

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

—EMERSON.

NOW.

A JOURNAL OF AFFIRMATIONS.

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

'Twas only striking from the calendar
Dead yesterdays and unborn to-morrows.—OMAR KHAYYAM.

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Editor and Proprietor.
Office, 38 South Second Street,
San Jose, Cal.

Without Limitation.

Hitch your wagon to a star. —Emerson.

'Tis midnight! From this mountain crest
I list the world all stretched before!
I hear the sob from Ocean's breast,
And winds that rush the forest o'er.
I feel the thrill that meets the power
Without, and now in Soul I soar
And know this is my netal hour.
I'm Thought! God thought and lo!
There was Light, and Motion, Life!
And I am Thought! I'm fashioned so
Like God I think, and lo! all's rife
With Power, For Thought's creative still.
Now I, Creator, bid stars go,
Obedient to the I-AM-will.

O, stars that shine in depths afar,
Unconscious souls in Unity!
I bind you to my Self-Conscious car
And I, a Soul, now journey free.
Aspiration is my chariot wheel!
My realm, Immensity!
Love the reins. A god I feel!
I've chained ye to my Spirit's car!
Harnessed by Thought's imperial power!
Steeds of the sun, of comet, star,
To Human Soul for aye ye cower.
I speed away! Earth's left behind!
I claim henceforth my Sonship dower!
I live as Mind. I'm only Mind!
The brightest star in Orion's belt,
Or Pleyaid Seven or Charles' Wain,
Have seen their power like snow flake melt,
As Soul engulfs them in its main.
Now gentle they, as colts subdued,
Bend to my love caress again,
Nor dream we ever were at fued.

I am forever! Stars, I'll say,
I AM, when ye for aye have lost,
All power to be! Then still I may
Bid other stars, a mightier host
Fill brighter skies, for Thought am I,
And things are into Being tossed
By one Self-conscious Unity.

Speed on, Star-steeds! Rejoice awhile
As sunbright centers of the ONE!
I, Human Soul, can only smile,
For I speed on when ye are gone.
I am forever, still the same!
I share with God Creation's throne.
But sun and star, ye are but a name.

—Henry Harrison Brown.

SUNNYSIDE, CAL., April, 1901.

Affirmations.

POWER.

The Universe is Power.
My word of strength is Omnipotence.
There is but one Energy and that is Omnipotent.
That Energy manifests in me. I am that Energy.
I am a manifestation of Omnipotence.
I can have all I wish of this one Power.
All I have to do is to let it manifest through me.
I am not a part of Omnipotence; I am Omnipotence manifest.

As creek is not a part of water but is water manifest as creek; so am I a manifestation of Omnipotence.
As Ocean lies behind creek and supplies its needs, so Omnipotence lies behind me to supply all my needs.
Having all Omnipotence as my supply, I want not.

I have only to loose my desire in the Thought of this One Omnipotent Supply, to be filled with all Power.

"Thy will be done," is my mental condition of Strength. Then Omnipotence is All, that I am.

Power to do whatever I will is mine, from the One that is Omnipotent.
Power manifests in me as Life. I have All Life from which to draw my daily Supply. From this Power I manifest in Health.

Power manifests in me as Knowledge and All Wisdom is my Supply. Sufficient unto the hour is my Thought.

Power manifests in me as Love. All Love is my supply. Each moment I give love to all things. I love my fellowmen. I love children. I love the animals and treat them in love. I love flowers and fruits and from them comes Supply at need of beauty. I love all nature as Omnipotent Love manifest in millions of ways. I love my conditions of Life for each is a direct manifestation of Omnipotent Love and I unfold in Power through each. Thus ALL is Good for Love manifests in all power.

Power manifests in me in ability to do. I am Power to invent, labor, gather and distribute. Power is my Supply. From Power comes my daily bread.

Power uses Dollars, and Machinery, Houses and Lands, to Supply my daily

needs. Food, clothing, shelter, books, transportation, are mine from Omnipotence. I am ready in Love and Faith, and Power fills me to go and do, or brings to me all these, as I need. Sufficient unto each moment is the Supply of everything. I trust Power and am supplied.

I am Power. I am Power manifest as Life. I am Power manifest as Wisdom. I am Power manifest as Truth. I am Power manifest as Love. I am Power manifest as Supply. I am one with Omnipotence.

Let nothing pass for every hand
Must find some work to do;
Lose not a chance to waken love—
Be firm and just and true;
So shall s light that cannot fade,
Beam on thee from on high,
And angel voices say to thee—
These things can never die.

