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NOW

A JOURNAL OF AFFIRMATION

VOL. V.

SEPTEMBER, 1904

NO. 6

Life and Love Eternal. ❁ ❁

One realm of Life, one Soul of all, and thou
Art one with me, as I am one with Life.
Then why, O Soul of mine, be sad? This strife
Will last as long as thou with grief endow
This world of sense with power to seam the brow
With sign of loss and pain. Know this, that he
Who from the limits of the flesh is free,
Loves thee no less, and breathes beside thee now.

As oft of old you mingled thought with thought,
As oft you leaned each on the other's love,
And peaceful rest then lifted you above
All care, in the communion love had brought,
And all the atmosphere around was fraught
With fragrance blowing from no earthly
flower,
So he, thy friend is with thee many an hour
With all the joy which he aforetime sought.

They all... all live whom now you miss in form!
The one Love-life enfolds them still, and they
Are conscious with you. O my Soul, obey
The Voice thou hearest, of the silence born!
O listen Soul to earth in springtime morn!
Then flowers and leaves shall to thine ear
repeat
The love thoughts wafted thee in whispers
sweet
From those who revel in that other dawn.

The one you love and miss has come today,
Bringing thee gifts of myrrh and rich incense
From altar of high heaven. No space nor sense
Hath place with him in life etern. Away
With thoughts that separate! Like ray
Of star with star, he soul-blends now with thee!
O Soul of mine, affirm this Truth! Be free!
All Life is one! *There is no life in clay!*
HENRY HARRISON BROWN.
* * *

NOW. ❁ ❁

The gifted poet and author, Ella Wheeler Wilcox, in a business letter encloses the following quatrain, to NOW:

In one brief word
Go find the secret how
To rule thy destiny;...
That word is... Now!

Without Limitations. ❁ ❁

Some think too much. Their thought energy is wasted in worry and fears. The Will should control; the Reason direct.
So says an otherwise careful writer in one of the New Thought Journals.

There is a fundamental error in the use of the words "too much" and "waste."
It is reasoning based upon the old thought of separateness. Unity teaches that the Human Soul is *one* with all that is. It has all possible energy. How can there be "waste," where there is no measure? Limitless is the Energy of Soul, how can one think "too much"? There is so much said in medical and reform circles of "waste" that it is time we dropped this word and the thought it expresses. No waste is possible to God. Since God and I are one there is no waste possible to the "I." Life is Infinite. Each individual is but a manifestation of that *one* Life. The only individual expression of the *one* Infinite Life is Thought. Thought is Life transmuted through individuality into conscious expression. Since it is inevitable that I think, can I think too much? Can I live as an individual and not think? Is not the amount of Life I use expressed by the amount of my Thought? The less Thought

A man is rich in proportion to the things he can afford to let alone.—

Thoreau

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the less I am using my opportunities of unfoldment from the Universal, into the Individual, Life expression. The old idea of limitation creeps in when we speak of "waste." There is no waste of Life, Thought, or Love. Until Life is expressed in Love and Thought, it is merely potential power in the Absolute; when it has expression through the Human Soul then it becomes individualized and conscious of itself and is then the highest known vibration of power. The only Soul expressions are feeling and thinking. Through these Life is unfolded into consciousness. It makes no difference to the Soul whether this unfoldment comes through pain or joy, through peace or worry. Unfold it must; unfold it does! It makes however all the difference of happiness or misery in the objective life of the individual *what* is felt and thought. Not to think were individual death; not to feel were absolute death. The difference between heaven and hell is in the thought that accompanies feeling. To limit either thought or feeling is to limit Life. The statement "too much" is wrong. The true and careful statement is... *Too much attention is given to worry and fear for present happiness.*

One can use some of his Infinite Supply in worry and have just as much left to use in other ways, but in so using he has chosen, for the time, to develop through unhappiness, when by an opposite use he would have been happy. Through this pain the soul has been learning its power. When the objective man is wise, it is because he has

learned through pain not to use any of his Infinite Supply in worry. Only thus will he have learned his power to direct the expression of life by thoughts that bring unfoldment through happiness.

