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ART OF LIVING

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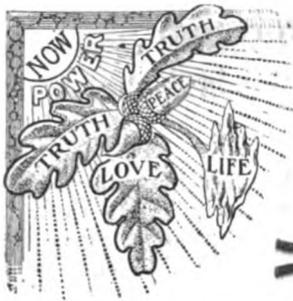
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From all Life's grapes I press sweet wine.

—Henry Harrison Brown.

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NOW

~~NOLOGICAL~~ **Journal of Affirmation**

VOL. XIV.

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JANUARY, 1917

No. 1

LOVE'S CONQUERING POWER.

The glacier for a thousand years
Had ground its pathway to the sea.
O'erhanging now a mighty cliff
A mass through gravity is free.
And in the grasp of wind and tide
As iceberg floats in ocean wide.

From frigid zone to torrid sun
It southward journeys; day by day
It lesser grows. Its course soon runs
For it has melted quite away.
That massive floe though now no more,
Is in the wave that beats yon shore.

And thou, my now expressive friend,
Wert recently but ice to me,
A frozen self! A heart that yearned
But hid the love I might not sec.
Imprisoned in thine own dark jail
Life's ocean thou alone did'st sail.

But still my love was ever thine:—
Embracing thee within its flood,
And thy reserve, like frozen foam,
Dissolved in the Eternal Good.
And like the berg 'neath torrid sun,
Our souls have melted into one.

HENRY HARRISON BROWN.

NOW!

Flowers for loved ones now on earth,
Blossoming to tell of worth;
Praises, while we know they hear,
Showing that we hold them dear,
Then, when through the portals white
Loved ones vanish from our sight,
All the sweetest thoughts they'll keep,
Rainbowed even while we weep;
No regrets will cloud our brow,
If we show our loving *Now*. —C. F. Allyn.

And from the lips of Truth, one mighty
breath
Shall, like a whirlwind, scatter in its breeze
That whole dark pile of human mockeries:
Then shall the reign of Mind commence on
earth,
And starting fresh as from a second birth,
Man, in the sunshine of the world's new
spring,
Shall walk transparent like a holy thing.

—Moore in "Lala Rookh."

EMOTION IS POWER.

Twenty years ago Francis Ellingwood
Abbott in his "Way Out of Agnosti-
cism" said: "We must learn to feel less
deeply or to think more profoundly!"
In this statement he solved all the present
problems that confront the social re-
former.

In all directions of human expression we
are becoming tense. Haste, activity,
bustle, dash, restlessness, snap are every-
where present. "Push" is the word that
best characterizes the present age. In
all lines of business and pleasure it is
intensity. Nerves are on a constant ten-
sion. Amusements and games are all
characterized by the fact that they do
not rest one, do not relax; keep up the
same tension. It is but a change of ex-
citement. When I go upon the beach, I
find the same restlessness. Constantly are
people on the move. Gum, peanuts,
cakes and cigars find ready sale. Chil-
dren do not give even their digestive
apparatus a rest.

The automobiles in their speed evidence
the spirit that characterizes the present
conditions in all lines of human life.
Rush for wealth is transferred to the
mad rush in education, in social life, the
mad rush in search for happiness.
But why wonder? Intense feeling causes
intense activity. Feeling is the source
of all activity.

The rule of Human unfoldment lies an
intensified geometrical ratio. Every ad-
vance in invention and knowledge only
intensifies the search. Man makes more
progress in a month now than he did in
generations in the time of Moses. More
in a day than he did in a thousand years
of the cave-man's life.

M 155437

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

—Wall Whitman.

Emotion transmuted to activity through thought is Nature's method of Human progress. Emotion must come first. It is a characteristic of Nature that she is always prolific in power and seems not to care how many individuals perish if the least advance is made. Ten millions of seeds perish that one tree may live. Note the immensity of seeds the fig tree produces. Think of thirty million of spermatazoa to one embryo, and then wonder if you will, why in society so many humans become degenerates, diseased and criminal, that a generation may have a Washington; a Bismarck; a Gladstone; a Lincoln; an Edison, and, more rarely, an Emerson. But realize also that despite this great impedimenta the race goes onward through the Thought of the few. 'This few feel as deeply as these millions who let feeling control without guidance. The progressive few are those who control feeling and who transmute it to Thought. Feel too deeply, and like machines we are worn out by the intense power. Electricity as lightning is destructive. But under Thought's control it is constructive.

The roaring torrent formed by the cloud burst is destructive; is uncontrolled. Controlled by the Thinker as motive power it becomes constructive.

Once we realize that feeling is power, we become also conscious that feeling is the source of all human endeavor, as it is also the source of all animal endeavor. Botanists are now claiming there is sensation in plant life.

