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AUG 17 1925



# NOW

## A Journal of Affirmation

Thought

Suggestion

Mental Science

Psychology

AUGUST 1925

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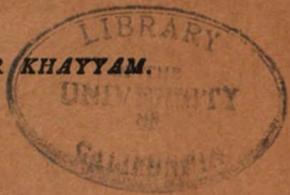
Nerve us with incessant affirmatives. Don't bark against the bad, but chant the beauties of the good.—EMERSON.

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,



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## A Journal of Affirmation

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### FREEDOM

Think not, O man, that thou art free,  
Because no prison walls detain  
The freedom of thy will,  
Nor armed sentry stands on guard  
To curb thy liberty.  
For thee the palace doors fly wide,  
The gilded porter takes thy cloak  
And menial servants bow their pride;  
Thy wealth commands the church  
And heaven's high-sent priests are dumb,  
Nor dare to lift God's light  
To show thee who thou art, nor speak  
The sting thou feelest in thy heart.  
Thou art not free, though armies at thy  
will  
Compass the earth and sow red hate,  
While kings and princes call thee great.  
For thee the nameless Terror walks  
And God's strong justice locks thee in  
While outraged conscience talks.  
Thou art not free till God's great love  
is thine  
And then— no prison walls detain  
Though armed guards surround,  
Though sparkling bayonets gleam—  
Thy risen soul is free  
For thou hast seen.

—HENRY VICTOR MORGAN.

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THE NEXT STEP IN EVOLUTION

-By-

Henry Victor Morgan.

(A Vision of Cosmic Consciousness  
and the Larger Healing.)

**M**ANKIND is still in the making. What was involved in that marvelously mystical statement: "Let us make man in our image, after our likeness," must be made manifest.

To the Cosmic understanding the Voice of the Spirit forever saith: "Beloved, now are we the sons of God; and it doth not yet appear what we shall be." Men of vision can all agree with Tennyson when he says:

"And I doubt not through the ages  
An increasing purpose runs  
And the thoughts of men are broadened  
By the process of the suns."

Standing where we do today, and looking backward to the dim and shadowy past, we see man traveling an ever ascending scale. We see the germ of spiritual perception unfolding in an ever larger degree, while beyond us invisible hands beckon and the Voice of the Spirit saith, "Eye hath not seen and ear hath not heard, nor hath it entered into the mind to conceive the glory that awaits".

As illumined reason is brought to bear on the way of man, hope grasps the scepter of dominion, and faith leads triumphantly toward the promised land of individual emancipation and Cosmic fellowship. Man is reaching out toward the Infinite, and ever as his consciousness deepens, new

revelations of Truth that is Eternal come to him. Mark well the words TRUTH THAT IS ETERNAL, for man does not create truth but discovers latent possibilities that always have been and always will be. This awareness of the completion of God's universe constitutes the metaphysics of the Absolute, and there can be no permanent system of human thought that lacks this perception of universality.

It is this awareness of God that constitutes the grandeur of the intellect and enables the beholder to endure as seeing that which is invisible. It is the foundation of hope and the door of prophecy. It is this alone that enables the prophet to speak of things that are not yet manifest as though they already were. It is the kingdom of the within toward which Jesus forever pointed.

It constitutes the new freedom toward which every aspiring soul reaches, and places before every human being the open door which no man can shut. It is the urge of God in the human consciousness, that calls us to cease from the outer quest and vain grasping after illusory conquest, and to find rest in the abiding stillness where dwells the soul serene.

The great treatise of Darwin on the Origin of the Species and man's relationship to all beneath him, while of inestimable value to the seeker for truth, pales into insignificance before this inner vision of evolution that lifts the spirit of man into communion with the heart of God and endues him with power from on high.

It has been truly said that the dreadnaught is the crowning glory of material-

istic evolution. But the crowning glory of spiritual evolution will be the sons of God and the kingdom of Love. The war lord of civilization is the out-come of an evolutionary unfolding that believes that might makes right. The Christ is the ultimate of the spiritual.

The outer struggle for supremacy has bathed the world in blood and crushed ever those who have succeeded best under an avalanche of woe. The New Age Vision is upon us. The Spirit of God still moves on the waters of thought. There is no stoppage and never can be stoppage. The struggle has not been in vain. Mankind is rising on stepping stones of past sufferings to the higher things. The old order perisheth. The reign of the meek is at hand. Through pain and travail and sufferings innumerable man has been forced to the perception that it is love alone that never faileth.