Through thoughts of worry and fear he has been directed instead of directing; has been obeying heredity, and animal instincts, but learning meanwhile that he possesses power of self direction. In like manner he will sometime learn to control his environment. He can learn this power in no other way. When one has worried enough, he will not worry. When one has feared enough, he will not fear. When one has suffered enough, he will not suffer. What will not be endured will be cured. In all this he has neither lost nor wasted energy.

"O fear not in this world of ours!
And thou shalt know e'er long,
Know how sublime a thing it is,
To suffer and be strong!"

We can as well say, a child has wasted time and energy in primary school as to say any person has wasted it in fear, worry, or dissipation. As well say one has "thought too much" because of his study in school—or labor, as to say "thought too much" in worry. Thought like gravity, must manifest. It is not the quantity but the quality that determines results. What shall we think upon? is the only question. Turn the stream of Thought-power into the channels of happiness, by holding happy thoughts, and by thinking much, live much.

* * *

In some future golden age, foretold by poets and prophets, it may be that all work will be play, all speech will be song, and all joy will be universal.—Oscar Lovell Triggs.

**The dependence of liberty shall be lovers;
The continuance of equality shall be comrades.** ←

Walt Whitman

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AFFIRMATIONS.

An Affirmation bears the same relation to Soul Culture that an axiom bears to mathematics. It is to be taken as Truth, not reasoned upon, but accepted. Thus held, it will mould the expression of life into its own likeness. The "I" is the ego of the person who affirms. As one says, "I am happy," when all goes well with him, he is to learn to say, "I am happy," when all seems ill to him. He will thus, by Auto-suggestion, produce in himself that mental state which is happiness. These Affirmations are given every month as spiritual gymnastics by which one may grow into self-control. When they are repeated, or held in mind, other and injurious thoughts cannot come in. Thus by conscious choice one becomes Master of Fate.

Reconciliation. ❦ ❦

I am reconciled. "All seeming evil is universal good."

All discord is melody, when I listen with peaceful ear.

All the discordant disappears when I am self-harmonious.

Opposites are but the measure of degrees of goodness. Now I understand them.

I have caused my unhappiness by putting myself in a wrong attitude toward That-which-is.

I have placed detail before Principle. It has burdened me.

I have placed the personal where I should have placed the Universal and have found grief.

I have looked backward with a might-have-been and the cares of re-creating my life with an If have brought the agony of regret.

I have looked to the future with a desire to escape the burdens of the present, and found myself in pitfalls of my own making.

Blinded by these regrets and hopes, I have neglected present opportunities. But the dissatisfaction has brought me to myself . . . *God is still God!*

I alone was discordant, for I alone saw evil.

I alone was restless; I alone knew pain; I created them through antagonisms.

O what a change came when I said . . . *God rules and all is good!*

Peace comes to me like the evening breeze after a weary day.

I fall into the Everlasting arms and with the thought of Unity I affirm...

All Life is One, and Life I am.

All Truth is One, and Truth I am.

All Love is One, and Love I am.

I recite this psalm and all the jarring notes are turned to melody.

Reconciled, I come home like a child at nightfall. "Our Father" cuddles me with Mother-love and I am Peace.

Hushed are all complainings, even their memories are forgotten.

Parent and child are reconciled.

Heaven and home are one in this reconciliation. All home-life is mine.

Details are forgotten. I care not for the How or Why, for I know . . . *All is Good!*

The personal has passed from my life. I am "one with the Father" and all he does is good.

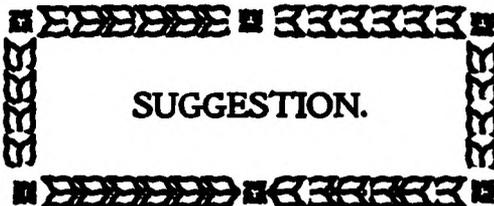
The future and the past are books closed and laid aside.

The Present is enough; all its moments are joy.

