evans, it is ever to be regarded as valuable help in the development of the potential faculties within each as Soul. This edition contains 50 pages, entitled, "More Light," and is devoted to the light which "New Psychology," throws upon the nature of man, his latent powers and possibilities. It can be

ordered through this office for "Now" Folk will keep a stock of Dr. Dewey's books on hand, believing them to be, with those of Dr. W. F. Evans, the best that they can recommend for study on the part of the earnest seeker for Spiritual unfoldment.

**HOW SHOULD WE BREATHE?** A physiological study. By G. H. Pattchen, M.D. pp. 47. Price, 25. Improved Movement Cure Institute. 147 West 23d St., N. Y.

A most valuable book for everyone. Especially do I recommend it to parents and teachers. Children are born with proper breathing apparatus, and breathe naturally till parents and teachers train them not to breathe. Few children reach their tenth year without improper breathing habits. Many lose their natural breathing before they are five. There is but one way to breathe, and that is, **slowly through the nose.** Using for this the **abdominal muscles.** Do you so breathe? Proper breathing always accompanies self-reliance, self-esteem, self-assertion, courage and faith in the All Good. Those who do not breathe thus will find here the help they need. This pamphlet is better than all health fads, health foods and physical culture systems. Cultivate proper breathing and maintain the proper mental condition and you need none of the nostrums or fads, and none of the assistance so profusely advertised.

**THE LIVING DECALOGUE. FROM SINAI TO ZION.** By W. J. Colville. The Austin Pub. Co., Rochester, N. Y. pp. 135. Price, probably 50c.

Mr. Colville is always good in his books. Here he is most clear, definite, and rich in newness of thought. It is a marvel how much new wine he presses from these old grapes of Hebrew vineyards. These lectures are very instructive; are worth more than all the commentaries I have read. He has smitten the rock of ancient tradition, and from it flow living waters. It is not a new interpretation, nor a new attempt at symbolism; it is a survey from a new point of view, and the old becomes new in his gaze.

\* \* \*

The Master frequently said to those he had cured: "Thy faith hath made thee whole!" The Master did not ignore the use of means either. He cured a case of blindness by anointing the eyes of his patient with clay moistened with spittle. Whether the clay had any effect or not, the performance undoubtedly did, and was the means of inspiring faith in his patient. We would not undertake to set a limit to the power of Suggestion. Suggestion will perform miracles of cure if properly operated.—*Medical Talk.*



Rev. Henry Victor Morgan has established a New Thought Fellowship. This is a copy of his card:

**NEW THOUGHT FELLOWSHIP**

**REV. HENRY VICTOR MORGAN, Organ-  
izer and Lecturer.**

**OBJECT:** To circle the globe with a band of men and women who will hold for themselves, each other and every living creature the thought of Health, Harmony, Peace and Prosperity.

We have no dues except 50 cents a year, the subscription price of "THE NEW THOUGHT EDUCATOR," a monthly paper devoted to the interests of the Fellowship—the first issue to appear on or about January 1st, 1906. If you desire to become affiliated with this movement, sign your name and address below and return to Mr. Morgan at 345 Jersey St., San Francisco, Cal.

The 50 cents can be paid now or at any time during the year.

He has rented a hall in Odd Fellows' Building by the month, and will have meetings every Sunday, and frequently on weekday evenings, inviting other teachers to share the opportunities with him. The editor and his friends have already lectured for him. He will also establish a New Thought Reading room for the general public, where all the New Thought journals will be found, and where books by New Thought authors can be found. Such a place can well be established in every smaller city, and several in all the larger cities. We shall in every way encourage Mr. Morgan in this work. He has evolved from old theological lines, but brings the same enthusiasm into this new field that made him a success in the pulpit.

\* \* \*

Mr. Flower contributes to the August Arena an extended study of Hamlin Garland's new psychical romance. This study, which is entitled "Garland in Ghost-Land," is one of the most entertaining features of this issue of the Arena, and contains personal reminiscences of Mr. Garland's early investigations of psychical matters when a resident of Boston. The frontispiece of this issue is a fine portrait of Hamlin Garland.

