

# Christian

Monthly: \$1.00 a year  
Single Copy, 10 Cents

Thomas J. Shelton  
1657 Clarkson St., Denver, Colo.

Eighteenth Year  
November, 1911

REGENERATION OF THE BODY BY THE RESURRECTION OF THE MIND.

## INDIVIDUALIST

"Now we can get back to competition. We must get back to competition as an element in this country. If it is impossible, then let us go to socialism, for there is no way between. I for one am not discouraged as yet in the hope that we may return to a legitimate and independent competition. I am an individualist and not a socialist."—*President Taft.*

Competition is the life of trade.  
It is also the life of the individual.  
The institution is mortal and temporal.  
It is here today and gone tomorrow.  
The individual is mental and eternal.  
It is not even the kingdom of God.  
It is the kingdom of the Gods.  
God is one Spirit in many individuals.  
Government of the individual in the individual.  
Paternalism is infernalism.  
Get out and win for yourself!  
Keep away from the penitentiary lockstep.  
Satanic combinations in restraint of trade!  
Infernal combinations in restraint of labor!  
All combinations in restraint are Satanic.  
Liberty leads to the light!  
The mental kingdom is in your own mind.  
Mind your own business!  
Let other people alone!  
I AM the Free Spirit in the Individual.

## ITEMS AND IDEAS.

\*\*\* Ha!

\*\*\* Did you hear her?

\*\*\* That is she with her call for names.

\*\*\* It is the biggest thing for CHRISTIAN.

\*\*\* It is working like a charm and I don't know but what it is a charm.

\*\*\* The worker is charming and all have joined in the chorus to sing the song for subscribers.

\*\*\* All of you Christians have entered into the Joy of the work and the new readers are also taking part.

\*\*\* Those who are behind with their subscriptions are paying up and setting the mark ahead. Many who are already ahead are coming in for fear that they may be left out of the count.

\*\*\* This reminds me to tell you that when you want your subscriptions set ahead, you must say so, for we cannot always remember when you are sending in here every month for treatments.

\*\*\* Let the new readers remember that they are under no obligations to even read CHRISTIAN after they receive it. We are just giving you a polite invitation and hope you will become interested.

\*\*\* If your name is in print you can easily tell when your subscription expires by looking at the figures after your name. The first figure is the number of the month and the other figures are for the number of the year.

\*\*\* If I had it to do over again the month would be printed in full but it is too big a job to change our method now. It is easy to make out—for instance, 1-13 means that you are paid up to January 1913. We have people on the list who are paid up for a century.

\*\*\* This means that they have sent a hundred dollars and the credit has been given ahead on their own subscription. It looks like we were going to keep on running CHRISTIAN for a hundred years and maybe we will. It is not impossible nor impractical. This statement shows the way the wind is blowing in the mental world.

\*\*\* It has only been a few years since people began to think that Jesus Christ actually taught a practical truth and therefore the healing of the physical body by mentality is a law of the universe. When this revival came everybody laughed at the woman who started it. They soon quit laughing and went to fighting her.

\*\*\* Strange to say the bitterest opponents of mental healing were the preachers, the very men who ought to have been foremost advocates of this wonderful revival or resurrection of the mentality by Jesus Christ and the actual work of the early Christians. Just now the preachers are tardily coming into this truth and reaching out for the mental kingdom.

\*\*\* This mental fellowship is far in advance even of New Thought, if I do say it myself. I don't say this as a boast for if it had not been for you people I could not have gone forward in this work. I was told year after year that we had to have an

organization. I opposed it. I stand for the freedom of the individual. It is the only way that we can come into our own individual and personal kingdom.

\*\*\* And let me tell you that the kingdom set up by Jesus Christ through the Spirit of Truth is a personal kingdom. You are very much mistaken if you think there is any one king in this personal kingdom for there are as many kings as there are persons. This is where the institution has failed to understand the Spirit of the Prophet. The prophets always preach directly to the individual and make each man responsible for his own thoughts and actions.

\*\*\* Christian Science advocates the fundamental principles of personal liberty; but fear to trust the individual caused Mrs. Eddy and her associates to form an Institution and prescribe rules and regulations for the individual. This is anti-Christ. It will work very well in accumulating property and building up an institution but it halts the onward march of thought and causes atrophy of the mind. When you drive down a stake and say thus far shalt thou go and no further, you have blocked all progress.

\*\*\* I saw all of this at the start and so turned aside the tempter when he told me to found an institution or join an organization. I know all the arguments in favor of an objective organization. I know how sure and certain is a little real estate and the name of an institution. There is one growing right beside my house. It is spread out now to two churches and there will be a third church and then a fourth. In the twenty years that I have been in this work I could have established a thousand churches, in different parts of the world, and made myself the head of a growing institution.

\*\*\* It is all right for mortal men. The only way that mortality can perpetuate itself is through natural birth. A mortal institution must have heirs and assigns; and, therefore, property is the foundation of all so-called sacred institutions. They all know it now for the Roman Catholic Church has set the example. But in this fellowship we are seeking for immortality and the immortal mind has no heirs or assigns. I own myself. What I have is inside my own skin. If I can't stay here I don't want to leave any obstructions behind me in the way of a mortal institution. Do you catch this point? I am the third generation of preachers and I broke up the heredity of religion.

