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# NOW

A Journal of Affirmation

HENRY HARRISON BROWN,

Editor

Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good.—EMERSON.



SOUL CULTURE

ART OF LIVING

PSYCHOMETRY

INSPIRATION

SPIRITUAL HEALING

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SUGGESTION



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**From all Life's grapes I press sweet wine.**

—Henry Harrison Brown.

# NOW

## A JOURNAL OF AFFIRMATION

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No.12

### MY STAR.

I saw 'twas mine, would I but dare!  
But Fear and reasoning Pride forbade!

Its radiance fill my soul. I had  
Only to claim in Faith, to share  
Its worth, and priceless beauty wear  
Upon my heart. Its raiment fair  
My shield, as in an armor clad.

I let its promise pass as star  
Falls quiet down the western sky.  
It left its beam of Peace to lie  
Upon my life. And now afar  
O'er other lands its radiant car  
Its blessings shed. No matter where  
It shines we're one, that Star and I.

But sun and stars and years roll round,  
And in my East again 'twill rise.  
'Twill meet me with a new surprise,  
And in its mellow light be found  
The Love I seek. And Peace profound  
And Faith and Trust will more abound  
For Fate for me in that Star lies.

HENRY HARRISON BROWN.

Oct. 9th, 1913.

### A WONDERFUL DISCOVERY.

A little fresh-air girl whose feet  
Had known but city ways,  
Came to a field where buttercups  
Grew in a golden maze.  
"O, see," she cried, while in her eyes  
A look of wonder rose,  
"I did not know that I should find  
The place where sunshine grows."

—Jerome B. Bell.

God offers every mind its choice between truth and repose. Take which you please—you can never have both. Between these two as a pendulum man oscillates ever.

—Emerson

### IS GOD ELECTRICITY?

"The soul has need of prophet and redeemer:  
Her outstretched wings against her prisoning bars,  
She waits for truth; and truth is with the dreamer,—  
Persistent as the myriad light of stars!"

The scientist and the inventor being specialists are not necessarily broad and reliable philosophers. The specialist in any field looking out upon the universe through the knot-hole of his specialty cannot reason universally. For this reason we are flooded today with the statements from many sources that ALL IS ELECTRICITY. Having discovered (?) the electron, the problem of the universe is solved. Even Life is a manifestation of electricity. Yet not one of these affirmers dare to tell *what* electricity is. The reasoning of today from the scientific sources is—We know Electricity is but we know not *what* it is. We know some things it will do, but in our ignorance of what it is we dare assert that IT IS ALL. We have probed into the depths of the universe and find that all is composed of electrons and because we have searched only in our field we have settled it, and now all must say—AMEN!

Well! I am content to wait the next pronunciamento of science. I accept its facts. It has discovered — SOME THING. It has found new Forms of Energy. But has it reduced all these forms to one?

It is to Metaphysics and to the perceptions of the Seer that we are to look for the Truth *within* and the Power *behind* phenomena.

Science tells us that ALL IT HAS FOUND IS MOTION. It also tells us

**I am not fighting my fight:  
I am singing my song.**

—Archie L. Black.

that all Motion moves in undulations. All that science and invention deal with is Motion. All we know is the manifestation of Motion. And Motion manifests in varying degrees of speed. To each form of Motion a name is given. To one rate we give the name of sound; to another the name of light; to another the name of electricity; to another the name of magnetism; to another radium. To others names which chemistry calls "elements."

What is the difference between light and sound and electricity? Only the length of the waves of the universal motion and the speed with which they pass through that universal Something—that imaginary Something, that is called "Ether." All that science *knows* is that it has found and deals with certain rates of vibration. When it speaks of sound or electricity it thinks of Force in certain rates of Motion. Philosophy takes the discoveries of science and reasons upon them. Philosophy in so doing deals with *feelings*. In fact all we know in any realm and under any name is what we feel. When, therefore, scientists and those that superficially reason upon the discoveries can make me *feel* the same under all rates of vibration that I feel from an electric current then will it be possible for me to accept the dictum that —All is Electricity. New rates of vibration are being found constantly. It seems as if the whole alphabet must be soon used to designate them. Are they all electricity? Wave lengths reach ME—the I—via the special nerve centers we call the senses. I FEEL some of them by my ear, and I name that feeling sound. I feel some through the hand as touch, and some through the eye as light. Are these sensations one? Can they all be made by the same Mode of Motion? A certain form of force is

harnessed to the wire and carries the message. But will it carry a message without the wire? No! A new form had to be discovered. It always had been, but Hertz first picked it out from among the millions that make the universal ocean in which we are ever immersed. Are these waves electricity? It depends upon the definition. But to the Thinker there is as much difference in the waves that carry the wireless message, as there is between the waves that give me the sensation of tone and that of color. It would be like a stultification of all reason to say that light waves and sound waves were identical. To call all these sound, or color, would be like calling light and sound electricity. But when we call the Source from which these waves proceed, God; and the known condition of which they are a phenomenon, Motion, we have a sound basis of reasoning. *All is Motion*. Electricity is a phenomenon of Motion, so is sound, and so is light, and so is odor, and so is the wireless wave, and so is radium, and so the seventy or more elements that science now enumerates. No! God is NOT Electricity! *All* is NOT Electricity! God is the POWER which is behind phenomena. God is the One that is manifesting in ONE way! That one way is Motion. But the forms of Motion are innumerable. Man has discovered a few of these. Metaphysicians have made "Man's Greatest Discovery," that THOUGHT IS POWER. Thought is one with electricity in being motion, but is as unlike electricity as light is unlike it. But Thought, Love, Electricity, Light, Radium, are all one in Universal Power. All are differentiated as vibrations.