How the secular press treats that which is new, and especially psychical, is evidenced by the following from the *San Francisco Call* of June 16, 1905:

**Physical, Mental and Spiritual Vibration  
Named as Panacea for Human Ills.**

**COMPANY BACKS BELIEF**

**Extends Benefits to the Dead, as Well as to  
the Living Who Are in Pain.**

To those ill in body, mind or soul, a corporation legalized yesterday says: "Ye shall be healed and made whole again."

It matters not whether you have been abandoned by the surgeon, given up by the physician, have repudiated the doctrine of Mary Baker Eddy, or your germs have survived the withering touch of "Elijah II," a new cure is at hand. It is offered by the "NOW Folk," a corporation that filed its letters yesterday with the County Clerk, backing its belief in the efficacy of its system with a capital stock of \$250,000, all of which, the papers say, has been subscribed.

This cure is to be effected by means of physical, mental and spiritual vibration. Just the method by which the vibration of the spirit is to be accomplished is not set forth; it is one of the secrets of the corporation—a secret that mystifies, and those things that mystify are the assets of every corporation wherein the harnessing and control of the soul is an avowed and principal object.

It is the purpose of the corporation, say the directors, to establish departments to carry on the several branches of the "NOW Folk." There will be branches of authorship, printing, publishing, teaching, lecturing, learning, healing, religion, telepathy, psychology, psychometry and physiology. Then, in addition to these, there will be "NOW Folk" centers for the spreading of "NOW Folk" work, missions and propaganda, investigation, unfoldment and demonstration of mind, soul and character reading of both the living and the dead, through physical, mental and spiritual vibration; there will be "NOW Folk" homes, "NOW Folk" health resorts, "NOW Folk" sanitariums, hostleries and industries.

There is but little between the whole sweep of business and religion that is not included in the specified purposes of the corporation. But, out of it all, there seems to stand alone the often, but differently, expressed human desire to know in life what waits beyond when a "soul goes forth into the night, closing behind it death's mysterious door." And, incidentally, the healer will endeavor to hold here below all of those that will come and believe.

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

T. B. Aldrich

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**Truth.**

Truth is nature. The truth in life, both of the physical and the spiritual worlds, is made up of details, which are yet bound together in one mighty whole, and which, while of infinite variety, are yet one. No two blades of grass are exactly alike, yet all grass is one. This is one field, though made up of millions of blades of grass.

Science works from the outside inward. It takes the details and slowly works back to the laws.

Faith works from the inside out. It conceives the law and then demonstrates the fitness of the details.

It necessarily follows that there is an *apparent* conflict, particularly at that time when science is most active. "Your law does not correspond with our law," says Science; "the two are antagonistic." "Wait," says Faith; "you do not yet know all. If you do not agree with me when all is known, I will submit. But meantime, I will maintain that I am right. For I feel assured that ultimately you will agree with me."

The fundamental truth, to be acknowledged as such by all men, must be clearly demonstrable to every reasonable and reasoning being. Some say truth about God is so demonstrable; others not. One can grant that this truth is not yet demonstrated so that it may be accepted by all men, but not that it is undemonstrable.

Truth is immutable, changeless, unaffected by man's opinion. Truth is by no means a matter of opinion. The circulation of the blood existed in the first animal, but only recently has man become aware of it. The law of gravity has existed from eternity; man knew it not until Newton discovered it. The truth—the fact—was the same, although generations of men were born and died ignorant of it. So with great truth as yet undiscovered. So with truth about God and the Soul.

Alice Robbins.

HE THAT ENDURETH TO THE END  
SHALL BE SAVED.

