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(From Mss. of H. H. B.)

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POEMS. ETC.

SAM E. FOULDS, Editor and Publisher

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# NOW

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SAM E. FOULDS, Editor

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### THE FORTUNATE ISLES.

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You sail and you seek for the Fortunate Isles,  
The old Greek Isles of the yellow bird's song?  
Then steer straight on through the watery miles,  
Straight on, straight on, and you can't go wrong.  
Nay not to the left, nay not to the right,  
But on, straight on, and the Isles are in sight,  
The old Greek Isles where yellow birds sing  
And life lies girt with a golden ring.

These Fortunate Isles they are not so far,  
They lie within reach of the lowliest door;  
You can see them gleam by the twilight star;  
You can hear them sing by the moon's white shore—  
Nay, never look back! Those leveled grave stones  
They are landing steps; they were steps unto thrones  
Of glory for souls that have gone before,  
And have set white feet on the fortunate shore.

And what are the names of the Fortunate Isles?  
Why, Duty and Love and a large Content.  
Lo! these are the Isles of the watery miles  
That God let down from the firmament.  
Aye, Duty and Love, and a true man's trust;  
Your forehead to God though your feet in the dust.  
Aye! Duty to man, and to God meanwhiles,  
And these, O friend, are the Fortunate Isles.

—Joaquin Miller.

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Events are only the shells of ideas, and often it is the fluent thought of ages that is crystallized in a moment by the stroke of a pen or the point of a bayonet.

—Chapin.

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The poems which have lingered in the ear of generations have been clear-cut crystals, flashing here and there with varied brightness—ideas set in gold of cunning workmanship.

Digitized by GEHW. Belloc.

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**DEMONSTRABLE PSYCHOLOGY.**

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(Arranged from the Mss. of H. H. B.)

**Lesson 8.****Concentration.**

Having made a study of your friends in the use of Will, take up now the study of all who have made history. In this study you will find that those whom the world claims as possessing "Magnetism" are they who follow Lady Macbeth's advice to her husband: "But screw your courage to the sticking place and we'll not fail!" It is "screwing to the sticking place" that makes the difference between men. It is CONCENTRATION. This is the secret of Personal Magnetism: One thought at a time! This is all there is to this much used word, Concentration, in Mental Science—ONE thought at a *chosen* time. Concentration is the secret of the success of all successful persons. They do not understand the power or the law. They LIVE it. Their WILL holds on to the chosen thought. THOUGHT wins. Thought is Power! It flashes in the pan of diffusion, or it sends the ball in the cannon of Concentration.

In Concentration, ALL the radiations of the ego are centered in one direction, are concentrated upon one purpose, and the result is certain. Study the lives of successful men in this thought. Read of Grant, Napoleon, Emerson, Edwin Booth, Rockefeller, Morgan, Roosevelt, and see how they go in to win. They will success! They do not know how to relax and so fail, at last, in health, but their success lies in the Concentration of Force.

Where there is Concentration, the Love-force obeys the Will. All the physical radiations, to which the masses are so susceptible, go, as so many bullets, where the Will sends them. All the spiritual and unknown forces of the I AM obey the Will. I here state the most wonderful of all revelations to me of Human Power: The Conscious Thought may direct the sub-conscious

Spirit. I, the Man, may direct the sub-conscious God by my Will in the direction of my chosen thought. By my Will, I may direct Infinity, for I am Infinity in expression. Behind my Will, lies the Infinite Will, as ocean lies behind the creek. I, by my chosen thought, shall guide the expression of Infinity. The idea is too big to grasp. Let us wait that the thought may permeate the Individual life. I advise you to pause here and study this statement for forty-eight hours before you go farther.

I am Power! I am Energy! I am Force! I am Life! I am Mind! I am Spirit! I am God! I, individually, am a center of Power, of Energy, or Force, of Mind, of Spirit, of God. I radiate from myself, as a center, all Power. I, as an Individual, choose how that Power which I am and which I radiate shall manifest. Power and I are one, but I am that Power. This is where Soul Culture differs from the "Christian" and "Divine" Scientists. They affirm: Power and I are one and that One is Power; God and I are one and that One is God. I say: Power and I are one and that Power I AM; God and I are one and that ONE, I AM. For it is only as I, that the Absolute ONE (or God) can manifest. Without me, he simply is Power. I manifest.

God is differentiated into various manifestations by the various Egoes. The Ego is, therefore, the important ONE to me. God, or Power, will take care of Itself. I am to take care that it manifests in me in my way. I study Self and find that which is best for me. I choose, then I say to Will: "Carry out my plan." It is carried out. If I choose a different thought every five minutes, then life shows this fickleness and failure, and illness and misery are the results.

The inside of Personal Magnetism is *the warm soul feeling* that meets soul in others. Without intellectual development, if one is congenial, loving, affectionate, tender, sweet and good in disposition, with Concentration, he has sure success. These finer vibrations are the most subtle and reach the souls of others and awaken a response therein.