The old order functioned in separateness and fixed boundary lines, both in church and in state. Denominational hatred was thought to be pleasing to God, and the saintly Calvin with perfect equanimity consents to the burning at the stake of his fellow Christian, Servetus. The urge today is toward union, cohesion and cooperation, among the children of men. A new missionary spirit dawns, and the adherents of diverse and formerly antagonistic faiths, are now seeking to incorporate into their own creeds the best in each others Scriptures.

As hate diminishes health increases. The larger healing can only come through the struggle for the life of others. The

kings of hate must give way to the coming of the lords of love. The outer dissatisfaction has driven the soul of man to deeper knowing and truer seeing. We have been forced from the shiny and illusory surface to the everlasting depths. The outer urge for freedom has but added new tyrannies. The outer quest for healing, while it has built hospitals and flooded our markets with remedies innumerable, has failed to heal the fatal hurt.

A sore, bleeding, war-ravaged, tax-burdened world, waits the democracy of love. And it is coming! Innumerable voices proclaim it.

Surely in these days of force and hate the God of Heaven has set up a kingdom which shall never be destroyed. The vision of the Cosmic is upon us. We are seeing that humanity is one family, and a larger patriotism has called the nations of the world together for disarmament. The soul vision of Tennyson was not a dream. The parliment of the world is at hand. "And I, John, saw a new heaven and a new earth for the first heaven and the first earth were passed away and there was no more sea. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people and God himself shall be with them and be their God."

A larger physical healing that incorporates this wonderful vision is at hand. The ax is being laid to the root of the tree. Behold, the army of drugless physicians, each in his own tongue saying, "Health is within yourself. The Life

Force is the only healer." And higher still perhaps, on the ladder of attainment, behold the army of Christian Science, Divine Science and New Thought Practitioners who are healing the sick through purely spiritual means. Men and women whose only knowledge is the direct power of God, and who have demonstrated that an understanding love never fails not only to heal the broken hearted, but to restore the wasted and broken bodies of men to more than youthful vigor. It is the vision of brotherhood and Cosmic fellowship. It is the radiance of power. Forever and forever it saith: "The spirit of the Lord is upon me, because he has anointed me to preach the gospel to the poor, he has sent me to heal the broken hearted, to preach deliverance to the captives, and the recovering of sight to the blind, to set at liberty them that are bruised; to proclaim the acceptable year of the Lord."

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### A PRAYER

Spirit Eternal- may it be mine  
To feel, to think, to know,  
To grasp the truth, deathless, divine,  
Above, around, below.

Give me to know by what device  
I both receive and give.  
To learn the joy of sacrifice,  
Renouncing all- to live.

(JESSIE WILDER-

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A "SECRET" OF SUBCONSCIOUS EVOLUTION

**I**T will be of help ever to cultivate appreciation of the power of suggestion, and to realize the utterly plastic nature of the subconscious mind in that connection. Indeed, instead of denying it, you will find that psychoanalysis is past the point of telling you much about it, because it takes your knowledge of suggestion for granted.

Psychoanalysis goes so far as to indicate that the LIBIDO which is a term to indicate that major portion of the subconscious mentality which is tied up with the operations of the creative and sex urge, MAKES suggestions out of the natural stations in bodily and psychic growth, starting with the ante-natal or foetal condition, and then on.

Thus, later in life, if under misguided strain one "fails" to accomplish some long-nurtured desire, the reaction may be so strong and so adverse, as to throw the psychism, partly or entirely back to a former station in growth. For instance, in the evolution of the sex instinct itself

long before adolescence, - in fact hardly out of infancy, there is the so-called "Archaic" station, which tends to make obscenities of all mental activity concerned with sex. In fact, many of our fanatical "moral reformers" whose activities are such burlesques in the eyes of sane and thinking people, in psychoanalysis would be found to be just such psychic "throw-backs" to this infantile psychic condition; though as a paradox, many incorrigibles are likewise such throw-backs. The first classification are unfortunate intellectuals; the second are non-intellectuals but nevertheless unfortunate in exactly the same way.

Next in this growth comes a new form of sex curiosity, though it is hardly fair to call it that from the adult standpoint. Here the young child manifests certain innocent acts, concerned with itself and its own bodily features. This phase or station is termed the "Narcisstic," from the Greek myth of Narcissus, who, seeing his image reflected in a brook, became enamoured of it, and gazing thereon, was transformed into the flower of that name. Strictly it is the auto-erotic or "self-loving" station, and often as a sort of tincture it persists through several subsequent, or post-adolescent stages. We must remember that the libido, before adolescence, is not centralized or localized in any one set of organs. In the vortex of forces seeking to be "mobilized" for the mating and creative, mature period of life then approaching, such practices may be but a blind and fumbling (maybe even mistaken) acquiescence to Nature.