\*\*\* I married a woman who hasn't any religion and therefore our children will be left absolutely free in their mentality. We will educate them in all the facts and leave them to form their own opinions in regard to religion. This is why this fellowship is not an institution. Don't you see we have everything that is essential without an objective organization? We are going right on learning the truth. The mind is ready for anything new that comes along. We don't have to unload to make room for we never load up with anything. Repentance

in the original is a change of mind. We are always ready to repent of our errors and change them into truth. Now what is the Truth? Jesus Christ said, "I AM the Truth."

\*\*\* The I AM that I AM is intellect and intuition. There is in you the power to receive and appropriate to yourself the truth of your own being. In you there is intellect and intuition and all you have to do is to open the door and the I AM will come in and abide with you. It is your own I AM for you are a sun of God. This is the practical teaching of Jesus the prophet. Instead of founding an institution on his sayings we want to establish the individual in his own kingdom. Why should you go outside of yourself for life and light and truth? You could not get anything of the kind if you did go out for all that you can use is what you mentally assimilate. The practical teaching of Christianity is absolutely scientific. What God has said to one man he can say to another.

\*\*\* Is this true? It is absolutely and unconditionally true and practical in the present hour for we are practicing it. This is positive proof and the only kind of proof that is worth a continental. We are healing the sick, casting out devils and doing all of the work in principle that Jesus did before the eyes of men. It is becoming our daily and hourly work. And you can do precisely what we are doing when you come into a knowledge of the truth. Instead of being the subjects of an institution you are left free to exercise all of the functions and powers of the Spirit as an individual. I can't express this better than to use one little word of slang and say that you are It with a big capital I. The Spirit that raised up Jesus Christ from the dead dwells in you and you have access to the whole of Infinite Mind.

\*\*\* I want our new readers to understand that we two, my wife and I, are doing this work by ourselves because we are opposed to any kind of institutional work where you are turned over to a society for your healing and your fellowship. If we hired a half dozen stenographers to play on as many typewriters we would soon be an institution and lose the freedom of our own individuality. You would very soon see the difference between the personal vibration and that of an institution. In fact an institution hasn't any vibration. It is not alive. It is a machine. We are not doing any machine work. How can we do it? In the first place we do not do any of the mechanical work that we can help. That part is done under contract by the printers.

\*\*\* But when it comes right down to dealing with your mentality and entering into the very heart of your being we are both on the job. It is a mental fellowship in fact and not merely a name. We have tried every way to get out of it but the Spirit holds us to it. It is now becoming a part of our mental life. It is very calm and serene this morning while I dictate this to the other fellow. The Spirit must be keeping Beverly Boy out in the kitchen

with the Japanese cook! Baby Blanche is at school. We must send November CHRISTIAN to the printers. I talk to you this way because I want you to understand that the Fellowship means that we are all in one family. While you have your own homes and your own affairs we are your partners in everything. The whole world must come into this fellowship. It does not mean that the whole world is going to subscribe for CHRISTIAN but the fundamental principles of Christianity when freed from the Institution will bring all men into fellowship with each other.

\*\*\* Mortality is hell, and we are going to get rid of hell. Think of a life where you don't know what minute it will be snuffed out! Just pick up the newspaper and read for one issue and see how the whole mortal world is being mangled by wrecks, burned in the fire, drowned in the waters, stifling, suffocating and struggling for a day and an hour and all is over. Any minute! You know nothing of the future. It is as dark as midnight. How have we lived in such a world of chance? The higher you go in this mentality the more horrible will mortality seem to you. If there were not hope of a mental resurrection we would all go mad. But there is a hope and not only a hope but a hope that is being realized. You know hope deferred maketh the heart sick. Well this hope is no longer deferred for we are coming into its realization. The mental resurrection is at hand. Our future reaches into eternity. It is not localized either. It is as wide as the horizon of thought. It leads into infinity. The whole of what has been is here present with us for what has been and what is to be IS.

\*\*\* Excuse this interruption! I just heard Freedom shriek in the back yard and the shriek sounded like the voice of Beverly. He did go into the kitchen but he went on through into the rear yard, turned on the water and turned the hose on himself. The other fellow has just stripped him and put a dry suit on while I laughed, but she said it was no laughing matter. After a while he went out with his clean white suit and climbed up on the fourteen tons of coal to see if the men had put it into the bins just right. The darling of my bosom has just taken off that suit and put on another one, and Freedom has made several other shrieks. It is now noon and the cook came in and enquired about the cold chicken. There was nearly a chicken and a half left over. It is gone! It is another case for Sherlocko the Monk. That boy (five years old this month) had taken it out of the refrigerator and put the whole thing in the oven of the range. We like cold chicken; he wants it warm. I only want to put this item in to send a marked copy to my mother-in-law! She trained that boy in the way he should go and away he goes.

\*\*\* I quit all kinds of advertising, including reviews of books and magazines, several years ago. But I will have to break the rule to notice *The Master Mind*, by Annie Rix Militz, one dollar a year, ten cents a copy, address 802 S. Union Ave.,

Los Angeles, Calif. Annie Rix was one of the famous bunch in George Edwin Burnell's class in Chicago in 1892. I think Annie and I are the only ones left in the game. I heard that George Edwin had shut up shop and quit teaching. I hope it is not so but if it is it leaves Annie and myself alone out of a very big class. She was a little woman with a big mind and a sweet voice. I like all of this individualistic work. I oppose any kind of organization or any attempt to institutionalize the New Thought movement. Mrs. Militz has established local centers called "Homes of Truth." The initial number of her magazine is splendid and she will soon get into the game of editing and make a big success. There is plenty of room for individualistic work. The world is calling for men and women to teach the truth. They do not need any kind of institutional backing for the Truth is self supporting.