In the expression of present opportunities my life is full and I have naught to ask for.

My wants are all supplied.

All is here that I can use? All is mine that I can enjoy! It is all mine now.



THE LAW OF SUGGESTION is technically stated thus: I am that which I think I am.—In Bible language it is: As a man thinketh in his heart so is he.—In metaphysical statement it is: A person is governed by his conviction of Truth.

Lesson 6.

What Causes Me to Think? ❁ ❁

The definition of Suggestion as given in Lesson 1, is . . . *Whatever causes me to feel or think.*

What causes me to think, or whence come Suggestions to me? Without the senses there would be no feeling; without feeling there would be no thinking. It follows that the universe which through the senses causes one to feel, is to that one, Suggestion. It is necessary to understand this, would we understand the foundation of Mental Science. The primary source of all feeling, and consequently of Thought, is the external universe, which by some of its many vibrations causes sensations. Later, through Memory, the Law of Association, and Imagination, one may become Cause to himself. But these are awakened into expression by external Suggestion. When one shall grow independent of Suggestion, he will have reached the plane of Self-Suggestion (or Affirmation), which is the plane of Self-Mastery.

Since the external universe is Suggestion it follows that one cannot free himself from Suggestion. It is an ever-present factor in Life. Feeling and Thought are constantly stimulated by Suggestion.

Conduct is regulated by the acceptance or rejection of the Suggestions of the moment.

This is the key to self-mastery. One can choose how every Suggestion shall affect him. He can accept or reject any Suggestion. He can ignore any Suggestion, even to the extent of closing any one or all of the five senses to it. One need not feel, see, hear, or know, any Suggestion which he does not wish to. This possibility of ignoring any Suggestion makes this study the most valuable of any Man has yet begun. Upon this fact rests every system of Mental Healing, or Mental Culture. Unconsciously, it is to the doctor, minister, teacher, parent, and salesman, the one possibility that makes their professions realities. Upon this possibility of the individual to refuse, to accept, or to become impervious to, any Suggestion, rests the whole culture of the race. To understand the import and use of Suggestion is to become able to use the most potent force in nature intelligently, for the good of self and the race.

Suggestion is the cause of Thought; it is the Absolute Life impressing itself upon the Individual Life, and calling that Individual Life (the I AM) into expression. The Individuality of the I AM is expressed through its choice, Will. Suggestion is the same to each one. Rain and shine, cyclone and war, fire and ice, night and day, moon and star, flower and bird, tone and color, are the same externality to each. So far as any feeling is awakened it is identical in each. Fear and joy, pain and hope, anger and revenge,

**Let's not burden our remembrance
With a heaviness that's gone.←**

Shakespeare

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differ in degree. They are one in kind. These are the manifestation of the Absolute Life. But there is a difference between every two persons in the *thoughts* stirred into expression by these feelings, and in the thoughts that can awaken them. Thus in Thought lies individual power. The only question one need to ask that he may possess health and happiness is . . . What thoughts shall I allow as the result of Suggestion? Having decided what thoughts to think, and thinking them, he has attained self-government, the acme of character-building.

Through the Art of Suggestion it has been demonstrated that every condition in which the Human Soul ever manifests can be artificially reproduced and thus studied. The concentration of the bookkeeper, the absorbed mental state of the poet, the absent-mindedness of the inventor, the reverie of the reader, in all of which the external universe is shut out, all its Suggestions unnoticed, can be reproduced at will. By a Suggestion from the operator, the whole body may be made insensible: the hearing closed; the eyes, though wide open, do not see; the power to taste is removed, so that sweet and sour, pleasant and unpleasant, are one. This fact demonstrates the possibility of each person so to cultivate this ability as to feel or not feel, to hear or not to hear, at will.