A California lady who is taking the mail course in Suggestion writes, under date of August 21, the following letter, which is on file in our office as No. 6354:

\*\*\* Please send me Lesson 21. Lessons 19 and 20 have fitted by special needs exactly, particularly 20, which I have studied and practiced carefully. My great help has come when studying this, though not directly due to its teachings. The receptive condition I did not quite grasp through previous lesson, though all the lessons gave me help. After reading "In Tune With the Infinite," which is fine, I also failed to grasp what to me was the essential point, until a few days ago I as easily opened my mind to the flow of Life and Love. While in that receptive condition I seemed to feel divine, supreme Life pulsing, flowing through my being, and realized so entirely that I was one with the Infinite Life, Love, Life Supply, and thus in tune with the Divine Mind. This relaxing condition and receptiveness comes so easily now at all times when I can be alone for a few minutes. Then I feel the help, for power fills me. I can feel the help come directly, in full accord with the teachings in the lessons. It is wonderful, but it is different after all, but with the same sense of "the peace that passes understanding" that I had with a previous lesson. Affirmations of life and health have been wonderfully successful even with animals and plants. I seem to have "come into my own" in a measure new and wonderful. Nothing could induce me to part with it. No money could buy from me what I have already learned, as a beginning.

\* \* \*

Suggestion, or Affirmation, has the effect of gradually forming the subjective into any desired condition, through the channels of the mind, or imagination, and to use this power consciously is to be your whole aim in the present. \*\*\*

Your spiritual will is not to be roused in a moment. It has to be cultivated by continual Suggestion to be called to life, and stimulated by repeated Affirmations as to its power and intensity. Just as you can awaken the qualities of courage, cheerfulness or energy by affirming their existence, so you can awaken your Spiritual Will and call to your aid the God-power within to accomplish your purpose.—O Hashnu Hara in "English Magazine of Mysteries."

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

William Lloyd Garrison

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Toronto, Canada.—I want to write you a note of appreciation of your little book, "Self-Healing Through Suggestion," which I purchased at a news stand in this city. The thing about it which pleases me most is its spirit of exactness. It resembles in some measure a textbook on physics or chemistry. This feature could, I think, be made more pronounced with profit. We must, we simply must, become convinced that the law of regeneration through Suggestion is as definite and as capable of demonstration as the laws of refraction of light. . . . It seems to me that something might be done by publishing what might be called a textbook in experimental Auto-Suggestion. In this a series of carefully prepared experiments, such as might be performed by anyone, could be given which would lead the student to perfect faith in the laws which govern the relations of mind and matter.

C. R. Y.

\* \* \*

Chemistry had its origin in a remote antiquity. It was first purely empirical, a mass of disconcerted facts. Thousands of years have been necessary to bring it where it could have textbooks giving demonstrable laws. It will be so with this greatest of all sciences, and the most important of arts—the Science of Mind and the Art of Living.

Such a book as that which C. R. Y. suggests at present would not remunerate the publishers. Anything really valuable in that line would need to be a textbook in size, form and matter. One *can* be made, and I propose to prepare such a one, whenever the conditions seem fitted for it. I have such a textbook already in "Mail Course in Suggestion." I can later, with the letters that it calls out from my students, prepare that which the future will demand. All the necessary experiments are given in this course. They are such as I use to convince in my classes. The time will come when every curriculum

in high and normal school and college will contain such experiments, and every graduate will learn that ALL is Mind, and that Conscious Mind controls Unconscious Mind; that Conscious Law (MAN) controls Law. Suggestion is the One Law of Conscious Life. It is Ever-present, is the one man unconsciously obeys, and the one that will obey Man when he is wise.

\* \* \*

You tell us all is good, but I cannot see the good in the sorrows of life. For instance, a friend is just broken-hearted over the breaking of his engagement. P. W. C.

"Poets tell in song that they learn in sorrow." We could not spare from the world the rich harvest that springs from tears. William Earnest Henley has so beautifully said this that I let him answer you:

I gave my heart to a woman—  
I gave it her, branch and root.  
She bruised, she wrung, she tortured,  
She cast it under foot.

Under her feet she cast it,  
She trampled it where it fell,  
She broke it all to pieces,  
And each was a clot of hell.

There in the rain and sunshine  
They lay and smoldered long;  
And each, when again she viewed them,  
Had turned to living song.