—Charles Dickens.

Mental Healing.

This style of treatment is truly a redemptive one; it means to heal to the utmost. Yet the healer cannot do the whole of it. He can only make the new and true statement of personal life; if the patient is too utterly devitalized to respond, there comes failure. There are very few patients who have not the ability to respond; not more than one out of twenty, but the practiced healer soon finds out when he has such an one. It will seem as if the statements he is making, instead of penetrating the patient, strike against a dead wall and rebound back upon himself. Every disease could be healed by the spoken word if the people were ready to receive it. The person who cannot reach up to the Law of Being which is Life, must die. He cannot be perpetuated through the efforts of others. The demand of the Law of Being is *Individuality*. This means a personal consciousness of power.—Helen Wilmans in *Freedom*.

"O world as God has made it! All is beauty:
And knowing this is love, and love is duty,
What further may be sought for or declared?"

—Browning.

Spirit cannot be sick.

GO WAKE THE SEEDS OF GOOD ASLEEP THROUGHOUT THE WORLD.—BROWNING.

NOW

Primary Lesson No. 13.

Relax.

As this is one of the most important of conditions I must at some risk of repetition consider it. It is the condition one is in when they have followed the instructions of the last lesson and LET GO.

It is taking the will off the body and giving full liberty to the nervous fluid to flow through every cell.

There is no possible wearing out, nor any possible tired condition that will not be carried away as the flood carries drift-wood, when one relaxes with the right thought.

Most people are keyed up to the high notes of their life all the time. They do not relax when sleeping. Examine all those persons while sleeping who wake up tired and you will find that some, if not all, their muscles are tense. Their will is upon the body. Life is shut out, and therefore the body feels the loss of what is rightly its. Every person should waken from sleep, even of one second, rested. An ocean will fill every creek or cup at sea-level, so will Omnipotence fill every life, that lets itself down to its level.

Relax then when tired, weary, blue, discouraged, or in any way "out of sorts." Go to the dog, cat, baby and drunken man for your types of perfect rest. Learn of them. Take a lesson each day of the cattle until like them, you can relax. Remember what Walt Whitman says of them:

"I think I could turn and live with the animals,
they are so placid and self-contained,
I stand and look at them sometimes an hour
at a stretch.

They do not sweat and whine about their condition,

They do not lie awake in the dark and weep
for their sins."

And Joaquin Miller in his "Arizonian," says of them:

"For they lie down and their rests are rests,
And the days are theirs come sun, come rain,
To lie down, rise up, and repose again.

* * * *

The pied horned beasts of the plain,
That lie down, rise up and repose again,
And do never take care, nor toil nor spin,
Nor buy, nor build, nor gather in gold
Though the days go by, and the tide comes in,
Are better than we a thousand fold."

Concentration is necessary for success, but unless one relaxes, this concentration wears out the body and all the gain is lost in suffering.

When weary, relax every muscle and quietly shake the arms and hands and feel the weariness fall off you. Lie down

and let the lounge or bed hold you. Examine your condition now, and you will see that you hold the bed, or hold onto the bed. Lie down and sink like a tired child to rest by letting go of everything and letting the bed hold you. Sit, and let the chair hold you, instead of holding the chair as you do now. Tumble about as the baby does. Lie as the calf does. Play as the lamb does. Rest as the cattle do. Sleep as the drunken do. Then work, at working time, as Man does, and you have won long life and success.

From a Brother Editor.

The editor of *The Eagle and Serpent*, published in London, is an old fellow student. We were in theological school together. Writing to NOW recently, he says:

"You get more meat into NOW than any paper I ever saw, except *Eagle and Serpent*, of course, and you put it in the most effective way I have ever seen. Imitation is sincerest flattery, and I intend to imitate your tricks in 'make-up,' catching quotations at top and bottom, etc. Wait till you get my next papers and you will see that I have stolen your tricks, if my printer can work them in. Your title is an inspiration. Our philosophies do not exactly coincide, therefore the more joy I have in helping you all I can. It is more altruistic and egotistic' also "

His paper is "for free spirits and spirits struggling to be free," but he works from the opposite point of view from NOW. It is worth a study from any thinker. Still I prefer this affirmation. I AM NOW SPIRIT AND AM FREE. I am personally an Altruist, but my friend's Egotism is so near my Altruism that they mean the same, when we get below the language in which the Love is disguised.