The animals are capable of great sensation, and all their activity so arises. But the Thinker is absent in them. They act in line of least resistance. When the Thinker comes he controls and directs this Power. Man does this insofar as he has learned to think. And he learns to think by the suffering that results from his giving way to the Power he is as feeling. Through effects he learns to choose the way in which feeling shall be expressed. Through the exercise of

choice he develops his humanity; gaining power over and subduing the animal tendencies, which he of necessity inherits from the species which preceded him.

As the Spirit in him gives inspiration, there is an increase of feeling. Until he learns to direct this increase of power, it will act through the thought development it finds. As a consequent, when the increased progress of the race, due to new conditions brought about by the Thinker, no matter in what direction that progress may be, intensifies feeling, that increased feeling will find expression in uncontrolled action and there will be the "unfit"; those not yet able to endure the strain of new force; who will break in health, in morals and in intellect. There must always be a rear to every army. That rear falls out on the march. So is it with humanity in the march of evolution. While the Indwelling is almighty and omnipotent in each, still this Indwelling must work through the organism it finds and is subject to the decision, the direction which comes from the choice of the individual. This choice is the very point of differentiation that separates Man from brute.

The moment a larger degree of the Indwelling is FELT in an individual that moment that individual, like a machine upon which a greater degree of power is turned, must be increased in activity. But Man is not a machine, but an organism, and the increase of power within him necessarily acts under control of the organism it finds, and tears it down, providing there has not been developed in him sufficient intelligence, sufficient decision, and sufficient moral perception, to direct it into the upward trend.

Note the spiral tendency of evolution as illustrated in last month's NOW.

The present condition of humanity is only an exhibition of nature's spiral law. All who cannot go up, will die off as the unfit. Google

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

—Edith M. Thomas.

Here we have the key to the ills, so-called, of society. We condemn the laggards in the race. Why? Do you condemn in the Marathon race those who fail to win the goal? They have done all they could.

By what right do we assume the prerogative of making a standard in intellectual, moral, business, social lines, and condemning, and, worst of all, punishing those who do not come up to that standard? Were we not wiser, more natural, more humane, were we to declare such unfit to cope with the winners, and then give them opportunities of expression on their own plane?

The Thinkers are in front, and cry to all, "Come on!" All who can, follow them. Those who cannot will go as far as they can. All along the line are those who have stopped where their limit of ability was fixed.

Science is today proving that the masses are unable by brain development to get farther than the youth stage of expression. Yet we demand manhood of them. Through custom, law and penalty we prohibit their expressing on the goal they have reached, because they do not manifest their life and intelligence upon the plane of consciousness reached by scientist, preacher, reformer and legislator.

As well prohibit the dog and cat from manifesting as dog and cat. As well prohibit nettle and rose from manifesting as such.

Burbank has shown how when we are not satisfied with the productions of nature we can add thought to nature, and by *art* improve it. So we should treat all persons who do not come up to the standard we would like to see them reach.

But have such as cannot reach my standard or yours the right, as human beings, to manifest on their plane? This is the vital question of today.

I recently visited in another city than my own, several saloons where there

were tables where men were gambling. I felt at first great repulsion, and wished the civil law would prevent. That is the *old* thought. My New Thought angel said, "Who made you a ruler of men? Do you rule yourself?" But said Old Thought, "This is wrong!" But the Angel said, "Who is to judge, God or you? If God allows it shall you condemn!" Yes, the Indwelling is in all, is the ALL IN ALL. What then? in humility I asked. In view of the above fact of the intensity of feeling in all society, which I sense there, and from Presidential chair down to this saloon, I ask again of Metaphysics, "What shall be done?" Science, religion, civil law, public opinion, all have failed. Despite confusing statistics, all the forms of immorality, vice and degeneracy are proportionately on the increase. At present rate there will not be, in a few hundred years, enough sane to care for the insane, not enough outside the prisons to provide for and care for those in. Despite all the efforts of doctors, there is so little diminution from their work of disease that the sick will require in a hundred years all the attention which the well can give, leaving none to care for the laggards in race. This is the future race condition if some cure does not come. *IT HAS COME* in this mighty uprising of Metaphysical Instruction. Only education can save the race, under the pressure of this new upward urge, this new turn of the spiral of evolution.

The "old thought" for the control of those who have not yet developed the power of expression on the rung of the average citizen—for civil law most generally demands more than the average man's ability to maintain in conduct—was prohibition. Attempts by prohibition to dam up emotion always results in one of two conditions. Either the individual becomes slave and hypocrite or he becomes overmastered, and is picked up and punished. But "Who

Trust thyself! Every heart Vibrates to that iron string.

—Emerson.

made you a judge over Israel?" always comes to me when I think of punishment.

But society should be protected? Yes. But does punishment protect? The answer is found in the re-committments of those who have received punishment.

Is there not a better way? Metaphysics, New Thought answers, YES. *Educate. Heal. Develop the Ideal consciousness. Send these persons to school. Give them opportunities of expression on their plane. Restrain them of liberty until they are safe to be at large.* Start Education in Schools of Unfoldment.