But that the scientists, and those who take their cue from them, declare elec-

**Obstruction is but virtue's foil,  
The stream impeded has a song.**

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—Ingersoll.

tricity to be all, as a good sign of the growing consciousness of Unity. "One God, One Law, One Element," says Tennyson. Fast is the intelligence of the age echoing this conception of Unity.

But much is yet to be learned. Many of the theories and hypothesis of science and postulates of philosophy must be changed.

It is natural that the person who is absorbed in electricity, looking upon the universe through the window only of his specialty, or through the knot-hole of his theory, should see that electricity is ALL, for all he sees is electricity. But he who looks without limitation, who stands under the zenith and is willing to view the whole horizon, and the changing horizon of Truth, he alone can formulate with any degree of certainty any theory or establish any hypothesis that will stand the test of future scrutiny.

I believe that Metaphysics has found such a fundamental hypothesis in its claim of Unity. Phenomena is but the changing robe in which Unity clothes Itself to the senses of Man.

All Phenomena is but human perception of some one or more of the infinite Modes of Motion.

All Motion moves in undulatory waves named Vibration. These Vibrations vary in speed and in length of waves. This is termed in music "pitch," and the term may serve for the universal distinction between one mode of motion and another. Electricity is one of these many modes. Therefore ALL cannot be electricity, or electricity all, unless we entirely disregard all the previous theories and deductions and definitions of science.

One of the most puzzling modes of motion is magnetism. I have never been

able to find any definition to it, save that "it is a state of induction between certain metals." Whether it is even a vibration has not been proven. That it IS, is the one fact. If it is a vibration, it is too swift for human measurement. It seems constant. Ever-present, as if it was the Presence of the Everlasting One.

And now comes Dr. Geo. Hale, Director of the Mount Wilson Solar Observatory, who, according to an article in the *Outlook*, has discovered that "the sun is a magnet." The *Outlook* says—"The full significance of this new discoverey it is difficult to estimate, but there is no question that it is one of the most important scientific achievements of recent years. It may lead to the explanation of the earth's magnetism—a problem which has been baffling the scientific world for centuries. Its greatest significance, however, appears to lie in the fact that it introduces a new element which must be taken into consideration in dealing with many cosmical problems."

What we SEE of the phenomena of magnetism forces us to say—*It is a form of Attraction*. I have dealt with Attraction in several previous articles and now write this that I may put on record a statement which being Truth to metaphysics will eventually be found Truth by physical science. That statement is this—*There is but ONE Force, or if the term suits better—there is but One Energy. That Energy manifests in but One way. That one way is as Attraction. The degrees and forms of Attraction are many, but it is ever in some rate of vibration.*

While it is Truth that the sun is a magnet it is also Truth that every individual thing from sun down to sand-grain is a magnet, and attracts in proportion to its

**Call this God: then call this Soul:  
And both the only facts for me.**

—Browning.

individual power. "Of mass" says science. But I hold that *it is Mind within the mass*.

The earth attracts, and we call it gravity. Here is my original contribution to the question of Cosmical science—*Gravity is Motion but is not Vibration. It is the Original Presence of God. Everywhere at all times, and its attraction is at all times in equilibrium.* IT—God—attracts through each one of its individualities and in proportion to its attractive power each individual finds its place, be that individual an atom or a soul. The earth is not held in its place by the sun, but by every individual in all the seen and the unseen universe. Each attracting till earth has found its place of equilibrium. Were a star or planet to disappear the earth and every planet and star would change relative place till an equilibrium was again found.

Gravity is the Universal form of Motion from which is differentiated the many forms of which we are cognizant of Energy. We might define Gravity as latent energy, but cannot, for it is ever active. Latent force is non-active. No matter what I may seem to do, it is the One through Its every-present silent energy that does the work. "Of myself I can do nothing" said Jesus. So should every person realize. The Power I AM is that which is sun and which is mote in the sun. The Power that swings the comet swings my hand. I AM UNIVERSAL POWER. But I, as Consciousness—"Conscious Law" says Emerson—tell that Universal Power what I wish and it does it. Tell my Real Self which is the Universal Power and that Power obeys my commands. There is no other so great a fact as this in all human experience. So great, so awful, and yet so beautiful and sublime. I, as my Self, as Conscious Will, direct infinity

in its expression AS my-Self.

It is this recognition of Truth that will ultimately bring Man to "dominion over all things." Bring him from present tyranny of pain, disease, poverty and unhappiness and death, to Health, Joy and Present Immortality.

In this discovery of Dr. Hale and in the often reiterated affirmations that Electricity is all, do I see signboards with fingers pointing to the ultimate Truth:—*Mind is all and Man is Conscious Mind.* As such Man is not only Master of Fate but Master of earth and heaven.

**AFFIRMATION.**

NOW stands for affirmation. "Nerve us with incessant affirmations!" is its motto from Emerson. It stood alone when in 1900 it started on its career. Among all my New Thought exchanges there was not one that did not place almost as much reliance upon denials as upon affirmations. Now denials have almost disappeared. And wherever used there is an excuse for them. No excuse is needed for affirmations. In Hibbard's Journal, probably the foremost of all journals in Higher Thought and Criticism, I find in an article by one of the world's foremost scientific thinkers—Sir Oliver Lodge—the following which sustains Emerson and NOW in their reliance upon Affirmation. He says:—

I always mistrust negations. They commonly signify blindness and prejudice—always except when thoroughly established and carefully formulated in light of experience and mathematical proof. And even then be ready to admit the possibility of higher generalizations which may uproot them. They are safe only when thrown into a form of a positive assertion. . . . A positive form should be demanded of every comprehensive desire and whatever cannot be thrown into positive form, it is wise to mistrust. Its promulgator is probably stepping out of bounds into cheap and easy region of negative speculation. He is like a rationilastic microbe denying the existence of a human being.

