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Mind The Builder Magazine



DR. A. A. LINDSAY

AUTHOR Complete Library Psychology Literature

LECTURER Founder of Society of Soul Culture

Hotel Ansonia - New York City

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Mind The Builder ... Magazine ...

Mind the Builder, a real magazine will be a monthly of 24 to 32 pages, the April number, 32 pages, practically solid matter, and subscriptions for a year are solicited at \$1.00, single copies twenty-five cents. There can be no higher quality of philanthropy than to contribute a sum per month for general distribution—Dr. Lindsay can hardly conduct such distribution alone.

PLEASE SEND NAMES OF YOUR FRIENDS WHO MIGHT BECOME INTERESTED IN THE LAWS AND FORMULAS OF TRUE PRACTICAL PSYCHOLOGY, WHICH WILL BE IN EVERY ISSUE OF MIND THE BUILDER MAGAZINE.

The above title to this booklet, it is desired, shall become an established monthly magazine of twenty to thirty-two pages of appropriate practical psychology literature edited or written by the author of the 450 page book, "New Psychology Complete, Mind the Builder and Scientific Man Building", three books in one, Dr. A. A. Lindsay.

Other books in print by same author, "Life's High Way and How to Travel it" and "Scientific Prayer".

It should be noted that Mind the Builder Magazine is practically solid reading matter, not commercial advertisements, chiefly.

At one dollar a year a gift is comprehended in every issue—it cannot be produced and delivered for that sum.

Our literature inspires many questions and Dr. Lindsay is glad to give his personal attention to replies to all psychological interrogations—readers may address, for all purposes.

DR. A. A. LINDSAY, PUBLISHING
Hotel Ansonia, New York City

Books—Big Book, Three in One.....	\$3.50
Life's High Way	1.00
Scientific Prayer25
Special the set, at price of big book	\$3.50

YOUR SOUL CONTROLS YOUR BODY

PERPLEXING is the question: pertaining to thought force, why is the obvious made difficult of perception? Well now, please try to be patient with the present generation—even the primitive man, who had much less to think about than have we of the present day, chose mysticism rather than interpret in the simplest way. If a rock fell on his head he thought the rock was mad at him, so he fought back, kicking the rock with all of his might. With the primitive man's evolution he became assured that in that rock was a spirit and if he offered sacrifice he might placate that spirit then the rock would not harm him. Of course he did not limit his belief in spirits to the subjects, such as objects that he fell over or that fell on him. Water that would drown him or the rain that made the floods and the winds that blew and the dust that suffocated; spirits were in each form that brought discomfort and all these required sacrifices, offerings in some form that would keep them from harming man. Further evolution lead them to interpret that one great spirit was the source of all power and so more mystical performances to placate that one destructive spirit and in that same performance they hoped to have that spirit use its omnipotence to make the man more comfortable; bless him and not punish.

Since it required ages for the primitive man to evolve to that extent, should we not be patient with mankind that still prefers the mystical to the thing so common and obvious as the idea that each individual's own ability to form images is the source of all that an individual may have or become in health, disease, success, failure, character, beauty, ugliness, prosperity, poverty, love, hate, long-lived, short-lived, disappointed, happy, friendships, abandonments—that everything the human becomes is due to his own ability voluntarily to think thoughts and register those in his own soul and that Nature has that law, a picture, which of course is an image, which of course is a suggestion, which of course is the design or plan that the soul has to use for its buildings.

Do you ask what is there about that that one can claim is so self evident, a truth so obvious?

Well, even a little child can register an image and fulfill it involuntarily, although it voluntarily accepts or forms the image. The Chinese vegetable man was the kindest individual possible, yet the mother forced her little girl to obedience through telling her that the gardener was a terrible man that killed little girls. The little one became terrified just at the thought of the man, who loved little children, actually.

The little girl was returning from a visit to a nearby home and was overtaken by the gardener, who gathered her in his arms and placed her on seat by his side in his wagon. The child immediately developed convulsions—the shock (pictures) was followed by organic changes in her body, from which she never did recover.

Do you ask why she did not recover? Because she never received counter suggestions at the hands of one who knew how to place the counter suggestions into the subconscious of the child and thus cancel the images, plans, which became established through having been placed in her subconscious under the emotional situation of fear. All parents, who control their children through appealing to fear are scientifically praying that ultimately the child will answer to a destructive emotion.

Did not the mother, family and friends pray that the little one would recover? Certainly they prayed and with every prayer they pictured the awful conditions as manifested (thus cultivating the inharmonies) and never in a single instance directed the prayer to the soul of the child that possessed the patterns of injuries, disease, and inharmony habits. Whatever may have been the efforts of those who prayed they never could actually believe that that Universal Mind would suspend natural laws and heal the child. Natural law is that the soul of the individual is the INNATE builder and that if undesirable results occur, then change the plan, but change it right in that phase of mind (subconscious) that possesses the pattern.