"It is with pleasure that I connect with 'Central' several new subscribers to NOW, through the vibrations of Thought Transference. In doing so I conjugate thus the verb To Be. I am. God is. You are. I am Life. God is Love. You are Truth. From this affirmation of Trinity comes the most perfect manifestation of the ALL in Character building. We live in this affirmation of Trust, Faith, Peace and Plenty, that brings Harmony, Happiness and Prosperity—the Realization of the All-Good.

—E. A. Craigg,
Mental Healer and Teacher, Waco, Texas.

Benediction.

Ever present Power of Love Divine,
We lift our hearts, "Amen" the word,
Life of our life, so richly poured,
As Thought of Thee makes face to shine!

—Henry Harrison Brown.

"Soul Culture."

A spiritualist paper has been started in Denver, entitled "Soul and Mind," with the sub-title, "A Soul Culture Journal." It is presumed that the editor does not know of my prior claim to this designation. I first used the words "Soul Culture" in a series of articles in 1888. I began to teach "The Soul Culture Philosophy" in 1893, and from that time to this I have called the NOW Philosophy "Soul Culture." In 1896 I established in Topeka, and had chartered by the state of Kansas "A Soul Culture Society." I have written for various periodicals during the last three years several series of articles upon "Soul Culture." NOW was from the first announced as "Devoted to the Science and Art of Soul Culture." Therefore, as far as use and courtesy goes, I am entitled to the name. I tried to get these words copyrighted as the "Title of a system of Philosophy." I failed. I tried to obtain them as a "Trade Mark," and the government ruled against me. I have several manuscripts copyrighted as "Essays" and "Lessons" in "Soul Culture." Since the teachings of the two papers are so different, mine being solely devoted to the development of the individual soul here and now, and the other devoted to mediumship, it is hoped that this sub-title will be dropped. *Soul Culture is the Science and Art of Living as Spirit, Here and Now!*

YES!

What does affirm mean? It means "yes," and to say it firmly and positively. Therefore, when in this Science of Being we make our affirmations, it means we are saying "yes." We affirm all the affirmation conveys, and get results in the image and likeness of that to which we have been saying "yes."—Mrs. Alma Gillen.

Are you in the NOW Class? Then join for we are learning fast how to help ourselves and each other into any condition desired. Only 50c for the benefits of the class, no one can afford to let this chance for mutual help pass by unused. See 7th page.

The Psychometric process is one of personal perception in a passive amiable state of mind. The student must avoid reasoning upon it at the time, or making any earnest effort of curiosity, for that will interfere with the negative, passive and sensitive condition in which delicate impressions are received. We do not hear the voice of a friend if we are speaking when he addresses us.—Dr. J. R. Buchanan, in *Primitive Christianity*.

Know one thing well, it is the backbone of success. —Agassiz.

The Prayers Men Make.

One prayed for fame and power
To play a glorious part,
And in a gloomy hour
Cast faith forth from his heart!
"I've prayed to God, but prayer
Has not availed," he cried;
"My deeds have all been fair,
And if a God were there
Why am I thus denied?"

Another prayed that ever
He might have strength each day
To make some new endeavor
Along the upward way—
He prayed for grace to hear
Whate'er might be his part,
And, smiling, could declare:
"I know God must be there,
For hope is in my heart."
—S. E. Kiser.

Canned Lives.

Most lives are canned lives, for we know what the individual will do or say under certain conditions, and where he will be at a certain hour. There are diseases that come from this lack of excitement—that is, too much Canned Life. The prevalence of insanity among the wives of farmers is caused by too much Canned Life. The poor creatures perish for lack of *fresh* thought. There are also a whole round of maladies that can be cured by a new thought, a new sensation, new surroundings. A little excitement or a new experience often clears the cobwebs from the brain.

There comes one bearing glad tidings. A new thought takes possession of us. We laugh and listen to a story or two, or tell one; we go for a walk, the clouds of life we forget, and that we ever had a pain or a doubt.

Isn't this the healing principle of Christian Science?

God is good, there is no devil to fear, nothing can harm us, the Universe is planned for good. Ah! a new thought—all life is one and we are brothers to the birds and trees. Our life is a necessary and integral part of the Energy that turns the wheeling planets, and holds the world in space. All life is one—God is on our side. We are freed from fear, emancipated from apprehension, filled with kindness towards every living thing because all is ours, and we are part of all we hear, feel and see.

Circulation is increased, secretions flow, eyes brighten, beautiful thoughts animate us—Saved by an Idea.

