

Mind The Builder Magazine



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DR. A. A. LINDSAY

AUTHOR Complete Library Psychology Literature
LECTURER MEETINGS - Tuesdays, 8:15 P. M.

Hotel Ansonia - New York City

**JUNE
1939**

Dr. Lindsay has a trained knowledge of the human body; but he has gone farther, by specializing in the mind's action upon the body. He is a pioneer *practicing* psychologist. He has not lived with his subject in any ordinary way, but has used the laws and formulas of Practical Psychology in thousands of clinics, and knows *by experience* the working value of psychology *applied* in healing disease and liberating people from habits, as well as finding one's true vocation and developing one's best self through *self-expression*, in art, music and any other creative work. *Golden Rule Magazine*.

SEATTLE SUNDAY TIMES BOOK REVIEW

"NEW PSYCHOLOGY COMPLETE"

By A. A. LINDSAY, M. D.

Those who have heard Dr. Lindsay advocating his theories have been impressed by his manifest intellectual sincerity and his strict, scientific mode of teaching. His method is that of the laboratory. In dealing with mental phenomena he allows no more play to the imagination than he would in the study of chemistry. He antagonizes no beliefs, he denies no transcendental hypothesis, but simply says they are not yet proved scientifically. In his book, "New Psychology Complete," we find the same loyalty to things known, the same self-restraint concerning the unproved, and the result is that the reader follows with wholesome confidence.

Dr. Lindsay gives evidence that he has studied to great purpose, but he has been a servile follower of no guide. He has built up his own system, step by step, by personal observation and experiment in wide, private practice. Briefly, the philosophy of Dr. Lindsay's suggestive therapeutics might be stated somewhat like this:

In the human body the line of demarcation between psychological force and physical force is to all appearances very faintly drawn. Action and reaction between them are universal and instantaneous. But the mind is more than the conscious voluntary entity that flashes and smiles through the body. It, too, can become the victim of disease and saddle its diseases on the body; it can become the slave of habit and make habits for the body. In other words, the conscious mind diseased can no

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"MIND THE BUILDER MAGAZINE," An established monthly publication, written or edited by Dr. Arthur A. Lindsay, owner, location, Hotel Ansonia, New York City.

Annual subscription, \$1.00—single copy, 25 cents.

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.

Author also of "New Psychology Complete, Mind the Builder and Scientific Man Building." Three books in bound volume of 450 pages, \$3.50. Also "Life's High Way and how to Travel It," 140 pages, 6x9, 50 cents, and "Scientific Prayer and Wayside and the Goal," 25 cents. All books, at price of Big Book, \$3.50 now.

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

You are most urgently requested to read the "Detroit Responses" because if you read every word, you will know to what I have devoted my life and why, thus devoted.

DETROIT RESPONSES

According, to plans, I resumed engagements in Detroit April the tenth. The two public meetings were well attended—I had no time to consider selection of hall for meeting purposes. I realized that the hotel had no place large enough for public meetings so we opened for class work, only, for numbers, and personal sessions for all other hours. Having given part-time attention to Detroit twenty-seven years or more, reasonably we feel that planting and cultivating would have made much impression—the results certainly demonstrated that growth had taken place even in the six months since I was there. Every subject in *Mind the Builder Magazine* must be abbreviated but to those who have the conception that our teachings are based on: namely: "The human is the builded result of the union of two elements, the masculine cell with soul and body blends with the feminine cell with soul and body, the ovum or egg, constituting the primary cell—the soul of the cell being an intelligence is hungry and so uses the food which is at hand, absorbing with its body the nutritive values of the material, quickly becomes two cells, then the two, four hungry cells. This same principle continuing, that is, the soul creating a material body which it continues to occupy and is supreme over that which it creates."