My discussion is with regard to the simplest and plainest possible truth, that one may think voluntarily and at the closing of the thought the image has to fall into the subconscious,

for the voluntary, objective mind, is as a sieve, it is no storehouse, so all of its pictures are retained in the subconscious, involuntary phase of mind (a phase of the soul). Nature interprets that one is scientifically praying when voluntarily placing suggestions in the soul—which means praying that the soul will use the images as the working plans. As a simple everyday, and in every life, demonstration, one may recall an experience, that is, the image of the experience, and experience over again the sensations connected with the original sensing. Recalling the thing associated with vomiting, or recalling the act, that is, the pictures are recalled and nausea becomes developed.

The joyous experiences (which I wish I could use in all illustrations and teach my lessons as well as through the inharmony illustrations, but that I cannot do until humans become as emotional over joys and hopes as they do over destructive images) are also, when recalled, accompanied by the happy sensations involved in the original situation. The happy associations in hearing the appealing music—recalling a glorious scene in nature, recalling a lovely fragrance or delightful flavor, each is a situation in which the conscious mind brings up from the subconscious the pictures of experience and the sensations associated.

You must go on with me in this thought for the above are what we call, functional—not involving changes of structure. Usually except under emotional experiences that may reverse the chemistry instantly of the body, one may not be conscious of the effect of a picture. The factor of time may be involved in cell, structural change. However the emotional renewal of a picture, or an image placed with conviction and left in the subconscious is an order for the soul to create what the image calls for and soul expectancy is all that natural law requires for the ultimate organic development literally to occur, or something as impressive and of the nature of that which is expected.

Yes, one can believe that he has or will have diabetes and thereby order and provide for all the processes to become fulfilled by which sugar in excess becomes present in the blood—also one may have a terrific emotional upset that will be fol-

lowed by diabetic conditions—emotional disturbance tends to affect the body in features that have the lowest state of resistance—or one having inherited the diabetic picture, may, when under the influence of destructive emotion, begin the fulfillment of the inherited image—one could not inherit the disease—but the image, that will call for the disease in all of its appointments.

Prenatal pictures, of course, would be present in the soul of the developing child—maybe influencing immediate results or later to affect the disposition or conditions of the successor.

A mother was overwhelmingly shocked as she beheld a dog being run over by a car. Her child was born paralyzed in the region of its back, corresponding with the region of the injury to the dog's back.

Aversions and acceptances and fears often are impressed upon one through prenatal parental picturings, telepathically impressed upon the soul of the unborn child.

The laws involved in the human are also the same laws relative to every form of life. All forms of life are souls with bodies—whether amoeba or man, the soul must have a physical body through which to manifest in the physical world.

But, since it is the soul that creates the body and shows its supremacy—shows that it must have a material instrument: when something of inharmony manifested in the body should have correction, why try to appeal to the instrument to correct itself (as if it could) instead of learning the laws and formulas relating to the life and intelligence (the soul) that created its body. Under the same Power that the soul became equipped to create a body, complex, from the primary cell, the soul has continued (by the appointment of the Universal Mind), equipped to regenerate, heal, and under normal images permitted by the human volition, to rejuvenate, renew with improvement and perpetuate the body far beyond the usual of the present.

WHY DO WE NOT LEARN ABOUT INDIVIDUAL
INNATE KNOWLEDGE AND POWER? MATERIAL-
ISM AND LOVE OF MYSTICISM IS THE ANSWER.

PAID IN THE BEST COIN

There are natural laws of mind (all that is spiritual) and "MIND the BUILDER", in all that it declares, is a constant teacher of those laws. That is why one may be glad always to have been the agent through whom a copy has been received by another. You may have occasion to be grateful for the opportunity you used to place in the hands of one in great need of an interpreter of himself, through which a renewal of courage and self confidence might be experienced. Every man, woman and child, everyone, at all times is in need of revelations to his conscious mind pertaining to the knowledge and building power in the innate self.

I am deeply grateful for the least part one may serve in placing "Mind the Builder" or any other of our scientific writings in the hands of a reader—you may at any moment meet the requirements of the most vital sort in the life of a discouraged and yet an aspiring, worthy individual. I rejoice on your account, for, as a result of your agency, you may be paid in that most precious coin—the assurance of having brought the best possible blessing to a fellow man.

An individual whom I never had met spoke the first words I ever had heard him speak, over the telephone. I will let him state his own case after securing the appointment with me:

"I am bringing this friend of mine with me, hoping that you will take him and that through your teachings he may be helped as I was. His needs are as important as mine were, although not of the same form. I returned from the war as completely wrecked as a human ever could become. Habits of dissipation—intoxicated most of the time, endeavoring not to be conscious of my worthlessness and my sorrows and disappointments. My wife would not permit my presence—I was not permitted to see my child, and as dissolute as I was, I could not blame them for keeping me out of their lives, and divorce provided for their protection. I could not stand the desolation nor could I live in the intoxications and debaucheries any longer.