\*\*\* Right here let me say that this tendency to syndicate the work of healing is unscientific. It is contrary to the New Testament and the New Testament is genuine Christian Science. I have told you we had tried several times to carry on our work by employing stenographers, but it will not work. It must come from the spontaneous mentality of the individual healer. This does not mean that the husband and wife are not one in the work, for they are, if they are really husband and wife. It is dual mentality, for there must be destructive and constructive thought. The male mentality is destructive for the man is always killing. He is a destroyer. His work is the work of pulling down old things, and tearing things to pieces. The female mentality is constructive. She does the mothering. It is her work to build up tissue and clothe the mentality with a new body. This is working together in one mind, for the I AM that I AM is male and female mentality.

\*\*\* How do you do it? We take up your case and consider it individually and then collectively. As a general thing we never have to speak a word to each other except by telepathy. The transference of thought does the work and when we agree you may be sure it is the truth. I have often condemned and wanted to write a letter of condemnation. When she takes up the thought and tells me that it is not the right thing to do. Do the destructive work in the Silence, but write a kind and soothing letter to the patient. Now this is the work that is being done by the Almighty. It is the work that is going on in this universe by the Spirit of the Universe. If you will open your eyes and look at the world, past and present, you will see this destructive and constructive work of the Almighty. All that individuals can do is to get into the vibration of the universal. Do the work that God is doing for it is God who worketh in us to will and to do His pleasure. There is only One Healer. All the individual claims of authority and power are swept away in truth. "I can do nothing of myself; it is the Father who doeth the work."

This is a scientific statement and has nothing to do with the humility of religion.

\*\*\* The statements of Jesus Christ and of all of the prophets and the apostles must be received in the light of science. You can just lift up your hands and pray and keep on praying to some imaginary God in the skies and you will never make a step of progress. The men and women who have been doing that kind of work for thousands of years are just exactly where they were when they started. It is the same old story handed down from father to son, and the foundation of it is fear. Spirit speaks scientifically and states facts. I can do nothing within myself for I do not live within myself. My life is not independent of the universal. I can't breathe by myself, for I don't own the air. The air owns me. I live and breathe and have my being in the air. This is a scientific statement and you are ready to accept it. Now you must take metaphysical statements in precisely the same way. I live and move and have my being in mentality. My mind operates in the Universal Mind. I open my own thought and receive from the Infinite.

\*\*\* And just as soon as I say the Infinite you begin to look out at some big man, a Big Being, a Great Individual, and sometimes this individual in your mind is Satan, the embodiment of evil. At other times you feel a little better and the big one is called God, but even then it is an embodiment of good. Now the Infinite is you. It is the universal. It is your own life. It is your own light. Instead of getting down on your knees, you stand on your feet and breathe into your mental nostrils the breath of everlasting life. This is what we are coming to right now at this moment. The old thought is dying and the new thought is being born. There will be one more awful war fought over religion. After that the survivors will not have any religion of any kind. They will live in the science of mentality. Old things will have passed away and all things will have been made new. The beauty of it is that we will know how to keep on renewing. This is what we are teaching and practicing. Absolute destruction will overtake us, old nerves, old bones, old blood and the re-creating of new flesh by the resurrection of the new mind.

\*\*\* It is all coming to the earth by telepathy. Did you think God was going to use the printing-press and keep on printing Bibles? The mental ruler of men said that he was governed by the Spirit of Truth. He told his disciples to send the thought out into the world. Spirit will take care of this thought. Of course, we went right on inventing words for preserving this thought, and that was all right for a temporary makeshift. But the truth does not need any books or monuments. Spirit is always and forever alive. It is the same yesterday, today and forever. The same Spirit that raised up Jesus from the dead shall also quicken your own mortal body. "Quicken" means to "set in motion." Life is activity. The quickening spirit in you sets in motion all of the atoms in the body. The old

atoms are burned in the flame of spirit, so the new atoms will take their places. It is cremation of the old and creation of the new. It is an eternal process, for the body is being forever renewed by the renewing of the mind. Now, this is practical science. Men of science have heard the call of the subconscious self. When this unconscious self becomes conscious it will control the whole material environment.

\*\*\* "Each number of CHRISTIAN is better than the last. How do you do it?"

It is because we do it. All of us. I AM talking to an audience, and the audience brings out the thought of the speaker.

\*\*\* "I had a friend stopping with me some years ago. She got your paper, and we both enjoyed reading it. My friend went away, and the paper stopped. I met a lady the other day, telling me what a good paper she had, and she brought it to me. It was dear old CHRISTIAN! I was as glad to see it as any of my old friends. I shall never be without it any more."

And so the good work goes on from one to another. Keep it up!

\*\*\* "Can you tell me where I can buy a copy of 'Vibrations'? Some tell me a copy cannot be had. Would you give permission for some firm to print some copies, as I know a lady who has an old one? Some of us think that it is too valuable to be lost."

I do not think it would pay to reprint "Vibrations," although, if anyone wants to make the venture, he has my permission, so long as he gives me recognition as the author. I have written and rewritten and am still rewriting it for CHRISTIAN. The foundation of my thought is laid in the little book called "Vibrations."

\*\*\* "Will you please explain the XI Chapter of Revelation?"

I wish I could, but I can't. Not at present. I may get some explanation some time in the future. But I have been studying it for forty years, and it is still too deep for me.