New thoughts are hygienic.
Love is a tonic.—*Elbert Hubbard in the Philisten.*

It is God in ALL that is our companion and friend.—*Wm. Blake.*

The Living Christ. An exposition of the Immortality of Man in Soul and and Body. By Paul Tyner, New York, The Temple Publishing Co.

Anything Mr. Tyner writes is valuable. And among all the writings that advocate Physical Immortality this is the best. All possible arguments are here brought forward. It is interesting from title to finish. It makes clear the promise of the overcoming of death. Disease and Death are not necessary. Man can refine this body and live either visible or invisible to Sense-sight. "Physical," is the word not clear. These writers seem to use the word in a new sense. We shall ever have bodies. That we can manifest physically or spiritually, seems necessary in our evolution. But physical immortality, would mean the overcoming of death, and the living in physical bodies forever. This is a limitation that Spirit cannot know. They must be a misunderstanding of terms, that makes difference of opinion. For over 25 years I have held in my public lectures that Death was not a necessity; that man would gradually refine his body until he would be as those now are who have passed Death. This without any suffering or decay. He will gradually dematerialize his body and live in one not visible to senses. This is a logical and a scientific necessity in his evolution. To tie man to this physical body is to limit his evolution. But read Tyner's book and find there all that can help you.

The Rustle of His Robe, A Vision of the Time of the End, by Margaret Inez Kathrin Kern. F. Tennyson Neely Co. N. Y. Price \$2.00. This book is a model of the printer's art. Beautiful to the eye and restful. It is dedicated "To the believers and the faithful, whose lips are adorned with the name—the pioneers of the new day." It is a work of symbolism. Reminds me, in its thought of "Through the Gates of Gold." I should suppose it was inspired from the same source. Its language is chaste, religious and inspiring. Where we cannot understand, we can feel the Truth. The Thought will sink deep into the sub-conscious region of mind and beautify all subsequent expression.

The writer becomes constantly more and more convinced that more infantile life is sacrificed than saved by the usual methods laid down in our text books for the treatment of children. I fully believe that in the majority of cases better results would follow if the sick child was left wholly in the hands of an intelligent nurse.—*W. C. Derby, M. D., in The Medical Summary.*

A man must feel that he holds his fate in his own hands.—*Francis Parkman.*

Psychometric Readings.

Have you noticed my advertisement for Psychometric Readings? Have you seen in "Words of Gold" how well satisfied my patrons are? Then why not send your \$1 for a Reading? You cannot do better than to learn from the Soul-side what your possibilities are, and in what direction to look for health, happiness and success. I will make this offer, good until June 20, for \$1 I will send a Reading and NOW for six months. Enclose stamped envelope for reply. Do not send stamps. Remember! until June 20, my Reading and NOW six months for \$1.

There is something in that strange power by which a man can read the past on a lock of hair or a scrap of handwriting. These are the new powers entering into the life of man, as man enters into the life of spirit. Whereas, a few years ago those powers were the belongings of but a few—the mystics and the sages—they are now coming within our ordinary humanity. It is the coming of the Kingdom of God among men.

—*Rev. Heber Newton.*

Talk faith. The world is better off without Your uttered ignorance and morbid doubt. If you have faith in God, or man, or self, Say so; if not, push back upon the shelf Of silence all your thoughts till faith shall come;

No one will grieve because your lips are dumb
—*Ella W. W.*

Lucifer, (Chicago), makes its visit once more to our sanctum. Brother Harmon is faithful to his convictions and bravely utters them, and the Race Education progresses thereby. Onward be thy flight, Light-Bearer; Star of the Sex-Equality Day.

El Gasedil is the name of the smallest paper NOW has seen. It is only four pages 6 in. by 4½ in. Plenty of room to grow into a magazine. The March issue is No. 3, Vol. I, Vermillion, S. D. It comes with a "Please X." Of course we will. While it is a little paper, it is not so "Big" as "the biggest little one." So here it has a cosey nook on my desk. It is devoted to the propagation of the Universal language, Volapuk; 10c per year; F. Graeme Davis, editor.

Readings by Psychometry for Delineation of Character,

Advice in Business or Matters in Life, and in Development of any Psychic phase will be given by the Editor. He has had 25 years' experience in this work, and claims to be one of the most practical of advisers. Write a short letter as to a friend, giving outlines only of the desire, and enclose \$1.00 and a reply will be sent at once.

Address, "NOW,"
San Jose, Cal.

WE CAN MAKE OUR LIVES SUBLIME—LONGFELLOW.