**To the receptive soul the River of Life  
Pauseth not nor is diminished.**

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*—George Eliot.*

**SUNSHINE SONG**

Sing a song o' sunshine,  
Blue the winter's sky,  
Snow melts for the crocus,  
Spring comes by and by;  
Sing a song o' sunshine  
For each passing day,  
'Twill life's labors lighten,  
Cheer earth's pilgrim way.

Sing a song o' sunshine,  
Tho' today is drear,  
Rainbows arch the heavens  
When clouds disappear.  
Sing a song o' sunshine  
To the heart you love—  
Harmonies of heaven  
From the heights above.

Sing a song o' sunshine  
To the world that needs  
Just such inspiration  
For its daily deeds.  
Sing a song o' sunshine  
As you work or wait,  
Make the moments merry  
While you make them great.

Sing a song o' sunshine,  
Live a life of cheer;  
Smile instead of frowning,  
Never fret or fear;  
Do your duty gayly,  
Cast your cares aside—  
There is sunshine somewhere—  
Choose life's sunny side.

*Gertrude Rugg Field*

**IN HIS NAME.**

Jesus continually throws all responsibility upon the individual. Cause is in the mind of the person. In no place is this more emphasized than in this passage from his words: "He that receiveth a prophet in the name of a prophet shall receive a prophet's reward." Personal responsibility is the basis of manhood. Any teaching that lessens this feeling of responsibility lessens character. To recognize that I am responsible is to recognize also the fact that if I wish a change of conditions I must myself change them. Later I will recognize that it is not persons, things, or conditions

that change, but the change is my mental attitude. Persons and things are the same non-ethical affairs as before. They have the power only to influence my life which I delegate to them.

"I am that which I think I am," is the Law of Suggestion. It is also true that persons are to me that which I think them to be. This is that Law which Jesus emphasizes in this passage. "In his name!" is a shibboleth among the would-be evangelizers. They do not grasp Jesus' spirit, nor his science, as long as they place a theological interpretation upon the words. If I understand the message aright, it is this: It matters not to me what another person may be to himself, but it does matter much what I shall think him to be.

The prophet comes. There is power of good to me in the coming only when I recognize him as a prophet. From within myself comes the reward. It is my motive, my thought that determines the benefit. "If they receive you not, shake the dust from your feet." "Let your peace return unto you again." They have not received the prophet in the name of a prophet, and do not receive the prophet's reward, but they do receive the reward due to the thought in which they gave him welcome.

When the prophet comes, and is received with the thought of rogue, then a rogue's reward is mine. When the rogue comes, and I receive him in the name of a prophet, I receive the prophet's reward. It is not the prophet or the rogue that gives the reward, but the motive; I am rewarded in the *doing!* Though I discover later that it was not the prophet but a rogue, the reward cannot be taken away. I earned it by my consciousness of rectitude.

We have the same principle recognized in the fairy tale. The one who gave to

**The deeper I drink of the cup of  
Life the sweeter it grows.**

*—Julia Ward Howe.*

the old woman in distress with right motives, dropped pearls when spoke; she who gave with evil motives dropped reptiles. "Behold, I come quickly, and my reward is with me." It is not the act, nor the gift—it is the spirit in which it is given. "A cup of cold water in the name of a disciple" will bring the disciple's reward. A gold coin, in the name of "charity," to satisfy conscientious scruples or to make up for previous lack brings not the disciple's reward, but does bring the reward of that which was put into it.

Lowell's "Vision of Sir Launfall" illustrates this principle. It was not through the gold flung to the leper in pride that happiness came to the giver, but when in love he gave a crust, the Heaven within sent forth the reward, and the Christ came in blessing.

"'Twas a mouldy crust of black brown bread,  
'Twas water out of a wooden bowl;  
But on fine wheaten bread was the leper fed,  
And 'twas rich wine he drank with his thirsty soul."

Then Christ said:—

"Who giveth himself with his alms feeds three—  
     Himself, his hungry neighbor, and Me."

Note, it is first himself. And last, the Christ. Receive the leper in the name of Christ, and you receive the Christ's reward. But when we receive him in the name of disease, in the name of tramp, in the name of vagabond, we receive not the reward of the Christ spirit, but the reward of disease, and vagabondage.

I am to myself that which I think myself to be. I create the effect of conditions about me by thinking them as bearing the relations of good and evil to me.

When I shall receive all conditions In His Name, in the name of Goodness, then will I receive the reward of the Spirit. Simple instructions, and plain are these, but followed they will make every day a Heaven.

**FROM ONE GONE BEFORE.**

I've reached the realm of Life Eternal  
I've met the friends who went before.  
I rest in fields forever vernal  
On the bright immortal shore.  
Here I find more than my dreaming!  
Here I rest all pain above!  
Life is real. Death only seeming.  
Life and Heaven are one with Love.

HENRY HARRISON BROWN.

**VICTOR OR VICTIM! WHICH?**

Contrast the present civilization with the past and the greatest achievement lies in man's conquest of what we term Nature. This conquest is merely a manifestation of his ability to make the Non-Me contribute to the comfort of the Me. The wilderness has yielded him food, the rocks have furnished habitation, the water, wind and air have become his burden bearers, the lightnings his messenger, and elements unknown to his ancestors now bring him luxuries. Once the victim of temperature, he now protects himself with clothes and artificial heat. Once the victim of famine, he now causes the fruits of the whole earth to be laid at his door. Once the victim of his brother's hate, he now finds peace in treaty, and where plague once stalked forth "on the wings of the wind" he finds his air purified. Wonderful this victory! But he still has, as had his ancestors of cave and den, pain, ache and death. He is a victim of a thousand accidents and subject to a thousand ills. And with the development of a sensitive nervous organization which his ancestors did not know, he has a million pains that ancestors never had. With a developed

**Whene'er I meet my sailing peers,  
"ALL'S WELL" I to their hail reply.**

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*—Edith M. Thomas.*

mentality and a sensibility to mental states his ability to enjoy is no more multiplied than is his susceptibility to pain.

