

Thought Forces

Constructive and Destructive

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THE PRACTICAL VALUE OF THE NEW THOUGHT.

The New Thought is a resurrection of the vital truths of man's being. These truths have been taught in all ages, but not until the present time has there been a world-wide endeavor to apply them to practical life. The husks of creed, ceremony and metaphysical speculation that have covered the living seeds of truth are now being outgrown and the vital part is becoming visible to mortal view.

I do not like to write about personal experiences, but for the sake of the good New Thought does, and that its teachings may be more fully believed and practised, I will relate my own experience.

My life was a physical and financial failure before I began to practise the mind culture advocated by the New Thought. My will was latent, and with a discordant mind and body there was not much chance of a successful business career, and little success did I have. I was cross and irritable, and with all my pessimistic ideas there could be no development of ambition. But the practise of the process of affirmation developed the latent powers of my mind and the optimistic philosophy of the New Thought proved to me that life was worth the living. Now prosperity attends all my efforts, because I have developed self-confidence and other positive mental attributes which were latent formerly. It is now a joy simply to exist. As a teacher of the principles of New Thought I see daily the great

benefit derived from the application of the processes that uncover man's latent mental powers. If physical exercise will develop latent muscles in the body, why not apply the same rule to mental muscles? We have proved conclusively that faith, hope, confidence, courage, will, and all those mental attributes that are acknowledged to be of benefit to mortals can be developed by the process of affirmation or by auto-suggestion.

I should not like to say that all who fail do so because of their thoughts; from not holding the proper attitude of mind. Neither should I like to limit the beneficial action of thought when rightly applied. There is a tremendous force in past environment, in education and heredity, but by the power of constructive thought we can build up a new character of equal or greater force. To eliminate all the causes of failure it is necessary for us to be educated out of the strife and turmoil of the competitive system into the peaceful possibilities of the co-operative system of life.

One may practise the New Thought and still not attain success, if the thought is not properly trained; if the character is not molded into the true form of power. For instance, a clerk, a young lady, naturally of a combative disposition, a source of antagonism to all about her, tried by becoming more positive to win success, but only succeeded in making herself more disliked than ever. She had to turn about and cultivate a gentle, harmonious spirit, when she began to win friends.

If our theory of the influence of mind over mind is accepted, then the possibility of changing environment by the power of mind becomes clear. Reduce the world to its basic factor, mind. A man, according to

his negative or positive attitude of mind, generates a sphere of mental influence. Like the horseshoe magnet with its sphere of magnetic influence, man carries about with him a sphere of mental influence. If he is negative, his sphere of influence will be small and weak. If he is positive, that is, if his mind teems with thoughts and feelings like faith, courage, confidence, and other bright mental forces, his sphere of influence will be attractive and extensive. Then consider that all the affairs of the world are run by minds; that they are all susceptible to mental influence; that positive minds are the masters, while negative minds act in a serving capacity, and we see why the man of "nerve" wins. Of course, this presumes that the positive man is properly equipped for his place.

The positive forces among the lower elements of society sway the political situation in large cities, while the good church element exerts only a negative influence. The politician says, "I can and I will," and he does. The negative statements are made by the upholders of morality. The positive wins. When those who stand for goodness and truth catch the spirit of the New Thought a wonderful transformation in the character of human life and affairs will take place.

It is an inspiring idea which we promulgate—that man is an individualized center of intelligence in the vast ocean of mental energy; that man is an individualization of the infinite Mind, gradually learning from experience how to individualize more and more of intelligence from the universal source, until he feels within himself the thrill of the omnipotent Spirit and knows that he is a co-worker with God. When we realize this idea we can say with truth that "God has led us into pleasant places, and has made us the pos-

sessors of a happy estate, and we are the recipients of His grace. To Him be all the praise."

THE POTENCY OF FAITH.

A great wave of quickening has come upon the race. It is spreading all over the land and awakening a new manhood and womanhood in young and old. Life is giving birth to a new force and faith in human minds. What seemed beyond the wildest dreams of achievement a few years ago is now considered attainable. "I can and I will," is the new voice that is heard in the land. By faith all things are possible. That old truth is gaining new power. See what marvelous inventions are being wrought out of the faith of human minds. See what faith in electricity is demonstrating. But grandest of all, see what heights of achievement young men and women are attaining by faith in self. We are beginning to see that the human mind is capable of limitless development. Divine potentialities are stored in the organism of man, awaiting his recognition and expression. There slumbers within each one—within you—the fire and force of a wonderful character, as the giant oak slumbers within the acorn, and by faith in yourself the wonderful powers and possibilities within your character will begin to manifest and grow stronger day by day.