I do not like the word *reform*. God has formed each person, and no human power can re-form them. No power can make them over. The idea that is coined in that word is false. *The Soul is perfect.* "Be ye therefore perfect!" said Jesus. Whitman says beautifully:

In this broad earth of ours,
Amid its measureless grossness and the slag,
Enclosed safe within its central heart
Nestles the seed—*Perfection.*

Emerson says: "I the *imperfect* adore my own *PÉRFECT*."

Since humanity is one, the Perfect is embodied in each man. No re-form, but an e-du-co-ing, an educating, a drawing into expression of that perfection.

Each person, no matter where in the plane of development he or she may stand, has not yet sounded the deeps of the soul, is not in expression perfect. Then where shall one stand that he may judge, control, punish or condemn another? This attitude of judgment, of measurement, is the most arrogant, the most obnoxious, the most outrageous, possible, and from it arises all the tyranny of the ages. Intolerance of those who are not where we are, while we in reality may be far below in the scale of unfoldment those whom we judge. This has been so in the case of majorities. "God sides with a minority of one!" says Emerson. The priesthood condemned Copernicus, Galileo, Lu-

ther and Paine. The Medical Trust today condemn the Metaphysical healer, and the regular priesthood condemn Christian Science; yet these judges will yet sit at the feet of these persons whom they condemn, and yet at the same time be ready to condemn the newer prophets. Says Lowell:

Yet humanity sweeps onward! Where today
the martyr stands
Tomorrow crouches Judas with the silver in
his hands.
Far in front the cross stands ready and the
crackling faggots burn,
While the hooting mob of yesterday in silent
awe return,
To glean up the scattered ashes into History's
golden urn.

The greatest of all the ills that have ever kept the reformers busy have been those arising from sex. We might almost say that all human ills as well as all human joys arise there. It is the master passion. FEELING has its birth in sex. It is the great nerve center. Uncontrolled, this sensation results in all the crimes on the calendar. Controlled, it results in all the progress of civilization. From almost prehistoric times efforts have been made to control expression by legislation, only to fail. Prohibit the mountain flood and the lightning's flash; then prohibit repressed sex power having its expression. Thousands die from its repression; thousands live imperfect lives through fear and hypocrisy; thousands refuse, and find places in prisons, asylums and paupers' graves.

Truly, it is "the burning question of social life." What shall we as Metaphysicians do? Ignorance, prudery, fear, punishment, ostracism, law, medicine, all have been tried and proved vain. These evils increase with civilization. Why? Because every advance in life's expression is born in the increased feeling of some man or men; expresses itself in the application of new thought to invention, to changes in economic conditions, increasing the intensity of feeling in the masses.

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

—Julia Ward Howe.

This intense feeling is an increase of the total amount of human power. There can be no new discovery, no new invention, no new publication of truth, that will not intensify the sex sensation in the community, and result in all the forms in which that power can be utilized. Spurgeon once said, "It is a small line that separates spirituality from sensuality." Intellectual power will increase, spiritual power increase, inventive and poetic powers in same ratio. All powers for good find in sensation their birth and their center. The entire man feels the new impulse. But all the powers that work by Absolute Law, without personal self-control, will also be intensified. Therefore stock gambling, all forms of speculation, lotteries, horse-racing, gambling, prostitution, marital infelicity will also be more common.

"When the sons of God came before Him, Satan came also." We cannot separate the possibility of use for destruction, from the use for construction, in any discovery of new power, or in the newer use of well known force. Wise legislators, and educators, are realizing that we need for developing the Perfect within man into a more complete manifestation an entirely new system of education. The one and only way to redeem man from any undeveloped condition is to study nature, and in this study develop in each individual *Self-Control*. Such individuals will be self-directing. The power for good inherited through the experience of the race, and as he has discovered it to be good by his own experience, will be directed to good. Self-Reliance and Self-Control are the only principles of race progress and individual happiness now, as they always have been. Jesus was equally wise here as elsewhere. He said, "Judge not!" All men who have been of race benefit have stood beyond human judgment and dared to be, in expression, that which the Perfect within urged them to be.

We are the results of race development in feeling and cannot feel less strongly. Present intensity will increase. Progress will be accelerated but, WE CAN LEARN TO THINK MORE PROFOUNDLY. The Teacher of Thinking has come, in the promised redeemer—The Present New Thought Movement.

HENRY HARRISON BROWN.

A subscriber and dear personal friend in Worcester, Mass., writes:—

"I have not been generous enough to part with any of my copies of NOW unless I have another one. Whenever I am in any need never mind what that need is, I go to NOW and am sure to find what I want. So you see, although I know it all within myself, yet at present I would part with any of my possessions rather than with any of my bound volumes of NOW."

FEAR.

One great task is to remove this cause of fear from the race. Another is to knit together the races of men into so close a bond of fellowship that no one need fear that he will be compelled at the call of an irresponsible autocrat to slap his brother. The fear of kings, and what kings may do, shall be banished from all lands.