\* \* \*

Will Suggestion cure paralysis? M. B.  
Suggestion cures nothing. Suggestion, however, is an indispensable factor in every cure. It directs the only healing force which is, the Life of the individual. Paralysis begins in weakness of will. Stimulate the will by suggestions of Power to act. Call by every possible Suggestion the person into activity of thought and action. Use all possible mental force of persuasion and command, if need be, to cause action. *I can* is the necessary Affirmation.

\* \* \*

I wish NOW all the success it deserves, and that is a good deal. Your book on Suggestion is among the best things printed.  
NORA HUELING SEIGLE.

“Why do I not concentrate?” This question is frequently asked me. I answer: Because you lack mental discipline. You have not cultivated the habit of choosing your thoughts. The wind is concentrated, but not by its own volition. So you doubtless are concentrated upon fears, in the shape of worry, anxiety, self-consciousness, but you have shown no more volition than the wind. You are to learn to choose, and by your will hold in mind the chosen thought. This is *Voluntary Concentration*. You are to do with pre-determination just what you are now doing without any choice—that is, you are to cling with the will to the present thought, but you are to first choose the thought, where now you let the thought force itself upon you through a habit of neglect. I AM THAT WHICH I THINK I AM! How long am I what I think? As long as I think it. Cultivate habits of right thinking and all else will care for itself. Correct mental habits mean a self-directed life.

Palmer, Colo.—I am in receipt of July NOW. After a careful perusal of it I pronounce it the most excellent of magazines. \* \* \* In it I have found my treasure. I know now where I belong. For years I have belonged to the New Thought Movement and did not know it. I have read a score of New Thought journals, but till now I never knew where I really stood. Now I have found it in NOW.

J. M. G.

Free men and women—those who dare to be natural, dare to think—take to it as ducks do to water, because it is their natural element. It is my purpose to open a natural way of living to my kind. To offer them that which as Soul they long for. It pleases me to know that it meets the conscious need of so many.

\* \* \*

**What Is and What Is Not  
New Thought.**

(Continued from Page 72.)

bility! You will not then accept any teacher who places limitations upon you. You will eliminate from your library all books that fetter you by old

thoughts expressed in Methods. You will read only those that deal in external Principles. You will leave to the weak and to the stumbling all crutches and canes called rules and methods, and will walk UPRIGHT, without staves, in Love and Truth alone. You are then NEW THOUGHT. You have found LIBERTY.

\* \* \*

### The Germ Theory of Disease on Trial.

A German physician, Schottelius, has been carrying out some experiments tending to show that some bacteria are necessary to life. Five new-born chickens were fed on sterilized food. Though they ate much more than other chickens, none were able to live more than from eleven to twenty-nine days. Digestion seemed to take place normally, but there was no increase in size.—“Paris Letter” in Journal of American Medical Association.

Can nature's method of raising the young be improved? Can the food provided by nature be improved? It can be arranged for use, but the ingredients are perfect. Nature provides water, air, milk, fruits, grains and flesh, fitted for the consumers, or it has fitted the consumers, for the food furnished them with breathing, digesting and assimilating apparatus adapted to her food. But she has not the apparatus for the artificial sterilized food of the chemist. The race may, in course of many generations, develop through the Law of Adaptation an organism that will maintain itself upon such food. But it must gradually, through suffering and the natural selection and the survival of the fittest, develop to this. Nature provides for each form of life, and to each form of food its bacteria, its microscopic life (much of it not yet discovered), all of which is as necessary to maintaining the chain of life as are the larger links we name plant, animal, man. I affirm upon my spiritual perception, and upon the reports of experiments, that without these minute forms of life no other life is possible. The experiment reported of the German physician and his chickens is a