\*\*\* "I kept from passing out of the body by continually recognizing the Spirit. Sixty-three years of age this month."

Well, my beloved girl, you did not recognize that Spirit was sixty-three years of age. That is where you missed it in recognizing Spirit, for you looked at it as something outside of yourself. You are Spirit; therefore you are not sixty or any other number of years of age. From everlasting to everlasting thou art God.

\*\*\* "While I am not discouraged, I do get weary of the load."

This is from a man, and I want to give him a good mental spanking or clubbing. Maybe clubbing would do him more good. Why are you carrying any load? One who knows said that we must become as little children before we could even see the kingdom of heaven. Now, did you ever know a little child to carry a load? You must become like a little child, so far as loads are concerned. If you unload, you will make yourself light and bright and powerful. Don't take what you call "business" so seriously. Look up at the stars—even if sugar is ten cents a pound!

\*\*\* "How did it happen you had the toothache? Say, that's a real joke on you.

You are worse than I am. Mine never ache. Why didn't you stop that toothache without the aid of the dentist? Your New York dentist is no better than our Colorado Springs dentist. He is sure enough a fine one. I know, for I have some very fine work in my mouth."

That sounds very much as if you did not have any teeth to ache. Store teeth never ache. And that's no joke on you, even if you have a fine dentist. All jesting aside, let me say something to you Christians that will surprise some of you. Did you know that Jesus Christ never healed any bones? Dentistry is work on bone, and you will not find a single case of healing in the New Testament where surgery is required. You will always find the New Testament scientific. You may heal deafness, blindness, leprosy, and even death itself; but there is no mending of broken bones and no amputation of the limbs. Even in the resurrection of Jesus it was said that not a bone was broken. The prophets prophesied that not one of his bones should be broken. Let us look facts in the face.

\*\*\* "Spirit is all there is, and I know it is the truth; but when I read in the last CHRISTIAN that you had been to the dentist to relieve pain and save a tooth, I said: Why did he do it?"

This is from a healer and teacher. She goes on to tell me how she demonstrated over a toothache, but finally winds up by saying: "The tooth only came out two years ago." Now, what is the use to act the fool and lie to yourself? Why did the tooth come out? If you could demonstrate over pain, why didn't you demonstrate over the tooth? I expect the Spirit within me to beget and give birth to a new body out and out. Bones, flesh, blood, nerves, vision, hearing, feeling, tasting—everything that belongs to the consciousness. I know that the I AM is Spirit and that Spirit is the creator of what we call matter. This new begetting and new birth will grow a new body. In the meantime I am going to wear my glasses when I need them, and let the dentist plug up the holes that come into my old teeth. I have said in another place, in answer to this same question, that you must look to the New Testament for the science of healing. There were many surgical operations to perform in the days of Jesus Christ, but he never touched a single case. His forerunner, John the Baptist, had his head cut off, but Jesus did not stick the head back on again. He let him go on his way. He met the same John as Elijah in the Mount of Transfiguration about a year afterwards. You must look away from mortality, if you expect to see the reality of Spirit.

\*\*\* "Brother Tom: We have traveled this road long enough (together) that it gives US the joyous privilege of criticising from every view-point, don't it? In the October issue you say that 'distance is a delusion,' and also we are traveling through space at a rapid rate. If distance is a delusion, what's the matter with the 'rapid rate'?"

You are confusing the word "distance" with "space." I did not say that space was a delusion, for it is not. Space is a reality, but it is filled with something. There is

no empty space. Therefore we may move rapidly from one place to another; for there are places in space. The sun is in its own orbit. All of the suns move in their own orbits, and each planet in its own place. Therefore we are omnipresent mentally, and we are getting to find this out very rapidly. I have not time or space to quote the full description of the new aeroplane. Each man will soon be carrying his own aeroplane in his pocket, the same as a watch. It will be in tune with one carried by his wife, and even the ocean will not separate them from each other. Listen to this:

"A few days ago Mr. Matthews gave a remarkable demonstration of the value of his discovery to a small committee of London business men. He was locked up in the strong room of a bank, lined with nine inches of armor steel, nine inches of firebrick and six feet of concrete, and thence he talked freely to an operator in a room on the other side of the building. Even the ticking of his watch could be heard."

This instrument will only help us to get acquainted with ourselves. For the brain that can conceive such an instrument is greater than the instrument. I have not the least use for any such an instrument, for telepathy answers all of the purposes of this mechanical device. Men will learn that they have this instrument already in their own heads. Instead of looking outside for an instrument, we shall learn to look inside to the one that nature has endowed us with, for just such long-distance—aye, omnipresent—communications.

\*\*\* "I have read every word of the October number and have begun to get interested. I know you like an honest man, so I will be candid with you. At first I thought you were a leg-puller; have had mine pulled several times. Excuse me for slang, but I don't know just how to express myself."

This shows you how the new readers sometimes take CHRISTIAN, but he keeps on reading it. Some of them send CHRISTIAN back indignantly without ever looking at it. Therefore, will you please take the trouble to inform your friends that the paper is sent with your compliments? If I were a leg-puller, I would get out of this business and get into something where I could pull legs to a good profit.

\*\*\* "I am astonished at your power. My trouble, which in varying degree had lasted six years, faded like dew during the month just ended."

And this is a medical doctor, and the treatment was for her own physical person. She has been with us a long time, and therefore did not have to get into conjunction, but instantaneously received the Word in that particular spot. Her mind was in tune, and the appeals were made for a chronic trouble. You know you may go on with a chronic trouble until you get used to it and lose all expectation of ever having it removed. Then some fine day the Word hits the spot, and you are troubled no more forever with that particular trouble.

