



GIFT
SEP 12 1924

NOW

A Journal of Affirmation

Thought

Suggestion

Mental Science

Psychology

SEPTEMBER 1924

15 ¢ Per Copy

\$1.50 Per Year

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

Time past and time to be are one,
And both are NOW.—*WHITTIER*.

'Twas only striking from the calendar
Dead yesterdays and unborn tomorrows.

—*OMAR KHAYYAM*.

SAM E. FOULDS,
Editor,

List of Writers

HENRY HARRISON BROWN
HENRY VICTOR MORGAN
DR. WM. F. KELLEY
SAM. E. FOULDS
LOUISE B. BROWNELL
HELENA MARTIN

Published by
SAM E. FOULDS,

589 Haight St.

San Francisco, Calif.

Digitized by Google

NOW

A Journal of Affirmation

Vol. XX. SEPTEMBER 1924. No. 9.

A Monthly Journal of Positive Affirmation. Devoted to Mental Science and The Art of Living.

Its basic Affirmation is:-

Man is spirit here and now, with all the possibilities of Divinity within him and he can consciously manifest those possibilities HERE and NOW.

CONTENTS

Demonstrable Psychology
Arranged from the mms. of H.H.B.

The Law of Mental Medicine
Dr. Wm. F. Kelley

DYNAMIC EFFICIENCY
Henry Victor Morgan

"SEEK AND YE SHALL FIND"
Louise B. Brownell

TRAINING CARD
Helena Martin

Subscription Rates (anywhere) \$1.50 per year. Single copies, 15 cents.

A cross in this | ----- | means that your subscription | ----- | has expired.
Please renew | ----- | promptly, or send card of | ----- | discontinuance.

NOW

A Journal of Affirmation

Entered at Second Class Rates at San Francisco, Cal. P.O. Jan. 14, 1915.

Vol. XX. SEPTEMBER 1924. No. 9.

TRAINING CARD "DYNAMIC EFFICIENCY" By Helena Martin

Remember it is *Intelligent Repetition* of the *Same Idea* on the same mind that brings the awakening in the form of demonstration.

"The Indwelling Mind does the work"

- 1 To have dynamic efficiency.
- To have strong, forceful efficiency.
- To have splendid ability.
- To have ability with power and effectiveness.
- To have ability to do things, to accomplish results.
- 2 To have a keen mind, alert, progressive, wide awake, clear, open, keen to grasp and understand.
- 3 To think clearly, reason logically, dynamically, constructively, positively.
- 4 To discriminate clearly and wisely between the essential and the non-essential.
- 5 To have ability to speak and write forcefully, clearly, convincingly, effectively.
- 6 To have a memory, strong, prompt, retentive, clear, exact, dependable, easy.

(Continued Page 20.)

DEMONSTRABLE PSYCHOLOGY
(Arranged from the mss. of H.H.B.)
Lesson 23.

SELF CONTROL

YOU have learned about your soul possessions and how to use them. Learn now Self-possession and there is for you character, happiness, health and success.

All you have learned culminates in Self-control. The foundation of self control is Self Trust. The first commandment of Soul Culture is—TRUST THYSELF.

Almighty Power centers in you. God is in you. "The Kingdom of God," which Jesus recognized you are to recognize. You are to think, act and live as God-in-the-flesh. You are to so think that you will never think of weakness for God is Power! God is never weak! You are so to think of God as your life that you will never say, "I'm sick!" for God is never sick, and you are God manifest in flesh. You will never say "I don't know" for God is wisdom and always knows. You will never think failure, for God is always success, and you as God-in-flesh are success. You are to get into the habit of thinking of yourself without limitations. This will inspire confidence in yourself. Without this, you are a repeater of other Men's Selves, a parrot of their thoughts, and a copy of their efforts; you are a counterfeit. In so far as you repeat, or counterfeit another, there is no self-expression, and therefore no life. It is death not to be yourself. Look about and see how many are slowly dying, because they do not express *themselves*. Life exists in expression. Expression is the manifestation of yourself, life is you, it finds expression in your emotion and thought,

and through your brain, hands and whole body. As you feel you are to act; this is the only way to really live. To repress any feeling due to any cause is to refuse to live. Disease surely results. Therefore the first commandment of Soul Culture:-
BE THYSELF.