"I met a man on the street in New York, whom I had known—I tried to avoid him but he recognized me and was friendly and took a determined interest in me, tried to brace me up. He stated that he had been attending your lectures, Dr. Lindsay, and knew that your teachings were right and that through them one could redeem his life and reform all habits and even live up to the best that is in one. Our contact was brief but he gave me your "MIND the BUILDER", a book of about 150 pages, stating that I could follow that accurately and find complete liberation from every inharmony in my life.

"That friend did not overstate the possibilities—I did find that I could cancel the images of all my bad habits and dissipations, and deciding that I could do so, I used the formulas until I gained all release from the driving desires.

"With self respect and return of self confidence I soon found employment and in the immediate years following I prospered well and gained an ideal life—I married happily and my wife and my daughter, five years old, make my home and my life perfect—I have everything that any man could desire. I owe it all to the teachings in your book. I never communicated with you because I knew your life must be full of such results and I would not wish to add to burdens upon your time—but now I have the opportunity to place my friend where he can have your personal services. I wished for such contact myself but I found that you were in another part of the country. I could have made more rapid progress no doubt, but I reached the highest point through the more tedious way—but your modes surely are scientific."

I do not doubt that such experiences occur to many persons who have needs from health and habit standpoints, of whom I may not become informed—I put such value upon one life reclaimed as was this man that I feel that the single instance justifies all that has been involved in my career—self-consciousness as to hardship becomes completely cancelled quickly.

I am particularly impressed at this time with the fact that, although there were back of me laboratory and clinical work and the absolute knowledge of the laws and formulas for

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Scientific Man Building, demonstrated knowledge over many years, that qualified me for writing scientific books, all would have been (and it is just as true at this moment), of no avail were it not for the agency through which the books are placed in the hands of human beings, all of whom have needs that scientific spiritual teachings can meet as nothing else can.

The man who handed his book to the needy friend served as vital a part as I did in writing the book. His profit, he shares with me, or I share mine with him—we were and are paid in the most PRECIOUS COIN—the worth seems eternal, nothing discounts it, time adds to its blessedness for the comfort of memories serves vitally—my own life has been sustained because of payments in the indestructible coin, the spiritual, mental and physical benefits to others.

You, my reader, probably have frequent opportunities to be situated to gather the BEST COIN, serving so helpfully, maybe in handing to some one the booklet, "Scientific Prayer," or maybe, "Mind the Builder," or "Pearls of Ideal Psychology"—I can wish you no greater joy than that which attends such a service—it may transform lives. But you, who are contributing financially to make the printing of our literature possible, are providing for thousands of lives to be marvelously blessed and I congratulate you upon your preparation to gather the Best Coin—I can assure you there is genuine everlasting compensation through the joy that attends aid given to another, the real help that operates through spiritual blessing. The spirit includes in its building the intellectual, the healing and normal developments in the body and above all, the soul solace—the peace at the foundation of the human. Give for the joy given to another, but Nature commends your gladness in having benefited another—may you not hesitate to be the beneficiary.



A BASKET OF CORD WOOD

Years and years ago one of my patrons, a music teacher in Portland, Oregon, opened her remarks with the statement: "After one begins to observe, it would seem that in any direction one looks there is a psychology lesson being offered." She stated that her neighbor was receiving a wagon load of stove-length wood which must be carried from the street to the backyard and properly piled.

The deliverer had a large basket for the purpose and as he began to fill it a small boy arrived upon the scene. The man asked him if he would like to carry the basket of wood. The boy was eager to do so and the man put in the number of sticks for a small boy. The boy made the trip promptly and received the praise at the hands of the owner of the wood who added a few more sticks, the addition hardly noted by the praised boy. This mode continued until presently the boy carried the man-sized basket as if some superhuman power were being developed, something added with every sentence of encouragement the child received.

What did the man do in this situation? Did he impart some of his own strength from his body to that of the boy? Did he pray to the universe or any member of the siderial region, to any alleged master or saint? Probably he did not think of praying at all. He intuitively knew the power of encouragement. Yet he was praying, praying to the innate self of the child asking that the potentialities in that child's soul would become liberated—praying that the powers of the soul to express through the child's body, the energies that the soul's control over the body enabled the soul to create in the body, according to the needs, in the ratio of demand, due to increased load to be carried.

Of course the man prayed to the boy, asking him to carry the basket of wood, and the boy happily complied voluntarily, but how else did he pray, probably unconsciously? The man who owned the wood placed an image in the soul of the boy, an image of the boy carrying the increased load—the faith

the man had in the boy's strength gave the liberation to the soul of the boy to control the child's body to create and use the energies involved. Placing an image in one's own soul (as one does when one is voluntarily thinking), if the image pertains to another, it is telepathically conveyed to that other person's soul. The impulse that the image creates is faithfully answered by the soul, answered according to what the picture (suggestion) calls for. In the instance, the constructive force, encouragement, was scientific-prayer of the ideal building kind.