\*\*\* "I AM gaining in poise and balance, but I am so hungry to find myself."

Your hunger will be satisfied. Blessed are the hungry, for they shall be filled.

There is an individualized Spirit within you which is called your unconscious self. When this spirit becomes conscious you will have found yourself. If I quote from Mrs. Shelton, remember that she and I are one, and I have a perfect right to use her words. This unconscious self is like the seed planted in the earth. When it comes up into the sunlight it brings forth fruit.

\*\*\* "I have read a few numbers of CHRISTIAN loaned me by a friend, and hereby send you three dollars for three subscriptions."

And this is the reason we can afford to send out CHRISTIAN and pay all the bills, for it is sowing and reaping. You hand a copy of CHRISTIAN to your friend, and the friend sends me three dollars for three new subscriptions. That wife of mine is very wise in making an effort to double the names on the list, and to keep on doubling them until all who want to read after us are supplied.

\*\*\* "I feel repaid for the last amount sent to you, and am going to get down to system and to write promptly each month."

That is the only way you can do things right. There can be no mental unfoldment that is worth anything, unless you get down to system, and keep at it month after month and year after year. People who have been with me twenty years are the most enthusiastic and earnest readers of CHRISTIAN. You can't expect to come into this kingdom of mentality in a spasmodic way. You can't get there by buying books and reading the printed page. You may read all of the lessons and take all of the courses in correspondence, and still be out in the cold. I consider that the Silent Word spoken by telepathy is worth more than all of the books on earth. It is worth more to us from you than all of the letters that you can write, and it is worth more to you from us than all of the letters we can write. It is the steady, every-day talking to you in the Silence that counts. If I believed otherwise, I would get out lessons and books. The old way is out of date, is a back number, even in teaching school. The teacher must reach the mentality of the pupil; and you reach that mentality by thinking. The whole world has come into the thought that thought is immortal. It is divinity. It is the very essence of being; it is being! Therefore it cannot be put on paper. It must come fresh from mind to mind every day. This is the teaching of the New Testament. Spirit is to be the guide and teacher; and Spirit is another name for Thought. We had just as well get this into our mentality and practice it.

\*\*\* "I am still thrilling over March CHRISTIAN."

And so am I; for it was the very height of pneumatic prophecy. By the way, the first page of March CHRISTIAN is on "Levitation," and since then a great philosopher has come out with a book on the subject. He affirms that gravitation by itself would soon cause the universe to die, and that eternal life for the universe comes through gravitation and levitation. I received the Word from the sun or the Spirit direct, and

did not have to wait for his book or any other person's word. The first half of CHRISTIAN for this year was prophecy, and we had to let up and wait for its fulfillment. I don't know what the first half of next year will be, but there is something boiling and bubbling in my mind. Just keep your poise and patience, and all things will be revealed to us by the Spirit.

\*\*\* "I have not asked for a subscription for the money sent, as I think it is enough to receive the treatment without asking for the paper too. But if you feel like it you can send it to the following names."

I, too, think the treatments are not only worth the money, but much more. But, you see, we run this for the Fellowship, and there are so many thousands of people who are ready for CHRISTIAN that you ought to take delight in delivering the goods. Our own people are just waking up to the privilege, and they are going right on giving away CHRISTIAN, knowing that the harvest reaped will be much greater than the seed sown. By the time we get our twelve thousand new names for the year 1912 we shall be ready for twelve thousand more, and so on until the mental message goes to all of US. Send the names; but, if possible, let them know that the paper was not forced on them, but is sent free, with best wishes of the sender, for one year.

\*\*\* "I am glad to tell you that the promotion is a reality. Treat me for efficiency, health and prosperity. Our new house is nearly completed. Treat us for success in payments."

That is the kind of good news to receive in these days of high prices and hard times. Ten years ago we started a movement for homes, and many hundreds of people are now living in homes that they were induced to purchase at that time. I think that I shall start a new crusade for new homes. There is no use for you to think about anything but prosperity. I told you that this year would be a year of uncertainty, but I shall have a better word for you next year.

\*\*\* "I have practically made up my mind to accept the nomination and go after the office. I see no reason why Christians should not be mixed up in this political game, which bosses them and theirs, and as long as we are going to live on this planet we might as well learn the man-made laws to which we are subject, as well as the laws of God. Eyes fine, hair in better shape, and am out for that new body with new eyes, hair, flesh, blood and bones."

And the writer is one of my Irish blood, and has been working in a law office until now he is a full-fledged lawyer and is going into politics. It is all right, my boy, and you have stated the case in few words. Go in and win! Not only that we Christians ought to enter into politics, but we must take possession of the planet. It is not much of a planet, but we can improve it and make it much better than it ever has been; and there is no reason why we should not stay here for awhile.

\*\*\* "I know of no disease of the human body that cannot be cured by mental treatments. That sentence has been running through my head almost constantly. Will you please explain to me why I have derived no benefit whatever from the treatments? At the end of the month, if I had

felt the least improvement, I should have kept on."

I certainly stick to that statement, but you did not stick to the treatments. You took one month of treatments and expected to be healed of chronic disease that has been holding on to you for years. If there is a disease of the human body that cannot be cured by mental treatments, God is certainly in a bad fix. The body is composed of matter, and matter is the body of God. Now, if God can't cure all diseases and put himself into the vibrations of health, the universe is sick, and is sick with an incurable disease. But, my dear girl, it is a mental movement, and it cannot be operated from the outside. It is in your own mind, and all that I can do in treating is to help your own mind to objective manifestation. I can't do it in a time limit.