OFFICE OF NOW,
33 South Second Street, San Jose, California.

MAY, 1901.

NOW.

HENRY HARRISON BROWN,

EDITOR.

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not credited to others is his.
Its basic Affirmation is:—Man is Spirit and can
manifest as spirit here and now.

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"NOW is worth \$1 per year and I send \$10, for which send it one year to the following ten names," writes a gentleman in New York. NOW is, measured by the publications of the country, equal to any \$1 paper and should bring that to the proprietor. I do not wish to raise the price, but it is hoped that all who feel its worth, will send \$1 for the year. Already many have done so. It is "measure for measure" to do so. Subscription price of NOW henceforth is 50 cents or \$1, as the individual can afford.

It is well at times to see ourselves as others see us. This is the picture *Boston Ideas* has of us. And since Boston is the Hub we surely stand well at the center.

"NOW" is the title of a virile New Thought journal published at San Jose; Cal., which specifically devotes itself to the positive demonstration of the Good, believing truly that ignoring of the "bad" leaves it no life wherewith to manifest itself. Its testimony all goes to attract its readers into immediate realization of the Good, into true, happy dwelling in a land of Now where each individual is free to express his real self and to find real happiness therein. Henry Harrison Brown, its editor, is an able promulgator of the truths that rule the realization of the kingdom of heaven, and his journal is gladly and widely read.

How is it that there are a thousand ways in which I may be permitted to damn my soul, but when it comes to the trivial matter like temporary ill health, the legislature must prescribe how I shall do it. It is absurd and ridiculous.—*Mark Twain.*

What Was It?

I was intending an editorial when this poem of Sam Walter Foss fell in my way, and he said so much better what I wished to say that I let his sermon stand in place of what I could have said. What did I intend to say? Will each reader of NOW, in five lines, write NOW what he or she finds to be the Soul Culture lesson in it, and what I might have said? Shall be glad of these "Words of Gold."

Now, I knew I was a lunkhead; but them fellers didn't know—

Thought they wuz the bigges' pun'kins an' the purtiest in the row.

An' I, I uster laff an' say, "Them lunkhead chaps will see

W'en they go out into the worl' what gawky chaps they be."

Joe Craig he was a lunkhead, but it didn't get through his pate;

I guess you've all heerd tell of him—he's gov'nor of the state.

Jim Stump he blundered off to war—a most uncommon gump—

Didn't know enough to know it—an' he come home General Stump.

Then Hiram Underwood went off, the bigges' gawk of all;

We hardly thought him bright enough to share in Adam's fall;

But he tried the railroad business, an' he alwas grabbed his share.

Now, this gawk who didn't know it is a fifty millionaire.

An' often out here hoein' I sit down atween the stalks,

Thinkin how we four together all was lummuxes and gawks.

All was gumps an' all was lunkheads, only they didn't know, you see;

An' I ask, "If I hadn't known it, where in natur would I be?"

For I stayed to home and rastled in the corn field like a chump,

Cos I knew I was a lunkhead an' a lummux an' a gump;

But if only I hadn't known it, like them other fellers there,

To-day I might be settin' in the presidential chair.

We are all lunkheads—don't git mad—an' lummuxes an' gawks;

But us poor chaps who know we be, we walks in humble walks;

So I say to all good lunkheads, "Keep yourselves in the dark;

Don't own or rekernize the fact, and you will make your mark."

Mind dawns before the view of the experimenter as a cansative factor in life and evolution.—*Elmer Gates, Monist, Vol. 5.*

Within and Without.

This is the ALL of Existence. When I include that which I am, and that which is not Me, I have included the whole. That which is Me is the Within, that which is not Me, is the Without. That which is Me, is a center. That without Me, is boundless.

To my consciousness the without is only known as that which makes me *feel* first, and then to *think*. By *feeling* Life first manifests. By *thinking* I become a conscious individual—An, I AM. Conscious individuality is Self-Consciousness.

When I feel, there is a Cause for that feeling. That Cause is without. To ancient thought, it was God. To modern knowledge, it is Motion. Individual forms of Motion are called Vibration. Vibration take different names. Light, sound, heat, electricity are to Science only names for manifestations of the ONE, that is Energy or Motion. To Metaphysics whatever from without, causes a feeling, is a Suggestion. Whatever causes feeling causes thought. Therefore from without comes a cause of my thinking. To my Thought, the without, is only Suggestion. Therefore it is true that *Suggestion rules the world*. The proper word to use for feeling is Sensation. I—the Ego—feel; the I—the Ego—think. The Without wakes the Within to Consciousness.