Where the stoical savage would endure fire and torture without sensing it, man today "dies of a rose in aromatic pain," to such a degree has he developed his consciousness of pain. With all his civilization and his boasted conquests he has simply created new instruments of torture, and he pays for every gain with an added danger and added suffering. "The Eden curse" is still over all.

Intoxication, excitement, mental stress, tension, and alienation from the primeval love of the natural world, is part of the price he pays for his gains. He is the victim of the very devices by which he seeks to conquer the ills, to which, as man, he was born eons ago.

But is it necessary that he thus suffer? What causes this danger? Where lies the secret of pain? What shall give him immunity to disease? What is the secret of victory? Thus, questioning, experimenting, he starts a remedy only to find it a boomerang sure to react and to injure. He imports one rodent for the destruction of another only to find that he has but added an additional evil that threatens to destroy more than that which it was introduced to protect. He introduces, in hope to find it useful, a fish which preys upon the native species of more value, or which eats food upon which feathered game lived, and thus diminishing a wholesome supply. He introduces a fruit only to introduce with it an enemy that is costing him millions each year to keep in check. He kills off birds only to learn that he must restore them or starve from ravages of insects.

We have here our answer: he learns! With knowledge he can become immune,

if there is any logic in life, and if experience can be trusted as prophet. "Knowledge is power" is an old saying which was not rightly interpreted until it was translated into the thought, "Truth is Power!" All Power is to be considered one with Universal Force. Thought is brother to steam and electricity and equally amenable to conscious direction for the service of man. When Universal Energy had reached that phase of unfoldment in the scale of infinite vibration that we know as Thought, then the line of evolution was deflected. Prior to this, evolution had manifested in a change of organism; from a simple form to a more complex had been its line. With Man the change became psychical, manifesting itself in a more complex manner, through the same organism, which was modified by and for this Something, that we term Energy, or God, which is indwelling and which we may characterize as "the Indwelling." This psychical change came with the power to think.

Thought is psychic and Mind the creative force that had been pushing its way via evolution to this its final expression through a human brain. Energy, or Mind, or God as Man is free to make and control environment, and not, as heretofore, to find a limitation in it. In all earlier forms Indwelling Energy — God — had reached a limit, and as a condition of progressive expression was forced to break out of its environment and build for itself one more complex. But when it had reached that stage of unfoldment known as Man it projected itself into a brain that gave farther opportunity for expression. It needs now no new nor more complex organ, since through well-trained human reason it can unfold forever.

**In the mud and scum of things,  
There alway, alway something sings**

*—Emerson.*

This evolution changed the location of power. Heretofore it lay in the power of environment so to hedge in the individuality that the individual reached a limit and had of necessity to stop unfoldment or find new conditions. Now man can change his environment at will, and at the same time preserve his conscious individuality. From the condition of slavery and limitation to environment, man has become Master and Creator at will of his environment. His environment, from body up to state, bears the same relation to him that the shell bears to the clam; hence the wonderful beauty and truth of Dr. Holmes' lines:

Build thee more stately mansions O my Soul  
As the swift seasons roll!  
Let each new mansion loftier than the last  
Shut thee from heaven with a dome more vast;  
Till thou at length art free  
Leaving thine out-grown shell by Life's unresting sea!

As fast as this Indwelling One unfolded himself into Intelligence he builded more complex habitations. When Energy became conscious it still carried out the processes of unfoldment termed evolution. As general Intelligence expressing itself it built unconsciously; as Intelligent Individuality it builds consciously. This Intelligent Individual Consciousness finds expression only through the human organism. Out of this consciousness of self, man says, "I AM!" Through experience he says, "I CAN." In that affirmation lies his control of fate; lies an intelligent Deity; lies special and continued creation.

Fate is unconscious law. Man, as Emerson says, is "Conscious Law," and that is "King of kings."

When in this consciousness of Itself as Indwelling Power, the One carries on its process of evolution, then man, as this expression, is no longer a victim, but

victor. The moment Man found himself thinking, that moment the Master of Nature was born, never more to succumb to environment; and day by day through the ages he has been learning his mastery. The old Eden tale is true: he was given dominion over all animals, and over all things, conditions and forces.

Man is one. The race goes conquering onwards. From savage to aviator he shows his power. From cave man to steam plow he is proving his dominion. From the lowest consciousness of pain, to the writing of Hamlet he is learning to think. From hut-building he, as coming man, is learning to build his body with determined and conscious purpose.

This is the line of evolution, which is the line of prophecy. As he has conquered the wilderness without, he will yet conquer the wildness within. As he has clothed earth with beauty, he will cloth himself with grandeur. As he has given form to deathless thought in literature, he will by thought create a deathless form for himself. The prophecy of the ancient seer will yet be a fact: "The last enemy to be destroyed is death." Destroyed, not by living in this crude body forever, but by a gradual and conscious perfecting of this bodily expression till it, purified, sublimated and spiritualized, is as subject to his desires and purposes as Thought is subject to his Will.