Self Control must rest upon *Trust in Self*. You have been recommended to study Emerson's "Self Reliance." I add this thought-**READ AT LEAST A PARAGRAPH OF EMERSON EVERY DAY.** Read and memorize some of the Psalms of praise and thanks, like the XXIII, XCI, CIV. Realize that to "Bless the Lord" is to have trust and confidence in your SELF; in the God within.

You have learned that controlled emotions result in health and peace. Emotions measure the expression of life, so much emotion so much Life. Soul unfolds through FEELING, therefore LOVE is Life's truest and highest expression. Love un-controlled, results in disease, sorrow, failure and all misery. Therefore you are to control your love expression. Study Emerson on "Love" and "Friendship" in the "First Series" of his "Essays."

To control the emotions is self control. To control anger means to convert it into kindness; means never to feel angry. To get angry and not show it, is repression and never cures; it wounds body, and causes a repetition. Control means to feel only those emotions which you choose. To be, at all times, Master through choice.

You are to think of yourself as the embodiment of Love. I wish you to commit to memory Paul's eloquent words upon Love in 1st. Cor. XIII. It is an unwarranted translation to use the word "Charity." Commit this to memory and never forget that when Love is mentioned in Soul Culture, this kind of Love is meant. Love that centers in the flesh, love that becomes sensual, is not Soul Cul-

ture— it is animal Culture. Love develops the soul, and never destroys the body. Love brings only happiness. Love never criticises; Love is to become your common life expression; is to be universal in you. The moment you forget self in Love, that moment you have attained Self Control. "Temperance" is the word in evidence here. Paul understood the Soul's needs and tells us best what to cultivate. Soul Culture brings forth all the fruits of the Spirit which he enumerates in Gal. V, 23. In that chapter he also tells you what to outgrow, what to let alone. "Temperance" we learn in the Revised version means, "Self Control." Self Control is "Liberty;" Freedom from the Law under which the brute creation, and the brute in man, is subject. When you once enter into the realization that you are Soul, that you are God-in-the-flesh, that all God Powers center in you; that Love is the highest of these Powers, and that in Love you may direct your own life and be your own destiny, then the Law of the Flesh, the Law under which brutes live, and under which Man lives till he realizes his Spiritual nature, is done away. Not till this is perceived can a person become free; can he become an Artist of Life. Till then he is at best but a workman, and an automaton operated on by Natural Law. Recognize your power to mold your life as you choose. You are free. You can do no evil. The promise in Genesis is fulfilled(see Gen. III, 5.

The usual thought of Love is that of selfishness— ownership. This thought passes away with the unfolding of the Soul, and Love becomes the expression of Life. Love becomes a necessity. The more I love the more I live, is my realization. Therefore every thought and act is one of love.

The only way to attain this Love expression is through right thinking. By use of Thought, you are to control Love's expression, not by any intermittent or spasmodic thinking, but by the

changing of your mental attitude, so it becomes as natural for you to say "I love you!" as it has been to make some unkind or disparaging remark. You are to love everybody, and everything as the expression of the ONE SOUL OF THE UNIVERSE. You are not to think or to see the personality of the tramp or the criminal, but the God-in-them. Then Love that God, and do to that God as the God of Love in you shall dictate. Love does not tell you to treat him as you do your son. Love does not make you feel badly, if you do not feed him when you have no food. That is the selfishness of an over sensitive conscience.