The above warrants our faithful recognition of the

creative power present in the human. Our "*Laboratory Research*", the mode of the day, that is plunging to disclose the "*World of Tomorrow*", disclosed that the life and intelligence, properly called the *Soul*, is by *Natural Law* determined in all of its forms, states and activities and what it shall create, by the images or pictures which it possesses or comes to possess. All of the thousands of pages I have written, all of the thousands of sessions I have had in public meetings or classes or private, personal sessions, every living moment of my life, is a demonstration of that foundation—described in the above in as clear a statement as language can convey—and surely there can be no excuse for confusion, although it does seem quite human to make complex, the obvious.

Then, since the Innate Self is supreme over the human and that supreme phase is controlled by the pictures it possesses or comes to possess; if one does not like any manifestation in mind, body, disposition, character or habit, since we know how to change the working plan is there any conceivable reason why one would not change the pattern and gain the manifestation of health, harmony and happiness?

A DETROIT PRACTICAL APPLICATION

A number of years ago, when in the practice relative to health inharmonies, diabetes received my attention, a disorder in which excess of sugar is shown to be present in the blood—maybe the sugar does not constitute the actual disease, it may be on the health side. I recall that I did not meddle with the enjoyed dietary, but suggested that the soul would use its body to treat the food in such a manner that

there would cease to be the excess of sugar in the blood. Recovery was absolute.

There are many things that would need only the change of principle upon which treatment of food and blood-making are taking place.

So, one of my visitors declared that she was so tired and with body so unwieldy and her breathing was so obstructed and bending over so discomforting that she must do something to become free from such an excess of fat. Of course eating less and walking more have reduced thousands and so have harmful drugs, the latter creating injuries, the former demanded greater excess of eating afterwards and the nutritive values became applied in multiplying the delighted fatty cells. Punishment applied in any subject does not change a principle. A kleptomaniac boy was punished in many forms that were painful, humiliating and that surely would tend to make one hate his involuntary acts of theft.

A few sessions, using our formula changed the principle—the obsession was lost, with the change of the principle governing.

So one of the Detroit ladies, who hated her fat (hating fat causes more fat—emotional hating tends to feed the thing hated) gave me the privilege of suggesting to her, repeatedly, and I spoke the words, at times, and I telepathically conveyed the idea, while with her and often between sessions, and absent: "You will eat and enjoy your food; you will treat your food in that manner that will result in the nutritive values becoming applied in energy for all your body and not for the feeding and multiplying of fatty cells." This was essentially given in every session

and in the attitudes she and I lived toward the change of the principle under which her food was being treated. Six pounds were lost during the period covered in the sessions—rather to my surprise for to reverse a principle and have the new one applied, reasonably should require time. The new principle will remain in force until a different working plan is placed. I do not think that will happen for, while everyone will suggest to her to return to the fat-making, we provided against her acceptance of that. She will reduce until her normal is attained.

Someone got all heated up about the “dumbness” of folk. “They just haven’t any sense—they will not learn—your books and lessons show that no human’s conscious mind can know what the soul should do to treat food correctly, for any purpose; and that the soul that controls the body and its performances does not need to be told—inherently it knows how to make the blood that would provide the right food for every cell, for every kind of cells.” Of course, I do show the futility of trying to know, in that phase, the objective, voluntary mind, how to control or direct the processes of any feature that involves states or performances of the interior of the body. The conscious objective, mental, intellectual self is qualified by nature to control a few external motions of some external organs—one can wink, one can walk, one can look, listen and make signs, at will—he can voluntarily masticate and swallow his food—he does not know how to order the chemicals to treat the food—one never can learn that either—shall I apologize to the traveling specialist in food chemistry—or shall I answer the lady who interrupted my lecture, asking me to “Tell us how to become free from gullibility”?

Reading and Remembering

“Dr. Lindsay, I was reminded while reading a recent issue of *Mind the Builder* that one may emotionally use a picture repeatedly and then forget it, not recalling the acts nor the feelings nor the picture for a long time. I understand that nothing is ended in its influence just because it does not come up to one’s consciousness. There was a period in which I gambled in the various ways. I was much absorbed in the games and not bothered so much about my losses but quite excited over the contests. I passed out of that period, losing all interest in the subject. We never have counter-suggested that gambling picturing—I would be glad to have you put that out of my life, cancel the images, for I would not like for that desire ever to come into my life again.”