But when thinking begins, it cannot stop until certain results have been reached. When I have reached conclusions then I say, "That is truth." This conclusion when stated in language is an Affirmation. From without a vibration comes. I sense it; I think about it; then I say it—"It is warm." Thus all Suggestions are transformed through Ideation into Affirmations. These affirmations *rule* the individual life. Thus is it also true that *Affirmation rules the world*. Affirmation and Suggestion are the two sides of one fact. Suggestion is Cause; Affirmation is Effect. The way of education on part of external means is by Suggestion. Teacher, preacher, doctor, legislator, and public, all thus influence by causing thought, in mind of child, listener, patient, civilian, prisoner. When this thought becomes Affirmation, then it rules the individual. Then Affirmation becomes Cause of the conduct of individual life. All disease or health; all joy or pain; all poverty or wealth; all intelligence or ignorance, is the result of Affirmation. An Affirmation is a statement of that which is true to the one who affirms. Thus AFFIRMATION RULES THE WORLD. Realizing this, NOW was started as the first, and thus far, the only journal that scientifically Affirms. It realizes that

the future road to education, reform, development, is via Affirmation. Suggestion is to be the One Principle that State, Church, School, and Society will intelligently use. These all now use instinctively and unconsciously this *one* Power and are not pleased with results. Sooner than we think possible, there will be intelligent use. All "Mental Science," when it understands Motion, Vibration, Suggestion and Affirmation will be indeed science. Too much is yet Mental *Theology* and much is merely glimpses of Truth or speculation. Soul Culture *is* Science. It recognizes every deduction of every branch of science. It builds entirely upon the Evolutionary Philosophy. NOW is a pioneer. It prophesies in its Affirmations the Civilization of the Future. It needs your influence, efforts and means, and you need it. We are one.

The secret of success lies in knowing how to handle ideas. The electrician constantly improves the efficiency of electricity by studying the machinery that generates the power. The same rule holds good in mental dynamics. Study your ideas if you want to improve the service of your body, your intelligence and your surroundings, for from those ideas flow the currents that move the machinery of them all. If your ideas are based in Truth and you are satisfied that they will stand the test of the most rigid justice, don't let the currents which they produce in your mind leak away on some ground wire.—*Leo Virgo, in Unity.*

My Reader,

Are you doing your part to make NOW a Success? I have for fifteen months given virtually my whole time to this paper. It has taken all that I have made at other work, above all other expenses, to maintain NOW. I asked for each of you to send either one subscriber with the renewal of your subscription, or \$1 if you could afford it. Few have responded. There are many of my last year's subscribers that have not renewed their subscription. Will not all *promptly* reply to this request. Send your own renewal at once. If you cannot pay now, pay during the year. Make effort to send with it, one new subscription. This will make my task easy for the year. You receive as you give. Come now to the work. This new sub. with the old one this month means financial ease for me. This doubled in the next six months means something above the expenses for me to put into books. You have only to contribute each a little, to make a fund from which I can draw. Please act Now for the interest of NOW. Let each one who has not renewed, do so *Now*. A postal is sufficient.

Words of Gold.

Mrs Ida G., of Missouri, says, "I do enjoy our little paper and watch for its coming every month." That "our" is just what NOW wishes. It is our paper, for it belongs to ALL.

From Madras, India, comes this request. "We have this day sent you a copy of our monthly magazine called 'The Viveka Bhanu.' It is devoted to a comparative study of Religions, Philosophies, Morals, Psychology, Sciences, Occultism, etc. Perhaps it may not be of much use to you, but your journal will do incalculable good to our readers, as we propose to translate its contents into our language. So we earnestly hope you will be good enough to exchange with us and oblige, your Brother in Truth, Swami Vallinayakam, Editor, Tuticorin, Madras, India." Every month NOW will journey across oceans, and its words will find lodging place in hearts whose civilization is strange, but One in Spirit, we understand, for we are ONE in Truth. C. Writes from Chicago, "I read your Psychometric Reading to the lady and she remarked that you could not have done better had you known her personally all her life."

A postmistress in Kansas writes: "There is none among the New Thought papers like NOW to me. I watch eagerly for its coming. I am on the bed suffering intensely most of the time, but claim my own, day by day, and was never more deeply happy and contented than now. I am writing much truth from the spirit. It comes to me in the Silence, and I rejoice that I may serve my kind in that way. Your name is often on our lips, and how we wish for a long visit from you. But all in good time." Yes, sister, all *is* Good time. And this thought of Good will banish pain. All NOW-Class will send thought of Self-Dominion to you.