If the man had been pretending and planning to have some fun, seeing the boy fall down with the basket of wood on top of him—surely there is no human but that knows intuitively that the man's image of weakness and discouragement would have incapacitated the boy. Notwithstanding one's intuition that teaches the lesson so clearly, one, under the usual situations in the daily problems, puts all the conceivable images of obstacles, registering in the form of scientific prayer, right in his own soul, relative to his program's items. As he does relative to himself, he performs relative to others—predominantly on the side of discouragement. And human's go right on tearing themselves down, and using their powers mostly to keep others subject to failure.

A few years ago we had President Herbert Hoover carrying our baskets of wood—maybe he did fall down with a pretty heavy basket on top of him. He tried to meet the situation, to carry over several hundred banks by providing funds for the bank in Chicago. This item was used so impressively, psychologically, that condemnation of him, all the evil picturing that enemies could possibly formulate were prayers for him to make mistakes—scientific prayers driving the increasing multitude to lose hope concerning him and the nation, and in fact, the world was pouring the discouragement into his soul that no human could neutralize. Then when all other forms were being turned against him (in picture form of course, the most deadly force in nature), ridicule of his ideas and statements was adopted. Images received into the soul, telepathically, or by any other means of gaining images, are accompanied by impulse to the soul to do the thing described by the images. So, perhaps foolish statements, such as "prosperity is right around

the corner and in a short time a chicken in every dinner pail" would play upon the people's sense of levity—for people have to be provided by their servants with just what their picturing with reference to the service of the servants call for. One who ridicules will be ridiculed.

The people provided the pattern to the President's soul, the pattern of the President doing laughable things, which he did. *I know the laws of psychology, therefore, I know that what people expect in their souls, that they will receive—it matters not whether it is from picturing their servant as fiend, a bungler, or ignorant.* People's images will have to be fulfilled whether it relates to one form of administrator or another—*mind is a builder—the soul is a form of mind that is possessed of creative power and it will bring to one's life the quality of his thought in fulfillment, when there are laws of nature making it impossible to bring the literal thing.*

Notwithstanding the natural law described above there is almost universal wondering where the present recession came from—just as if all the leading mouths and writings were not proclaiming the oncoming disaster—interpreting and designing destructive pictures of that which most of the people believed in their hearts would happen, even if political disappointments had inspired the interpretations. There is no expression of talent necessary in order to be a faultfinder and a creator of fear.

The reason the present situation is natural effect from cause is that all results to humans are of psychological source.

Did not calamity picturing become emotional conclusion before the consummation of the plans that had residence in human souls, took form in the World War? Human privilege of choosing, given to each responsible person, provides for each one to believe and fear or hope, just as he consents or chooses to do. Destructive thought has become predominant and calamity in some form is prayed for in the scientific way, and theological ways seem to have no constructive value—those who pray in the latter manner suspect their God intends calamity in war, or, at least, depression.

What wrong psychology has caused, right psychology must cure—if the people could be permitted to hope for a measure of good to come about—hope being innate in every soul, building soon would be the engagement of every mind and soul.

The boy with his container of wood and the boy's triumph over, even a man's load, is the fulfillment of natural law, the law and power of *encouragement*.

Making the application personal, maybe one's unfaith in an administration—even hating an administration may not reach a single factor in the administration, but one's own thinking is the source of the patterns of that which will take form in the thoughts emotions, health, wealth, friendship of the person, himself. One is one's own maker—one gets what he gives—these are not just sayings, natural *law* is law of cause and effects—causes are psychological, effects are spiritual or they may be also in physical, material manifestations.

The years I spent at the side of the afflicted were in every moment a demonstration that voluntary choosing or consenting to images, provided for those images to become registered in the subconscious (the soul); and that the soul has the power to create whatever the plans call for, to happen in the body. The soul innately has the *knowledge* through which it can impress the voluntary mind to perform for perfect security; to build ideal character; develop the innate ideal art; to control the chemistry, nutrition, cell building, all nervous states and action; all that is body may be rightly controlled for harmony.

“Build ye more stately mansions. O my Soul.”



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MIND THE BUILDER—SLOGAN

MIND the BUILDER MAGAZINE" were the words that accompanied the art creation on the cover of the exponent of scientific practical psychology, that brought from the bright little eight-year-old girl the exclamatory question: "PAPA, what does it mean, mind the builder?" She was quite familiar with the teaching to mind father and mother, but the beautiful design and words impressed her with the idea that something else should be obeyed too.

The parents were very happy to be situated to explain from a new and original angle about that something, her *innate self*, that she would learn to obey. Quickly she realized it was not a stranger to her for she had been taught concerning that which had made her conscious of what is right and what is wrong. The parents easily went on from that point and taught her that that phase of her mind knows all about what has happened in her life, but knows just as perfectly all that is going to happen in her life, therefore, could tell her conscious mind what to do. They had no difficulty in conveying to her an understanding that intuition is the name of that teacher, Mind the Builder.

