

THE  
AMERICAN OCCULTIST

A few pages  
from the book  
of Life.....

Peace be with you.  
Peace perfect you.  
Peace bring you peace.

Volume 1  
Number 11

May you have the faith to believe and the courage to perform.

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Do you run away from the heat these days, or any days? You must not do that. Consider yourself as a battery being constantly charged with energy and power by the rays of the sun. Face the sun squarely and with your arms outstretched, call to St. Michael:

"Oh, St. Michael, lord of the sun, fill me with the energy which giveth strength, endurance, and the ability to accomplish."

Without the sun there is decay; with it there is life.

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The Divine Plan for each individual in the universe is Perfection. That is the expression of an idealist; but a little observation will convince you that the ideal is a condition possible of attainment, and not merely an air castle in which the dreamer only may dwell. Industry, ever practical, is constantly borrowing from the idealist, and his dreams of today become the accepted procedure of tomorrow.

Each one of us may have whatever he wants. That is a fact. In all the world, in science, in art, in philosophy there is no fact more certain.

It has been said that we must be what we would become. That means that we must learn to reverse the order of the senses. We must learn to draw away from the physical life, and to allow the Diamond Self within each of us to work out our destiny. We must not get in God's way.

It follows quite naturally that we cannot go ahead leading the hoodless life, criticizing, finding fault, complaining, and then, in ten or fifteen minutes meditation expect to manifest upon the instant. If we would receive the results we seek, we must live every minute of the day in direct inspiration from the Ascended Jesus Christ, the one life in all life.

Life is a becoming. The boy studies to become an engineer. The athlete works to become a champion. The student must study to become a philosopher. He must not expect to receive the fruits before he has performed the work. That is a simple statement. You have heard it many times before, but many read and turn away without realizing that they have been in the presence of one of the first truths of all growth.

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The end and the beginning is Faith. Ask that you be given Faith and the way will open up before you.

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The American Occultist  
718 - 15 E. Washington St.  
Chicago, Illinois.....

Yours the Soil

Teach me, Oh God, all I should know  
Of wisdom, life and love.  
Plant in me, Master, the seed of truth,  
The ground will I prepare.  
Woods of envy, hate and fear,  
Will I uproot as they appear  
The soil will I keep clean.

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"When we yield to love, we are aiding to our own haven."

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VISUALIZATION

Making  
pictures

So much has been written on the subject of visualization that one wonders if there is any phase of the subject that has not been presented. Yet, it is the first step in bringing the so-called immaterial into manifestation. It is, therefore, of primary importance. As we analyze the faculties of the mind, we recognize that there is none we use more continually than that of making pictures in our consciousness.

I cannot  
visualize

We hear repeatedly the phrase, "I cannot visualize." This is really a misstatement, for we are visualizing most of the time only some of us do not realize it. Let someone describe a scene, and later let the one to whom it was described, contact it physically and the involuntary exclamation will be, "I did not think it looked like that."

We visual-  
ize with-  
out effort

This shows that the person had, without realizing it outwardly, made a picture of that locality in his consciousness. Take the written description of a character in a story and read it aloud to someone. The mind automatically builds a picture according to the description. It does this without effort, and yet is outwardly unaware that it is visualizing.

Constantly  
we create  
pictures

The imagination or imaging faculty of the mind is always working, waking or sleeping, constantly creating pictures of that which the mind contacts. In reality, all life is a picture gallery. The Diamond Self in each one of us is speaking to us in pictures again and again. Pictures are the language of the three manifested worlds, and it is impossible to avoid the continual use of the visualizing faculty. It is the architect of our daily life and we can and should consciously guard and direct its activities as carefully as we examine the blue prints of the architect we employ to build us a home. In fact, it is very much more important that we watch our visualizing than that we watch any other function of the mind, except our thinking.

Scissors  
of the  
mind

One metaphysical writer has called the imagination the "scissors of the mind," and says, "It is ever cutting, cutting. This is absolute truth as we agree when we realize that if the imagination is controlled, the outer conditions in our lives must manifest accordingly.