The new century begins an era of new faith—faith in the inexhaustible powers slumbering in selfhood. The new age calls every mind to awaken its slumbering will and faith and go forth to victory. Self-faith and will can be cultivated by exercise, as one would cultivate a muscle by exercise. "Nerve us with incessant affirmatives," said Emerson. We can nerve ourselves for any task; we can build up brain cells full

“My ‘I am’ treatment grows day by day and its degree enlarges till it is endless.

“I repeat the statement, ‘In the degree that I am,’ etc., and then I go over what I am, and the result is something like this:

“‘I am an endless stream of life direct from God. I am the child of God, and I realize my mighty heritage.

“‘I am strong in health and intellect. I am patient. I am loving. I am happy. I am rich.’

“I go over this many times a day, and just saying ‘I am’ brings wonderfully exhilarating vibrations. Many good things are coming to me in various ways.

“I wish you would try my affirmation. It makes me feel better than anything. Repeat it a thousand times a day—keep it singing within you all the time.”

DESTRUCTIVE THOUGHT FORCES.

CRITICISM.

Criticism is an intensely destructive mental force. When we understand the effect that thought has upon the sensitive human organism we do not wonder that there is so much pain in the world.

Harsh criticism is indulged in universally. Mental arrows of criticism, poisoned with the venom of hatred and malice, are greater sources of ill health than all the disease germs ever discovered.

Fortunes have been spent by those seeking health to no avail. The physicians practised all their arts and were baffled for the cause was too fine, too subtle, for their powers of diagnosis. Down deep in the hidden realms of thought were the poisoned arrows, torturing and tearing the cells of the kidneys, the

lungs or some other organ or organs. But when the healer with his intuitive knowledge of the hidden realm of causes and his science of denial turned the force of his spirit into the inner recesses of the patient's being, then quickly the cause was overcome, the cells rejoiced in the soothing life of God and harmony again became manifest.

I know of a family where criticism was practised almost constantly. The most receptive, a young man, received the mental shafts into his lungs, where they disturbed the even flow of the life force and in time he passed from earth with what was called consumption, but the real cause was criticism. Then the family heard the truth of the power of thought. They realized that they had unconsciously shortened the physical existence of the brother, but the habit of criticism had become so natural that it was continued.

Then a daughter began to cough. Her physician said she had consumption and in spite of physical and mental means of cure she became worse. As the habits of thought in the home could not be changed because the different members of the family were constantly antagonizing one another and drawing out harsh mental qualities, I advised a change of environment for the young lady. The result was a rapid recovery of health.

Whenever the mortal qualities are so deeply ingrained in the family life that the Spirit of Love is slow in gaining its perfect expression through the members themselves, it is wise for them to separate until they can learn to appreciate the virtues or condone the faults of each other. They will slowly but surely murder each other by the poison and power of their thoughts if they live in discord. There is nothing

sacred about such family relations and the sooner the truth is known the better will it be for all concerned.

But praises to the Wisdom-Power many discordant families are becoming harmonized by the reception of the wisdom of divine love. Such an instance came to my notice recently where a stepmother was brought into a home and the two grown-up daughters made existence seem like a hell to her until she learned of the power of Love. Soon after she began to live under the influence of this Divine Spirit the young ladies became respectful and kind, and a hell was converted into a heaven.

DECEPTION.

Those who practise deception create a disintegrating mental force that is certain to destroy many of their possibilities of success. Deception is a mental quality that not only endeavors to hide the truth but it also destroys the blessings—the riches, health and peace—that truth always seeks to make manifest.

Deceivers naturally draw to themselves dishonest mentalities both on the psychic and physical planes of life. Their mental atmosphere becomes charged with a destroying potency. They sow the seeds of discord and disintegration in their own natures and in those who are negative to their influence. Their minds become as a cloud of darkness to hide the light and power of the truth. Those who come under the spell of their deception fail to see the truth and are led to believe that wrong is right, that disease has power and that only selfishness will win. Those who practise deception become enveloped in their falsity and end in believing as truth their own false creations.

He who is obliged to have dealings with a deceptive person should, while with that person, hold him-

self in the harmony and power of truth. He should endeavor to feel that his own organism is so harmonious with the life of truth that he cannot be affected by the sphere of deception. Then after he has left that atmosphere he should deny the influence of the mind of that person as long as he feels disturbed thereby.

Such characters cause those who are easily affected by thought force to become nervous and despondent. When mental contact with a deceptive character is the cause, the cure is denial and affirmation as given above.

Few realize the great results that can be attained by the use of the proper denials and affirmations. So many take on, unnecessarily, the mental conditions of their friends. Those periods of gloom which come without apparent cause are but the reflections cast from other minds.