The station, after the Narcisstic is

sometimes called the "ambi-valent," as a substitute for the over significant word "homosexual" used by the earlier psycho-analytical writers- and means that at this period the libido easily weighs either way in its attraction to the opposite sex, or to one's own sex. It occurs often during some period of, or concurrently with the entire period of adolescence. The strongest and most lasting friendships are often formed in this period, though in later life the latent sex content in these friendships is entirely lost sight of, usually without suspicion that it was even present in the beginning. The record of this "ambi-valent" period frequently manifests itself in the dreams or other subconscious indications of people who otherwise are leading otherwise well-balanced and normal lives. It must be understood in this connection, that the human being is not fully a male, nor fully a female, even in physical form, but rather a more or less specialized blend.

The immediate post-adolescent state is the period in which man or woman finds the libido specialized about as fully as it is intended for the lifetime, and with due restrictions, and the better reservations held customary in civilized life, the attractions of the libido are projected toward one or more members of the opposite sex.

#### A FACT IN MODERN PSYCHIATRY

However, any cataclysmic invasion or tumult in the emotional life, due to the failure of some great project, the death or destruction of some one or some great thing loved, or other cumulative series of

shock and stresses, may throw the libido back to any one of the former "stations" enumerated and described. It must be remembered, that the body, now being adult, the outer symbols, or even the thought of their enaction, may be so disagreeable, so unworthy and repugnant, that the person may attempt to discard all that part of his consciousness which is concerned with it. This may, in extreme instances, amount to complete self-immolation, -for the greatest part of the consciousness may be so affected, -and then a partial or total eclipse of sanity may become evident.

#### RACIAL EDUCATION NEEDED

On the subject of sex education, we must remember our heritage of the race, is none too savory. Probably that accounts for the howl of ignorance against psychoanalysis, led by those who are so cock-sure they are purer than Nature and Nature's God. Instead of honest and frank facing of the issue with a view to wholesome improvement, as a race we can see nothing but a history of lust, or what is still worse, blind fear, shame; fanatical and hysterical suppression, and bulldozing "reforms" resulting only in hypocrisy and the filth of unnameable diseases.

We have not yet, as a race, perceived more than a glimmer, and that glimmer itself is half false, of what education means, what it can do, and to what extent it can convey us to a position that now we might regard as veritably super human.

As psychologists, we have to take the master lead in the readjustment that is bound to take place. Let us never underestimate the value of our teachings and procedures.

## DEMONSTRATION

(A Practical Lesson.)

Concluded from last month.

**S**UGGESTION being Vibration from things external to yourself, you see the necessity of understanding something of Vibration and its effects upon you. This occasions a lesson on Vibration that will appear next month. All our study is from the soul-side. We see body as the result of the determined purpose of the Inner Man, the Real Man. The body is Soul-built and Soul is Thought-directed in the building. This Real man knows how to build body when he is first incarnated. This knowledge existed in the Absolute before birth. Soul knows how to build eye and ear, to make nerve and muscle. The Soul knows how to create, repair, and to develop body. Shall we not trust it? Through Suggestion you come into closer relations with Soul than by any other known method. All we have to do is to choose those Suggestions and to give those Auto-suggestions that are in line with our ideal.

Here you have plainly the Rule of Life, the Rule of Success in every walk of Life. It is the greatest rule man has ever found. It is the Diamond Commandment of Life. ALWAYS SUGGEST FROM THE IDEAL. Seek and live the ideal.

Repeat this rule until you instinctively think and act from the ideal. You must learn to be in thought in every respect that which you wish to be. Be Health,

Happiness and Success by thinking Health,  
Happiness and Success.

The Ideal moulds the external expression. Only through the ideal is there any progress. The fidelity with which you cling to your ideal determines its realization.

You must affirm the ideal as really existing. Then it will exist. Thought is Creative.

Under this knowledge of the Law of Suggestion it becomes apparent that you must affirm or (suggest) that you ARE well until you see yourself well. Tell yourself you are happy until you see yourself happy. Tell yourself that you are possessed of all you need until want passes away. This is building the Ideal and holding it until it manifests.

Now right here is the great stumbling point for the average man or woman in the Art of Demonstration. They start in very faithfully to hold to thoughts in the mind and permeate their very being with them. But in the words of the poem, "Serene they fold their hands and wait," for health, happiness and prosperity to be dropped to out of a clear sky. I know of some who have been in this serene and patient frame of mind and consciousness for over twenty years. They have only seen one side of the shield of demonstration. We are told that we must Watch and Pray. Affirmation or suggestion is a scientific form of prayer. Ordinary prayer is generally indirect and nothing more than a bunch of generalities gently suggesting to God how He might well run the universe with greater success.