\*\*\* "And now, Mr. Shelton, when I return for more treatments it is for no reason of feelings and beliefs. It is purely an investment, and whether it turns out to be a good or a poor one depends entirely upon the returns. I do not believe in anything that cannot be demonstrated; but I know that the essentials of life are spiritual, and that the great Cosmic Spirit of life is one with our own. The Great Life or God is perfect and harmonious and ever active in expression."

This is the mind of a medical doctor who has been with me a long time; in fact, I helped to make him a doctor, for he came to me as a student many years ago. I like the way he expressed himself. I am not a preacher in the old way, and therefore I do not expect discounts at the dry-goods stores, donation parties, or any money to be given me through sentiment. It is our business to deliver the goods. I have many doctors and lawyers and merchants who come to me for what they can get out of it. It is mutual; it is an exchange; it is giving and receiving; and, while it is strictly business, it is all for the mental Fellowship. All the business of this world must be conducted in the same way some day. My wife and I are trying to do what we know the whole world will have to do before there is peace on earth and good-will to men.

\*\*\* "AM I with you or not? Sometimes I think I am a fool to think as I do, for it seems to hurt my body. O God, how I have suffered! I would not mind if I thought it was for Good. Tell me, have I gone too far in my thinks? And help me to get where I belong, if I am abnormal in any way. There is no use hiding it. I am scared to death about my body, and I don't understand it, for my mind is better."

You are taking things too seriously. Mortal life is a joke. You certainly don't think the Spirit of the universe takes mortality seriously, do you? If I thought that God was concerned in mortality, the bottom would drop out of my universe. I don't want to live in any such place. I know that the Serene Spirit is the same yesterday, today and forever. These little experiences in mortality are for a day and an hour. Quit your thinking about thinking. The real thought that is in you will take care of itself. Your mortal efforts are beating against the bars, and are of no earthly use to the divine thought within you. Be still, no matter how much you suffer, and laugh at the storm and smoke and fog of mortality.

THE REAL BEAUTY DOCTOR.  
Mrs. T. J. Shelton.

Immense fortunes are spent yearly on cosmetics, massage and facial treatments of one kind and another in the endeavor to strengthen the sagging muscles, to restore color to the pallid complexion, and to eradicate the traces of time and trouble and disappointment.

The effect is only transitory and lasts just so long as the person has faith in the treatment.

External applications are like building one's house of straw. The mind must be massaged from within and not the body from without.

These external treatments are not begun until the telltale lines appear. It is not realized that they are merely surface indications of more serious troubles from within, the results of centuries of inharmonious living.

The face is a creation, an outward expression of the spirit who shapes indelible characters and carves upon the surface signs which tell to those who care to read the secret histories of the unfathomable depths of that spirit—the lack of self-control, the ignorance or the wisdom of the possessor of that face.

From feature and expression he can tell of the stress, the struggles, the defeats and the victories through which the spirit has come.

Environment is the primal power and leaves its stamp so deeply set on the mentality that the lines of the face yield slowly to the influence of the surroundings.

I am speaking of those who have not yet come into a knowledge of the Truth of Being.

If the awakening Spirit does not come knocking for admittance, the family characteristics will be handed down from generation to generation, and the physical will be cast in the same mental mold.

The face and eyes of those who live on the prairies, far away from any settlement, or in the solitude of the mountains, for any length of time have the same tense, strained expression.

This is especially noticeable in the women, as they are more sensitive to their surroundings and lack of congenial companionship to give the mind exercise.

The soul is restless and dissatisfied, and is clamoring for its birthright. But the mind does not comprehend and forces the body to dumbly submit.

The less refined and delicately organized the individual, the less the strained expression is found.

As they get nearer the earth, the more stolid and satisfied they are; the less imaginative and the more impassive the expression becomes.

You have noticed, in visiting various galleries of the larger cities, the faces and eyes painted by the old masters of Italy gain a singular depth and somberness, especially if the originals lived in palaces of lofty and gloomy aspect.

Such surroundings quicken the imagination, awaken a gravity and revery, and lend a wonderful charm and refinement. The recently lost "Monna Lisa" is of this type.

It is not a progressive type, nor a lasting one; for such people live in the past and try to shape their lives according to tradition.

Foreigners of the uneducated, untraveled class come to this country as immigrants.

The air of Ellis Island seems to inoculate them with the delightful possibilities of what might be, and they quickly respond, if they have begun to unfold mentally.

A few years ago I had a Swedish maid who was a perfect type of physical womanhood. Her hair shone like sun-gold, and was as soft and silken and curly as a baby's, and she had a peaches-and-cream complexion. Her health was splendid, and her disposition was as mild and gentle as she was beautiful.

But she lacked magnetism, snap. Her mind was sluggish and she had not yet become enlightened.

After remaining with me a little over a year, she left, frankly admitting, with most entrancing smiles, that she was too lazy to do the work; that she wanted a vacation, and wanted to marry a rich man with an automobile.

Occasionally she comes to see me, and each time she is a little more faded, as her beauty keeps slipping away. At every visit she laughs and says she is yet looking for the man with the automobile.

Her mind is in the same sluggish condition, if not more so. Her body will soon fall into the same vibration and the organs cease to function naturally.