The following case illustrates the fact that we are bound up in the sorrows as well as in the joys of humanity.

A man told me that he had a very troubled dream and in it he realized that his relatives in Sweden were in great trouble on account of the death of some member of the family. He said he expected a letter soon, notifying him of a death in the family, and before long he learned that his father had died the night in which he had had his troubled dream.

If one will keep himself joyous and radiant by living in the mental attitude and altitude of praise, he need not suffer for the sins or from the sorrows of others. Just as soon as he recognizes that his mind has become lowered to the plane where it can sense disturbance and depression, he can, by joyous affirmations, increase the radiance of his soul and lift himself

into the mental realm where all vibrations are peaceful and harmonious. Let him not "take on" these dark conditions of mind under the belief that in this way he is helping another to bear a burden. If he knows from whom the dark thoughts come, he can help him most by denying out the reality and need of sorrow or darkness and fill the darkened mind of the sorrowful one with his own radiant happiness.

If one allows himself to become negative to dark thought emanations, he may come under the suggestions to commit suicide, to drown his sorrow in drink or to seek oblivion under the influence of drugs. When one allows himself to be swayed by dark thoughts of any kind, of jealousy, anger, sensuality or whatever, he is opening the way for an influx of diabolical deceptions that will leave him no rest till they have destroyed his body. So it behooves each one to meet all negative mental conditions with an indomitable will to conquer, knowing that perseverance in denial and affirmation, praise and prayer, will enable him to accumulate spiritual strength sufficient to overcome every obstacle. And these negative conditions that he faces with the feeling of mastery will become the stepping-stones to divine victory.

CONDEMNATION.

The following letter gives a living illustration of the terrible effects of condemnation:

"There seems to be a barrier of some sort between me and the realization of health. I have thought about it for the last two days and concluded if thoughts are things and the physical but the out-picturing of the mental, that perhaps I did not go back far enough in my letter to you and that you are treating effects

rather than causes. It is with reluctance that I write what I feel I must. When I was married twenty years ago I lived in the same yard with my husband's people, and they are domineering, meddlesome and quarrelsome, always scolding and nagging each other. They immediately tried to manage me and all of my affairs, while I, believing that each one was given a mind for just that purpose, insisted, without any disagreeable words, in being the mistress of my own little home. Then began a system of persecution. Everything I did was wrong because I did it. They worked on my husband until I found myself baffled, thwarted and nagged on every hand. I had my four children near together and their prenatal life was dreadful. Nervously broken myself, they were nervous, crying babies, and when I took my little son to my mother's house to die, I felt that I was fleeing from their wrath. I remember that I said, 'They have hated us to death,' and felt that it was true. They fastened their thoughts on my beloved daughter and said she would break down at school. For two years they talked it when there was not an appearance of it and then she became sick and died. Now, because my other daughter is devoted to me, they are declaring the same of her for waiting on me. They declare it is harmful. A sister-in-law lives with them and the combination of the three is deadly. When I tell you that their presence makes me feel positively ill, and my daughter also, you will see what a hold they have. I wish the current could be turned off, when I feel that my health would be better. Of my own feelings I will not speak; they are much the same as any trapped, tortured thing would have, I imagine. Suffice it to say I have not drawn a free breath for twenty years, and that is why

I wrote you I was tired of condemnation. Whether it was wise to write thus I do not know, but I felt impelled to tell you what has seemed so great a handicap to my peace. My beautiful children are none of them strong physically, but their characters are so lovely, steadfast, loving and true. Two of them are left me while two are gone, and I think my heart broke with their going, I am so lonely."

It is of the greatest importance that everyone learn of the power of thought to cause injury as well as good.

God creates harmony and perfection. The cause of pain and discord is not found in the Divine Nature. Man is the creator of discord and pain. It is only in the mortal realm of thought that these things exist. In that little spot in the universe where our planet is there is discord and darkness generated from human minds. In all the rest of the vast universe, through all space with its myriads of suns and worlds, harmony reigns. Man only has covered himself with a mantle of darkness which hides from his vision the eternal order and wisdom and harmony which angels and stars obey. He smothers his soul with vile thoughts. He makes his home a habitation of discord. He rejoices when evil comes upon his neighbor, for in his self-conceit he imagines that it will not touch him. The Divinity within becomes disgusted with its body and departs for realms of light where it can become cleansed of the corruption of mortal thought which gives it the sense of sorrow and misery. Man is not under the condemnation of God, Karma or devil. Mutual condemnation and self-condemnation is the sin that has made him blind to the everlasting harmony of God's Love. He is simply ignorant, and all

enlightened beings desire to save him from his ignorance.