I like money—it requires lots of it to carry our cause, and enough people have been given whatever life and sanity and health are worth, who, if they had caught the spirit of teaching, would provide for the teachings that were the source of their benefits, abundantly to be spread to the multitudes, and if they were anything like this young man, who, for 21 years has applied the teachings, they too would know and note the fine points therein and continue to prosper as he does. Cause and effect is the chief law to observe—the *Cause* is the image in one’s subconscious, the effect, whatever the image calls for Ingratitude will keep one unprosperous—afflicted all the days of his life, if he has not appreciation of what he is blessed with and the agency through which he gained his benefits. Ingratitude is a corroding force. This young man has been a continuous builder—depres-

sion that was counted universal—unemployment, ditto—this man was incessantly called for—never was unemployed—why, he even answered my letters during the seven years of famine in America.

So, Mr.—takes account of the subtlety of the law of suggestion and realizes that any uncanceled image in the subconscious is there as a seed and that a stimulus may start its germination regardless of how long it may have been dormant. Counter-suggestion sterilizes forever—deprives the seed of all virility forever.

Of course there are no gambling schemes that could be constructive and everyone, for himself or another is paying the costs of gambling—the price, a deprived family a desperate husband—I must not dare enumerate the features of suffering attendant upon the husband having thrown away his money when he had an abundance.

It was not through fear that the man asked me to cancel the image of gambling that was working a little while in the past—it was normal caution exhibited by a real student of the teachings—the basis of them is in this very article, pertaining to the recent history I made in Detroit, read and reread as, perhaps, never before and meditate—ponder and determine—"I will observe these Scientific truths."

Same Man Guides Others

Nineteen years ago this man, then a youth, sent his sister to receive the benefits of Soul Culture. She was in more or less constant pain, diagnosed, chronic appendicitis. Her family could not afford the expensive surgery for her at that time—since that time she never had any excuse for surgery for appendix or

anything else also her enlarged thyroid of that period never needed other than the application of our conception. The soul controls the body, and suggestion, the image guides the soul in its manner of control, and the application of its power. The history of this mother and her family would be inconceivable to almost the whole world, especially, the egotistical portion of it. Yet with all the leadership of this man, his sister, her children and others, *Law* will continue to rule. There is no promise to the unbeliever and so many people have experimented with everything that claims were made for and have been disappointed, so have formed auto-suggestions of incurability, so cannot perceive, even demonstrated truth. Everyone is given, by nature, mind, soul and body—Nature declares: "*Soul* created the body; it is an intelligence; it has supreme power, so far as the body is concerned; it observes and uses all material laws; it obeys Nature's law by which the soul's accessory mind, the voluntary mind with its privilege of choosing or consenting, *Must Aspire, Must Trust*—meaning that the soul can do nothing and wills to do nothing except that which the voluntary mind chooses, consents to and expects. Thousands of millions of years neither any other factor will ever change the above *Law*"— *But Why Would Any Intelligent Human Not Cooperate With That Law?*

Well, maybe here is the answer: "It is a *Spiritual Law*"—the materialist will continue to act as if he believes the body rules itself (imagine chemical compounds being hungry or sick healing themselves, or applying food and growing from within!) The other answer by those who think they are spiritual and must jealously protect their theory that only their brand of

theology comprehends the spiritual—to those anything scientific if spiritual is against spirituality—also the attitude is considered quite dangerous that would place the human soul as something functioning now, especially if for human's purposes there could be no conception of his own omnipotence and omniscient intuition. Pretty flimsy excuses, but they dominate human kind to the degree that one must not be healed by the power of prayer directed to his own soul, thereby proving the power of spirit over the substance of his own body, or what is worse, to the, alleged, claimant to spirituality, proving that the human is, himself endowed with deific potentialities for his purposes.