Poorly equipped, she will have to settle down to hard work to support herself, as employers will not then be willing to overlook delinquencies on account of an amiable disposition and because she is a pretty picture to look upon.

Her spirit is dormant, except in so far as is necessary to function on this plane of being.

If the Master Hand had touched her mentality, she would have awakened, would have kept her beauty and her health, and would have learned how to LIVE.

Fortunately a large number of foreigners coming to this strange land soon respond to the keen business manners, the endless competition, the desire for knowledge; and they pass through the melting-pot refined, and being shaped into the distinctive American face and way of living, and then begin to reach out for mental enlightenment.

Children, especially those of the public schools, have a uniform mind and training, and bear a striking resemblance.

It is only when they begin to break through the chains of authority and think for themselves that the face begins to change expression.

Greed, selfishness, grossness and brutality distort the faces of many, while delicacy, sweetness, purity and high ideals shine forth from the faces of a greater number.

The peon of some of the Spanish-American countries, the Camorra of Italy and

the Apache of Paris have been made by a penal system of neglect.

There is a soul and a spirit in each one of these bodies, but they are so covered up with rubbish; yet they are seeking for expression through the only avenue there is—an uncultivated mentality.

The tenements, sweat-shops and conditions of child-labor in this country would soon produce the same state of affairs, if the Spirit of Liberty did not pervade the air and produce a feeling of unrest and the reaching-out for something better.

It is the kind of unrest that develops the determination, and then the strength and ability come to achieve and to change conditions to one's own liking.

Where the intelligence is retarded and the mentality not evenly balanced, oppression either develops the criminal instinct, or else breaks the spirit, destroys the will-power, weakens the mentality, until the victim is lowered into the welcome grave.

Our greatest fighters are men of intelligence. I mean the men who fight with their brains, and not with their fists or their tongues.

Spirit is the source of this intelligence.

We are not all born equal. There is a limitation to our faculties which our intelligence encounters in every direction. This limitation extends just so far as a distrust of ourselves can be based.

All of us have the privilege of being our own architect and builder. We can make our circumstances the stepping-stones to better conditions and compel them to give us our need.

We have the right to that knowledge of life, and to the laws of Spirit whereby we may change our environment and our life. To attain this we must first understand ourselves and those with whom we come into contact.

But one vital point must be remembered. We must deal with ourselves alone. We have no moral right to try to control another soul who has arrived at the age of discretion.

So many complain of hardships and trouble in their lives, not realizing that the fault is partly their own.

They have formed a mental picture of how conditions ought to be. Other members of the family have different ideas and endeavor also to work them out.

Then the clashing and bitterness begin. They pull against each other, trying to defeat the purposes of each until the ideal home is destroyed.

The weaker ones will seek for their pleasures outside, and the stay-at-home ones will fret and complain, and close the doors against love and harmony and peace.

Home then becomes merely a stopping-place, pervaded by thoughts of hatred, or an Old Man of the Sea for some drudge to carry.

Can you see the faces of the members of such a home? The hopeless weariness or the stubborn indifference of the older members. The snarling, frowning discontent of the younger ones, who are seeking to build other homes, but are so poorly prepared.

Is it any wonder that disease and old age creep in? And all on account of ignorance and misunderstanding; the not knowing how to adjust conditions; the not trying to love instead of hate, and because the mind is working in a haphazard way.

A perfectly controlled and well-poised man or woman is the most beautiful work of God. The power that transforms the springs of life will stamp its beauty on every nerve and muscle of the body.

Strong, sweet faces are built up by a perfectly poised being. The body vibrates with health and happiness, and the love for mankind prevails.

Love coupled with the guiding hand of wisdom to help others on their way. As we dwell in the thought of the good and the beautiful, so are we changed into its likeness.

We can rise to the immortal and divine according to our mental enlightenment and the response made to the Spirit, our guiding star.

He who has the measure of his own weakness will learn how to overcome this weakness, how to grow strong and powerful and wise, and will vibrate in tune with the Infinite Truth.

There is in every heart, however hard through deceitfulness, ignorance and selfishness, a place where the Light of Truth may penetrate, and soften and transform.

Leave the Master Hand of Spirit point out the WAY, and weakness and disease and sorrow will disappear from the face of the earth, and Joy and Health and Divine Understanding will prevail.

You, who have passed your first youth, look at your reflection in the glass, see the signs of decay, and turn away saying: "What's the use?"

But there is a great deal of use, and the remedy for all of the ills is always close at hand, if you will only open your mental eyes to see.

We need sorrow and disappointment to develop us, and not to crush us and turn us aside into tangled bypaths.

Every cross should strengthen us, point out our errors, and clear our mental vision.

The world exists only through the power of mind. We have within us ever present a vague identity of Self which we have never actually realized. It holds out the promise of what we may become if we so will it.

Get acquainted with yourself, your real self, and learn to laugh at the very things that look tragical to you now. Take an active interest in the current events of the day—the things worth while. Mind meeting mind stimulates and creates a healthy activity.

It is not necessary to ask by what or by whom we were produced. It does not matter, except as the asking keeps us interested and the mind away from more unhealthy problems.

God (Spirit) is the first cause and the only cause of existence. We are not automats. A nature of desire or will is part of our being and instinctively directed toward the Good as its end; and this is fully

demonstrated when being and mentality are in absolute union.

Instead of looking at conditions calmly and sensibly, we deal with ideas so vaguely and in such an abstract manner that no one knows what we mean. We do not really know ourselves; and a chaotic condition is produced.