Even the Lord Soul yearned so to save man that he came to this little, darkened planet and spoke those words which have echoed down the ages, gaining power with the advancing years:

“Thou shalt not condemn.”

“With what measure ye mete
It shall be measured unto you again.”

“A man’s word shall be his burden.”

“What ye bind on earth shall be bound in heaven
And what ye loose on earth shall be loosed in heaven.”

He taught these laws of mind that mortals might be saved from their false ways of thinking and speaking and thus gain freedom from pain, poverty and disaster.

Whosoever transgresses these laws brings disaster to himself and others as surely as if he misdirected the current from an electric dynamo.

Man’s right use or misuse of words and thoughts is the cause of most of the misery or happiness that he experiences.

Buddha, the illuminated sage of India, proclaimed this truth in no uncertain words.

“All that we are is the result of what we have thought.
It is founded on our thoughts,
It is made up of our thoughts.

If a man speaks or acts with an evil thought,
Pain follows him
As the wheel follows the foot of the ox
That draws the carriage.

If a man speaks or acts with a pure thought,
Happiness follows him,
Like a shadow that never leaves him."

"Those who bridle their mind will be free from the
bonds of Mara" (illusion).

Each mind constantly radiates invisible but potent vibrations of thought. Each one is creating the qualities of thought which form his mind, body and affairs. Each one is making his own future, and the future of others, bright or dark, happy or miserable, according to the injurious or beneficent quality of his thoughts and words.

Could the members of a family but realize the destructive power and awful consequences of the condemnations that they hurl so energetically at each other, they would rather have been born dumb than have uttered words to cause so much suffering. Their blessings and praises are not nearly so positive or energetic as their condemnations. Not one of them would knowingly cause another to have an accident happen to him, or become disabled in mind or body, or meet with reverses in his affairs, yet positive words are expressed which contain a soul of intelligent force that will unceasingly endeavor to bring about these conditions.

We are all liable to make mistakes. Not one has attained to that exalted height where he is so free from error that he can rightly judge all the causes that lead his brother to do wrong, and when one attains to that state he does not condemn; he pities the limited condition of his brother and endeavors to make his life easier by encouragement and kindness. Let us then remember the power of thought and use it to help and not to hinder and we shall find our path

in life becoming smoother and our environment more harmonious and beautiful.

THE BELIEF IN DEATH.

A great many of the troubles of humanity result from beliefs—false beliefs about life. Mortals have judged according to the appearance of things from the sense point of view; they have been misled by the senses, and as a result we have beliefs which do not rest on permanent principles, beliefs which do not agree with the reality—the eternal truth. Such an one is the belief in death.

The chrysalis passes through a change and behold there is evolved from an ugly worm a butterfly of gorgeous hue and color. Thus it is with all the changes in nature, always a progression into a new form of life and experience. Everything is a form of vitality; there is no death anywhere. All life is progressive, nothing is ever lost. Not one atom of cosmic substance can ever become extinct, but it can evolve into a higher and finer form, transcending the mortal senses.

The idea of death has no place in a mind that realizes the power and presence of eternal life. Only life is, and life operates to make forms more alive and more intelligent forever.

The belief that any intelligent being can ever die is but a superstition evolved from minds in ignorance of the vast possibilities of infinitely intelligent Life. No good thing that the mind can conceive of is lacking or impossible in the Divine Mind. The fact that the human mind has caught a glimpse of some new and grander possibility, or more sublime ideal, is a token

of the existence of that possibility or ideal in the Universal Mind.

The following letter brings before us one of the real problems of life: How to overcome the belief in death and separation which is the cause of so much mental and physical suffering.

A lady writes:

"I hardly know where to begin, my need is so great, my burden so heavy. I have lived forty-one years—sorrowful for the most part, with the loss of friends by death and trials of every description. Seven years ago I lost my youngest child, a little boy of two years. My health broke then and I have had heart trouble and chronic bronchitis ever since. Last summer my oldest child, a beautiful girl of seventeen, was taken from the very fullness of ambition about to be realized, tender, loving, talented, with a rarely beautiful character, the crown and glory of my life. The fact that she was paid me for all my hardships. I think my heart broke then. If it had not been for my boy and girl who are left me, I should have taken my own life for I could not realize that there was a power of goodness. Since my daughter went there has been but one wish, one question: Is it well with my child? If I could believe in her continued existence—her happiness—that it was not the cruel injustice it seemed—that she was happy in God's care and knew and loved me still, I could bear it. While I live I would like to be of use. I can scarcely speak aloud. The heart weakness keeps me from walking any, or sewing. My nerves are also in bad shape. This letter does not express very well what I want to say but I have had a nervous attack lately, since when it has been hard to express my thoughts coherently.