Affirmation deals directly with the cre-

ative power of God in the soul. We must as Kipling says in his great poem of inspiration: "IF" learn to think and not to make thinking our aim. We Affirm in order that we may stir the power that is within into action. That we may enter into a new state or consciousness of DOING.

Ben Franklin said through Poor Richard: "God helps those who help themselves." We are prone to want God to do all the work. In this form of lazy thought and faith demonstration is never accomplished.

Note the ideals you have had the past week: health and sickness mixed; poverty and wealth mixed; happiness and misery; worry and peace; ambition and laziness; fear and courage; doubt and faith. Have they not all materialized to some degree? Is not your life a crazy pattern made up of all these conflicting thoughts or affirmations?

Now begin to intelligently build your ideal. Consider carefully what you desire. Make a careful mental self-examination and find out your besetting sins, mental and physical. Use Dr. Kelly's Self-Analysis in your own case. Consider carefully what you desire. You will then wish for less and have it better. Like the sculptor, you will put in nothing that you do not wish. Then when builded, you will carefully guard yourself in thought lest you mar the expression of that Ideal. Here lies the power of Affirmation. It is the Creator in the Ideal of that which manifests in the external. But most of all do not forget that you are the ONE that must DO the work.

CONTEMPLATION

-By-

Jesse M. Emerson.

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**M**UCH of our vaunted culture ends in headache and heartache. If it were not for the continually changing aspects of life, hope would soon die of inanition, and man would have nothing to live for, Hope is the great fulcrum of human life and all else depends upon it. The very will to live implies the presence of hope. Evolution is the outgrowth of hope, otherwise everything would become static, and death would be the rule rather than the exception.

Let us not become demented through too much thinking, but rather give attention to life, in all its widely varying fields. We skim across the face of life rather than pierce it deeply enough to comprehend it when it speaks.

A man is less than provincial, who sees nothing in life but himself. The emphasis should be placed upon the "here" rather than upon the "hereafter."

There is much more in life to make us humble and receptive, than proud and critical. Let us learn to appreciate the blessings of everyday life, for it is only through such an attitude that we attain the best growth.

Everything in life, is at our hand, we have but to reach out and receive. We live in the midst of seeming extremes, it is the wise, that abide midway.

A saint, is one who receives too much credit, and the knave too much condemnation. Expediency seems, at times, of much concern, but we must not canonize it.

Let us not be mechanical in our attitudes toward nature, but rather sensitive and receptive to her suggestions. It is needful, that at times we stop talking and listen with ears attuned to her gentle voice.

Even if it be true, that life is a dream, let us make it a worthy dream, looking to its eventual realization. Let us endeavor to understand the vital import of what passes in our minds, otherwise we lose it, through losing our sense of proportion, as though we were sailing upon uncharted seas.

Let us learn to distinguish between the clatter of opinion, also the brilliancy of personality, and those things which have been proven to stand with the verities, as unquestioned.

Let us to the farm, or better the open country, even in its original wildness, quite undisturbed by the arts and sophistries of man. We shall have given our souls a drink from the fountain of life, we shall have been refreshed and strengthened, through what our common mother has told us, and not so easily deceived after we have returned to the haunts of men.

Man, is like all else, but in the making. We should endeavor to learn the wisdom, that has stood all tests, in all past ages. Too much superficial learning generally ends in folly and regret. Let us

make the most of each occasion, for upon the sum of all these depends all permanent growth, and at the close of life, as much satisfaction as it is possible for human-kind to attain.

—=+—

### GREAT MEN

WHERE do great men come from, anyway? They are not born out of nothing. For a long time there was a theory that Lincoln was so derived, but that has pretty well disappeared. Lincoln, it seems, had good hereditary stuff in him, developed by adversity, which is a favorite method.

EDWARD S. MARTIN, in July Harper's.

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### EXAMPLE

NOTHING is so contagious as example; never was there any considerable good or ill done that does not produce its like. We imitate good actions through emulation, and bad ones through a malignity in our nature, which shame conceals and example sets at liberty.

ROCHEFOUCAULD.

—=+—

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This month NOW is mailed at about the old mailing time. September will be mailed on the first of the month. Next month will see some very fine articles. Eugene Del Mar will be with us with the beginning of a new series. He has always been very popular with NOW Reader and I am glad to say has for more than two decades been more than a valuable friend to NOW Magazine. Do not forget that it is essential that you send in your renewal promptly. So if there is a cross in your copy, attend to the matter this month.

Yours Sincerely,  
Sam E. Foulds,  
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