But there is a more important thought: *Life is only expression.* We are to have the most complete expression possible. Power is not ours till we use it. Then it is ours forever in results. Thus, the more we express, the more we are and the more we have to express. We cannot lose anything except the results that might have been ours had we given more expression. There is no possibility of losing life, or losing strength, or losing vitality. This conception is a mistake and is never held when once the Infinity of Life is realized. I can lose nothing, for I am all. The more I express, the more I have. Therefore, I have only to use my Will upon myself and learn to concentrate and use the Life I am. Learn to change from one thought to another and enjoy the Eternal Life here and now.

I do this by Affirming all pleasant thoughts and letting the Will hold them until I become them. When I become a chosen thought, I do not think. For all I am is Thought and Emotion. When I have held a thought until I *feel* it, then I am it and do not think, but feel. Health comes from the Affirmation, *I am health.* I think Health until I FEEL well, then I am well. And when I feel well, I radiate Health.

The Faith that I manifest in my life by believing and holding to my chosen thoughts also radiates and, whenever I turn my thoughts to another, I send him or her the health and faith I possess. Thus I become a healer and savior. I become a Sun-center. No one can think of me, come to me in thought and with desire, that they do not, from my radiations, as from the external sun, receive a power that awakens his own soul into activity.

The best thing you can do for the world is to unfold yourself. It is this silent radiation that redeems the world.

Do not wish to do something great or feel that you have a "mission." Your whole duty lies in Self-unfoldment. Wherever you are in the infinite scale of vibrations, you radiate upon that plane. Since the higher vibrations control the lower, you cannot be without ra-

diating power. This silent force is your power for good. But you cannot help teaching by word and example. Therefore, lay aside all thought, wish and desire to be of use in the world and know that you *are* of use, and are doing all possible good where you are, that the only gift you can make is yourself. The best gift is yourself unfolded to the highest of your ideals. This unfoldment represents your Personal Magnetism. It is only acquired by growth along high ideals. Grovelling, selfish, dissipated, sensual, men and women do not possess it.

Remember that you are a center and at all times radiating. See that your radiations are such as you wish to receive from others. For, as echo returns the words you utter, so does the world give back what you give it. You are developed to receive no other of its millions of radiations. You decide what your place shall be by your thought.

It is the lack of this soul growth that makes most of the physical scientists, the intellectual leaders, the free-thinkers, Unitarians, and the Spiritualists, so cold, materialistic, ill and worldly. There is in them a *reasoned* condition, and not a Soul perceived condition. They live in reason, and not in Thought. They need to take the truth they have and, by concentration, make it Personal Magnetism. Silence is the only road to spiritual growth.

Affirm that which you wish to be: by the Will, hold to that Vibration of Infinity which you have chosen—I mean, hold to the Thought affirmed until it has made you what you wish to be in manifestation. Thought being Force, it will mold you. The Force is your Soul and you may manifest whatever you wish, and concentrate upon it.

Therefore, choose the Affirmations you desire to BE. With the Will, hold to them. The Will is the trolley: it keeps the mind concentrated upon that force which propels the individual life, Thought. The Will is not in itself, force; it is a manifestation of Soul-force. To use the Will upon the body, means at last a break and

the last condition will be the worst. Do not will your body to do. Let it do by willing the Thought into activity. Open the valve to Infinite Force by Thought, hold it open by the Will and Thought does the work. 'I will' means, "*I will let God in me work.*" It does not mean that I will use whip and spur upon my body. I AM POWER and I will *let* that Power manifest. This is putting my Will into harmony with the Infinite Will. It is not sinking my Individuality in the Absolute. It is affirming and manifesting my Individuality. The more I manifest the I AM, the more I assert myself, the more Personal Magnetism I radiate; the more I educate, lead and master those who are willing to be tools, pupils or servants. They Will thus to be. You are to affirm:—I will myself to be well, brave, strong, intelligent, helpful. I so radiate that, at all times, I have power of drawing to me my own. My own is all that I can use at any moment. I will draw to me THINGS, for I am that Power which controls things. I control myself. Soul Culture is only Self Control.

#### APPLICATION.

Study yourself and see where lie your powers of drawing and repelling. See if you hold thoughts of weakness or strength. Where you hold thoughts of want, change them all to thoughts of Possession. NEVER THINK WANT. Affirm under all conditions: I HAVE. Personal Power lies in this recognition of POSSESSION. FEEL that you have and you make others feel that you have. It is this FEELING of possession of power that gives all the characters in history that we credit with Personal Magnetism their power. Where they sensed power within, they had "The art Napoleon." Commit to memory this quatrain of Helen Wilmans:—

He who dares assert the I,  
 May calmly wait,  
 While hurrying Fate  
 Meets his demand with sure Supply.