If you can help to lift me from this miserable state of mind and body I shall be grateful beyond expression."

We have in this letter a vivid picture of the physical consequences of sorrow and grief. Of what avail to a mind diseased are drugs? In this case it is very evident that the cause for all the physical distress is mental. Then mental and spiritual means alone will bring relief. None but a physician imbued with a convincing knowledge of the immortality of the human spirit and its continued ability to know and communicate with friends on earth, can minister to the needs of this mother. She must be convinced that her daughter still lives and knows and loves.

This is a universal problem, reproduced in thousands of lives every day, and it is a problem that each one will be called upon to solve.

If from childhood he has been taught a living faith in immortality, then he can face the messenger Death and see behind his dark disguise an angel of God, bearing glad tidings of great joy; he can become separated from the love of his heart with a serene faith in a continued unity of spirit, a sublime trust in the Father's wisdom and love.

Religious truth should bring this joyful faith and conviction to every devoted heart, and it is not a complete exposition of the truth of God's love and wisdom unless it does do this.

The "sting of death" is not overcome, nor "the victory of the grave" demonstrated over, until man is able to rejoice that those he loves have been taken into closer unity with the Father. He rejoices when they are saved from suffering or receive benefit on the physical plane, and it is only a belief—the belief in

death—that causes him to sorrow when they are released from all earthly limitations and receive the greatest of benefits at the hand of God by being taken into a land of immortal health and happiness.

The “one question” of this bereaved mother has been and is being answered through the Providence of God in tens of thousands of lives and yet, so great is the materiality of human minds and so strong the prejudice of the teachers of religious thought, who believe that God spoke in the past for all time, that when we ought to have the glad conviction of immortality we have universal doubt and fear that resist all the efforts of the heavenly hosts to make the living truth of practical benefit to humanity.

In a sermon Bishop Foster said:

“However much it may awaken surprise, candor and truth compel me to make this confession: When we die I do not know but what death ends all. Where man is, or that he exists at all after death is unknown to me. He does not return to us, nor can we go to him. Doubtless this is the experience of mankind.”

The “experience of mankind” is just the opposite, as the many volumes of records of the Psychical Research Society will show. If the evidence of those records is sufficient to convert a materialistic scientist like Prof. Alfred Russel Wallace to a belief in the immortality of the human spirit, surely it ought to be enough to convince and inspire every minister in the land to proclaim the sorrow-destroying and soul-uplifting truth until every mourner is uplifted on the waves of joy thus generated to a clear vision of their friends, living and happy, in the boundless realms of immortal Love.

TELEPATHY.

Telepathy: The sympathetic affection of one mind or person by another at a distance, by other means than those generally recognized; thought transference.—(Standard Dictionary.)

That telepathy is a fact a vast amount of evidence gathered by the Psychical Research Society and by private investigators proves. The term telepathy is used to cover a wide range of phenomena, including the process of absent treatments used by mental scientists.

Anyone who can feel intensely and concentrate the feeling upon a friend can send a force telepathically; whether the friend feels the force or not depends upon his or her state of mind or sensitiveness at the time. There is a difference between sending a feeling or a force that will cause sensation in the receiver and sending a thought that will be received as an intelligent message, because in most people the conscious mind is positively active except when asleep. In order to receive a thought from a friend at a distance, the conscious mind must be quiescent, and not only that, there must also be a close blending of the conscious and the subconscious mind, as in those temperaments called "mediumistic" by Spiritualists. The receiver of a telepathic message must be able to receive the message in the sub-conscious side of his mind, and then correctly translate it into conscious thought. The difficulty is so considerable that I do not think that telepathy will ever take the place of the mechanical method of sending messages.

A strong suggestion may be sent from one mind to another, and even without being consciously received, that suggestion will enter the sub-conscious

mind of the one to whom it is sent, and as an intelligent force it will rest in the sub-conscious mind and gradually affect the conscious mind. For instance, you may suggest over and over that a certain person detests tobacco, and if enough force is imparted to the thought, or if it is held at intervals for a long enough period of time, he will begin to dislike tobacco.

But I realize that my statements, even though backed by much experience, will not convince as quickly or as thoroughly as one experiment by the reader, so I would suggest that the process be experimented with until proved.

Remember, the more intensely you feel the quicker and more consciously your subject will feel what you feel. Select one who is disheartened or melancholy. Recall an event in your memory that fills you with joy, or imagine some bright scene that causes you to be exhilarated; then, when you are bubbling over with joyfulness, turn your mind upon your subject, and try to make him feel your joy, at the same time using some such sentence as this: You are radiant with the feeling of joy, joy, joy. Much of his depression should be quickly dissipated.