The present century, in the many metaphysical movements, demonstrating the power of man through thought to control fate, is tending not only to build at will his external environment but likewise his own body. It is teaching the race to be immune to disease, and to purify and perfect the physical body most ideally. Thus is the New Thought movement ushering in that promised era

**I thank whatever gods may be  
For my unconquerable Soul.**

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—W.C. Henley.

when war shall be no more, for peace is the essential condition of a redeemed earth. Then man shall no longer be the victim of pains, aches, sorrows and death, but shall have conquered all these, and conquered them by the same power which tunneled mountains, bridged seas, and made the desert fruitful, and that power is thought. The THINKER'S ERA is at hand. "Beware when God lets loose a thinker," says Emerson, "for then all things are at his mercy!" He has let him loose. He has been here from cave to clairvoyance, and now his victory is evident. The non-thinker, be it in form of beast or human, must end at last as victim. The thinker will inevitably end as Victor. What shall I do to be saved? Think! The all of education is to learn how and what to think. *To think what you decide to think, after knowing how and what to think, is victory.* The affirmation that leads to this victory is I CAN! This born in the consciousness of Being as an Expression of Infinity. The Affirmation from which faith in I CAN! is born is:—*I am Power to be and to do that which I WILL TO DO.*

**SUNRISE NEVER FAILS.**

Upon the sadness of the sea  
The sunset broods regretfully;  
From the far, lonely spaces, slow  
Withdraws the wistful afterglow.

So out of life the splendor dies,  
So darken all the happy skies,  
So gathers twilight cold and stern;  
But overhead the planets burn.

And up the east another day  
Shall chase the bitter dark away.  
What though our eyes with tears be wet?  
The sunrise never failed us yet.

The blush of dawn may yet restore  
Our light and hope and joys once more.  
Sad soul, take comfort, nor forget  
That sunrise never failed us yet.

—Celia Thaxter.

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**AFFIRMATIONS.** ••••••••••••••••••••••

**RECONCILIATION.**

First be reconciled to thy brother and then come and offer thy gift.

—Jesus.

Father, conditions have come to disappoint me, but Thou hast sent them, and I am reconciled.

Friends have wounded me, but Thou art with me and I am reconciled.

Business has been dull and bad, but Thou art in it and I am reconciled.

Plans have failed but it is Thy Law and I am reconciled.

I have been deeply wounded in my affections but Thy Goodness is in it, and I am reconciled.

In the Peace of Reconciliation I offer my gift of thanks.

In the Joy of Reconciliation I offer my gift of praise.

In the Rest of Reconciliation I offer my gift of trust.

In the Happiness of Reconciliation I offer my gift of thought.

In the Blessedness of Reconciliation I offer my gift of Love.

In this Reconciliation Thou and I are one.

In this Reconciliation I have come into divine harmony and work with Thee.

In Reconciliation I fall under Thy Law, and health, happiness and success is mine.

Thy will regulates events. My will is reconciled with Thine, and all is well with me.

Reconciliation I have found in "Thy will be done!" and in joyful submission.

Thy kingdom has come, and Thy will is done. I am reconciled.

Bees will not work except in darkness; Thought will not work except in Silence; neither will Virtue work except in society.

Carlyle. "Sartor Resartus."

**Minute a man stops looking for  
Trouble,happiness looks for him.**

—Irving Bachelor.

VIM CULTURE, by Theodore Sheldon. The Elizabeth Towne Co., Holyoke, Mass. 25 cents.

This book is practical and for those who will use it with the thought that *Mind is supreme*, its methods will prove of benefit in building up a healthful body. With much of its philosophy in the first ten chapters NOW does not agree, but for the last three chapters upon SEX I wish to thank the author, for they are wise utterances amid so much folly upon the questions of sex. He probably says all that can well be said at present, but the limitation of Sex to physical development by the eugenists, and the emphasis upon reproduction, by Helen Keys, finds a counterpart here in the emphasis placed upon intellectual benefits. But I would remind reformers that Man is not a physical Being, nor an Intellectual Being, but MAN IS MIND. He is a PSYCHICAL Being. As MAN expressing through a physical body and manifesting himself, not alone as Intellect but also as Emotion. The Human Expression of emotion is LOVE. *Man is Spirit Here and Now, and may consciously live the immortal life Here and Now.* This is the affirmation upon which I base all NOW philosophy. LOVE is the FULFILLMENT OF THE LAW. The fulfilling of the Law. But Love removes Life from Law and places it under the Human Emotion of Love. The time will come when some one wise enough will deal with sex from the spiritual plane and will treat Sex not as the present eugenic reform does, as a means of breeding, nor as Mr. Sheldon and a few others do, as a mere intellectual stimulant, but as the spiritual inlet and outlet of Mind—of Man. The frontal brain is the intellectual center, but sex—not the heart—is the seat of emotion; and Sex,

not the solar plexus, is the seat of Life. When we shall learn to express the Universal Energy, Humanized as Love, and Love is not a sentiment but Power — when we shall express Love as Affection, and will be Friends, the sex force will not accumulate and become an irritant as now and force thought upon it self but will no more trouble one than the hand does when normally used in clasping that of a friend. The present agitation under the Law of Suggestion is only intensifying sex activity, and in closing old and opening no new channel of expression, and will result, in the opinion of NOW, is a worse condition than that which society is now attempting to cure. Turn attention FROM and not TO sex! Build up an ideal of friendship! Under this method present sexual conditions in, and out of marriage, will soon right themselves for LOVE, EXPRESSED IN FRIENDSHIP, IS THE FULFILLING OF THE LAW OF LIFE.

**SECRETS OF MENTAL SUPREMACY.**

By W. R. C. Latson, M. D. Cloth binding, Price, \$1.00 postpaid Elizabeth Towne Co., Holyoke, Mass.

"How to do it?" "Tell me what to do!" These questions are constantly asked by those who have not yet learned to trust the application of Principles and who lack initiative. Those in beginning the study of the practical application of Metaphysics need a helping hand. To such the book is to be recommended. Methods are necessary as helps, as temporary expedients. So used are to be sought. For this reason I can recommend this book. It will help the beginner and by rightly using it he will learn to walk alone.