F. E., of Georgia, sends \$1 in renewing his subscription, "one for himself and some one else." The subscription is credited to a lady who has a hard time with a sick husband. I like this spirit. It helps us all. "Call upon me for \$5 when you publish your lecture on Soul Culture." This is Good.

E. R. C. of San Francisco writes: "The editorial on the 20th century is grand. It inspires me to greater effort." Can one soul do more for another than to be an inspiration to it? "E." has been such to me, and thus the benefits are mutual.

Justice, Evansville, Ind., comes to our table fresh and filled to the brim with Altruistic thought. It is only 50c. per year and will make a Socialist of every

reader for that price. If you do not want to grow good, don't read it.

Christian, for May, has not a word to say of Uncle Sam's arrest of it, or it's I AM, editor. Neither does it show any weakening because the capitalistic and materialistic forces have brought it to trial. Mental Healing must be vindicated at Law, and Courts must recognize Absent Treatments. Who better for a fulcrum over which Truth is to place its lever and pry off this incubus of intolerance than I AM Skelton? We do not care, and only say to I AM, "St Boy!" But why will not Mental Scientists let the Bible rest and let the Religionist have full benefit of that ammunition chest? *Christian* had enough before but now two pages are given up to another interpretation of vagaries, poems and Old Hebrew fantasies by R. C. Douglass. Let the Old alone and live in the Now. Present language and thought is worth millions; ancient is worth only what *we read into it*. What Emerson, Darwin, Spencer, Walt Whitman, Browning and the host of scientists, essayists, and poets who know good English and use it, who have looked into nature with a 19th century brain, are not able to lead unto, we can well find for ourselves. Build not another tier of that Babel of interpretations, founded upon a literature whose meaning can never be found. O, friends, give Theology and the Bible a rest! Let the Human Brain also rest from the muddled condition these various schemes have brought it to. Why, before my window last evening, one of the new expounders stood for an hour discoursing from a chart the Prophecies of Daniel. He has calculated just how long the earth will endure. Poor Daniel should turn his dust—if there ever was a Daniel—in his grave, when he sees how his poetical expressions are made the literal, material belief of today. Poor Daniel! It would have been, as Artemus Ward says of another, "Money in his pocket if he had never been born." Write a 20th century Bible, and let its whole "Burden" be—God and I are ONE, and I am that ONE. It is good to get hold of breezy *Freedom* and calm *Mental Science* after so much Theological and Bible Science. *True Word*, a mental science journal, Seattle, Wash. \$1 per year. Monthly. This is the organ of Prof. Knox, and is devoted to his presentation of the *New Thought*. This number is mostly devoted to the essays of members of his class. It is a good representative of that movement that is the long expected Savior. "For the Christ that is to Be" is here in the Spirit that finds expression in the thought I AM.

NOW

The NOW Class.

This class was organized in January. It has now many members. We have united for mutual assistance. All who wish can join. Send for the February NOW for directions, (5 cents.) It is for Success in Business, for Health, Spiritual unfoldment or any human Want. Cost: A subscription to NOW, and 50 cents for the first month. After that a monthly letter, and any freewill offering. Pupils join any time, and leave any time. We learn to help ourselves by helping others. We can learn, nor help, ourselves in no other way. Join and be helpful, and receive help.

Sincerity Serenity Study these words. They are conditions of Class-receptivity.

Be faithful to your hour of sitting. Tell no lies to SELF. Benefits come from Truth. Then be truthful to Self.

Heal yourself, and you will see nothing else to heal. . . . Healers may nominally heal Tom, Dick and Harry, but they do not destroy the cause of the troubles and tribulations of Tom, Dick and Harry; and some one else falls into the same pit-fall Tom, Dick and Harry have for awhile, got out of. This is not healing. It is a game of blindman's bluff. The true healing, is in order of Jesus' teaching—"Heal thyself."

—Francis Edgar Mason in *Hominion*.

The way to avoid catching cold is to let the cold catch you. Let it catch you in the morning. In the morning, noon and every evening get out into the cold and defy it. These play spells with the elements are like the gymnastic exercises of the athlete—they harden and prepare the system for the realities of life.

—Medical Talk.

A dear old brother in Missouri says: "My general health is improving and my sight is so that I can work in my garden, My eye is healing beyond my expectations, and I believe it will be better than ever before."