Those people could interest the child in her *Builder*, for they went right on from that point where they exhibited the inherent knowledge upon those certain subjects, to the Builder's knowledge of the body that it had built, beginning with one little particle of matter, but also has the power to continue to build her a body as complete as the body of father or mother. I know that when they closed that lesson, that little girl believed that her own soul is an intelligence that is omniscient for her needs and possibilities and omnipotent, all powerful, so far as she has occasion to be builded and rebuildd.

I find that the chief reason that it is more difficult to teach adults that their own souls are their builders, is that they have been taught that the human is built by some outside power and that safe guidance and instruction must come from that same extraneous source. For it is very hard to retrain humans with their preconceived ideas and beliefs. At first, one wonders how

anyone could raise the question: "Where is the mind that is the builder of a live individual form, human or any other live subject?" I have been counted really sacriligious in showing that a fertilized egg has the potentiality of a chick. This is proved when the terms of temperature are met. The material part of that speck, chemically is acted upon so that the soul of the cell can use the material part to apply material food to satisfy the hunger of that *mind*.

The matter of that cell could not be hungry—in three weeks time that hungry mind has used the cells it has created, completely to consume the contents of the shell. The vigorous individual bursts its shell and the same mind that was present in its body, when only the primary cell was in existence, continues to require material food that it may build the fully developed body.

There is no difference in the natural principle when it is the fertilized human ovum that is in the normal environment to receive its food supply—*mind that builds a subject is present within the subject and builds for itself a material body to be used by that mind in the physical world.*

The chicken form of body is created because the instrument through which its original cell, mind and body, arrived were chicken parents. The human body is accounted for under the same natural law.

The soul, in either instance had the image that was an architectural plan that the *mind used in arranging the cells.*

Our slogan, MIND THE BUILDER, suggests in different forms of meaning according to the emphasis given. The little girl emphasized the word, mind, meaning to obey. When you read my booklet, "Scientific Prayer," you will understand that we teach that the objective, voluntary, finite (accessory) phase of mind, which, of itself has only the senses as the source of its knowledge, and every sense, so easily deceived, may furnish so much error for the reasoning faculty to work with that the conclusions, based upon senses, may be wrong. Then the child is right, the finite, sense mind needs to obey the impellings

that it receives direct from the *innate self* that inherently knows all that relates to the individual's life.

With emphasis upon, *the*, of course one will know there is no other builder than *mind*. To gain and apply Nature's truths we need not confine our subjects to the human, the big animals nor the little, to the big vegetable or the small—we can just as well disclose the little coral animals, each one a soul with a material body that the soul built. The soul builds such an imperishable body that when the souls move out of multiples of them the bodies comprise the jewel coral or, maybe projecting from the sea, an immense island of coral—each tiny body built from within.

That universal appointment of Mind as *the* builder operates in the instance of the whale or the elephant but no more than it does when we have the demonstration, a mountain of marble, limestone or of slate, redstone or gray. The mountain did not originate from one egg, but the myriad particles are left as monuments to *mind*, in each instance, a soul, intelligence that was hungry and used matter as food with which to build a material body to endure in a material world. There is only mind the builder—matter never builds mind—the supremacy of mind surely is satisfactorily demonstrated in that *it is the* builder.

Then we come to the emphasis upon the third word of our title, we have Mind the *Builder*. Please note that our practical psychology shows the various phases of Mind functioning. We come now to the feature that it is innate, inherent in mind to build.

Every egg or seed has no creative virtue except there is that which possesses the seed, individual life and intelligence, comprehended as the soul. Development and reproduction depend upon the spiritual feature that is under impulse to be active in building. Mind, with its creative power builds from within the subject—artificial buildings never unfold as growth from within there is what we call building, by adding to an exterior.

APPLIED SOUL CULTURE

*Taken from my
Mind the Builder Magazine, February Issue, 1912*

The fundamental fact in human affairs is: that a supreme, executive power and intelligence within the individual, a part that, plus the objective consciousness and physical body comprises the human being, creates all of the forms and facts that become manifested in one's life.

The experiences of man usually have been assigned, in their source, to powers and intelligences outside of himself over which he had no direct control and therefore he must be a victim to Fate or Whim. This idea has enslaved the majority to such an extent that a new, liberating gospel can scarcely be conceived of by most of mankind.

However, the New Psychology is the science that teaches that the creative power in the individual brings to him his experiences, his body, and may even be immediately responsible for the involuntary thoughts that spring into the mind. Soul Culture is the application of formulas which one may practice to provide the creative intelligence with those images or thoughts, correctly called designs after which the creative power, properly named, the Soul, may build the body, the thought and the experiences. Soul Culture practices produce the desirable in all departments of human experience whereas all other beliefs and practices have created the undesirable, the regrettable; that which causes so much suffering. Suffering exists to a degree that everyone stands greatly in need of a comforter. A comforter is a real savior. The ignorant think all improvement is grounded in conviction, in condemnation, but truth teaches that man needs encouragement, the injection of hope.

The comforter, the encourager, the joy giver has as his opposite the pain distributor; the paralyzer through discouraging; the speaker of evil prophecy. Love absolutely prohibits the exercise of all of these destructive attitudes and is the parent of comfort, encouragement and joy.