Instruction is given for developing the perceptions, the memory, the power of concentration, the will, the imagination, the eye, the ear the attention etc.

The delay in mailing NOW this late is due to the necessity of first harvesting our grape crop.

*—Shakespeare.*

**A SOLILOQUY.**

**In My Hammock under the Redwoods.**

Yes! I have found that which I have felt as the imprisonment of city life—TENSION—always on the quiver of excitement. This great contrast which I now enjoy as I lie here is that of Peace and Contentment. Here Nature and I love each other, and every man is my brother. But in the city everybody is too busy for comradeship. When there is leisure from work its is still for tired nerves some method of excitement, which does not rest. Never quiet there. At night if I awaken, I hear footsteps on sidewalks, horse footfalls on pavements, and ever the street cars' rattle. But here, O, the sweet stillness. I rise at night and look at the stars and they cry now as over Bethlehem—"Peace on earth!"

Here I find myself. "Through Nature up to God" it is said. Nay—*Into* God through Nature's revelation of SELF. I AM I—here. I am played upon amid the crowd. Nay, this is not always true—for I have learned to be alone within the crowd; I have learned not to sense the suggestion of the city, unless I wish to. I do not like to be alone all the time. Here I am companioned. "God and I and naught between!" God and I are friends. He is the Inner One and we are the best of chums. I wish this fact could be understood by every person—Make the inner self your confidant, your friend, your best chum! Then will the world be all the dreamers dream. The world—"She waits for Truth! And truth is with the dreamer!" Here I dream and the millenium is with me Now and Here.

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Say little. For success, let this be your rule. Affirm:—*I tell no one my private affairs.* "Mum" is the business word, save to those whom it is wise

to speak, because they understand. Men talk themselves into failures. Let us understand because Thought is Power, that every word represents a thought not only to yourself, but also to your auditor. Concentration is Power. A Suggestion repeated until it makes an impression carries the day. Too many words diffuse thought, scatter it. Diffusion is weakness. Concentrate your thought into a few words, make them effective by clearness, firmness and repetition. Then let them germinate in silence. Thought-seeds have you sown. Consider your words as seeds and let them sprout and grow. Silence develops patience. Patience, as Emerson tells us, is a quality of great souls. Impatience is in itself failure. It suggests to the onlooker weakness, causes doubt and fear and drives him from you. "I will fight it out on this line if it takes all summer," gave confidence to a nation. No matter what is going on about you, keep still. Presence of mind is another phase of the same quality of power. Be still, no matter what comes up. Success lies in this self-mastery.—*From "Success through Affirmation."*

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Rains began November first. The first October in 25 years that has passed without a shower in this state. Everything now is putting on its bright verdure. Our GREEN season is beginning. Soon flowers will bloom. I write this early in November. When this December number is in the hands of my readers Flora will have passed our way and left her gifts. I know the glories of snow and ice, and the vigor it brings; the sleigh-rides, snowballs and coasting and skating—and yet under our sunshine I have neither regrets nor envy, but give thanks for my happy past in New England and for my happy present in California.

**I thank whatever gods may be  
For my unconquerable Soul.**

—W.C.Henley.

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589 HAIGHT STREET, SAN FRANCISCO, CALIF.  
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## NOW

**HENRY HARRISON BROWN, Editor**  
**A Monthly Journal of Positive Affirmations.**  
**Devoted to the Science and Art of Soul Culture.**  
 It is the utterance of the Editor only. All thought not credited to others is his.  
 Its basic Affirmation is:—Man is spirit here and now, with all the possibilities of Divinity within him and he can consciously manifest those possibilities HERE and NOW.

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Entered as second class matter at Glenwood, California Post Office, June 21, 1910

### TIME FOR RENEWAL.

SUBSCRIBE FOR YOUR FRIEND AS A CHRISTMAS OR A NEW YEAR PRESENT.

\* \* \*

A dollar for NOW will go farther than that expended in confectionary or any ordinary Christmas gift. It will go through the whole of the year 1914.

\* \* \*

Mr. Brown has a few room which are for rent to friends on their visits to the city. He will be glad to lodge such as wish.

*This is the last number of Vol. 10. Many subscriptions end with this number. Please renew early after receiving it that your name may not be cut out of the list.*

\* \* \*

If you do not send your subscription for 1914 you will receive a notice of expiration and a request for renewal. I will have to stop sending your magazine. Say on postal — "Continue the magazine!" if you have not the \$ for renewal on hand, and I will wait your time.

Emerson Class at 589 Haight St. has begun with fine promise. The Class will devote 5 lessons to "Self Reliance," then take up "Compensation." Terms, 25c a Lesson or 5 for \$1. Mr. Brown has instituted this Class that it may be a means of interesting many in the study and create a love for this one, whom he regards as the BEST teacher of Metaphysics in all history. Emerson is studied as LIFE. "What has the essay for me as Life?" is the question each lesson answers.

\* \* \*

The Pacific Panama Exposition is finely progressing with its work. Never yet a World's Exposition with such progress in advance of its opening, as this is making. From present indications all the promises made will be more than fulfilled. Already contracts are let for some of its most elaborate work. Of course, I hear you say "I'll be there!" Then YOU and NOW will greet. Remember my number and that my parlors will be open for YOU and I to enjoy. One of the best routes of street cars passes my corner. Filmore and Haight. So I am convenient for my friends to call. Thus early I send out my invitation because I proposed to be on deck at this stand during the Fair.

I, grateful, take the good I find;  
The best of now and here.

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—Whittier.