Love makes you see the Soul, act to the Soul; to let the Christ in you deal with the Christ in him. When you have food, or money, or work, to give you give, when you have not, you still feel God and Love in the withholding. Study Lowell's "Vision of Sir Launfall." See the Christ in thy fellow man. Memorize and live in the spirit of these lines:-

Sir Launfall said, "I behold in thee
The image of Him who died on the tree.
Thou also hast had thy crown of thorns,
Thou hast had the world's buffets and scorns,
And to thy life were not denied
The wounds in the hands and feet and side.
Mild Mary's son acknowledge me;
Behold through him I give to Thee."

In thus giving he gave to the Christ and the Christ replied,-

"The holy supper is kept indeed
In what we share with another's need.
Not what we give but what we share,
For the gift without the giver is bare."

What we give in Thought and Love is the only gift. This is not given to personality. Prin.

ciple is the guide of life. As soon as you out-grow personality and detail, and live from Principle, you will come into the recognition of God as Principle within yourself and in each person. This Principle of Love will guide all your actions. I set you the divine task of sinking self in Principle. Let all your conduct be directed by Principle, and details will care for themselves. Therefore be filled with love. Do not ask *how* can I love the tramp and beggar, but Love, and Love will care for the methods, the when and the where. Love is the fulfilling of every law.

Living by this Love Principle only, is Power, Success and Happiness. In this sense of Love you have attained a consciousness of power to meet every difficulty; to overcome every obstacle. You have lost all fears and developed the kingdom of heaven within. Self Control is based upon Self trust and born of Self knowledge, makes you in life an Artist. No longer slave, no longer workman, no longer hired servant, you realize Unity with the All-Good, and can only love the Good, and do good. You realize your Unity with Infinite Wisdom and can only speak and act Truth, and therefore speak without question. You realize your Unity with the Supreme Beauty and so your every act is melodious and life becomes an Art. Beauty is also the Supreme Good. Only the Beautiful is good and true, and the Good and True are beautiful. The end and aim of every real man is the beautiful in all he does. Expression is beautiful when spontaneous, and is only spontaneous under love.

Only in love can you be self-controlled and only in love can you control. Fear drives, compels, but never wins. He who controls himself is greater than the general who wins with armies. The self controlled can easily control and lead others. This control comes not in less emotion but in the utmost possible emotion, and that emotion directed by thoughts of Love. Love is

the only Human Soul Force. All expression is more or less love. Hate, envy, jealousy are more or less love and are easily conquered by more love.

Think of Love as an infinite reservoir. How much will you manifest? The power is yours to lift the gate to any extent. When it is lifted by thoughts of human kindness, generosity, faith, the channels are full. When it is lifted by any selfish thought, the channels are shallow and soon fill with debris. To clear them fill them with thoughts that include all mankind. Love the All-Good, and you fill the channels of your body and environment with opportunities for expression in happiness which result in health.

PRACTICE

Seek opportunities to show love. Seek children, pets, poverty, helplessness, ignorance, and speak or do something to show yourself human. Seek something to give away. Seek something you can open to the enjoyment of others. Love the giving.

Remember it is not the gift, it is not the act, but the motive that tells. Watch your words. Speak only words of love. Check all others and put words of love in their place. Watch your thoughts. When you grow to think only in love, then all watching and praying has passed away, and you live now and here the immortal life. Watch that you let no opportunity slip for a kind word or deed. Make opportunity for them. Seek not a return. Forget that you have said or done anything. You receive your compensation in soul growth. Go and do. Love thy brother by doing something for him, and you have done it to three; to yourself, to humanity, and to Universal Love, the Christ.

-=+=-

DYNAMIC EFFICIENCY

BY Henry Victor Morgan

"**I**F ye have faith as a grain of mustard seed, ye shall say to this mountain: Remove hence to yonder place; and it shall remove; and nothing be impossible unto you."