LABORATORIES OF RESEARCH

Exhibition of frying an egg on the back of one's hand may demonstrate that heat may pass through a medium placed beneath the hand on top of which is a frying pan containing an egg that is sizzling—cooking, may prove that the young lady, who, having overslept must economize time, so while doing her makeup before her glass may sit on such a medium and meanwhile be cooking an eeg on her lap. To economize regarding time in the morning when the "joyous" night before has made the morning after period of rush will inspire laboratory research to continue at white heat and inspire the shortest cut to the finishing of the eight million dollar plant that will manufacture the "better than silk" ladie's stocking, which she may violently jerk on while running, with never a rip or tear, the untearable sock made from coal, that will stretch around the world of tomorrow.

mind, or gaining its expression of power in healing, casting out desires pertaining to addictions of habits, cancelling obsessions, and restoring normality in every phase of the human, the only *Scientific* formula requires the conscious mind to become passive. In that neutral state, a state of delightful rest, one may receive the telepathic thought of another, with audible words spoken which are the words, the terms used in the thought toward the passive one.

Our materialist, physician, surgeon, researcher discoverer—loser of what he had discovered, cooperated in our formula—enthroned his spiritual self (the spiritual rises as the objective, mental, subsides, in this natural formula) cooperated even to the extent of taking a nice little nap during this personal session, which was repeated 4 times.

I suggested in telepathic form and in spoken words: "Since you did for a certainty, make the valuable chemical discovery, every item involved in its production is, in picture form, copied indelibly and forever in your subconscious acquired phase of your soul—it was just as perfectly residing in picture form in the innate phase of your soul before you objectified it as it is now in your acquired self: this copy will come up to your conscious mind—not at this moment, necessarily, but at any time—maybe just as you are waking up—or when you are in a state of abstraction of your conscious thinking; it will not be aided by your concentration of your objective mind, trying to force it to arrive—more likely it will reach your conscious mind as a surprise; you will aspire to gain this copy but not to force it—the soul expresses passively and its revelations flow into the outer phase of mind". Soon thereafter the doc-

tor was financed and established in the plant, manufacturing his product. Memory is a perfect record of every detail of one's experience—if one loses objective touch with any item it is well to know that every phase of the soul is controled by suggestion therefore one's efforts at recalling can be successful through the application of scientific formula. It should be even more especially noted that the record of innate knowledge sort is just as complete before its revelations reach the conscious mind as they are after they have become registered in the acquired phase—believing in the presence, in the soul, of all inventions, originations, one intelligently would live the attitude of aspiration directed to that source then revelations will come—the soul knows what is in the mud, in the coal, in skimmed milk, in wood, air or in water or in the combinations—*Look in the mud, milk, coal, wood and air, in earth, seas—but do not forget to look in heaven too—may you never forget that the knowledge is not in either of those or other elements, but in the soul concerning them. Human soul knows at this moment all that will be in "The World of Tomorrow"—yes, General Motors knows too, assuming that its personnel must be spiritual.*

THOUGHTS THAT LEAD AND THOUGHTS THAT DRIVE

There is only one *thought force* but it, like any other force, may be used constructively or destructively; as truly as thought used constructively builds the thinker and all things related to the thought so does that force when used destructively impair the health, destroy life's harmonies and tend toward ruin all along its course—nowhere in its contact does it become converted into good.

Teaching upon this subject would be useless only for the fact that each one has the privilege of determining how thought force shall be applied in his life; whether it shall destroy him in all directions of his effort or shall lead him into construction and increase beauty and harmony all the way.

We find frequent inquiry from those who would like to know how to distinguish the sorts of thought; they declare that although there are only two kinds they have not been able usually to decide for a certainty in which class a certain thought belonged. There are marks that will distinguish the sorts of thought. If the picture one is holding in his mind would not, if turned into form and fact instantly, be something welcomed and approved by his Innate Self—would not from that test be desirable, one may be very sure it is a destructive thought; in this situation it makes no real difference whether the picture calls for a form and fact in the life of the thinker or in the life of another; since it is destructive it is a destroyer of harmonies wherever it touches.