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**ARE YOU HAUNTED BY GHOSTS?**

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**Part 2.****By DR. ALEXANDER JAMES McIVOR TYNDALL.**

Let us consider the "duty" one owes society. That duty is to preserve at all costs the conventionalities. In other words, your outward life shall be such as to cause no comment—no criticism. With your inner life society does not concern itself, and therefore, if "concealment like a worm," destroy all that is good within your mind, society does not care. You shall have done your "duty." Don't trouble your head about society. "Public Disapproval," forsooth!!!—the "I shan't play with you" of the offended child—nothing more. Again I say you owe it nothing. All that you owe, you owe to **YOURSELF**. Shakespeare, the Illumined, said:

"This above all: To thine own self be true  
And it must follow as the night follows the day  
Thou canst not then be false to any man."

If each person in this vast Universe would but **REALIZE** this truth, and live it, we would soon "lay" these haunting, staring, fear-compelling ghosts with which as Ibsen says "The world is peopled." But few there are who dare to face the truth. Fear, the prolific parent of all the brood of ghosts, chills the blood, and paralyzes the reason. We dare not face the truth, and we go on hiding our real thoughts, and pretending to believe that the dead ideas handed down to us by dead men, are living precepts, by which to mold our conduct, so as to finally reach that which we desire. We forget that that which is always in the future is never ours. (You remember the little boy who asked his mother if there wasn't any "now?") We find in histories of superstition; in psychical literature; and in our own experience, that people are frequently frightened into insensibility by alleged "ghosts," which, on investigation, proved to be the shadow of a tree, a rock, or the effect of moonlight. Nevertheless the shadow, mistaken for reality, has been sufficient to produce death.

Consider for a moment the old idea of a hell of eternal punishment. How long it held sway over the minds of men, who dared not investigate its right to acceptance. But when the time came, and the barbarous thought-concept was thoroughly looked into and compared with our maturer experience, it vanished, as completely as the ghostly shadow of the rock in the light of day. Ghosts cannot withstand the light. No one ever heard of daytime ghosts. There are spirit visitors, invisible beings, whose presence may be discerned in the day as well as in the night. But these are realities, although invisible to mortal eyes. They are as vital as we are. They are not mere misconceptions of the carnal mind—thought-pictures. They are actual entities. They are as different from “ghosts” as Courage is from Fear: Love from Hate; Truth from Falsehood. The one is vital, lasting, lifegiving. The other is a shadow, an empty thing, an illusion, that must vanish before the light of understanding as the shadows of night vanish before the rising sun.

All negative conditions are ghosts. It is only the positive things that contain life. Conditions cease the moment we refuse to contribute to their vitality, by our thought-force. Hundreds of persons are frightened to death by the ghosts of public opinion. And yet, how often public opinion is founded upon a lie! Hypocrisy is the most detestable thing in human imperfection. Personally I have more respect for the highway robber who dares to hold up a stage coach than I have for the social pretender who thinks one thing and acts contrary to his convictions. The former is at least demonstrating courage, though misdirected. And courage is in itself a virtue. Worry, Doubt, Fear, Regret, and Custom are ghosts—every one of them. Ghosts that frighten the world into powerlessness and moral death. Who has not been able to look back upon some time of great worry, and wonder how he could have built realities out of that which did not exist?

Worry fills our world with nameless terrors that seem to us like positive entities. In the light of Understand-

ing they assume their proper place and we know them for mere ghosts that might have been "laid" had we but known how. Regret is responsible for more suffering perhaps. than any other of the ghost family. There are sensitive beings to whom the making of a mistake, or the loss of an ideal is so terrible a thing, that they must forever go about in "sackcloth and ashes." They live so continually in the poison of regret, that they are robbed of their vitality. It deprives them of the power to profit by their mistake, which is the legitimate office of mistakes. Regret comes of teaching the fallacy of repentance and penance. Such a doctrine is killing to all that is godlike within the human breast. Each thought of regret is so much waste of time and of strength and of life itself.

Regret is the grave-digger of all hope and attainment. If we could but reach the point where we see life as a WHOLE, we would perceive that all so-called mistakes are the warp that supplies the foundation for the woof of development and growth. Whatever you have done, or may yet do, don't let the ghost of regret haunt you and deprive you of happiness and your inherent power. No one ever profited by regretting anything. One may learn from one's experiences. But no one ever learned anything from regret. It is a ghost. When you estimate it as such, it will vanish.

Custom is another ghost that frightens most of us into trembling submission to its tyranny. We all do things, daily and hourly, not because we want to do them, nor because there is any special virtue in doing them but because it is the "custom." It is the custom to judge our fellow men by their ability to make money.

Material wealth is the great illusion of the age. Money is not wealth however much we try to make it so. To be wealthy (well-thy) is to be at peace with one's self and with the world. To be free from the hypnotic control of the idea that money is power. Money will not purchase Wisdom, Love, Peace, or Happiness. It will not purchase substance, however we mistake the shadow for the substance.