But another task awaits us. It is to reveal to men that there is no power on earth or in heaven that can rule the souls of men. It is to make men see that as spiritual beings they can rise triumphant over every circumstance and be master of themselves. "No harm can come to us on ocean or on shore," except such as we inflict on ourselves. Be it joy or pain, man's business is to be superior to it. Be it satisfaction or disappointment, the soul can rise superior to either.

The great message that comes with modern science is that there is no vengeance in any nook or corner of the universe. No spot in which the temple of love may not be erected.

—Arthur L. Weatherly.

* * *

People say we have too much science because we have learned how to make smoke and noise, and to spoil the face of the country in many ways; but the fact is we have got just enough science to make a mess of things, and not enough to put them right again. We have to go on, and that is what universities exist for.—Sir Oliver Lodge.

**I will not dream in vain despair
The steps of progress wait for me.**

—Whittier.

ALL'S WELL!

Through nature runs a purpose and a measure
Which proves, if men perceive, there is no ill;
That every fact of life redounds to pleasure,
And leaves the spirit and the flesh a-thrill.

To this enduring truth the storm that rages,
Though dealing death, bears doubtless evidence,
In the succeeding calm, that it assuages
Undue congestion, that it comes to cleanse.

Again the proof its office is corrective,
Benign, and never one of punishment,
Is pain, where nature points to that defective,
And strives with might the cause to circumvent.

Likewise is sorrow, contrite child of error,
Unwisely fathered by a foolish thought,
Conclusive proof that nature holds no terror
For those who know how all her works are wrought.

And so if men, through aught, in their relations,
Abjure her sway or deem themselves above,
The fault lies in their dull equivocations,
For like breeds like, alone; aye, love breeds Love!
A. F. GANNON.

SUGGESTION: THE KEY OF POWER.

Lesson No. 1.

The New Thought philosophy applied to life by the individual is the conscious use of the Law of Suggestion. Suggestion has become a formidable word to the average mental student. A great many of the popular mental cults deny its use in any form: this is because of a fear of Hypnotism. In reality Hypnotism has nothing to do with Suggestion. The Law of Suggestion is *that* which controls the life of the individual: Hypnotism being but one little mental manifestation of this great Law. It is generally recognized in all circles that man is greatly influenced by his thought. This is something that has been known for centuries; but the conscious mastery of thought (the acquirement of this faculty) is a mental development of today.

In this essay it is desired to make plain this Law, so that it may be easy for the reader to consciously grasp the idea, that demonstration is something real, something that can be depended upon—that is mathematically certain in operation. In other words: Demonstration is governed by Law, even as the tides of the sea.

Get out of the mind every vestige of an idea that you are to be put in touch with a mysterious power, or that you are going to be taught to work miracles in your life. Occult or mysterious power does not exist. Mental magic is superstition.

The belief in the occult and the mysterious hinders rather than helps the individual towards the goal of self control. When this belief is sifted down to its real meaning, it becomes simply a belief in, and fear of, malign mental forces—forces that do not exist. Yet the individual *can* be taught to assume a different attitude towards himself as Power. It is this Law of Suggestion alone that can make this true in his life.

The secret of the helpfulness of the different cults is that they bring into the life of the student new thoughts, new ideals—ideals and thoughts that make men think differently about themselves. If you desire to help yourself mentally, you must be prepared to think differently about yourself. In other words you must bring a mental change into your own life. You must change the working of the Law of Suggestion in your life and unfoldment, from negative to positive operation. You alone can do this. It is your work.

Anything that causes within me an emotion, or causes me to think, is a Suggestion. It is a Suggestion that governs the action of the subconscious mind—the *submerged* source of power of the individual.

The new cults bring into expression in the thought-life of their devotees new ideas, new affirmations and statements

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

—Emerson.

7

with regard to the Power of the individual. These statements we all know are such as: I AM POWER, HEALTH, DIVINE, WISDOM, etc. These are new Suggestions that supplant all former thoughts of weakness and inferiority that the individual has held over himself. If these affirmations are held in *faith*, if the individual really believes that the inner mind is one with universal power, then the individual who holds the affirmations in mind is bound to respond to the New Pictures he holds in mind. Why? Because in the subconscious mind the individual is *potentially* one with Universal Power and Wisdom. A man's source of power and life depends upon his control of the subconscious self. If I think in terms of the more abundant life, I will draw an abundance of *life*. If I think of myself in terms of power and am energetic, I will have all the power that I can use. This is the sure working of the Law of Suggestion.

Man is a mine of submerged Life, Wisdom and Power. When he understands the Law, he draws from this source as he wills. The Law is certain in operation. We *lack* faith in ourselves. By practice in the use of Suggestion we become skillful in using the Law. Do not *limit* yourself as Life, Power or Wisdom. Know that you are *now* potentially that which you desire to be. Think of yourself, see yourself as that being here and now. Work for this end and in time you will bring the ideal that you mentally hold into actual manifestation in your life. This is the working of the Law of Suggestion. It is the realization of Ideals held in the mind in life. All things are possible for you, for there is within you *the Mind* that contains all. That Mind desires to find expression through you. It *must* conform to the Suggestions that you govern it with. Therefore aim high and sensibly. I am that which I think I am.