There is another infallible test; any thought which *drives or overwhelms* or tends to force the individual to think the thought or to do the act called for by the thought is a destructive thought.

Constructive thought leads, invites and impels, but never compels the individual. There have been in history two kinds of rulers—the good ruler and the bad, the tyrant who drove his subjects and the leader who interpreted the best interests of those who looked to him and did all he could do to aid in their self-expression. Thoughts are the same; they are driving and tyrannical or persuasive and leading.

If one feels irresistibly driven to do something he may be sure it is not the right thing to do, for there is always that quality of bad that tends to dominate or the quality of good that inspires and prompts to deeds, but it is modest and leaves one's outer will free to decide to act or reject.

Nothing is more prolific than a destructive idea; the offspring outnumber and crowd out all other kinds and soon the whole life is working upon a wrong principle; destructive thought cannot be satiated, however strong may be one's resolution, "just this once I will do all I feel and then never again let such ideas rule." It is like catering to the nerves when there is pain and one takes a deadening drug so that he cannot feel; when pain comes again the nerves cry out in keenest suffering until their standard is met as before. Also, just as no one who knows the serious consequences of catering to his nerves in pain would consent to narcotizing if he knew how to remove the cause of pain, no one would consent to the driving of a dominating idea if he knew the serious consequences and how to become liberated from the destructive force.

One who harbors and cultivates a destructive idea really appoints human beings, literally prays for them, to come and execute in his life upon himself the principles represented in the quality of his thought; persons may be the agents to do to him the things he pictures with regard to things and people and always he commands the cells of his body to perform in his body in perfect accord with the quality of his thought. Destructive thought can and will carry only ruin and disaster in its entire ramification and one being ignorant of the laws of Thought in no

way lessens its force. It is not even saving to have some good thought impulses sandwiched in—one must cease to choose or permit the destructive pictures; they must be cancelled in the sub-conscious.

EXAMPLES OF DRIVING THOUGHTS

Many forms of enslavements to ideas have been analyzed by the writer and repeatedly, in some of the forms here mentioned; they are mentioned to contrast with constructive forms of thought which will be given as examples in this study.

All of the following are such manias as tyrannical thoughts always become and have treated successfully by suggestion. Biting the nails; pulling out the eyelashes, gritting the teeth when asleep and awake; pulling out the hair in bunches; picking the lips and keeping them bleeding and sore; sucking the thumb; clearing the throat; stammering and stuttering; psychic cough; psychic spasm of diaphragm; shrugging the shoulders when walking; scratching the calf of the leg when talking; speakers rising to tiptoe; moving up and down all the time while performing; dangling the watch chain or fumbling a buttonhole while speaking. None of the above are desirable things to do and only the destructive form of thought could be in evidence under the circumstances.

There are destructive forms of thought entirely of a different order—they have also received treatment psychologically; overwhelming tendency to commit suicide; filled with bitterness and hatred; driven to morbidness and depression; all phobias or fears and kleptomania; overwhelming impulse to touch every object with the hand; incessant counting; look-

ing for number thirteen in all public places; snatches of sentences running through the mind all the time; self-consciousness driving one to believe he is the object of remarks, even of strangers; believing one has committed the unpardonable sin; believing one has committed a crime; overwhelming impulse to avenge a wrong; pessimistic interpretation of all subjects; self-condemnation or depreciation; suspicion, envy, jealousy, anger, and malice—all have driven with incessant destruction persons who have become victims of such ideas; and then we have the desires, appetites and addictions to liquor and drugs; all undesirable habits are violent, forcing thoughts that are destructive and compel fulfillment—the habit of falsifying is of this class.

Surely out of the scores of illustrations one is convinced that destructive thought is tyrannical thought, holding the whip hand, binding the victim of worry and fear and hate and grief and depression as in the tightest vise. Let us see by a few illustrations how different is constructive thought which we have declared is, regardless of importance, only leading, inviting, impelling and never overriding the volition.