Wisdom alone is POWER. Money, Custom, Fashion are mere "ghosts." So is the belief in fate as a ruling power; the doctrine of non-responsibility of human beings; the belief that we are "miserable sinners," and "worms of the earth." It is time they were "laid," so that they may no longer paralyze human effort and make wrecks of human lives. 'Dignity' and "Respectability" are synonyms for "ghosts." They are dead words. They stand too often, these times, for a long face and harsh judgment of other's acts; of outward honesty preserved at the expense of inner generosity. Dignity!! Respectability!!! There is little, indeed, in the words to appeal to the heart of a child.

And ONE WHO KNEW said: "Unless ye become as little children ye cannot enter into the kingdom of Heaven," meaning Joy. Long, too long, the world has been taught the destructive, degenerating fallacy that we have no right to be happy. Long enough shortsighted theologians have preached the doctrine of salvation through sacrifice, of our simple, natural joys to the exactions of a kingly potentate whom they call God.

It is nothing less than blasphemy to shift the responsibility of sickness and suffering and all the misery that "flesh is heir to," upon God. Such inconsistencies are the ghost-ideas of our primitive ancestors and should be buried in the graves with their bones. The past is but a stepping stone to the present. There is no more reason in holding to ancient conceptions of human ethics than to ancient modes of locomotion. A God of wrath, of severe judgment; of desire for human idolatry and bended knee, and self-abasement, is the God of the cave-man. Why let its ghost haunt us in this twentieth century, frightening us into fetich worship? Let us lay it for all time.

It is the work of this era to "lay" these ghosts of the race. We propose to demonstrate the truth that God is Love—that sin is sickness: and that all the "evils" of poverty and crime and disease are man-made and being man-made, they may be dissipated by the positive

power of cosmic consciousness. As long as mankind looks outside himself to something remote and infinitely unreachable for "salvation," just so long will he fail to attain the goal. When mankind once realizes the fact that we have never been "lost," and that we have only to claim our right to all that is, then will cease all this strife and dissension. "I am," is the resurrection and the life," Jesus is reported to have said. In those words he expressed the All of Life.

The consciousness of Being, in its entirety, is all there is. When this shall have become to you a reality instead of an abstraction you will know that you were never born and that you can never die. "Birth" and "Death" are relative terms.

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**A BOOK OF "NOBLEST ENGLISH."**

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I question whether we ought to call any one educated today who has not studied the Bible. Sir Arthur Quiller-Couch in his "Art of Reading," says:

"The authorized version of the Holy Bible, as a literary achievement, is one of the greatest in our language; nay, with the possible exception of the complete works of Shakespeare, the very greatest. More deeply even than all the writings of Shakespeare—far more deeply—it has influenced our literature." Can the rising generation neglect it, therefore, and hope to be called educated men and women?

Thomas Huxley called himself an agnostic, but his excellent, plain literary style was fashioned after the English of the Bible, and, although he became a free thinker in the religious field, he urged that the study of the Bible be maintained in English schools. His eulogy of the Bible is one of the most remarkable of all the tributes that it has received from men of genius.

"For three centuries," says Huxley, "this book has been woven into the life of all that is best and noblest in English history; it has become the national epic of Britain, and is as familiar to gentle and simple, from John o' Groat House to Land's End, as Dante and Tasso once were to the Italians; it is written in the noblest and purest English, and abounds in exquisite beauties of mere literary form; and, finally, it forbids the veriest hind, who never left his village, to be ignorant of the existence of other countries and other civilizations and of a great past, stretching back to the furthest limits of the oldest nations of the world. By the study of what other book could children be so much humanized?"—*Ivanhoe*"; *Winnipeg Tribune*.

## SOME AFFIRMATIONS.

By CHARLES HINE HUBBARD.

There are many people who believe in "bad luck" and similar errors of the Mind. To eradicate such errors, the Truth must become known and fully realized and so here is an antidote to use successfully against "bad luck."

First, this positive Affirmation:

All bad luck has vanished completely. (Realize it is gone, sped away, is no more.)

It never did exist because it was Error.

So bad luck has no existence now, nor can ever have for the supreme reality of GOOD LUCK is constantly manifesting in me, through me and to me and which really is my Divine Heritage of Success throughout all my life and its living. So I naturally let it be this way, and it is.

We can take this same set of phrases and insert in the proper places that which we wish to "be no more" and that which we desire to KNOW as our Happiness, as for instance, in regard to finances we can arrange the phrases thus:

All seeming financial lack has vanished completely. It never did exist because it was Error. So seeming financial lack has no existence now, nor can ever have for the supreme reality of FINANCIAL PLENTY is constantly manifesting in me, through me and to me and which really is my Divine Heritage of Success throughout all my life and its living. So I naturally let it be this way, and it is.