SAM E. FOULDS.

AFFIRMATIONS.

My Life is in the Omnipresent and Omnipotent Life.

I contain all the possibilities of this Life.
As Life I am perfect.

Perfection is an inherent quality of my subconsciousness.

As Life I am Health!

As Life I am Wisdom!

As Life I am Power!

All my ideals are held in this realization:
I am one with Omnipotent and Omnipresent Life.

I am Omnipresent and Omnipotent Life
now.

In my personality I am a manifestation of the endless life. That manifestation is more or less perfect as I am more or less conscious of my unity with the One. In my individuality I am a perfect manifestation of the Infinite One.

In the Consciousness of Unity with the One I find health, happiness, and prosperity.

In the consciousness of Unity I am not limited to the personality of the objective.

From the consciousness of the Unity of Life I affirm: I am Health! I am Power! I am Wisdom!

In the consciousness of Being I affirm: I am Happy! I am Peace! I am Blessedness! In this consciousness of the Immortal Life I am realizing the Kingdom of Heaven here and now.

HOPE.

Life holds no woe for me. I know full well,

However evil things may seem to me today,
Some future joy is certain to dispel

The clouds that lower darkly o'er my way.

No night e'er was whose darkness did not
fade;

No storm e'er raged whose course was not
soon run;

And so my soul, by troubles undismayed,
Doth simply wait the coming of the sun.

—John Kendrick Bangs.

* * *

When down in the mouth, think of Jonah—
he came out.

I thank whatever gods may be For my unconquerable Soul.

—W.C. Henley.

MY BETTER SELF.

Within my soul two natures dwell—
Two natures, yet they're both my own—
One pulls towards ill, one pulls towards well,
And each one seeks to mount my throne.
They're both myself, and yet they're not—
The mystery I cannot delve,
But this great truth I've not forgot:
My real self is my better self.

My little child approached one day
With wistful look in sky-blue eye—
A battered toy, broke in her play,
Asked me to mend. But I
Was busy with a score of things—
Aside I thrust the waiting hands,
And salved my conscience' smarting stings
With this: "My work demands!"
Another man as busy as I
Harked to the plea of the tiny elf,
And fixed her toy. Her grateful sigh
His pay. That was my better self!

I live each day midst stress and strain,
I strive with men for daily bread;
In business battle fling my main
Until I fear my soul is dead.
But now and then, above the guile
And scramble for the worldly pelf
I rise supreme, and live awhile
Companion with my better self.

Some day I'll stand at Peter's gate,
And wait the great key's turning grind—
I've not been good, I've not been great,
I've trailed a path of sins behind.
I am not fit for sainted throngs,
I never earned a harp or crown,
I have no right to angels' songs—
I ought to hear, "Go get you down!"
And yet perhaps St. Peter great,
Will take the key from off the shelf
And turn the lock and swing the gate
And pass inside my better self!

H. SAMUEL FRITSCH.

* * *

It is a great mistake for adults who work their brains much to give up sports and games. The maxim on which I have acted, and the maxim which I have often commended to my friends is—*Be a boy as long as you can.*—*Spencer's Autobiography.*

* * *

One part of the science of living is to learn just what our responsibility is, and to let other people's alone.—*Harriet Beecher Stowe.*

* * *

TODAY IS THE TOMORROW YOU
WORRIED ABOUT YESTERDAY—AND
IT DID NOT COME.

"REAL CHRISTIANS."

We will forget for the moment what sect we belong to, and as fellow-Christians in "church" or out of "church," stand for a united world, seeing the good in each other, feeling the Power of love, believing that we are all the children of God, knowing that in the Kingdom of Heaven there are no religious divisions.

Let every man feel his worth, think prosperity in his business, live in the prosperous thought. We will not talk hard times, but good times. By our thinking we will attract to us what belongs to us. We will take for our motto: "See no evil, hear no evil, speak no evil."

Live life with a smile. Every day is a Sabbath day to the soul. Give to every individual the right to think for himself. "Come, we will reason together." But not argue! I know the Spirit of the Christ is an infinite love, which includes the world rather than the "church," the people rather than the world. As Edwin Markham says: He drew a circle that kept me out, Rebel, heretic, thing to flout; Love and I had the wit to win, We drew a circle that took him in. We will be good for the sake of being good, rather than for the reward in it, and know that all men pray who think aright.

Accept the gospel of good cheer, and laughter, but likewise be tolerant with those who wish to grieve. Tolerance always pays, and love always wins. To be courteous costs but little, but adds to a man's worth.