Our true aim should be to live our life the best we know how. Our own life, I said. Not try to live someone else's life. Cultivate the habit of not interfering with other people.

Do not make the mistake of placing the consciousness of the problem for the solution of it.

Realize that a special train of events is but passing. They serve their purpose, and then should be forgotten. The subconscious self will retain all of the experience that is necessary.

They will not leave a scar unless you so will it. They have taught their lesson, and, even if unpleasant, you must learn to love them for it.

Your mentality must expand and develop, and you must know how to eliminate all that does not belong to you, and has no special relation to your unfoldment; and to get rid of the thought-forms of those with whom you come into contact.

The process of science has both a positive and a negative side. The fact as it is first presented to you is but the opening wedge, and through this opening you rise to the knowledge of the law, and you are thus enabled to understand the fact as it really is.

The mind is not passive in the process of knowledge, but should be passive in attaining knowledge.

Introspection will lead you astray and tends to bigotry; for one will forget that it is only the observation of individual consciousness, and too much introspection distorts that consciousness.

Each one of us is but a part of the greater whole, and yet each one of us is a whole. We go back to the beginning and on to the end, and we know there is no end.

The mind is so far beyond limitation that it realizes its own limits. It is conscious of the defects of its own experience. Therefore, it is always seeking the ideal, which in time it will attain.

This will be brought about through the absolute unity, the perfect balance of mind and body and spirit, the perfectly attuned workings of the whole.

It is this striving after the ideal which lifts man above a mere animal existence and forces him to seek better things. It is through experience that he drops the earthly things and finds the meeting-point of the opposite currents of thought, the real and the phenomenal, and discovers that after all it is different processes of mentalization starting out in opposite directions and reaching the common goal.

When we stop our worrying, overcome our irritability, and do the square thing by everybody, including our individual self, we shall find that the mind begins to work in perfect harmony with Spirit. The body is rebuilt and strengthened, the intellect is

quicken, and we enter into perfect Health and Happiness.

As you gain control of your environment, which also means mind and body, the world outside will adjust itself to your mental and physical condition, and your whole being will vibrate with Light and Understanding.

You walk, talk and play in a definite way because you are accustomed to so doing. Certain habits are repeated until they become habitual, and then they master you.

Two forces are ever striving for the soul. One is the malignant, the persistent force of ignorance. The other is the enlightened mentality through which the Spirit operates.

You know full well you are not tied to your immediate life. You can fall below it, so just as surely can you rise above it. You are in a center of a circle, and it lies within your power to either diminish or constantly widen your circle of existence, to broaden your horizon.

Live as happily and as sensibly as it is in you to live, freely following the Voice of the Spirit. Only be sure it is the Voice of the Spirit and not an echo of your own selfish desires.

Do not bother over the little troubles, and the greater ones will take care of themselves.

Keep the ideal constantly before you, and in the fullness of time it will be demonstrated.

What is the ideal?

It is the absolute perfection of the body, the free, unhampered working of the mind, and the attainment of the highest aspirations of the soul!

\*\*\* "As the Christian Scientists would say, I had a 'wonderful demonstration' yesterday. Briefly, had a terrible 'jolt' on my ankle early yesterday morning. Went on to school as usual, but the injured part grew more and more swollen and painful, until in the early afternoon I 'got busy' and began to call on you for help. I went on with my classes, and after awhile the wonderful healing came. I was able to walk home comfortably, and today am perfectly well. Ordinarily it would have taken two weeks for the wound to heal—by the old medical processes, I mean. The rapid healing was indeed a great miracle."

The mental miracle was mind acting on mind; for the writer of the above is a teacher and a student, and therefore ready to receive the spoken Word. It is wonderful how we are advancing. I never know what will take place from one issue of CHRISTIAN until the next one. I expect some bright morning that we shall awaken to find ourselves in the kingdom of mentality, with matter under our absolute control. The mental resurrection is going on every hour, and time is passing so quickly that a day is as a thousand years. We do not have to wait for mentality to bring us the message from other minds even in the so-called mortal world. When a gun is fired in Europe the news is flashed to us. And a man has just invented the aerophone and expects to 'phone across the Atlantic Ocean without wires as easily as we do now to the next block with wires.

# SUNLIGHT SCIENCE

*"And I saw an angel standing in the sun."*

Our office is in the sun.

The sun is the Spirit of the universe.

The light of the universe is electric light.

It is all in your own mentality for your spirit is a sun.

You are a trinity of body, mind and spirit.

Christianity is the inspiration of the individual.

It is the awakening of your own divinity. It is our business to help you into your own.

As my wife and I are making this our personal business we must conduct it on business principles.

Fellowship treatments are given every morning and are one dollar a month or twelve dollars a year. The treatments are for health, happiness and prosperity. It also brings each of you into mental fellowship with all of US.

Direct personal treatments by either of us five dollars a month; or by both of us ten dollars a month. This is where we take up your business, your mentality, your whole environment and help you into the mental kingdom.

Take one subscription to CHRISTIAN for every dollar sent for treatments. You can have as many copies as you like for yourself; or you can send in the names of your friends.

Expect only one letter each month but call on us mentally at any hour day or night. Telegrams are telephoned to us as soon as received. But your telepathic message will reach us even when we are asleep.

We use our own pink paper and envelopes; but if you wish your letter in a plain envelope enclose one self-addressed and stamped.

Money orders in common mail; currency in registered letters.

T. J. SHELTON,  
1657 Clarkson St., Denver, Colo.