There is a great deal of power in affirmations, as we know, but what we want to get straight in our Mind is that FORM of Affirmation which naturally follows a course that completely excludes from us everything but what we desire to naturally manifest for our well-being and happiness. We must UNDERSTAND perfectly just what we mean when we make such Affirmations, in other words, we must have the matter so clearly explained in same that when we are through with our form

of Affirmation we can feel that the matter is certainly once and for all settled, which it truly is and in the right way we want it to be.

Words possess strange powers and when they are grouped in such a manner as to clinch a matter perfectly the way we desire to have that matter be an outcome, then we should give all such attention and study over them until we can fully understand what real power they contain, when *we* give them the Power.

Let us before we begin our affirmations, sit quietly relaxed. Then let us imagine anything we wish that is possessed of Great Power and understand that this Great Power IS because WE ARE THINKING IT, imagining it. When we have it all settled in our Mind as to how GREAT Power is, which is within us, then let us slowly repeat our Affirmations, constantly aware of this Great Power.

When the Affirmation is finished, FEEL that it is done, that there is no more to be done, that all is completely and most perfectly SETTLED, for it really IS.

Are YOU not the POWER that settles it? You sure are. Then SETTLE IT. Settle ANYTHING you wish to be settled for good and all, and for the good of you and all. USE the POWER GOD has given you for GOOD USE. It increases with USE. It can never fail, for it is Ultimate Power, against which there is NO OTHER KIND OF POWER. It is the ALL POWER. Get this idea of POWER that IS POWER firmly fixed in your mind and imagination, and BE IT, LIVE IT, EXPRESS IT FREELY.

Feel it in YOUR WORDS, in the VIBRATIONS of YOUR WORDS. Feel it in your soul, in your heart, in your all of Being and so express the TRUE HAPPINESS that you SHOULD EXPRESS and CAN express constantly, through affirming the TRUTH, the UTTER REALITY of what you are,—completely successful Happiness in every way.

## THE PATTERN IN THE MOUNT.

By HENRY VICTOR MORGAN.

There is a very remarkable passage in Paul's letter to the Hebrews that might well form the background for many far-reaching lessons in Divine Psychology. "See," saith he, "that thou do all things according to the pattern shown *in* the mount."

Let us note in the beginning that the word *in* is used instead of *on* the mount. This distinction is important when we remember that in the Bible the words, mount and mountain, always symbolize high states of consciousness.

It is part of the Wisdom literature, and constitutes the dominion man will have over nature when he has an awareness of the inner world "where Truth abides in fulness."

Before Jesus preached what is commonly called The Sermon on the Mount, we read: "And seeing the multitude he went up *into* the mountain;" and again, in the temptation, we read: "And Satan taketh him up *into* an exceeding high mountain, and showeth him all the kingdoms of the world, and the glory of them." The least activity of our reason would show that it would be impossible to view all the kingdoms of a round world from any physical mountain. Was it not a state of consciousness in which Jesus saw the possibility of using universal power for selfish and private ends? Surely that is a temptation that besets all who approach the borders of cosmic understanding. The tempter forever says: "All these things will I give thee if thou wilt bow down and worship me," or, in popular phraseology, "I will enable you to make others do what you want them to do." Alas—few escape the great illusion.

It was said of Jesus that when he was set (in the mount of consciousness), he opened his mouth and taught them. Immediately he takes them up with him into the consciousness of the Eternal and shows them earth in heaven's light. He points to the glorious ful-

fillment of a God-influenced life. In all inspired literature there is nothing equal to that Kingdom sermon. Surely it forms a pattern of measurement for all who are seeking what Emerson so beautifully terms "The union of man with God in every act of the soul." It breathes the atmosphere of an unselfish and an understanding love. It is the transference of the burden from the finite to the Infinite. Each sentence constitutes an emancipation. He was acquainting them with God, the Indwelling. He was saying to ordinary fishermen and laborers: "Ye are the light of the world." It might well be called the greatest school of genius imaginable to man. Its fruitage fills the ages and the words still circulate in the all embracing ether with ever increasing melody.

How beautiful are the words of those whom this thought inhabits. How shocking the words of those who mistake thought-power for God-power. How incongruous when read side by side. Let one illustration suffice. I have just finished reading a splendid article in a current magazine on "Physicians to the Soul," in which the author carries us triumphantly into the great mountain consciousness of loving service to others. Throughout it breathed the atmosphere of one whose soul knows God, and ended with these words: "Finally, be it remembered, that we who would be physicians to the soul must waste no precious time in assisting people to gain a purely selfish end, or an unfair advantage over another. To be consistent, we can only assist others to find a higher law, which may bring increased pleasure and well being to themselves and those around them.

Again, the good old Golden Rule is our best guide, and the author of this charming law of life is the one to whom we may commend the seeking soul for a healing balm. Taking as our guide the laws which Christ so deeply understood and so humanly interpreted, we can scarcely go wrong in our endeavor to minister to the sick, the sinful, and the heavy of heart."