One, while situated to act voluntarily with regard to his body, may pull out a hair, and when it is his pleasure may clear his throat and may say words or parts of words over repeatedly, and if he has occasion to sneeze his diaphragm may take part in its spasm; a man when speaking could lift his watch from his pocket, drawing it forth by the chain, and he might button or unbutton his coat and he could also rise on tiptoe for proper purposes, but in view of the fact that he does none of these things involuntarily and could omit them altogether he is acting constructively

and is not a victim to ideas.

All the ideas or manias enumerated act in the tyrannical manner and their opposite principle is manifested when one beholds a possibility of helpfulness to a fellow man. When sympathy is awakened he feels joyous in anticipation of pleasure to another enjoy in the consciousness that he has been a benefactor; the opportunity impels him but does not compel him to act.

Lovely music or a beautiful landscape or the majesty of the sea stirs one's soul to the depths and he feels stimulated to larger activity; he is invited out of his more narrow view to a large vision and he responds in love, writing more perfectly or painting more exquisitely or he builds a more convenient home or prepares better quarters for his workmen; he may see how he can beautify his town or city while under the influence of nature's grandeur or music or other art. He is led out by love to all of these things, no one could say he is forced even in the presence of the strongest emotion that needs to have an outlet through some service to his fellow man.

One hears of illness of loved one or friend; he is led to recall that the soul of the one who is ill has deific power to heal, and since he is in rapport with that soul, he, himself, may give a strengthening, encouraging impulse leading to the healing—no one should feel driven to take a pessimistic attitude toward all concerning whom an unfavorable report is issued. One is invited to take an optimistic view of his own inharmonies—hope is always constructive and it is innate in the human soul to act constructively under all circumstances.

Constructive interpretation may become the standard of the life, then spontaneously the bright side comes uppermost and the building power will create conditions corresponding with the hopeful interpretation. Love invites with its beauty and all of its harmonies, but however strong its appeal because it is attractive through its qualities it does not, like a mania, compel; love is constructive in all of its forms of manifestations and liberates, never is enslaving. All acts of violence done in the name of love are erroneously classified. All that is really true and good and beautiful appeals to the respondent and out of his love for those qualities he will sympathetically follow their impulse.

The scientific explanation of how the destructive principle gains control as is manifested in all manias is as follows: The individual thinks in the same manner or thinks the same thing a number of times; he may or may not do an act corresponding with the thought but because of repetition or entertainment of the image, voluntarily reviewed, he presently experiences the involuntary picturing coming up to his consciousness, or if an act is also involved he presently performs that involuntarily. That which one does involuntarily has become a habit; habit is something that no longer waits upon the outer will to direct, but occurs spontaneously and when it is a destructive thing, it is fulfilled in spite of the effort of the will to the contrary. The individual has, therefore, trained his sub-conscious to perform, overwhelming the individual's mind and body to carry out the requirements of the subconscious.

The correction of any impression made upon the subconscious can take place only when some formula

is used that will impress the sub-conscious which is the seat of control over the act; this is best done by suggestions received while in the passive state, although one may use auto-suggestion in many instances with success.

One need not remain a victim to destructive thought; of this we may all be sure and confidently turn our attention to retraining the sub-conscious.

THE HUMAN TOWER OF BABEL

The Tower of Babel of history was an immense structure that men proposed to use as a stairway from earth to heaven, which they could mount, should another flood submerge the earth as in the days of Noah. This masonry consisted of adobe squares placed brick fashion from foundation to turret. These blocks were made of clay, straw and water hardened in drying. No elements could destroy them and as they were laid in the same sort of mortar it made a most imperishable wall.

I wish you to become interested in this while it is being builded, for a lesson that is usually technical can be made very clear to one through this event.

Think of this immense tower reaching into heaven; that which, through the skill and industry of men would extend the distance between man's terrestrial, temporary abiding place and his hoped for celestial permanent home. When, for certain very natural reasons the confusion of discord came, it became impossible to keep men co-operating, building ceased. Superstitious man has always wanted to perpetuate terrible fears, so in this instance they ascribed the confusion to a supernatural cause, saying that it was the

curse of God to confuse their tongues, to make building impossible because He did not want men to come to heaven by that route.