Select a subject who is sick or weak in vital force. Think of the vitality and strength in your own nature until you feel that you are a strong vital force; then think of your subject as strong as yourself, and repeat over and over, mentally, as though actually talking with him: You are joyous life and strength.

These experiments will suggest others. Do not be discouraged by lack of success at first. This is practical telepathy, well worth cultivating. It is a process by which we can strengthen those who are weak in body or in morals.

I have had, for instance, a business man who believed very little in the power of mind to operate at a distance, tell me at what time of day he felt that he was receiving an absent treatment, while he was busy in his office. He said he suddenly felt a sensation like a current from an electrical battery all through his body. It cured him of partial paralysis of the motor nerves that the best nerve specialists could not benefit. It is a common occurrence for a patient taking mental treatments, either in the same room or as far away as Halifax or San Francisco, to feel electrical sensations through the body. It begins when I intensify my thought and project it into the body with the desire to heal. I cannot make every nature feel it the same, but even without feeling the current of mental force they receive physical benefit. These personal experiences can be corroborated by any Christian scientist or mental healer, or by anyone who has learned to apply mental forces to the healing of disease.

Formerly I scoffed at these things and tried to make my materialistic beliefs account for the phenomena, but I was forced to see the absurdity of my position by the array of facts proving the cause to be in the more refined realm of mental force.

THOUGHTS BUILD IMMORTAL FORMS.

A materialist writes: "All is matter, and thought is but a form of atomic energy.

"In this view of the case thought is material; as matter is indestructible, it follows that thoughts are indestructible and everlasting. Why, then, under proper conditions, might not thoughts of others be recalled and be made manifest? This opens a way to account for all the phenomena of spiritualism with-

out calling in the spirits of the departed. As a phonograph records speech and makes it heard years after the original utterances, may there not in the psychic realms exist laws which will provide for a resurrection of thought forms long after the originating brain has mouldered in the dust?"

Thoughts are a refined form of matter, more refined than electricity. The brain of man and his whole nervous system are continually generating thought force and this indestructible and intelligent energy of thought becomes moulded into a concrete form in the very organism that gives it birth, and when the body dies it is this intelligent body of thought force, this character of the personality, that is the record of all his thoughts and feelings. It is this intelligent "spirit" body, woven of thoughts, that certain sensitives see and from which they receive detailed knowledge regarding its state of existence.

It is in conformity with the law of polarity that thoughts like atoms are attracted to and organized around centers, thus building thought bodies in the realm of more refined force as material bodies are organized in this part of the infinite universe which is visible to our senses.

If the psychic realm holds single thoughts, it takes no stretch of the imagination to conceive of its holding bundles of thoughts, or spirit forms composed of thought energy.

So all the evidence used to prove that thoughts are material forces helps to convince us of the tangibility of spirit personalities living just beyond the range of the physical senses in realms where all forms, whether of men, of scenery or of animals, are composed of thought substance evolved from the grosser forms of matter.

INFLUENCE AFTER DEATH.

The belief has existed universally since earliest times that the spirit or character of a person persists after the death of the physical body, continues to exist as an intelligent entity in the more ethereal atmosphere of the earth, and influences for good or evil the thoughts and morals of humanity. The evidence proving this to be true is so strong that, after much investigation, such authorities in exact science as Prof. William Crookes, F. R. S., Prof. Alfred Russel Wallace and Camille Flammarion, to mention no others, acknowledge that they are converted to a belief in immortality and spirit return. The Psychological Research Society, composed of the most advanced scientific minds of the day, has accumulated volumes of evidence showing how persons are influenced by their friends or enemies on the spirit side of life.

The murder of murderers by the state appears as a double crime in the light of the truth that immortal characters do not lose their influence over mortals when they drop the physical form by death. If the mental body of criminal energy is set free by death so that it can act upon the subjective mind of characters predisposed by environment and education to crime, often overpowering them with a sudden desire to murder or steal, then it would be wise for the state to keep criminals bound to physical life as long as possible in order that the perverted and undeveloped forces of their natures might be educated and trained to a higher moral level.

When the necessity for this is seen someone will rise up with a method. History proves that people as a whole always get what they aspire after. Their prayers are answered by the power of the omnipotent

Intelligence that is latent in all things, manifest in all things and superior to all things.

EVOLUTION IN MIND AND MATTER.

In searching for truth I have delved into all the bibles of the world, and I have been both an agnostic and an atheist, so that my present conclusions in regard to the problem of existence may be of interest to my readers, especially as they are based upon the discoveries of modern science, coupled with personal investigations into more occult evidence, which is being forced upon the attention of truth seekers everywhere.

The life, force and intelligence that is continually organizing itself into the myriad forms which in the aggregate are called the universe, are manifestations of an eternal power. There never was a beginning to this universal power nor will there ever be an end. There has always been a universe and always will be.