There was also an article on "Successful Salesmanship," from which I quote one paragraph: "The secret

of closing a sale is will, making the customers' will to act through the silent, steady pressure of the salesman's will. Like produces like. Nobody will do anything for you unless you will them to do it, except sometimes accidentally, and then you will usually find it will count very little for you."

I give these two quotations as the opposite poles of thought. The first question would fit beautifully into the Sermon on the Mount, but who could imagine Jesus saying the latter? It is not founded on principle, and is bound to fail. The day of domineering psychology is as good as past. Refreshing to the very soul of me was this advertisement found in a daily newspaper, "Wanted, a Christian Science salesman, one who knows that no bargain is a good bargain unless both parties are benefited." How refreshing to meet a salesman who really wants to serve you instead of coerce you.

The salesman who makes "loving service" a pattern in the mount of consciousness will travel a royal, flower strewn road to ever increasing power. The divine ideal is evermore triumphant. The idealist shall be clothed with power when he brings his ideal to earth. Witness the marvels wrought by Burbank, the idealist, in the vegetable and floral kingdom. He does all things according to a set belief in his own mind. He sees the *possible* Shasta dairy in the field daisy, and it comes to pass.

On a recent trip to the Metaphysician's May Festival in Los Angeles, one of Southern California's most successful orange growers told me the secret of his success in these words: "I have an ideal orange tree in my mind, and when I plant, bud, graft, water or trim I am always seeing my ideal tree." This was said to me in private by one who does not know that he is a teacher sent from God, and lives a great unassuming life with the God who has a voice in each tree.

The world awaits the coming of countless millions of such practitioners.

The object of true spiritual instruction is not intended to take people from their present vocation and environ-

ment. Every man and woman, regardless of vocation, should have a divine ideal toward which to work. All should see their occupation in the Light of the Spirit. The housewife, the school teacher, the farmer or the shoe black can bring the glory of heaven into their daily occupation, and be just as great in God's sight as he whose winged words lifts souls to heights celestial.

Would to God that these words of mine might cause the scales of limitation to fall from the eyes of the soul, so that the weary plodders in the valley called commonplace might see that theirs is the Kingdom of Heaven, that "Here in our common human way, here on the paths of every day, is all the stuff the Gods would make to build a heaven."

Full well I know the transforming power of an Ideal. With Emerson, I know that the world I live in is not the world I think in, but, I also know that the world I think in will soon become the world I live in.

My Pattern in the Mount is truly a pillar of cloud by day, and a pillar of fire by night. I love, with the Apostle, to call it: "The hidden man of the heart." It forever leads into the promised land of individual dominion, where there is no need for struggle or self-assertion. By simply thinking of my Ideal Man I have seen miracles of healing that baffle the senses. Even as I write these words I know that whoever reads in loving sympathy will feel the thrill of life more abundant. The Spirit saith: "Hear, and you shall live."

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As cloud on cloud, snow on snow, as the bird on air, as the planet rests on space in its flight, so do nations of men and their institutions rest on thoughts.

—Emerson.

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It is better to have recourse to a quack, if he can cure our disorder, although he cannot explain it, than to a physician, if he can explain our disease but cannot cure it. Colton.

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**THE AURA OF YOUR BEING.**

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**One of The Little Journeys Into Success.—A Lesson Story.**

**AGNES MAE GLASGOW.**

When Clara Stein came home from Normal school she brought with her what her parents and home town friends called "new fangled" notions. One of these being that each and every person possessed a certain aura and that this aura was good or bad and affected not merely the person possessing the aura but every one with whom the person came in contact, something in the same manner as that of people being shut up in a room filled with, we will say, smoke or gas. Or if the aura is good the effect will be beneficial like pure ozone, pleasant like that of inhaling the fragrance of a flower, and so on. But the trouble with Clara was as the trouble with many a wiser head, she felt sure that she was easily affected by the aura of others and if truth must be told that the aura of nearly every one else was harmful to Clara herself; and seemingly had never given a thought as to the effect her own aura would have upon those persons who must needs come under her spell, as it were.

Now for all this you may have formed the conclusion that Clara was not exactly what you would call a happy girl in spite of her advanced ideas, and you will be correct in your conclusions, for as a matter of fact Clara had gotten hold of only a small fraction of the truth of personal influence. The very worst side of what a great writer once called *animal magnetism*. She knew that there was such a thing as magnetism and such a thing as one person being affected by the magnetism of another and that some thinkers called this magnetism The Personal Aura, but Clara had yet to learn that *each and every person has within themselves the power of choice, and the ability to choose and develop just the kind of an aura that they desire to develop and to cause that aura to be as far reaching as they would like to have it.* To enfold within your own aura just the friend-

ships, conditions and so on that you desire and to decline to embrace any person, thing or condition that you do not desire your aura to enfold. Thus protecting yourself from the harmful influence of wrong magnetism and of course doing away with any chance of another being harmed by your magnetism for the simple reason that your magnetism will not have any hurtful qualities, being only good and helpful—and still further assuring unto yourself the ability to attract to you every last good thing that you desire. Is that too strong? To say every last good thing? I think not, because the person who is wise and has built wisely a chosen aura will know better than to desire what they ought not to have and all that one ought to have—why say, **THEY JUST OUGHT TO HAVE IT**, and when you have said that you have said a whole sermon. Now listen—although we will be digressing from our story, but this is a lesson story, so we must stop to make clear a point in question when it arises. You can attract to you all that you ought to desire and do desire because you are the channel through which all—that power back of all cause—is constantly expressing itself. All it is, all it has, and all it can do.