Jesus was a teacher of dynamic efficiency. He was forever calling the attention of his disciples to a Source of Power to which all things were possible. I use the word dynamic advisedly as it seems more nearly than any other, to convey something of the miracle-working power of a living faith in a living God. It is akin to dynamite, a small charge of which will shatter to pieces the seemingly impregnable rock. It was of this power Jesus was thinking when he used the illustration of a grain of mustard seed. Had he been thinking of smallness he would have said a grain of sand. He knew that deep folded in that grain of mustard seed was an invincible life principle that would turn aside the hindering stone as it pushed triumphantly toward the light.

So if the disciples would have faith in the Father that dwelleth in them, their weakness would be transformed into strength. Knowing this, he placed no limits to the faith that functions in God. His was the vision of the Absolute. They were to be perfect as their Father in heaven is perfect. They were to become imitators of God, and nothing that had been done or dreamed by man would be impossible to the least of them.

He encouraged their aspirations, directed their minds and instructed them as to the nature of true greatness. He revealed to them a kingdom

consciousness in which each could be greatest without in any way infringing on the rights of others. When the mother of Zebedee's children came and asked that the chief places in the kingdom be given to her two sons, he did not rebuke her; he explained the nature of the kingdom and once more stated the eternal law, that what a man is fitted to have, God's law of adjustment will see that he receives.

We also read in connection with this incident: "But when the ten heard it they were moved with indignation against the two brothers." They did not want to be superseded. How very, very human and elementally divine they were in this! Then comes the great illumination that forever places the Christ consciousness of efficiency on a universal and eternal basis: "But Jesus called them unto him, and said, 'Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise dominion over them. But it shall not be among you; but whosoever will be great among you let him be your minister; and whosoever will be chief among you let him be your servant.' "

It was to be the efficiency of love; an efficiency that generates no antagonism, and has in it neither gnawing envy nor vaunting self-glory. It is the difference between light and darkness, between Christ and Caesar, between the world power and God power. It is the pathway of blessedness that all must travel to reach the sunlit heights where dwell the God efficient. It is the only efficiency that satisfies. It carries God with it.

Seeing this truth sublime, the heaven-endowed Emerson exclaims: "The man is nothing, the light is all." And again: "Ineffable is the union of man and God in every act of the soul". What a marvelous union, when the part becomes conscious of the whole and man can say: The Father that

dwelleteth in me, he doeth the works.

They reckon ill who leave out God. Truly it is only those who are leaning on the arms of the sustaining Infinite to whom the day is big with blessing and to whom there is no impossible.

I find great inspiration for my healing in the many references of Paul to this passage in his letter to the Ephesians: "Now unto him who is able to do exceeding abundantly above all that we think or ask, according to the power that worketh in us." And again in the eighth chapter of Romans, where he speaks so triumphantly of the law of the spirit of life in Christ Jesus as having made him free from the law of sin and death, and asks: "If the spirit of him who raised up Jesus from the dead dwell in you, will not he who raised up Christ from the dead also quicken your mortal body by his spirit that dwelleth in you?"

Trained as we have been in the law of negation, which Paul calls the law of sin and of death, we need to incessantly nerve ourselves by affirming the dynamic power of the spirit of life and to remember that it is God that worketh in us. I find a splendid use made of this principle by one of our western teachers, who has wrought miracles in her own rejuvenation through realizing the sure efficiency of the spirit indwelling, and by following the advise given by Paul in his second letter to the Corinthians, third chapter and eighteenth verse. By placing before her mind the image of the perfect she has freed herself from the thraldom of a wheel-ed chair and in spite of long years of invilidism, has built herself into a splendid expression of physical womanhood, so that all who see her are convinced of the wonder-working power of God.

Whatsoever quality she desires to express she definitely places it before the mind with this instruction: "Indwelling Mind, my part of God,

given me for the very purpose of demonstrating—you see to it for me, that this perfect idea (naming it), I am giving you, is brought forth as an actual demonstration for me. I charge you indwelling Mind, with this demonstration, that it is manifested instantly, gloriously, perfectly, in complete satisfaction and deep delight." She is forever saying: "Remember, it is intelligent repetition of the same idea on the same mind that brings the awakening in the form of demonstration."