Just as the races of beings on this little planet evolved first an instinctive life and intelligence, and then through ages of hard experience a more thoughtful and self-conscious intelligence, so the universe as a whole, composed of all the solar systems, with all the forms of life on the planets therein, has through endless evolution generated within itself a universal substance of a more refined and spiritual nature, which is the mind of nature. As all nature is the form of one vast unity of force, part of which is developed and part undeveloped, we may say that this vast whole is the nature of God; the visible universe being the body of God, and the more refined and more highly developed nature which transcends physical perception, being the mind of God. The mind of God

is becoming wiser and more powerful through the endless processes of evolution which develop the latent possibilities of life and intelligence stored in crude matter. The intelligence evolved from the negative nature of God gives added power to His positive nature and as His mind becomes more intelligent and powerful it reacts upon matter and manifests more and more of order and design, just as in the history of our planet the crude forces of nature were gradually refined and the terrible beasts were gradually replaced by more refined and intelligent creatures, so that evil disappeared as the race evolved in intelligence.

The ugly worm has within itself the type of a creature that will develop wings of beauty and rise above its limited environment as a worm of the dust. We are organizing within this body of flesh a mental force and intelligence which relates us to the mind of God, and, like the butterfly, when we cast aside this natural body we shall find all our thoughts, memories and sensations have been formed into something akin to an electrical body of such spiritual texture as to be invisible to mortal sight, but existing in a spiritual universe as substantial to it as was the more material world of physical sensation.

This thought-form or mind-form, which is composed of all the mental forces, good or bad, that were generated from experience in the form of flesh, will not be changed in any way except as the new experiences in a world of more refined beauty, where there is no need of attention to physical necessities, give new sensations and gradually lead the mind to seek the pleasures which come from self development. The more refined natures are naturally drawn together in

the most beautiful and refined states of the universal mind, and the less developed congregate and find satisfaction in the company of each other, but the ceaseless power of evolution causes all to advance in states of mind which relate them to nobler groups of beings. The refining and transforming power of the mind of God, whose operations are visible in the evolutions of life, is infused into all substance and will transform the most devilish characters into noble characters in time. Nothing can withstand the transforming power of His universal love and intelligence.

This earth life is but the kindergarten of the school of life, and death introduces us into another grade where we shall meet with new experiences for the further expansion of our growing faculties. The suicide tries to play truant from school, but finds himself compelled to learn his lesson by experiences just as hard as those in mortal life, because he has not fulfilled his time in the natural state.

All substance tends to organize itself into forms and all forms are obedient to the attraction of a polarizing center. The sun is the polarizing center of the planets. In the spiritual states of matter—in the mind of God—minds organize into mighty groups and exercise a controlling influence over less developed minds. And as characters continue to develop into immortal and godlike beings throughout the æons of eternity, it may be readily understood that the angelic and archangelic powers evolving in the divine nature become the brains and heart of the great nature of God, and direct and influence the evolving races of human kind, and inspire them with the knowledge of the higher possibilities of development which they are destined to uncover and express as they grow in

divine manhood and womanhood through the ascending cycles of progression.

Jesus Christ was one of those mighty archangels of wisdom who came to birth in the human form, not as a sacrifice for the sins of the race, because to the mind of wisdom there is no condemnation for sin, as it is but the product of an unripe and undeveloped mind which is ignorantly misdirecting its energies, but as a teacher of the saving and uplifting truth of love, revealing the love and good-will which would make of earth a heavenly place of beauty and delight.

We are united through our mental organization with the spiritual states of the universal mind, and we are constantly in telepathic connection with the inhabitants of the immortal states of life. The more sensitive natures of mortals are very often conscious of such communion, receiving impressions both good and bad, wise and unwise, from beings of low or high degree whose influence still affects humanity.

We are much more sensitive to electric and mental forces than the Marconi instruments, and man is already using the telepathic apparatus with which he is endowed to communicate with friends at any distance among both the living and the so-called dead. There is incontestible evidence that this is already being done.

The Psychical Research Society has accumulated evidence that cannot be interpreted otherwise without evolving explanatory theories which are harder to believe and less scientific than this simple explanation, the truth of which I have proved to my own satisfaction.

Superstition and bigotry are slow to accept the grand truths of endless evolution in mind as well as in matter, but the combined influence of the powers

that be in the realms of wisdom and love, is dispelling ignorance and inspiring humanity with a conscious knowledge of the immortality that is the natural inheritance of all the sons and daughters of God.

MENTAL TRAINING.