Now then, to get back to our story. From what has been written you have already learned that Clara was not very happy and that she still had a good deal to learn about magnetism and what aura was and how to build a desirable one for herself. As time went on Clara grew more and more unhappy until a day come when her family physician said to the parents that it would be a wise thing to send her away for a spell. But as you may have guessed, although Clara had gotten hold of a wrong end of this great truth, the girl was after all seeking for real truth, and so her inward wish was the cause of a place having been chosen to send Clara where there was a woman well versed in the principle that the girl had begun to study. I believe in this unseen guidance and feel as sure that **ALL WISDOM** was directing things when that doctor told the parents to send her

away, and the place chosen was the home of this practitioner, as that I am writing about the event now. It was not long after Clara was settled in this country sanitarium before the dear practitioner made it her business to go and talk to her and begun right away to teach Clara how to work deliberately to form an aura of her own liking and how to so increase the magnitude—far reaching influence of this aura and to select and enfold within it and leave out other things that she desired.

From that day on Clara set aside a portion of each day when she would go off by herself and standing erect with head thrown well back and arms limp at her sides, take in a deep full breath slowly, slowly, slowly, allowing the arms to come up and up until both arms were straight above the head and palms of hands together. Then she would quickly release the breath, allowing the arms to drop to her side again . . . *Thus she taught herself to relax muscles and nerves at will.*

After practicing this exercise for several days and feeling sure that she was beginning to gain control of her nerve force, she took on the following exercise. Standing as in Exercise ., she held arms loosely at sides, breathing deep, and while drawing in the breath allowed the arms to rise (of their own accord, as they will when you develop the air pocket under arm pit) until arms are straight up over head with palms together, and then she held her breath there while she counted twenty and slowly—slowly—slowly allowed the arms to fall at sides again (in the falling the arms press the air out of the air pocket instead of forcing it out at one explosion, as in Exercise 1.

For ten days Clara practiced these two exercises faithfully, all the time wishing (that is the word, WISHING) that she had the power to choose just the finest aura in the world and to make it reach ever and ever so far. She wanted an aura (magnetism) that made for perfect health, happiness and all that these two things stood for.

Well, if you will believe me, after Clara had practiced this way and kept on wishing for those ten days, all at once she felt, aye, she just KNEW, that she did have

that power and began to believe with all her heart that just such a spiritual atmosphere was actually developing in her and having developed in her was growing by leaps and bounds until she was beginning to be the happiest girl in all the state, and what is more, others were beginning to seek her society and to tell each other how well. confident, happy and strongly courageous they felt when in Clara's company. Without realizing what she had done, you see that Clara had made a healer of herself. Her magnetism had become tonic in effect. It was impossible to be with her a half hour without feeling benefited in every way. Blase men of the world were known to say that they felt as if at benediction when in her presence. A bucking bronco pony who had never allowed any one to ride him submitted to the saddle after a few minutes *talk* with this lady. For she just talked to that spotted beauty and told him how wonderful he really was and what she expected of him in the way of good behavior. A drunken man up stairs was fighting with unseen animals and creeping things. A case of delirium tremens, and not even the good old family doctor wished to risk his neck by invading that room, but Clara came and before the man saw her he called down stairs and said "She need not come to pour oil on the troubled waters, for I will not let her in." (He felt her approach, although no one had told him that she was coming. Indeed, no one in the house knew it until Clara was among them) but when she did come she called out to the man, saying:

"Mr. Spence, I've got you. Now let me in, for you are no longer afraid of anything."

That man just opened the door and walked down those stairs no longer drunk or delirious but awfully sick. Real sea sick, as he had a right to suffer that much for his wrong doing. In after years Clara, when asked why she had called out, "Mr. Spence, I've got you," said that she had suddenly felt while walking along the street that she had enfolded a needy one within her aura and had turned back and crossed the street to the Spence

home, being guided there by the weight of some need to be met. She had not known of Mr. Spence's condition until she had entered the house.

Moral: You can choose and build a magnetism that will be a blessing to humanity and when you are a blessing to mankind never fear but that mankind will be a blessing to you and protect and provide for all your wants.

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### IN THE HUMAN OFFING.