From long experience I have learned the efficiency of this method of continuous affirmation and of speaking of things that do not yet exist as if they did exist, until they come into actual demonstration.

I know that whatsoever things man needs for aid or comfort, that all men may have on the same terms, can be brought into manifestation through constant calling. That is the teaching of the parable of Jesus that has so unfortunately been called the Parable of the Unjust Judge when it should have been called the Parable of the Persistent Widow. For the object of Jesus in telling the parable was to show that men should always pray and not faint, and how through the power of knowing definitely what you want and continuously keeping it before the mind the thing desired will come into manifestation. Years ago I condensed this realization of the truth into a metrical statement that has proved helpful to many:

For words are things that will lift on wings
The one who believes them true;
And whatever you will when the mind is still,
You may call to the soul of you.

It is the law of silent demand. It is the voice of the Father indwelling forever saying: "Concerning the works of my hands command thou me." Rightly seen the Lord's Prayer constitutes

a series of positive commands to the Father who worketh in secret.

It is the secret of divine efficiency as it brings the power and potency of God into action. Realizing this stupendous truth I have said in my Master Christian Practicing Course that the only question the practitioner in Divine Science need ever ask concerning any case that comes to him for healing is: Is it too hard for God?

Gladly would I bring the power of the presence of God into every human life, then would come equality, dominion and triumph all-embracing democracy. Realizing the certainty of this vision transcendent, who is there who would not desire to be found foremost in bringing into manifestation the kingdom of God. It is the efficiency of Love. In this kingdom each can be greatest in his own way. Again I say it excludes, by its very nature, the pangs of remorse and the stings of jealousy. It leads triumphantly to that larger vision wherein we can say: "In all men I can see myself," and know with Burroughs "that what is mine will come to me."

Being enamoured of the divine excellency, gladly do we praise its manifestation in any personality. The Divine Mind will surely lead all who give themselves unreservedly to its beatitude to fullness of power and plentitude of peace.

-+=-

Have you read and studied The SIX STEPS IN MENTAL MASTERY, by Henry Harrison Brown?

"SEEK AND YE SHALL FIND"

BY Louise B. Brownell

The only way to knowledge is through seeking. No door can be opened unto us except through knocking, and the more inaccessible the door to knowledge or wisdom, the oftner we must knock. "Not he who sayeth Lord, Lord, shall enter the Kingdom of Heaven, but he that doeth the will of my Father."

If we desire light or wisdom on any given subject, let us not only knock on the door of hidden knowledge but let us feel that it is God's will that we gain this particular wisdom, at the same time doing His will by seeking all avenues whereby this particular door may be opened unto us.

There are many avenues to growth on any plane of existence, and no matter how limited or cramped we may be in our environment, or how lacking in finance, some avenue will open to us if we seek for it. There are avenues for higher expression on both planes, physical and spiritual. On the physical plane there are always books to be had from the free libraries on the particular subject you desire, whether it be scientific, mechanical, artistic, or metaphysical, or what not. The soul seeking help with a belief only in physical means of expression, and therefore vibrating only to physical aid, will find books to answer his needs, and the study along any branch of self-advancement will naturally bring him into contact with those on this plane, teachers and students and friends, interested in the same subject, who will stimulate and interest him to further study. The competing or emulation of other minds working in the same channel is a great incentive to better work and

more sustained effort, and is therefore an aid to self-advancement.

If a soul, however, is attuned to spiritual planes as well, that is if he has faith in God's guidance in his life and knows also that he may call to his aid souls on spiritual planes as well as those who are seeking through the Law of Progression— love and service— to aid others, then he will receive not only physical aid in his effort at improvements, but he will have attuned himself to the vibratory current of the higher realms. He now opens up a many-fold power as contrasted to the help he has received from the physical planes alone. The greater his faith in God and His angels of love and power the stronger the current of connection he makes with the spiritual realms, and thus he draws to him from the invisible planes teachers and masters versed in the subject he is interested in.