A man is after all what he thinks he is, rather than what he appears to be. We will not judge appearances, remembering that the Christ child lives in every soul. We rejoice that we are alive, growing younger, yes, and happier, every day. We believe in churches, we also believe in the theaters. It is good for young people to dance as well as pray. Believe

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

—Archie L. Black.

THE HIGHEST GOOD.

I do not know, I cannot say,
What life will hold for me today;
But this I know, whate'er befall,
Some good lies wrapped within it all.

Though undiscerned by mortal mind,
This treasure is for me to find;
To rend the veil that clouds mine eyes,
And view the blessing in disguise.

For toilsome ways will lead to rest,
And irksome tasks are often best;
In struggle, power and will are born—
Who plucks the rose must grasp a thorn.

The cross I lift in morning hours
At evening may be hid with flowers;
The trial that before me lies
May prove a gate to paradise.

As oaks grow sturdy in the blast,
So courage, buffeted, holds fast;
As blossoms, crushed, breathe perfume rare,
Affliction drives the soul to prayer.

All things shall work for highest good
To those who put their trust in God;
All things in heaven and earth are mine
If I but claim my right divine.

And so, it is my happiness
To know in all things dwells success;
Its mystery is mine to prove,
Its keys are hope, and faith, and love.
—Emma Fisk Smith.

THE RADIANT LIGHT OF LIFE—LOVE.

The night hath a thousand eyes:
The day but one.
Yet the light of a whole world dies
With the setting sun.

The mind hath a thousand eyes:
The heart but one.
But the light of a whole life dies
When love is done.

—F. W. Bourdillon.

LOVE is LIGHT! Those who have not felt its magic touch are still asleep in the darkness.

At one flash of Love's quickening light into your mind, you enter into consciousness of that Light which is the Substance of Life. And although this single gleam of Love Light may not lift you entirely out of the dormant darkness, it will awaken you to a consciousness of itself, and arouse you to an awareness of the fact that the surrounding darkness is

darkness. As when the lamp lighting up a room is withdrawn, the darkness becomes deeper and thicker, so the lack-luster of the loveless life gathers volume when the Lamp of Love ceases to shine. Thus you learn to distinguish between Love and non-love. Now it is that you perceive the darkness to be distasteful to you, and you struggle to rid yourself of the blackness. As thus you strive, an almighty desire for the Light is formed within you, for instinctively you realize that to overcome the Dark you must have Light. More Light you want; and more Love brings it to you. The impotency and worthlessness of a life barren of Love has been immortally expressed by St. Paul the Apostle of Jesus Christ, in the XIII chapter of 1st Corinthians. Read that chapter.

One writer has said, "There is but one real sorrow on earth; it is to be loveless. All other griefs are tolerable; this is intolerable." He spoke truly.

To realize that Love is the Light, the Illuminator of Life, one needs only to turn off its current with the empty thought of hate or anger. Let him who would know *real* darkness and emptiness, entertain the emotion of anger or hate! Solomon, evidently understanding what it meant to have the Sun of Love "go out," admonishes us, "Let not the sun go down upon your wrath." He knew that the night following would be doubled in darkness.

The following incident of personal experience will serve to exemplify the futility of disconnecting oneself from Love's current:

Some years ago, while playing a game, the writer and one of his opponent players disagreed about a stroke which gave the advantage to the writer. Each claimed that the other was "mistaken." As neither would "give in," hot words were spoken, the game broken up, and a fresh one commenced; but with the heart of each still obstinate and angry, and rankling with a sense of injustice.

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

11

—Irving Bachelor.

In the new game, the writer's partner, a little girl of six, observed him for awhile, then said, "You don't say anything to my mother (she being the other party to the disagreement), why don't you say something to her?" "I've nothing to say," said I, "what do you mean by 'say something'?" "I mean," she replied, "I mean, why don't you say something besides NOTHING?" She hit the nail squarely on the head! I was saying just that—"Nothing!" There is no substance or life in hate or anger. That is why I'd "nothing to say!" Love is the Substance of Life. The little girl unconsciously turned on the "current" for me by stating the truth in her child-words. I am thankful to say that the sun did not descend upon our wrath, for the inflowing Light of Love gave the writer plenty of "Something" to say.

After the first touch of Love's Wand has quickened your desire for more Light, and you commence to gather and send out more Love, your journey upward into the Light is begun. You will not condemn the darkness, either, because it is necessary in order that you may know the Light. But you will go on, dropping the trammels of ignorance: and, as the water-lily shakes off the black mud of its slimy bed and pushes its unfolding petals up into the daylight, for all to see its golden heart; so will your soul cast off its dark coverlet of the not-knowing and push its own unfolding glory up and out into the world-consciousness to bless and to beautify.

Do not be afraid of Love. And you cannot love too much, for the more you *do* love, the more you *can* love. It is the Way of Light. Perfect Love is Perfect Light. In the one there is no fear; in the other there is no shadow. The Perfect Love is your own Love. Recognize its perfection, and your life will be filled with Light.