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THE VINE AND THE BRANCHES

When I see in one's life the fruitage, noble deeds, benefactions and happiness I am assured instantly that since these are gathered from the various branches of his life, the many forms of self-expression, that there is a vine of principles which is the source for there can be no virtue in branches nor their fruits that do not abide in the parent stem. Every man's life is producing fruit and the fruit is bearing witness to his thought life; by their fruits we know them and in no instance do we find it more perfectly exhibited that figs are not gathered from thistles than in the faithfulness of the product of one's life in bearing witness to the quality of thought which alone can be the primary source, the cause of the product.

If from any limb of life there is taken the harvest of the true and good and beautiful the vine to which the limb is attached and in which it has its being must be true and good and beautiful. An individual's principles constitute the vine, his various forms of self-expression, the branches and life's experiences, the fruits and if the results or fruits are constructive we may be sure his foundation principles are of that kind.

A fruit vine with decaying roots and worm eaten body or "hidebound" or without sap could never supply the vital qualities to a branch so that it could produce luscious and abundant fruit and again, with all the arterial connection for sending the vital elements, veritable blood, into the branch; if the branch were not alive in its every atom to breathe through its bark and leaf lungs to aerate the vital fluid, the vine would be fruitless and soon become devitalized were the branch not cut off. The Vine therefore cannot manifest greater than its branches permit and no branch exists except as it abides in harmony with its source.



DOING BUILDING WORK ONE BUILDS SELF

Taken from Mind the Builder Magazine, February Issue, 1916

The business man who really is attaining the result after which he seeks is applying scientific principles of construction, which if applied for the purpose, would result in man building; some realization of that result occurs without the direct intention and effort, for a man who plans and executes in a happy, sympathetic and optimistic state of mind puts himself into his creation and the principles of growth he employs compel his individual unfoldment; this is fundamental. To build a man there are three phases of him to consider: *Character, Intellect and Body.*

If the leader of a constructive work is, himself, builded, then all who co-operate with him to an end, a creation, are also being built if they act in the same spirit with their leader.

To Dr. A. A. Lindsay

I may never be permitted to present an offering of flowers at your obsequies, but I do wish, now while I have the opportunity, to pay you the tribute of my deep and sincere appreciation of your lectures and books. To me they are a daily inspiration and, to a greater extent than anything else I know of, they will help make my life more efficient from now on.

I have seen some psychological truths as through a glass darkly, now I see them clearly, since I have heard your lectures and read your books. Your great work will continue because of its practicability. Many people will be so glad to learn that God is in man and not simply beyond the stars and after death He may be seen.

You have touched my inner life and I shall remember you with great appreciation and high esteem.

Yours sincerely,

John B. Wrightsman, M. D.
Denver, Colo.

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February 5, 1938.

Dear friend Dr. Lindsay:—

Just returned from a little vacation and found your welcome magazine on my desk. Was mighty glad to hear from you and happy to have this copy in my possession. More than ever I realize the truths stated therein all waiting upon one's understanding for application.

I have often wondered why you discontinued publishing this magazine years ago and I have saved all the old copies and prize everyone of them.

I owe you a debt of gratitude and will be glad to be helpful in your publishing this magazine so that a great many more can be reached and benefited by again publishing it. I will be glad to subscribe fifty dollars a year to aid in general distribution.

I am feeling pretty good and am myself again all because you were kind enough to show me the way out of the depths in which I had been submerged. The individual does not realize that they make or break themselves through their own thought forces, and not only will they find the paths of happiness but peace of mind.

I am planning on coming into New York in the very near future and will be glad to visit you.

THE HIGHEST COMPENSATION

Some lives are so lifeless and unimportant they do not count for much; but no aspiring and capable life ever came in human form but that it has become the center of power as well as a target for hate and which, in its normal activity must run counter to many forces.

Such a life, when it is right, antagonizes the adverse and perverse; when its purposes are wrong it crosses the forces of good and suffers in the payment at the hands of evil. The true, noble, brave, courageous, live, active one will find the parasite, the barnacle, the false and malicious tend to overburden his life to the extent such evils can, and then when his suffering at injustice, which seems to be the fruit of his good, brings him distress, Nature, *Life* acts in the capacity of paymaster and delivers into the sufferer's life that, of which neither things, beings, devils nor gods can rob him, the consummate compensation, Love.

present in all instances where teachers, parents or others hold critical and condemning attitudes toward children, students of any sort, or persons in any situation, as for that, or who pick out the flaws and magnify them; and hold up faults and deficiencies to view to the discouragement of another.

All such persons, whether they call themselves teachers or reformers, are the real destroyers of the lives of the fellow man and they stand only for evil.

The opposite of this is the real savior, the real teacher because he is an encourager, a comforter. He points to a perfect ideal all of the time and stimulates one's belief in himself, in his ability to grow to the fulfillment. A comforter and savior believes in the predominance of good in the individual and he encourages one to aspire to express that good; he believes that every obstacle can be turned to benefit; he will under all circumstances, except in dealing with a bigot, appreciate the discouraged one, not depreciate him nor permit him to depreciate himself.