The operator says to the subject . . . "Now, you will not feel when I prick you!" and all sensation is removed. This demonstrates the fact of control of sensation by the

will of the individual, and there is logically no limit to that control. It may be carried to the control of every function of the body. In this simple phenomenon lies the possibility of overcoming disease, and the necessity of passing through the sudden transition of death, by gradually spiritualizing the body, thus lifting it from the lower to the higher vibrations. The power to control one part of the body includes the power to control the entire body when one shall fully understand the Law of Suggestion. What takes away sensation when the operator says . . . "You do not feel"? The Affirmation of the subject . . . "I do not feel!" The subject has power to say either yes, or no, to the operator's Suggestion. When he denies, he will retain sensitiveness to pain. When he agrees, which is affirming . . . "I do not feel!" he has no sensation.

Here lies the key to self control. Through Self-suggestion one can develop this power, and thus find every circumstance an opportunity for development and happiness. Mastery lies in the conscious use of this knowledge. One can choose how any circumstance shall affect him, and thus through Thought can control his life.

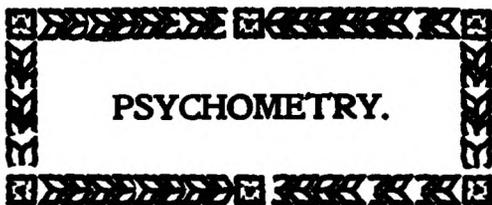
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In this country all men except a few tramps, incompetents and idlers work. In any rational state of society work is the only truly honorable thing. You can never educate a normal-minded American out of the idea of work. The more education men get the more rapidly they will substitute machinery for the labor that is drudgery, the more rapidly men will pass into the kinds of labor that require the brain and hand together, the kinds of labor that are interesting.—*S. F. Examiner.*

The Arena of the new standpoint of Science is that of the pupil's own mind.←

Elmer Gates

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PSYCHOMETRY is the Science and the Art of recognizing and interpreting sensations not recognizable by the five senses.

Lesson 6.

Psychometry and the n -Ray. * *

When Dr. Buchanan in 1842 coined the word "Psychometry" to designate the new science he formed it from the two Greek words *psyche* (soul) and *metron* (measure) because he thought he had a new element to measure. He limited it first to the power of the individual, but he tells us that successive investigations widened its scope

until it became apparent that this psychic capacity was really the measure of all things in the Universe. Hence, Psychometry signifies not merely the measuring of souls and soul capacities, but the measurement and judgement of all things conceivable by the human mind; and Psychometry practically means *measuring by the Soul*. It is a comprehensive agency like mathematics for the evolution of many departments of science. (Psychometry, p. 4.)

By the word "measure" the Doctor anticipated by 62 years Professors Blondelot, Carpentier and Becquerel. Sixty years lost to the scientific world. Had scientists listened to Dr. Buchanan in 1840 they would have found the n -ray and the x -ray, radio-activity and the various new elements long ago. Eagles fly, snails crawl. Boasted science is the snail. The psychic student has long known all that science is now recognizing. Every New Thought cult is now, like Dr. Buchanan in 1840, years ahead of scientific discoveries; but future

scientists will sometime recognize us just as present scientists are recognizing rays the psychic has recognized for centuries. Dr. Buchanan demonstrated what priest, seer, hierophant and mystic have long *felt* and obeyed. I wish to thus place on record the debt we owe to him who named this last and greatest of sciences, and also to record the fact, that these discoveries of new rays are but supplementing "Man's Greatest Discovery" and verifying everything the clairvoyant, telepathist and psychometer have been affirming during the last 60 years.

Early in the year the public were astonished by the announcement that a French scientist had discovered emanating from the human body a new ray, which he named the n -ray, Later Prof. Carpentier verified this and gave this experiment:

Take a piece of black paper part of which has been covered with phosphorescent sulphur and place it against a muscle in a dark room and the phosphorescence will be seen to increase, and the tenser the muscle the greater the effect of the n -ray.

Prof. Carpentier also says:

The human body emits the rays in quantities proportionate to the activity of the part of the body whence they come. They are emitted from the speech-center of the brain whenever a person speaks, and they vary according to the pitch of the note.