Thus inventors, working along spiritual lines, that is with a high purpose in view of bettering or lightening the burdens of men that they may have more time to devote to mental and spiritual progress, will draw to themselves power and inspiration from Master souls who have worked along the same line perhaps, and who have the power to impress their mental images on the brain of a man on this plane capable of receiving them and using them wisely after they have been brought into manifestation in the physical world.

A struggling artist with the highest purpose and conception of what a beautiful picture may express to man, may in the same way draw into his atmosphere the aid of a Raphael or a Michael Angelo to inspire him in his work.

A musician working along mercenary or indifferent lines will not get the power or inspiration which great artists, who are seeking to glorify God

and serve their fellow-men, will get through the same effort.

Whatever your walk of life, professional, artistic, or seeking knowledge in any sphere, mental or spiritual, decide if possible on the knowledge you desire to attain, or the work you desire to do. Feel that you want to do that particular work better than it has been done before, and are willing to work hard to that end. Then seek all avenues of enlightenment in that field on this physical plane which are open to you, but most important of all, feel that you have chosen the path of knowledge because through it you desire to bless and enlighten the world, thus glorifying your effort to the service of your Father in Heaven. Let this idea sink into your consciousness, and give it daily thought and utterance. Feel and know that you have the aid of the Father and His host of angels to carry out your purpose, and you will soon find new avenues opening to you. They may seem to open through physical channels, as things have to manifest physically in a material world, but nevertheless they will have been set in motion by spiritual currents. Or it may be that you will become so attuned to spiritual processes as to gradually develop the super-senses of sight, hearing and feeling, on invisible planes. Some means will be found to impress your consciousness with higher truth and wisdom, and in the best way suited to your growth and development a new door will be opened. You will have set in motion a law of Cause and Effect, and as ye continue to seek with greater and greater spiritual understanding, door after door will be opened and you will continue to grow in Wisdom and Mastery. One avenue of expression must lead to still higher and higher, the only limit being your lack of desire for further seeking. The law is plain "Seek and ye shall find, knock and it shall be opened unto you." Abide ye in the law.

--+=--

THE LAW OF MENTAL MEDICINE.

By Dr. Wm. Franklin Kelley.

Part 11.

SETTING YOUR STANDARD— To attain to any great accomplishment it is necessary to set a standard or have an ideal which portrays or designs the nature of the thing you wish to accomplish. For instance, if you are sick and desire to be well, you must make up your mind to get well. If you are in distress and desire relief, you must not only determine to be relieved, but must also employ the means to bring relief. If you are in poverty it stands to reason that there is no way to overcome it except by mental effort and the necessary physical activity to bring about the wealth you desire. So it is with everything in life. First it is the mental design, then follows the physical activity which, made to correspond to the design, brings about the desired result.

A good illustration of this principle is given in the story of the negro evangelist who said, "De good Lawd helps dem what helps deyselves. When I wants a chicken and prays de good Lawd to send me a chicken, we gits no chicken, but when I asts de good Lawd to send me out to git a chicken, we always has chicken."

The process of activity is this. First is the desire or aspiration backed by the resolution, will and determination. A mental picture thus established sets the standard whereby the forces of life, if put into motion, begin at once to manifest. Once the design is set and man does his part, Nature does the rest. Thus we observe that setting the standard is truly a potential factor in the use of Mind Power principles. The standard you set, or standards which you have established in your Soul,

determine what sort of life you shall live and what sort of experiences you shall have.

By setting a standard, I mean making up your mind as to just what you intend to accomplish and definitely and positively stating to yourself that this is the thing you desire to accomplish. As for example, if you desire to have a standard of perfect health and personal efficiency, say to yourself in the most positive way, I am going to be perfectly well, strong and healthy, I am going to be active and efficient. I am going to be the kind of person God intended I should be.