A few subscription for my proposed work on Telepathy have been received. Consider the matter well and then send in your name. No money till it is announced that the book is ready. I do not now know what will be the selling price. I am sure that it will be over \$1.00 but I will fill all orders at that price up to 200, that come in before the manuscript goes to printer and to press. When 200 advance orders are received I will at once start the printers at work. Here is the Title page as I now have it in my thought—

### TELEPATHY

And Allied Phenomena, Premonition, Inspiration, Clairvoyance and Psychometry. The Philosophy of the Psychic Life. A series of Theoretical and Practical Soul Culture Essays

by

Henry Harrison Brown,  
Mental Scientist, Soul Culture Minister,  
and Author.

*Sometimes a breath floats by me,  
A breath from dreamland sent.*

—Lowell.

I would like to put it in press early in the year 1914.

The first 200 shall be an autograph edition.

The book will have a lithograph of myself engraved from a photograph taken while the book is in press. Now in your time. When the subscriptions come in is my time.

\* \* \*

Rev. F. A. W. Painton has opened in Los Angeles the "Church of the Unknown Disciple," Labor Temple Hall, 104 Trolley Way, Ocean Park, Calif. Services in the New Thought Spirit, both afternoon and evening. Private Instruction and Healing. NOW and Mr. Brown's books will be kept on sale and also on the readingroom table.

Our winter begins gloriously. After two years' drought Jupiter Pluvius comes with rich promise. Already the seeding for next year's grain is being done. We cannot realize that heavy snows are paralyzing eastern cities. Greenness and roses all along our coast. Come to NOW Home and enjoy them.

N. B.—Address all orders for books, subscriptions to NOW, and all communications for Mr. Brown to his San Francisco Office. As I am at this Branch NOW Office they will reach me direct, and receive prompt attention. NOTE WELL! 589 HAIGHT ST., San Francisco, Calif.

H. S. Levalley, editor of Telekist, sends NOW this greeting:

"N<sup>O</sup>W" Your's for Cosmic Health.

All the paths lead unto Rome,  
And home's the path we see,  
But Telepath's the Royal Road,  
To Rome, home and liberty.

—From Telesikic Tinklings

\* \* \*  
At the Soul Culture Institute, 589 Haight St., San Francisco, Calif., every Sunday evening at eight o'clock, Henry Harrison Brown gives an address upon "The Principle of Self-Mastery Through Right Thought!" These Lectures are open to the public.

N. B.—I have Christmas cards and New Year cards which are excellent for gifts. They are poems full of the New Thought and carry consolation, hope and faith with their messages of peace.

\* \* \*  
Mr. Brown is in his office, 589 Haight St., San Francisco, Calif., every day except Saturday and Sunday from 9 A. M. to 3 P. M., for private Lessons and advice in Self-Healing, and treatments.

## Trust thyself! Every heart Vibrates to that iron string.

*—Emerson.*

### SUCCESS.

As an addenda to my new book—"Success: and How Won by Affirmation," the following from *San Francisco Examiner* will well do.

At a gathering of teachers in New York City recently this question, among others was discussed: Are the opportunities for success as great today as they were fifty years ago? While the discussion was at its height it was suggested that the question be referred to leading citizens for their opinions. From the answers received we are privileged to quote as follows:

Thomas A. Edison writes "In my opinion the opportunities for success are greater than ever. The trouble is that there are too many people who want to succeed, who are unwilling to pay the price of success, namely, 'Work.' " "My personal opinion is that the opportunities for success are greater today than ever before, but the standards are higher and greater efficiency is required," says John Wanamaker.

Jacob H. Schiff, the millionaire philanthropist, says: "I do believe that the opportunities for success are just as great at present, if not greater, than they were half a century ago."

Captain B. J. Grenhut, proprietor of one of the largest department stores in New York City, writes: "This country has reached that stage of development where it is comparatively easy for all who are willing to work to find opportunities, and their success is limited only to their ability and application."

Dr. Stephen S. Wise states: "I do not think that the opportunities for making vast fortunes are so large today as they were thirty or forty years ago. And it is good that these opportunities are lessened. On the other hand, I must say that the opportunity for obtaining success in life is just as great today for a man as it ever was."

Here we have the opinions of men, themselves competent and accounted successful in various walks of life, who all agree that the opportunities are as great if not greater, and who disagree only on the definition of success.

### TREATMENT.

*God is Wisdom.* In *Wisdom* you live and move and have your being.

*God is Life.* In *Life* you live and move and have your being.

*God is Love.* In *Love* you live and move and have your being.

*God is Peace.* In *Peace* you live and move

*God is Health.* In *Health* you live and move

and have your being.

*God is Power.* In *Power* you live and move and have your being.

*God is Joy.* In *Joy* you live and move and have your being.

*God is Good.* In *Goodness* you live and move and have your being.

*God is Truth.* In *Truth* you live and move and have your being.—*Chas. Edgar Prother, in Power.*

For Self-treatment change "you" to "I" and affirm:

In wisdom I live and move and have my being. And use each Affirmation lots of times. They are excellent. Used thus.

---

Here is matter, which men call inert, not merely possessing inherent force but with its whole texture instinct with unexplained, and probably inexplicable power. But of the universality of gravitation, and the infinite range of the force thus exerted by all matter the more wonderful, infinitely more wonderful is the instantaneous nature of its operation. This quality of universal gravitation is indeed so wonderful that few who hear of it for the first time can even admit that it is possible. Yet the astronomer has been able to demonstrate that the interval of time required for gravity to extend its action from one body in space to any other body, even if separated by a distance so great, that light traveling at 187,000 miles per second takes thousands of years to cross it, is less than an interval which can be measured.—*Proctor the Astronomer.*

---

"Oh, if I could only give the people the fairest idea of the opulence that abounds, what would I not give. But they will not listen. They pinch the dimes with straining fingers, fearing to let go lest no more will come. And indeed no more will come so long as they are ignorant of the fact that opulence is a part of the universal Law of Life.