case in point. How long can one live upon sterilized or distilled water? Eminent physicians are now seeing evil in distilled water. How does sterilized milk effect the babe? What new forms of disease are induced by the sterilized food fed to infants? Doctors of the next generation will answer. How many new ills from this medical destruction of germs? Time will tell. I well know that as the jackrabbit has become a nuisance in the agricultural sections of California because its enemies have been killed off and man has increased its food supply; so do I know that by artificial killing off and the making of better conditions for breeding, certain microbes increase till we must thin them to keep the balance; but I still further know that only he who fears and neglects protection suffers from savage animals, so, since microbes are animals, they harm only the fearful, the careless and the idle. Fear, lack of self-control, mental weakness, anger, all unpleasant mental conditions are breeding conditions for all these so-called inimicable germs. These germs come as fungus, comes upon decaying matter, as vultures come to the carrion; they come as God's scavengers. Without them worse conditions would ensue. Seed that falls upon rocks take no root. So microbes that fall upon a positive mind cannot breed their kind. Microbes adapt themselves to new conditions and become health-bringers. Mental conditions arising in fear are fertile soil for all these microscopic forms. Keep the mind free, clean and pure, and the body will care for itself. Believe in bacteria and live in fear of them, and they swarm about you, fear-created, ready for any weak place to make entrance. But awaken courage, self-reliance, and they are either changed to friends or killed as by a frost.

The present theory of medical science is abominable and irrational; resembles that of the old lady who, finding the thermometer so high during a hot

spell, broke the delicate instrument, saying: "It was never so hot till that plaguey thing hung there!" Cause for effect is the bane of much of present reasoning. The benefit bacteria is to present forms of life is well illustrated by the action of the Government Agricultural Bureau in sending out the bacteria with which to inoculate soil that will not raise alfalfa, beans and peas. Several years ago I read the experiments reported in the *Popular Science Monthly* of a German who planted peas in sterilized sand. Some he watered with sterilized water. Other plants in the sterilized sand were watered with water in which he had placed some bacteria. The latter flourished finely, while the former withered. He found that it was the bacteria that produced the crop. Similar experiments have caused the U. S. Government to take this step of inoculating soil with needed bacteria. Thus it is demonstrated that without bacteria no alfalfa. It will later be demonstrated that without bacteria, no plant life; without bacteria, no animal life.

I have declared the viciousness of the germ theory for over twenty years. I declared that it was putting effect for cause. Something causes bacteria. Bacteria does not cause disease. Disease comes as the cause of that bacteria found with it. Send out the attractive force for bacteria and they come as mosquitoes come from stagnant water. This experiment with peas and beans has developed a more important fact. A writer in *Harper's Monthly* gives, among other facts, this one:

Professor Nobbe showed that while in neutral soil radiocola (the form of bacteria with which he experimented) are all alike, once they have associated themselves with a given plant they become very nearly useless for other plants. Accordingly, he has labored to produce highly specialized bacteria for each crop—gardening germs—trained to grow their specialty."

Soon we may expect to hear that highly specialized bacteria will be prepared and sold for developing maternal, conjugal and filial love, and that we shall

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

Francis Ellingwood Abbot

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have bottles or cakes of these bacteria for the maintenance of any desired condition of body or mind. It is within the possibility of science to give us this. They will give them to those who live within the limitation of external condition. Demand will here create supply, as it has elsewhere. Mental Scientists, Soul Culturists, however, will create for themselves, *by right thinking*, those conditions which will draw to them from bacteria already extant those that give health, or they will draw these that need taming, and as they have ox, horse and dog, developing them from wild progenitors, or as Mr. Burbank is creating new forms of fruit and flower, they will from old microbes create a variety that is health-giving. Any needed specimen of bacteria will come into expression at Human need. The germ is Spirit, and is subject, as are all the lower forms of life, to Man. Man is not subject to germ unless he will so to be. Healthful mental conditions will, like Professor Nobbe, change in any bacteria into health-bringing messengers. "Educate the microbe," said Rev. Calthrope ten years ago. Educate him. I declare, through the Affirmation—ALL IS GOOD.

ALL IS GOOD.