Make that affirmation to yourself over and over again. Repeat it constantly, keep it uppermost in your mind until it excludes from your consciousness all contrary thoughts and becomes a fixed conviction. Just so long as there is a doubt in your mind in regard to the standard being established in your consciousness, you should continue the repetition. If this is carried to the extent that it repeats itself over and over again in your consciousness as a song often does, you will get the best results.

Sometimes it proves helpful to sing the affirmation which you desire to establish as your standard. By constant repetition, the suggestion will take root in your consciousness and begin to grow. As it takes root and begins to grow, you must nourish it. Do not let it die, but feed it constant affirmations and auto-suggestions of like nature— suggestions which are for health and success.

Once your standard is established, the world is at your command, for your nervous system has become your ally instead of your enemy. I put this in the past tense because the cells of your body are under the absolute control of your Subconscious Mind, and the command is instantly obeyed. Your battle is not with your body but with your Mind. Set your mind right and your body will obey your

orders. God gave you a Mind which is intended to serve as a means of controlling the body. Are you using it for that purpose? If you are losing out and everything is going wrong, just stop a moment, let go of the thing that is pulling you down, change your thought current and your nervous system will develop forces that will change your entire life.

If you simply cannot get a hold of your self and the whole world seems to be going to the dogs, the best remedy is to grab your hat and take to the woods or run around the block as fast as you can run. Get your circulation well stirred up and your liver active and the clouds will disappear as if by magic. Don't tell your difficulties to your friends. They have troubles of their own. Unless in telling you are seeking advice, you are a criminal of the worst type. You are not only stealing time but you are unloading poisonous thoughts on the other person's Mind and you ought to be arrested as a public nuisance.

We have repeatedly said that it is the Mind which makes the man. It is equally important to emphasize the fact that the thoughts on which a person meditates, sooner or later become a dominant factor in the control of the Mind and consequently in building personality. Unless the Mind is directed along constructive and upbuilding lines, we need not expect to become God-like. To become God-like a person must live rightly. Thought is the power that rules the world. It rules our lives. It makes us what we are. To think rightly we must live rightly, as the two go hand in hand.

In the deeper phases of our Consciousness, our thoughts and mental images become realities. This fact proves that the things we think make us what we are. This is particularly true in the realm of the Soul. Think the thoughts you desire to realize in your life and sooner or later you will realize the

product of your thinking. Think only that which is constructive and healthful and you cannot go wrong. Right thinking ensures right living and right living ensures right thinking. No one can be what God intended without both living and thinking rightly.

To succeed in any line of attainment, set your standard for what you want. Form in your mind a word picture of it, and the next day do it again and again. Make clear in your mind the exact qualities, outlines and features of the end to which you are working. If that purpose to which you are working is simple, the picturing should also be simple. If the purpose is complex, certainly clarifying the image in your mind is even yet the simplest part of the accomplishment. All great men have had images of their accomplishments before they achieved success. Make your ideal clear. Believe in it until it grows as a reality in your own Subjective Self. Believe in the perfect reasonableness that it is and should be yours. That much accomplished, while holding the ideal in mind, desire fervently and with all your power that all the forces of your being unite to bring it about. When you know that all these forms of mental and emotional forces are working properly, bring in the power of your WILL.

-+=-

A GENERAL ANSWER

Many write to me and ask how they may help in spreading the NOW Message. There is but one answer-send in subscriptions, or spread the news of the magazine among your friends. If you know of any one who might be interested send them a sample copy, or write them and suggest that they subscribe.

S.E.F.