Center your thought by mentally affirming I AM several times. This will bring the mind to a focus. There is nothing better to concentrate upon than your own being. Emphasize the I, I am! Repeat a number of times, intent upon the meaning.

This statement fills your mind with certainty. You are convinced of the truth. You realize your own being. There is no stronger truth than this for you to build upon. It is the foundation rock of your mind.

This simple exercise will create in you a positiveness that is real and substantial.

Later you will begin to feel vibrations in various parts of your body as you assert your I. This is the electric current of your thought, circulating through your nature and waking up the negative cells to more positive life and intelligence.

It is the patient development of this thought power that will eventually give you conscious dominion over every organ and atom of your body. They will all become so alive and infused with intelligence that they will respond to your thought and will, and be no longer subject to any influence but your own mind.

Positiveness of mind polarizes mental force.

Cultivate this thought power daily, for in it are wonderful possibilities.

You can appropriate any quality of mental energy that you name. All the qualities and powers of the

God-mind are in you and around you in abundance. You attract them to your I when you think and will. Thus you have it within your power to formulate your character from the highest and most potent attributes of the divine mind.

Affirm: I AM LIFE. I AM LIFE. I AM LIFE. Always dwell upon the I. You will realize your inmost self—a something almost tangible. This is your essential consciousness, the substance of your soul, your real self.

Your soul is a spiritual being, an angelic form of life, a god, a formulation of all the wonderful potencies and possibilities of its Divine Parent. When you assert your being in the thought I AM, always remember that it is the expression of your divine personality. And each mental assertion will make more real your spiritual ego. Therefore in the silence clothe your ego with high spiritual thoughts.

Make yourself positive with God-like qualities, for they are all yours as fast as you can individualize them.

This silent mental practise develops a strong individuality, an individuality centered in the life and power of God, who is your essential being.

Repeat over and over,—I AM LIFE, dwelling upon the thought that you are the immortal life of God. Your real self is formed of the life and intelligence of God, and is therefore as everlasting as God. Think of the boundless vitality that manifests throughout all nature, then remember that it is likewise within your own being, and so affirm the truth—
I AM LIFE.

Try always to get a conception of the miraculous presence, then formulate your conception into a posi-

tive affirmation. Thus you are using the divine creative power of thought to build your temple of the living God.

You now stand in the vivifying rays of the Sun of Divine intelligence.

Affirm: I AM INTELLIGENCE, and absorb the life-giving, spiritualizing rays of God's sunshine of wisdom and love.

When you are engaged in developing these positive attributes of your being, thoughts will rise up from the negative side of your mind and question the truth of your statements.

Remember, that you are affirming what is true of your soul, which the mortal mind does not yet comprehend because of its lack of education in spiritual things or truths. So deny out the thoughts that appear in contradiction to your statements. When you affirm life, thoughts of death will appear, which you should overcome by the knowledge that all changes which appear, like death, are but the development of a new form of life, a progression to a finer state of existence. Thus you educate your mind in the truth by the assertion,—There is no death. All is Life. I Am Life.

When self-condemnation of foolishness and ignorance arises in your mind realize that every step in your enfoldment has been a manifestation of intelligence, and through your seeming foolishness you gained wisdom.

All beings are intelligence embodied, and through their experiences they are gaining more intelligence, so what from one standpoint seems like ignorance is but intelligence undeveloped.

Speak the freeing truth: All is intelligence:
I AM INTELLIGENCE.

To grow God-like in character, we must feel as God feels toward all things. God is love, and feels only love toward all beings and all things, no matter what their state or condition of development. This is an unchangeable quality of His being that reaches out to the farthest extremes of the universe and holds everything in its vast embrace.

You can cultivate this supreme attribute by meditating upon it and affirming it as a potential energy of your nature.

I AM LOVE. I AM LOVE. I AM LOVE.

Think of the love that Jesus Christ manifested for humanity, of the great compassion that impelled him to sacrifice his whole mind to the duty of educating, healing and drawing souls closer to their source of life and love—the Father.

As you ponder on his great love for human kind you, too, will feel the loveliness of his character. You will love him and desire to be more like him. With this great ideal in your mind and its quality in your heart, affirm over and over—I AM LOVE.

Revenge, cruelty and hatred are but the negative and undeveloped conditions of the race mind. Love is the great reality—the truth—that dwells within the inmost heart of every being, and in time it will become the dominant impulse, active throughout the world.

Recognize love as the inherent beauty of every character and it will respond to your recognition. Deny the reality of the race belief in the vengeance of God, and the idea of man's inhumanity to man, and

send your thoughts of truth as seeds into the mind of the race. There is nothing to fear. God is omnipresent love. Hatred, cruelty and inhumanity will disappear, for the ruling power is love.

All is love. I AM LOVE.

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