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What see you in the human offering, John?  
 My eyes see all the world, my master,  
 Quoth John, the Seer;  
 All its distant parts, through tropic sea and scorching plain,  
 And setting sun, as red as richest blood,  
 I see in every mart of trade,  
 The struggle of the poor for means with which to live;  
 I see the money-king  
 Striving for that of which he has too much;  
 I hear the groans and execrations  
 Of those who long have been the weakest links,  
 Who have no sense of brotherhood  
 With those whose lives are better placed.  
 I see the harlot  
 Sell her starving body for the means wherewith to live the day.

I see the petted child of wealth,  
 Resign herself to unloved arms,  
 At higher rates, in costly favors, well secured by gold,  
 Which men accept as real.  
 Thus is she joined in wedlock to him she loveth not.  
 I see the favored class look on approvingly.  
 I see a million spirits  
 Struggling to express, through painted faces.  
 The spirit fires are dim;  
 They have too long been curbed and little used,

I see the teeming multitudes  
 In mighty cities of the world,  
 Yet festering in slow decay,  
 The new-born soon infected with the weakness of the mass.  
 It is writ large in life,  
 That as ye give, so shall ye have.  
 Let souls believe in souls,  
 That time's finger may yet point to progress on the human scroll.

I clearly see  
 The blessing of dear Nature's laws,  
 And all the blindness of her sons who disobey.  
 I here perceive the primitive in life  
 In closer touch with Mother Earth, that she alone,  
 Supplies the added members to the fast decaying groups.

Our future lies in spirits growth supreme,  
 In steps retraced by man,  
 To Nature and to God.

*Jesse M. Emerson, in Live-Forever Magazine.*

I was ill of an epidemic vile fever which killed hundreds about me. The physicians here are the arrantest charlatans in Europe, or the most ignorant of all pretending fools. I withdrew what was left of me out of their hands and recommended myself entirely to Dame Nature. She—gentle goddess—has saved me in fifty different pinching bouts, and I begin to have a kind of enthusiasm now in her favor, and in my own, that one or two more escapes will make me believe I shall leave you all at last by translation, and not by death.

*Sterne.*

Truth, after all, wears a different face to everybody, and it would be too tedious to wait till all are agreed. She is said to lie at the bottom of a well, for the very reason, perhaps, that whoever looks down in search of her sees his own image at the bottom, and is persuaded, not only that he has seen the goddess, but that she is far better-looking than he had imagined.

*Lowell.*

### A CHAT WITH YOU.

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This is the commencement of the fifth year of my editorship of NOW Magazine. It does not seem possible that time could fly so fast—but it has done so. Henry Harrison Brown passed on to the next life May 8, 1918. I often wonder if any of the readers of NOW Magazine sense his personality. I am often asked this question—but am unable to answer it in the affirmative. H. H. B.'s faith in the next world was great and unwavering and he always said that he would make himself known to me—so far nothing has materialized in any way to me personally. Probably this is my own fault. I do not know.

Henry Harrison Brown lives today in his books. There are no better books of their kind to be had and they fill a niche all their own in the new thought field. If you have not read and studied these books you are missing some of the best ever written.

It was always the desire of H. H. B. to have his books printed in as cheap editions as possible, so that they would be within the reach of every one. At one time one of the big publishing houses tried to negotiate with him and put all his books out in cloth, at \$1.50 a copy. If he had followed my advice he would have done so—but he absolutely refused to have anything to do with the proposition.

There will be a new and improved edition of Dollars Want Me off the press in a few weeks. The cost will be 50c per copy. Under present conditions it is impossible for me to print books at old prices. A new edition of Not Hypnotism But Suggestion and Self Healing Through Suggestion will also appear a little later, also at the new price of 50c.

If there is a cross in your magazine it means that your renewal is due. Please send it in at once—or your promise to pay during the year. If you desire the magazine discontinued inform me to this effect. PLEASE DO IT NOW.

S. E. F.

---

Truth, as humanity knows it, is not what the schoolmen call it, one and indivisible; it is like light, and splits not only into elementary colors, but into innumerable tints. Truth with Raphael is not the same as truth with Titian; truth with Shakespeare is not the same as truth with Milton; truth with St. Xavier is not the same as truth with Luther; truth with Pitt is not the same as truth with Fox. Each man takes from life his favorite truth, as each man takes from light his favorite color.

*Bulwer.*

Truths of all others the most awful and interesting are too often considered as so true that they lose all the power of truth, and lie bedridden in the dormitory of the soul side by side with the most despised and exploded errors. *Coleridge.*

The true and proper stimulant for the intellect is truth. There is no sin in being excited by truth. There is no mental injury in such excitement. Hence, buy the truth and sell it not.

*Shedd.*

Truth is not conquered: it is read. It comes to earnest, humble seekers.

*Prof. March.*

Truth is only got at by assaulting and laying low the surroundings that throw it out of proportion and hide it from view.

*Bishop Butler.*

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