Later investigators have found these rays to emanate from each thing. This discovery with that of radium, and radio-activity in so many directions, and the new rays that scientists call "new elements," are destined to produce such a revolution in science as has been but rarely produced by previous discoveries. These advancements of science

The power of the Higher Life Is the power of the Higher Thought.←

Francis Ellingwood Abbot

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bring closer the Truth as taught in Mental Science, that All is One, and that One manifest to our consciousness as Motion. "God is All in All."

The Electrical World and Engineer says:

The *n*-rays appear to form a connecting link between the ordinary phenomena of light and the singular effects of radio-activity. No explanation of the latter can now be regarded as complete unless it takes full account of the former and their relation to ordinary radiation. A linkage of this sort is valuable in preparing for generalization the great mass of experimental data which has been accumulated.

The Scientific American calls the discovery "a startling announcement," and says:

Wherever gaps occurred (in the sequence of these undulatory waves) it was reasonable to infer that they would be filled by elements still to be discovered—an inference that was more than once justified. * * * The *n*-ray may be shown to fill a gap in the series of undulatory rays.

Since God who is Spirit is All, and as all we know of God (or Spirit, or Energy) is through Vibration, and since each thing is known only by its radiations, it follows that new radiations will be found as fast as man unfolds in knowledge of himself. The more spiritual he becomes the more will he recognize vibrations of higher pitch.

The position of Psychometry is that which will be ultimately the position of all intelligent persons. It is this of Prof. Osborne Reynolds (in "*The Structure of the Universe*"):

We are all waves; that is to say, every kind and form of matter is a phenomenon of the all-embracing ether. Life itself is simply a resultant of wave motion in the Universal Medium.

M. de Marsey (trans. in *Literary Digest*) has but anticipated the scientific position of the future when he says:

Spiritualists often talk of bodies surrounded with luminous aureole. This really exists, but we do not see it. Since above absolute zero, everything in nature radiates, it is evident that to a sufficiently sensitive eye—and perhaps there are nocturnal animals with such eyes—an individual plunged into what to a normal eye seems to be absolute darkness, may appear surrounded by a brilliant light.

Psychometry recognizes and interprets these finer vibrations. There is but one possible study for man and that is himself, as "the Perceiver and Revealer of Truth." He is the Vibrator and responds to the multitudinous vibrations of that which is not himself, and yet which is identical with himself. He can know the Universe only as he knows himself. As he unfolds in self-knowledge he understands the external Universe which by impinging upon him awakens him to consciousness of himself.

Psychometry anticipates all science and in this anticipation the deep significance of its definition is realized. It is the *recognition and interpretation of sensations not recognized by the five senses.*

* * *

"Dollars Want Me." * *

The above heading will be familiar to many persons, now, for the little pamphlet has attained a good deal of notoriety which is well deserved. * * It must never be forgotten that WILL can accomplish almost anything, but it is the expression of the individual at a certain stage of growth related to that first phase. The second phase of a man's evolution is that of giving or sacrifice. We may describe the first process as involution and the second as evolution. Now Henry Harrison Brown, the author of the little pamphlet referred to, and the editor of one of the brightest new thought monthlies, has taken up a crusade on this line. His whole thesis will be found well worthy perusal. We are only

**To the receptive soul the River of Life pauseth not.
nor is diminished.←**

George Eliot

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concerned with one or two points which confirm our own standpoint. The dollar by Mr. Brown is synonymous with personal liberty, for so long as a man wants any material thing he is hampered, and he does not express himself fully. He is careful to add, however, that "in the popular mind the dollar confers liberty. In soul culture a mental attitude of superiority to the dollar results in personal freedom." It was in the old competitive thought that men sought business and wanted the dollar: everything was a struggle, and the man of wealth was the veriest slave to his possessions; one well known financier giving it as his opinion that it was more difficult to keep money than to get it. The late Earl of Shaftsbury was credited with saying once, "It is easier to get than to give;" and Baron Rothschild said that "money was like water: the harder one tried to hold it, the more easily it slipped through his fingers." Here is one of the secrets of opulence: *Regard yourself as a magnet*, which draws to itself whatever it requires, without any volition or desire of its own. It is so constituted and simply cannot help it. Its force may be termed Love, and this is the greatest drawing power of which the world knows anything. Fear repels, a strong will compels unwillingly, hence anything is given grudgingly, but when love is poured out it touches a responsive cord, and what could not be obtained otherwise would be given now. But it must not be supposed that a love created for the purpose will effect its purpose: we are here dealing with a reality which does not express itself on the surface but permeates the nature. What we term love is but a reflection, for true love is not given forth for what it can get, as though it were a commercial transaction. It is one of the most difficult things to cultivate in the character on account of the erroneous idea which nearly everyone has of it. Sometimes it is called the Law of Attraction, though one may