But what shall we do with Brother L. H. B., of Wisconsin. He entered for business success and this is what he says, April 26: "I am feeling better than for years, in fact, I do not know this spring what tired means. Even at night, after 12 or 14 hours' work, I feel fresh. And another point of development is, that prior to March 1st I could not hold my mind to one point for any length of time, but since then I have been able to so concentrate as to lose all consciousness of time and all external conditions. I am a very busy man now-a-days."

☞ Notice! Subscription to NOW is to all who feel they can afford it, \$1. To all others, 50 cents.

Mrs. G. of Los Angeles, reports for April: "I am satisfied with the power gained. This month has been a hard pull financially; yet amid it all our faith has grown." Faith will materialize.

Mrs. A. E. D., of Oregon, joined Class for health. This month she reports: "I am quite well." and now is claiming business success.

Mrs. R. J., of Oregon, writes: "I am stronger than ever."

A member in Denver says in his last monthly report: "It is good to be in Good company. I feel proud of it and shall remain."

"The only power on earth that can save you is YOURSELF." So says Elizabeth Towne in her paper, the *Nauticus*, and precedes this statement with these words, words of fire—"Mental Science never saved any man or woman, and never will. All the science in creation, and all the writings and priests and prophets and Jesus Christs that were ever thought of never saved one soul from anything and never will. As well expect Thompson's Arithmetic to make an arithmetician of you. The only power on earth or anywhere else that will save you is Yourself." Now, this is good. There is a rush of Mental Healers, Absent Healers, Magnetic Healers, Spiritual Healers, Faith Healers, etc., posing before the public in every possible way, and it is common to talk of their healing so many. And this belief in the power to heal is counterpoised by a belief in a power to harm. Dr. Braun falls into it, for he says in the article from which the above excellent passage is taken, "We may not give ourselves up to the control of other minds, no matter how wise and good, without losing, in some measure, a part of our ownselfhood." It is a foolish fear of hypnotism, that one becomes subject to the will of another. This is impossible. One can only use his will upon his own body through a positive thought. One may accept from another a suggestion and thus let another do his thinking, but no one can become subject to the will of another. This thought is a worse one than that of being subject to the orthodox devil. No one can harm or help us but ourselves, and the quicker this sense of personal responsibility is awakened, the better for the individual and the world. We are responsible for all our ills, errors, sufferings, diseases and failures. We can help each other into a realization of power within, and that is all. It is the power of Suggestion. This may be given either orally or by gesture, picture, &c., or it may be given telepathically. It is the function of the

NOW Class to assist each other to a realization of a Selfhood that heals, and makes wise and successful, through Mental Ideal Suggestion. This is the only power that one has over another. One can help another to help himself. We, in this class, are finding this help; we are finding how to help; for these are the two sides of one fact. No Good comes to us save as a reaction of our thought of Good.

The Evolution of the Individual.

By Frank Newland Doud, M. D. Reynolds's Publishing Company, Chicago. Price \$1.

This is a book of 96 pages, divided into seven chapters. The last three are very practical and filled with excellent directions for attaining the Mastery of fate by developing interior power. They are to be recommended, and are worth the price of the book. The value of the book as a whole is marred by the peculiar speculations of the author in the first four chapters, but one can forgive these poetic fancies,—taken by the author for realities,—because of the really valuable thoughts scattered among them.

The Mental Scientist knows that the Principle of Attraction or Good holds undisputed sway; so he dreams of health and happiness, of peace and love. He dreams of unity and harmony, and he creates them. He concedes to others the right to dream as they please. If they prefer nightmares, well and good; it is their privilege. Each must choose for himself. Each must select his own dreams, and determine his own life. It is a matter of habit, and we may alter or change it as we feel disposed to. If your present habit does not satisfy you, dream health and happiness; dream love and peace. Try it! It will grow upon you. It will accustom you to a sense of joy. It will create their material correspondence in your physical being.—*Mental Science for April*.

Remember that one note of the violin, if constantly sounded, causes the mighty bridge to vibrate. Bear this in mind and repeat the words over and over in your mind. In time you will be conscious that these vibrations have commenced, and that the mighty structure of your being is quivering to the key-note, "*I can and I will.*"

—William Walker Atkinson in *Suggestions*.

Doctor.—You are all run down. What brain work have you been doing?

Patient.—Been trying to memorize the rules for a long life.

Doctor.—Long life, eh? Nonsense. I will soon cure you of that delusion.

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Light.

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