Realization of greater personal possibility is the first step toward aspiration to express that possibility, while self-depreciation is the first step toward ruin. Any misguided creature who draws a true picture of another when it is bad or who draws one worse than he is and thereby causes one to blame or depreciate himself is the worst enemy an individual ever could possess, for self-depreciation is the beginning mental attitude, contemplating remorse, regret, misery and complete self-consciousness that lead to despair—absolute helplessness.

I could not feel that the psychology of this subject is complete until I show that it is all consistent with the fundamental truth stated in the beginning: "man is possessed, within himself, of a power and intelligence the innate self that is supreme, that builds his body, his mind and his character."

A superficial observer might think that I deny that truth when I show that it is within the power of a discourager to sink another in disease, insanity and moral ruin and of an encourager to heal diseases of every sort; to bring business suc-

cess, sanity and character force and beauty to the comfortless. There is no inconsistency however. The soul of the man is the building power in the man and the source of its buildings is in the images suggested to it. If a disturber's suggestions are accepted, they of course comprehend images that are ruinous when fulfilled, while an encourager's imagery is constructive and holds designs of the desirable, which being accepted by the victim of despair or depression, will completely revolutionize his being—changing the body chemistry and function and inspiring more and more beautiful imagery.

I trust, my friend, you see the value I place upon having some one who possesses that absolute faith in you through which he can pour into your soul confident suggestions when you would otherwise be discouraged and depressed. Personally, I put it equal to the value of life itself for thereby I have been saved. Such a one is the "Comforter" in personal form.

Fortunate is the individual who, if he has no such person in his life, knows how to apply the lessons I have taught upon soul culture so as to obtain actual touch with this "Comforter" in the depths of his being. One can believe with all of his mind that that creative department of the innate self, can convert every seeming evil into good; can restore peace and harmony and growth and make prosperous and beautiful, all of the phases of his being.

This whole treatise is a revelation of the law of thinking beautiful thoughts; of giving and receiving only good suggestions.

Blessed be every word of encouragement and comfort ever offered—the opposite is accursed, both words and speaker, without my force being directed to act upon it.

You shall receive only good suggestions at my hands—Be lifted up for I believe in you!

The flighty and idle thoughts waste energy and prevent the mind from worthy exercise, but it is wise law, by which the

vain and foolish images are made sterile.

Some of these seed thoughts (conclusions of the conscious mind) that found lodgment in the soul are developing forms in the body by rearrangement of cells; some are carried by telepathy to other people's souls, there to come to full fruition; some affect the body to build houses, to build businesses, to build an art expression, to teach to serve or to be sluggish or villainous. Some thought seeds develop as appetites—all habits, good and bad, come from seed images.

ANIMALS HAVE EMOTIONS

A little girl had occasion daily to go down to the "lower pasture" to drive the cows home; the distance around was long and she determined to cut across the swamp to save time. She got lost and then prayed; she became very quiet then and heard the familiar tinkle of the bell of the leader among the cows.

She rounded up the cattle to drive them toward home but every time she had them headed in the direction she wished to drive them they would scatter and run back. Finally the bell cow turned and looked at her very earnestly, broke out in a broad smile, fairly laughing at her, ran, kicking up her heels in great glee and went in the opposite direction from the course chosen by the little girl and all the cattle followed the leader—the little girl followed and they were all home in due time. The little girl never forgot the laugh of the cow.

This all seems quite reasonable to me for about this same time I had the affectionate attention of my cow. I was not very good to her for when I discovered I could torment her by seeming to be in trouble I often got her into a frenzy of anxiety by wrestling with my dog. On an occasion we were on the opposite side of the fence from the cow and I made an outcry signifying danger and distress; that cow became frantic but could not get through the fence; she moaned and I think, cried; yes, she just bawled.

INTUITION HOW QUALIFIED

I cannot conceive of a human who believes that all knowledge one possesses and can use in his daily life, in practical living, is acquired. Surely everyone believes that in the same sense that all forms of life "below man" have instinctive knowledge, adequate in each individual for its needs, that the human has inherent, innate, intuitive knowledge adequate, also.

The idea is made of difficult understanding because the usual person knows that the mind which he uses voluntarily gives little index to any superb knowledge, however hard he tries to exhibit such knowledge. That is why he tries so hard to cram his intellectual self. He seems to believe he can bring out what he puts in. This situation proves that in the practical life the soul does not force its knowledge upon the mental phase.

The numerous volumes I have written are so many thousands of words demonstrating the psychic phenomenon of innate, intuitive, knowledge present in the soul of everyone, in degree, adequate to guide the life for health, true success, material prosperity, the high attainment in art and invention. These proofs also show that each human has a spiritual gift, meaning that he is talented in one direction above all other points, although each one is versatile.