The Perfect Love, speaking through the World's Greatest Lover, has said, "I am the light of the world: if any man fol-

low me, he shall not walk in darkness, but shall have the light of life." And that is equivalent to saying, The Lover shall have the Life of Light.

In the Light of Love, walk; and the night of your ignorance and failure shall be transformed into the Day of Wisdom and Success.

WILLIAM MORRIS NICHOLS.

A SIGNIFICANT RECOGNITION OF THE POWER OF SUGGESTION.

I clip this from the telegraphic news in the daily press:—

New York, Nov. 16.—King David was wrong when he asserted that three score years and ten constitute a life, and he was mistaken again in his prediction in 90th psalm that trouble and sorrow will fill the years beyond the seventieth.

Chauncey M. Depew, 80 years of age, told the New York Academy of Medicine tonight in his address on "The art of growing older and the value of an interest in public life."

"Men and women have died because they believed what David said," Mr. Depew asserted.

A REMARKABLE DEFINITION OF SUCCESS BY A CLERGYMAN.

Success was the subject of an address by the Rev. Dr. David Fox of Pasadena, made last night at the dinner of the Los Angeles Life Underwriters' Association in Hamburger's restaurant. With a flow of wit, humor and pathos the speaker roused his audience to applause. Dr. Fox defined success as "getting what you want, when you want it, in the way you want it and for as long as you want it."

This rules into the class of failures Lincoln, John Brown, Emerson, Whitman, Paine, Luther, Socrates, David, Moses and Jesus. Aye every man who has been of service to his race. Supreme selfishness satisfied—this alone is success. Not so, says the truly spiritual man.

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

—Ingersoll.

OFFICE OF NOW,
589 Haight Street, San Francisco, Calif.

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NOW

HENRY HARRISON BROWN, Editor
SAM EXTON FOULDS, Asst. Editor

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Entered at second class rates at San Francisco, Cal., Post Office, Jan. 14, 1915.

Mr. Sam Exton Foulds holds every Sunday evening a class in Mental and Psychic Science in NOW Parlors, 589 Haight St.

* * *

Henry Harrison Brown, Editor of NOW, worked the months of November and December under direction of Dr. Harold Palmer, Vice President of The International New Thought Alliance for California and Arizona. He will speak for the New Thought Church in Long Beach during January and February. Address: Universal Temple, Linden Ave., Long Beach, Calif.

* * *

My Readers:

Will you send me the names of people who need help and instruction such as I am able to give that I may send them my circulars with copy of NOW? You can do an immense amount of good in thus spreading the knowledge of the possibilities of Mind and its agent Thought.

The Editor has been during December in San Diego for two weeks lecturing to fine audiences at the St. James Hotel. Besides afternoon interpretations of Emerson's essay upon "Self-Reliance and Compensation" he gave nine addresses upon the following topics:

"Constructive Thought in Health and Disease."

"Power of Imagination to Create Condition of Prosperity."

"Measure for Measure: the Law of Justice in Daily Living."

"The Road to Health."

"The Road to Prosperity.."

"I Told You So: the Power of Adverse Suggestions."

"The Law of Human Control: 'I Am That Which I Think I Am.'"

From the 17th to 25th he lectured under the auspices of "The New Thought League" at Los Angeles, very acceptably, at the Fay Building, his themes being:

"Constructive Thought in Health and Disease."

"Measure for Measure."

"I Told You So: The Power of Adverse Suggestion."

"Infinite Possibilities of the Human Soul."

Emerson's "Self-Reliance."

Emerson's "Compensation."

* * *

The Librarian of an influential theological institute misses from his files NOW for March, 1915. If any of NOW subscribers can spare theirs, will they please send it to this office?

* * *

Dr. Palmer is preparing for a Western States Congress at Long Beach in June. Let all speakers and teachers on this coast come with their best and all seekers for truth come and be filled.

* * *

Reports from the Secretary of the International New Thought Alliance show a steady growth in its influence.

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

13

—Browning.

Dr. Howard F. Palmer, who during the last year has done such excellent work as Vice-President of California and Arizona, is now Field Secretary for the Western States, is in response to urgent demands, to tour the Eastern States for the next few months.

California and NOW are proud to recommend him as not only a most congenial companion but an eloquent writer and also a clear reasoner and a *safe* teacher.

THE NEW NOW..

NOW starts for 1917 with a new and excellent corps of assistants. How do you like them?

I feel the necessity for more workers in the field. I also know there are many men of many minds to be reached and I wish to give others opportunity to reach those I do not.

Besides, while I have manuscripts sufficient ready for print and thousands more ready to be written, I desire a rest from NOW work during the year. My co-worker and alter-ego, Mr. Foulds, is ready to relieve me.

Notice:—Mr. S. E. Foulds is now ASSISTANT EDITOR. All matters pertaining to NOW will be attended to by either of us in the absence of the other. NOW will be a Great Power for 1917. The Cosmic Fellowship is doing fine work. All who faithfully serve and faithfully report are going toward their ideal. Mr. Foulds is Secretary and in the absence of the President will attend to all mail matters of the Fellowship.