*—Helen Wilmans.*

## Henceforth I seek not good fortune: I am good fortune.

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—Walt Whitman.

### WISE THOUGHT FROM DR. PAUL DUBOCE'S WORK ON "PSYCHIC TREATMENT OF NERVOUS DISEASES."

Let one display the legend MASTER OF MYSELF and patients will follow to victory. Health depends first of all upon the impenetrable confidence which one has of possessing it.

Our ancestors bequeathed to us a certain capital of qualities and characteristics on which we must live and make productive by wise administration. . . . In the presence of those diseases which are caused by heredity, bad hygienic conditions, poverty, immorality and the microbes which multiply in the air, in spite of the colossal efforts of workers in medicine, this morbidity and mortality have scarcely diminished. This is a pity. but it would be silly to try to delude ourselves. Humanity progresses very slowly. I have shown how useful in this domain one might find a psychic power which was governed by tact and kindness. . . . It can be applied to that element of suffering which constitutes the whole of disease as far as the patient is concerned. That is why that in such psychic therapeutics the physician finds the most powerful means to relieve and console and hasten the cure. . . .

Pharmacy somewhat resembles those arsenal museums where the catapult elbows our modern cannon, and it is like going there to choose our weapons. And we are not very critical in our choice, but it does not seem to matter much, for we have fostered genuine medical superstition in our public. . . . The most celebrated physicians have recognized the inadequacy of our medical materials. . . .

I have heard some of the men who stand highest in the medical profession admit that pharmaco-therapeutics (Medicine) is day by day losing its importance. They expect little in that direction, but hope for everything from natural conditions. When in order to use the use of natural forms such as mechanico-therapy, scientifically studied, hydropathy, photography, electricity, and radio-therapy, those mysterious rays which they are discovering in such numbers, that there will soon not be letters enough in the alphabet to name them all. . . . In my eyes this new error is as fatal as the first. Physical agents, such as temperature, light, air, and the various radiations, can act favorably on health in them in behalf of patients, we concentrate

their action, we can derive some profit by employing them as pathatives; but the more we concentrate them, and the more we localize the action, the more destructive they become. The normal and pathological tissues can be destroyed by heat and cold, by the solar rays or electrical rays; also by obscure radiations, as well as by chemical caustics, or by hot irons.

### BEWARE FREAK DIETS AND FOOD EXPERTS

U. S. Department of Agriculture Issues Warning to the Public.

Washington, September 20.—"Beware of freak diets and of fakers calling themselves food experts; eat what you want, when you feel like it, giving attention to cleanliness and wholesome cooking."

This is the official advice of the Department of Agriculture in a warning to the public issued to-night as a result of an investigation just finished by Government specialists into the operations of self-styled "experts on dietetics."

"Some of the advocates of freak diets are sincere, but are themselves deluded," the warning says. "Others are fakers, who seek to make monetary gain by advertising peculiar systems of diet."

This dispatch from the daily press sounds very much like an echo from NOW'S editorials. I have for ten years said the same and more and now repeat my formula for diet—EAT WHAT YOU ENJOY. Eat when hungry. Eat because you love to eat and not for health. Ignore body and enjoy as you do a concert and you will ever BE health.

The important thing is to see that undoubtedly various orders of consciousness do exist, actually imbedded within us; and the words I and Thou do not merely cover our bodily forms and the outlines of our minds as we habitually represent them to ourselves, but also cover immense tracts of intelligence and activity behind these and only occasionally coming into consciousness.—Edward Carpenter in "Art of Creation."

Man is given more liberty and more licence than any other natural expression and, with the endowment which we call "Intelligence," he is raised to a position of partnership in assisting natural evolution and progress.

—Horace Fletcher.

**In the mud and scum of things,  
There alway, alway something sings**

—Emerson.

The January number will be sent each subscriber with a request to renew. If the renewal does not come that month it will be taken as an evidence that you do not wish to continue and your name will be dropped. I am at considerable expense to maintain the magazine; the only one in the world where Metaphysics is taught along the same lines and in recognition of the same laws as are the physical sciences. The thought of the age needs me. Would there be donations or subsidies as are given to many journals I would not so persistently ask for your subscriptions. But "Value received!" is my motto and while I do for Man I do expect Man to do for me in like proportion. Therefore please renew. Subscribe for friends. And send names of thinking people, for samples.

Mr. Brown is conducting Sunday evening meetings at his parlors, 589 straight St., San Francisco. Attendance good. And his audience is increasing weekly. He anticipates that a hall will be found necessary before winter is over. His lectures are upon "Self-Mastery through Right Thought!" These Lessons are open to the public with free-will offerings.

Heredity is a tendency, not an unalterable fate. The strongest family tendency, say to phthisis, can often, under favorable circumstances, be averted, but only on condition that it is early recognized and vigorously combated by all the means at our disposal. By the early recognition of morbid tendencies in families, and the resolute adoption of preventive measures, the medical practitioner will enormously benefit his patients, and win for medicine another claim upon the respect and gratitude of mankind.—*British Medical Journal*.

There are things that intelligence alone is able to seek, but which by itself it will never find. These things instinct alone could find; but it will never seek them.

—Henri Bergson.

**WORDS OF GOLD.**

Alexander J. McIvor Tyndall, the most scientific and successful telepathist today before the public, writes Mr. Brown concerning his book "Man's Greatest Discovery": — "I want to tell you how heartily I agree with the philosophy. I would like to commend every person who can, to read it. It is simple, concise and convincing. No one perhaps knows better than I do, that what you state in its pages is, as you say, "man's greatest discovery." There is no doubt that *Thought is Force* capable of accomplishing what we will. This truth the world is bound to recognize sooner or later. When this is once understood the question of "How" to overcome pain and distress of all kinds will be forever solved."

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