It required a wonderful system to build this masonry—more wonderful because the whole of mankind was working upon it.

I wish you to stand at a distance and look at this huge thing. See! It is colored by human bodies! At our distance we do not perceive movement and we can easily mistake it all for a mass of human flesh. As we approach, we discern motion as if men were standing upon one another's shoulders and were crawling between one another and not until we are quite near do we realize that they are upon immense platforms, also of masonry and that they pass in and out through innumerable openings.

Ultimately we conceive of the order and system that are essential to the management of such hosts of men. There is the great superintendent over all. Ordinarily he is not attending to the details except in spirit; this he does through his next officers, but he is overseeing overseers and watching the results and how well they fulfill the plans. He looks ahead to the next move and he deals with things in volume.

The men next to him in authority counsel with him and they have their subordinates that come in direct communication with the workman and thus we see the legislative and the executive departments brought into conjunction.

At a stage of progress we found every man working in accord with the purpose, the specific result. There was harmony between the superintendent and his aids and their subordinates and among the men.

interest of all of the cells of the body, psychically and mentally. You would readily perceive that the cell structure of brain is of such a sensitive nature that it could not take a physical function such as nerve or muscle or bone fulfills. The great superintending soul center is like the great superintendent of the Tower of Babel; it has all power and authority to attend the details of management of all cells but it is only to be invoked in urgent necessity for it has the great purpose of the highest human unfoldment, the highest spiritual emotion to experience and it carries and orders, protects and plans for the body, all of the cells, not individual or sets of cells. There are nerve centers, that are in immediate communication with this soul center referred to above, that control great systems of cells, and these centers have their subdivisions that give orders to and receive communications from smaller divisions of cells, colonies or individuals.

Minor disturbances among the cells of certain divisions are adjusted instantly through the power of the first nearest center of control, but for illustration of the courses that disease or disorder does follow we will suppose that the subordinate controlling power does not bring the cells back into harmony instantly. (I wish it to be understood that the human anatomy as well as histology and the psychology of the cell, supports this interpretation and that I am not speaking figuratively but literally upon the subject of the Human Tower; that cell communication and the transmission of impressions and sensations are Mental or Psychic communications among cells).

Ultimately, the soul center that controls all of the centers and systems is invoked and here, if it has its own liberty, cure will take place for that harmonizing power that created and built the body can re-create it.

(FROM INSIDE FRONT COVER)

more take the initiative in healing a diseased body than can the diseased body itself. It is here that the subconscious or subjective faculty of the mind finds its place in "The New Psychology."

It is upon the subjective or subconscious mind that our author banks for cures of physical diseases, mental errancy and moral degeneration. The body and the conscious mind may be side-tracked on some line of limiting or degrading evil, but the internal or subjective mind is still in the sunlight, in rapport with the forces of the universe. To awaken the subconscious resources is to give life and health and harmony. For this reason life is full of telepathic influences, making for good or ill through atmospheres so rare that we ordinarily give them no thought. He who harbors hatred, envy, dishonesty, sends out a potency for the multiplying of these malign forces. The man or woman who thinks and wills love and sincerity and cleanliness, is building along universal lines and enters as an element of strength into the lives of others. The "suggestion" healer is working to make the most of all the subtle forces of the soul for the health of the individual and the race.—*Seattle Sunday Times*.

Selections Casually Taken from the "Big Book"

Practical Psychology means the thing of practice, not the fancied thing, the mystical idea; *thought force* is a form of force to be expressed according to its own definite laws, for certainly there is a technic through which the creative potency of an image may become fulfilled.

At any moment an individual is that which images (thoughts) have made him—I have dealt with the human plant these many years, knowing the potencies of the perfect are present in each individual's soul. I have used the laws and formulas for bringing these into expression.

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