- 7 To have splendid analytical powers.
splendid judgement, good sound sense.
 - 8 To have ability to market this dynamic efficiency.
 - 9 To inspire others with this power.
effectiveness, strength and ability.
To think of success in terms of efficiency.
 - 10 To meet people, to be one among them,
to inspire them, to be a good harmonizer.
 - 11 To have poise— reserve force, level-headedness.
 - 12 To emphasize a deliberate, keen, accurate outlook on affairs.
 - 13 To always be accurate.
 - 14 To be absolutely dependable.
 - 15 To be absolutely correct in my judgement.
 - 16 To have a powerfully keen sense of proportion.
To have a powerfully keen sense of relative values.
 - 17 To have a deep, powerful confidence in myself.
 - 18 To obtain and retain absolutely correct perspective.
-

I charge you, Indwelling Mind, with this demonstration, that it is manifested instantly, gloriously, perfectly, in complete satisfaction and deep delight.

—+—

N.B.

Next month there will be another feast of good things in NOW. I'm sure you will agree with me in saying this is a good number— well, mark my word, October and the issues to follow are to be better.

S.E.F.

NOW ADVERTISING.

SUBCONSCIOUS MIND

PRODUCES INSTANT CHEMICAL CHANGES IN THE HUMAN ORGANISM, as demonstrated through an experiment, more convincing than a volume of testimonials. Let me show you without cost how to make this experiment.

This unconscious activity of the mind is responsible for all human conditions, including health, environment, talent and ability, success or failure. Anyone may control and reeducate this important function for any desired results.

Absolute evidence on request. Write before this offer is withdrawn.

J. A EICHWALDT,
16 Fruitvale Branch, Oakland, Calif.

ARE YOU SICK? UNSUCCESSFUL?

Need a position? Need a tenant? Need to sell your property? I have HEALED and HELPED others, why not you? Five Dollars monthly for treatments and Six Lessons free except postage, which is about 50 c. PRAYER CHANGES THINGS! EXCELLENT RESULTS! TRY ME! LOVINGLY YOURS, MARY FRITZ, D.D. Dept. 14-23. COLLISON, ILL.

HEALTH **HEALTH** **HEALTH**
UNRIVALLED HEALERS IN YOUR OWN TOWN
Unsurpassed success in healing, success, triumph in affairs. Daily treatments. UNITY IS POWER—every case cared for by the World Helpers of Humanity, Edith Moore, Principal; Lelah A. Wagner, Vice President, FLAG POND RD., SACO, MAINE.

Back issues of NOW containing the DEMONSTRABLE PSYCHOLOGY LESSONS can be had at regular rates. Address this office.

KINDLY SEND IN YOUR RENEWAL.

BOOKS THAT INSPIRE

BY HENRY HARRISON BROWN.

If you are seeking practical new thought teachings—these are the books you need. They have helped thousands to realize and use the Power that is within.

Titles:-

THE LORD'S PRAYER: A Vision of Today.

124 pp. \$1.00

SIX STEPS IN MENTAL MASTERY. 120 pp. 50¢.

CONCENTRATION: The Road to Success.

120 pp. 50¢.

SUCCESS: How Won Through Affirmation.

64 pp. 50¢.

THE MASTER'S TOUCH. 64 pp. 30¢.

SELF-HEALING THROUGH SUGGESTION.

64 pp. 50¢.

HOW TO CONTROL FATE THROUGH SUGGESTION.

64 pp. 50¢.

NOT HYPNOTISM BUT SUGGESTION. 64 pp. 50¢.

MAN'S GREATEST DISCOVERY. 64 pp. 25 ¢.

DOLLARS WANT ME. 64 pp. 50 ¢.

HEALING WORDS OF JESUS. 20 ¢.

WHAT IS NEW THOUGHT? 15 ¢.

The following are 10 ¢ each:

SIX TRACTS ON SEX.

- (1) Friendship: The Third Function of Sex.
- (2) BODY-BUILDING: The First Function of Sex.
- (3) PROCREATION: A Secondary Function of Sex.
- (4) THE ULTIMATE OF SEX.
- (5) PLACE OF SEX IN RACE DEVELOPMENT.
- (6) SOCIAL HYGIENE; SEX EDUCATION.

All Books Sent Post Paid on Receipt of Price.

SAM. E. FOULDS,
589 HAIGHT ST. SAN FRANCISCO, CALIF.