\*\*\*

I wish to editorially commend *Maxwell's Talisman* to the readers of NOW. It is "a magazine for the homemaker," and advocates the *saving of all public land for the homesteader*. It gives extensive information in regard to the irrigation projects of the government. For the benefit of future generations it should be made of interest to the youth of every family. It has heretofore been \$1 a year, but is now reduced to 50c. that it may reach a larger constituency. I know of no paper that I regard of more practical benefit to individuals and the nation.

\*\*\*

We are also preparing to print during the fall "Living as a Fine Art," by Henry Harrison Brown. A book that

deals with the Practical Philosophy of Life. It will be a cloth-bound book.

\* \* \*

## Mental Tonic.

'Twas Ever Thus.

"The world is backward about coming forward with its appreciation," mused the Irish philosopher. "We never think of strewing flowers on a man's grave until after he is dead."

In Favor of the Mule.

"I thought you were going to sell that mule?"

"I done change my mind sence I done read de papers. Ev'y time I looks at him I gits thankful 'cause I knows dae even ef he do git disagree'ble, he ain't gwinder 'splode like he might ef he was an automobile."

Just About.

"Was there much of a gathering to see the ship start?" asked Colonel Carter, whose servant had been down to the wharf.

"Yes, sah, dey was a mons'ous lot ob folks," said Ajax, promptly.

"And was the crowd tumultuous or quiet?" asked the colonel.

"Not 'zackly quiet," said Ajax, doubtfully; "but dey wasn't too multuous, sah, I shouldn' say. No, hah, dey was jes' about multuous 'nough for de 'casion, sah."

The superintendent of a large Sunday school recently told the children the story of Noah's ark. He asked questions about it afterward. "Now," he said to a small boy, "can you tell me how Noah knew that the waters had gone down?"

"Yes, sir," was the prompt response. "Noah knew it because the dove came back with a pickle." Later the small boy's mother explained that pickles and olives were synonymous terms to him.

To Every Man His Work.

The Agricultural Department sent one of its expert gardeners to the White House to care for the rose bushes. While he was busy trimming them, says an exchange, a man in a slouch hat, with a short coat buttoned close up to his neck, approached the gardener and offered some suggestions.

"You are cutting those bushes too closely. There'll not be any flowers on them this year," said the stranger.

"That so?" asked the workman, as he continued snipping off the twigs. "Well, I have been trimming rose bushes for thirty years, and, if you knew as much about this job as I do, you might be doing it yourself."

The other man turned on his heel and walked into the White House, where he entered the President's private room, sat down at the President's desk, and went to work at his own job.—Exchange.

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Now **INSTINCT** is the Voice of the Soul. And sin consists in disobeying it. You can't err—so be sick, unsuccessful, or unhappy, if you live true to Instinct. But do you know what that means? There is only one book in the world that I know, that explains, interprets and exalts the voice of the soul on the **PRACTICAL BASIS OF PHYSIOLOGY**. That book is called

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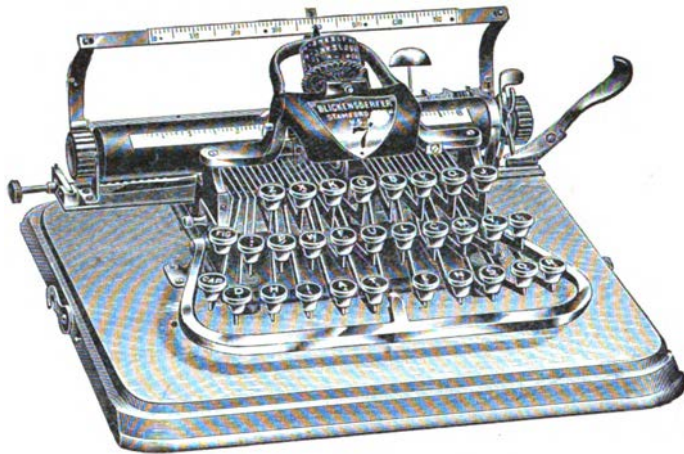
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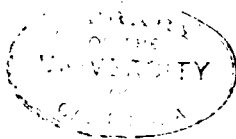
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