The chapter in my "NEW PSYCHOLOGY COMPLETE, MIND THE BUILDER, AND SCIENTIFIC MAN BUILDING," three books in one, entitled, "The Art of Letting Go" goes into sufficient detail concerning method essential to the bringing into practical application of the innate knowledge, through which perfect guidance, the service of intuition would become impressive to the essential degree to obtain its recognition and the cooperation of the objective mind—the latter standing between the innate knowledge of the soul and the objective world and life.

REVIEWS of "New Psychology Complete, Mind the Builder and Scientific Man Building," three books in one, 450 pages, \$3.50. Dr. A. A. Lindsay, Hotel Ansonia, New York City.

Dr. Lindsay has been using suggestive therapeutics in his practice as a doctor for many years and has worked out a practical method which has proven its value in so large a number of cases that only a very prejudiced person could ignore the results or doubt that they were produced by these methods.

The time is ripe for a better understanding of the basic principles of a force that lies within the reach of all who are wise enough to use it. Dr. Lindsay's book is one that places a good working knowledge before the reader in plain language and without making any claims that cannot be established by experiment.

He does away with unnecessary paraphernalia and makes the suggestions to his patients in a simple way, very calmly and persistently and in such a manner as to awaken soul expectancy.

Just how all this can be done to best advantage, how to overcome opposite auto-suggestions and the principles upon which to work are all made quite clear.—*Carolyn Hart, N. Y. Post.*

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Dr. Lindsay writes from an exalted moral plane, his aim evidently being to make this a better and happier world by acquainting people with the nature and powers of their own minds. This book is not only for those who intend to take up the regular practice of psycho-therapeutics, but for those who desire to help themselves to better health and happier living and perhaps to exercise incidentally a beneficial influence among their immediate friends and relatives—"*Telegram, Portland, Ore.*"

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This is one of the best books which has reached the table of the editor of POWER. And it is just as such a book many students desire, for it

gives definitely not only the teaching but the actual formulas whereby the reader learns just how he can treat himself and others for any seeming inharmony. Dr. Lindsay is a deep thinker, and his writings are clear and concise as well as forceful.—*Power.*

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Dr. Lindsay has made noteworthy strides in the development of a healthy mind in a healthy body among readers of progressive literature, but in this one he has not only surpassed armies of other writers on the subject but even himself. He knows exactly how to unravel the tangle and then he glides along, constantly undoing knots and rolls up the silken thread smoothly and symmetrically upon the plastic mind of his readers. "Mind the Builder" will and must become the Builder of Mind in America, and with that it will teach how to possess and preserve excellent bodies, magnificent intellects and superb characters.—*Naturopath, New York.*

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It is a practical and logical dissertation on the methods of mind-building, showing conclusively that it is the greatest thing in the world and that the subject can be, and is being, treated scientifically.

Dr. Lindsay is exceedingly tolerant of all religious sects, and never makes the mistake of attacking any one's views upon health or religion, at the same time he indirectly shows the fallacy of various cults when it comes in direct line with the science he is endeavoring to inculcate. In the pages on "False Affirmation," we find him sounding a warning note against certain methods that have taken deep root among a great many people. It is not difficult to understand his meaning when he says: "A false affirmation made, such as a declaration of perfections in physical health, mental or spiritual excellence of affluence which does not exist at the time, either in form or degree makes it impossible to ever attain, and I hope to make it clear that the law of cause and effect must always produce in such practice, self-deception, which extends far beyond the subjects upon which affirmation is made."—*Oregon Journal.*

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BOOK REVIEW CONTINUED
(Dallas News)

Dr. Lindsay is unique in his interpretation of the application of psychology to the healing of physical and social ills, in that he entertains no doubt as to the efficacy of the various methods of relief that have prevailed during all the history of mankind. His spirit is sufficiently broad-gauged and liberal to include not only all schools, but even those phenomena characterized as miraculous. "I am confident that had Moses not have erected the brazen serpent on the pole and caused his people to look toward it for healing that many more would have died from the bites of serpents," he says. "I know full well that the bones of the saints and the laying on of hands and the ashes or dust of the bones of the saints and the holy oils and the springs have thousands of genuine cures to their credit. The various schools of medicine, although extreme opposites in their methods, are all successful in that they give their treatment and cure often follows; and one school is just as successful as the other when one has an equal opportunity with the other. I wish to bear witness positively that thousands of cures have taken place in recent years when a theological formula was used in the treatment.

Dr. Lindsay's explanation is that none of these agencies in themselves possess healing power, but through them access to the soul is frequently found for healing suggestion. Soul expectancy is created and in such cases healing takes place. "The power that built the body, the soul, must heal it. * * * The conclusion of the psychologist or any one else who examines the history of healing is this: The power that heals is within the individual who needs to be healed." On this theory as his predicate he treats interestingly such subjects as "Domestic Psychology," "Business Psychology," "Social Psychology," "A Quiet Mind," "Joyousness," "Thought Effects," "How to Reach the Hundred Per Cent," "Ideal Economy," "Having a Vision," etc.