* * *

THE LORD'S PRAYER—A VISION OF TODAY by Henry Harrison Brown. This is an excellent book. It takes up the Lord's prayer sentence by sentence, giving the thought that arises from the reading of the words. It is excellent for devotional use, and yet gives the newest of New Thought and Spirituality. Nicely bound in black and gold leatherette.

—Words of Power.

* * *

To pay our debt to heresy would bankrupt humanity.—Rev. Lee Bacon (Methodist).

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THOUGHT AS MOTIVE POWER
IS SUBJECT

Henry Harrison Brown spoke on "Thought as a Motive Power" before an interested audience at Miss Mary C. Perkins' New Thought Center yesterday afternoon. This afternoon at 3 o'clock Mr. Brown will speak at the St. James Hotel. He will interpret Emerson's essay on "Self Reliance." Tonight he will speak at the same place on "The Road to Health."

Brown said in part yesterday: "Truth is universal. When we try to define it we limit it. From the very nature of truth every statement of it is partial. The more general it is the more truth it is. The more specific it is the less truth it contains.

"Man is emotional and reasoning. Emotion was the earlier in the race as it is in the experience of the individual. We feel first and think afterward. Since religion is an emotional expression man has been religious rather than scientific."—*The San Diego Union.*

* * *

Not from space must I seek my dignity, but from the ruling of my thought. I should have no more if I possessed whole world. By space the universe encompasses and swallows me as an atom, by Thought I encompass it.

—Pascal.

* * *

The other day a man asked me what I thought was the best time of life. "Why," I answered, without a thought, "Now!" It has always seemed to me that if a man can't make a go of it, yes, and be happy at *this* moment, he can't be happy at the next moment.—*David Grayson, in "The Friendly Road."*

* * *

"You will never see your Aunt Maria again until you get to heaven," a little girl was solemnly told by her mother, according to the London Globe. "Will she ask me to wipe my feet?" was her only response. It throws a flood of light on Aunt Maria's character and history.

* * *

After receiving news of his father's death, Carlyle wrote this wonderful sentence:
Through time with its death we may in some degree see into eternity with its life.

* * *

Ambrose Bierce once rudely criticised James Whitcomb Riley, says Dr. Jordan of Stanford University, and Riley replied:—"I will hit him with a great chunk of silence."

* * *

Life is too short to nurse one's misery. Hur-across the lowlands, that you may spend the time on the mountain tops.

—Phillips Brooks.

NEW THOUGHT STANDS FOR A SPIRITUAL DEMOCRACY.

The address given by the Editor at the New Thought Congress in San Francisco Sept. 1, 1915, is now in pamphlet form and will be sent to any address for 10 cents; 3 for 25 cents.

This address is the only statement extant of the possible Power of the New Thought movement and the only PROPHECY of its results upon the world's future.

It was given at the time with a view to this wider publicity. Mr. Brown feels that it has a lesson, and a work that is not only world wide but for all time.

Where studied it will awaken the consciousness to a REALIZATION of the *Power of Constructive Thinking* upon human life and endeavor. *Happiness, Health, Prosperity and Peace* all are possible through *Constructive Thought.*

* * *

Your beautiful booklet, "The Master's Touch," is upon my desk. I have carefully read it; it is certainly rightly named, it is a gem of sparkling light from the storehouse of wisdom. It should be in the hands of every earnest seeker after Truth.

Yours in service to Humanity,

REV. ALICE BAKER.

* * *

"THE MASTER'S TOUCH!", a new book by the Editor of NOW, is ready for distribution. See advertisement in this issue. It is regarded by those who have read it in proof as not only Mr. Brown's best, but one of the best expositions of New Testament Healing yet printed. Price 30 cents. With all new subscriptions this book will be sent as a premium.

* * *

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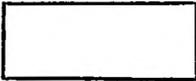
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"WHAT SHALL I EAT?"

Did you read the article in September NOW, with above title? In this time of food fads and dietetic experiments, it is a very necessary article. The psychological effect of any conduct, or rule, or law, or limitation, or opinion, is the one and only fact to consider. Under "Applied Psychology," such as our metaphysical movement is teaching, there is hope of escape for the race, from the army of those who, by the false suggestion of the domination of environment, are still further enslaving it. The Law of Suggestion should prevent any person from ever saying to another, "Don't!" Should prevent any "barking against the bad" and lead to the cultivation in all teachers and reformers of the habit of "chanting the beauties of the Good! The Creative Power that is behind all environment has made it all for man's use or abuse. He learns to use by experiment. The Thought with which he receives the result of the experiment constitutes the only fact worthy of consideration.

I would like to have the article widely scattered. If orders are sufficient, I will put it into a tract and I will mail them to any address, singly, for 10c, three for 25c. Will not each reader of NOW order at least five copies and send to those who need instruction upon the FOOD QUESTION?

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