Two ways to  
visualize

There are two ways to use the visualizing activity in ourselves;

First - We can look at something in the outer world of form and by repeatedly holding that image in mind, can definitely bring it into physical form in our own outer experience. That which we gaze upon in our minds comes to pass, for, while we are looking at the picture within, our thought is filling it with energy which pushes it out and into the world of form.

Second - There is the picture flashed into the outer mind by the Diamond Self. It comes as an idea, and, simultaneously with it, the picture of the completed form. When this happens, it is the Divine Plan for the one who receives it and will never bring discord with it, or as its aftermath.

Attention in  
Visualizing

However, it is necessary, after the pattern has been flashed by the Diamond Self, to keep the attention and energy of the conscious mind pouring into it. By recalling it to the attention of the mind and looking at it again and again an accumulation of energy takes place. As soon as this reaches a certain point, the thing visualized becomes visible in the outer world of form. The success we have in bringing it into physical expression and the rapidity with which it manifests, are both determined by the feeling of enjoyment we have while looking at the picture. This feeling increases the accumulation of energy and hence, speeds the bringing of it into outer form.

Enjoyment  
in  
anticipation

We frequently hear the remark that, "Half the enjoyment of a thing is in the anticipation of it." The anticipation is really the pre-enjoyment of the completed picture already existing in the mind. This forms the accumulation of energy which in turn forms a pressure and thus pushes it forth into the world of physical substance. If in the contemplation of the picture or vision, we can generate the same feeling of happiness which we would experience if it had already come into physical expression, the time of manifestation will be very short. This is what Jesus meant when he said, "Believe that ye have received."

Pictures  
of  
discord

It is important to continually watch the imagination and keep check upon it whenever it seeks to build pictures of fear, discord or imperfection of any kind. Negative pictures are the predominant habit with the mass mind or race consciousness. It is against this constant suggestion in our every day life that we must guard if we would be free from the misery which most human beings experience.

Beauty and  
perfection

We are free to sculptor out of the universal substance either beauty, harmony and perfection or its opposite. To build constructively, we must use the will to control the imagination, and not let it clutter up the mind with mental models of things and experiences the individual does not want to deal with in the physical life and environment.

A clean  
sheet

If the thought and visualizing faculty are definitely directed and guarded, the individual's life and circumstances can and will be changed to correspond to whatever picture is held in the mind. Every waking moment we are pouring energy into some kind of picture. Let us employ our imagination as our architect, and, after obliterating all the imperfect pictures of former experiences from the mind, consider it as a clean new sheet of blue-print paper. Let us ask the Diamond Self for the Divine Plan, then in meditation look them over with a feeling of enjoyment and mastery. In a short time our life and experiences will begin to take on the characteristics of the pictures, we thus contemplate, and they will match up to the Divine specifications.

We are  
creators

We are co-creators with the Absolute. The thought and imagination are the tools with which we fashion our universe. Therefore, let us get acquainted with them, using them wisely and well for the rest of our lives. Our lives, therefore being within our control, will manifest the joy and happiness we all desire and to which we are heirs.

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SUGGESTED READING

MI SCCELLANEOUS WRITINGS

by

H. Emily Cady

Cloth \$1.00

This is a lovely concise treatise on several subjects which we all need to be reminded of frequently. It is one of the best inspirational books I know to give one relaxation, when he becomes tense or worried from any cause whatsoever.

Whether one is or is not a metaphysician, it is one of the most uplifting, helpful sources of reading anyone can contact. For one just coming out of the orthodox religion, it is a source of clear explanations. The style is simple, clear, direct, and dynamic and can be understood and retained by a ten year-old child and yet be an inspiration to the metaphysician who has devoted his life to these studies.

It takes up in sequence the main principles of metaphysical thought in a short resume and gives the most important points concerning each. It is the kind of a book that one passes on to almost anyone who is in need of explanations along this line. Each chapter is really a little essay in itself. One can pick it up and read at any point and get a thought that will help to hold things steady in whatever problem is to be handled at the moment.

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The tool that is not used, grows rusty; so it is with all things. Activity is a magnet that ever increases our capacity to do. May you know the completed task in all your works.

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