have, as in the case of the writer, to peruse some hundreds of pages before one learns what that law is.

In "Dollars Want Me" we have a similar attitude taken. Where there is perfect love there is perfect trust, a reliance on the law. But one must come into oneness with the law first, and this is the barrier. It can become a fact by being built up into the character, and this takes time, but it has taken years to be what you now are, so that it is unreasonable to expect that a complete transformation is going to be effected in the course of a few weeks.

Harrison Brown's idea is couched in a phrase from the western scriptures, which he and many new thought writers seem to have a weakness for quoting. It is: "Seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you." Those who find the phrase useful should keep it before them as the goal to be obtained if they aspire to material success, or success of any kind. Personally, I recommend the placing of an ideal before one, but different temperaments require different methods, and one must choose whichever appeals most strongly. In any case no one can find the "kingdom of God" within oneself until the character has undergone thorough purification. * * *

What is your ideal? Have you one? If not, get one, for you will never accomplish anything without it. Then, having got it, build toward its realization. * * View your own shortcomings as due to ignorance, and now you know that they can be remedied, you are going to set about it in earnest. This will get you in line with the idea, and you will have made some headway in attaining to the "kingdom." While so doing, however, change your attitude toward things. Do not be ever seeking to grasp, but in the ideal which you build see things as gravitating towards you. If in very truth you are part of the One, all around you is your

own, part of yourself, and simply awaits your call. This call can be made when you have made your ideal, and daily strengthened it by set meditation. Do not see yourself as initiating everything, but rather as carrying out details which have arisen apparently without any action on your part. There is in reality very little difference between this use of the imagination and the daily round of thought which most men undergo. With them they picture the gigantic schemes "catching on," and everything being eminently successful, but the next moment they entertain the possibility of some part of the scheme not being perfect, and with this vacillating frame of mind they tear down as quickly as they build up. The dreamer, on the other hand, does splendid building but does not vivify his structures. Dreamers and business are generally divorced. Do you, therefore, affirm daily and constantly in fact:

I AM A SUCCESS; ALL I ASK FOR FLOWS TO ME; I DO NOT WANT MONEY, BUT MONEY WANTS ME, BECAUSE WITHOUT BEING USED IT IS USELESS.

Spend freely; fear stops men from doing so nearly always, not the idea that it is a sin to spend, but that if they spend what they have there is no likelihood of more coming to take its place. Being part of everything around you, you can attract just as much as you can utilize—not save or hoard.—*From The Talisman, London.*

* * *

A man should work "easy" be economical of his time, conserve his forces and not worry. It's worry and not work that makes the hair gray. If I had a thousand tongues I'd preach "save time" with them all. It's infinitely more valuable than money.—*Russell Sage reported in daily press.*

* * *

"No longer forward or behind
I look in hope or fear;
But grateful take the Good I find,
The best of Now and Here."

RANCH PHILOSOPHY.

Triumph Song. * * *

O hallelujah! Praise de Lord!
Sunshine in de sky.
Truth am a sharp'nin' his mighty sword,
Sunshine in de sky.
De wrong am flecin' before de right—
Aint gwine ter stop till out ob sight,
An' de good Lord says dar'll be "no night,"
Sunshine in de sky.

O hallelujah! Praise de Lord!
Sunshine in de sky.
His arm am strong, so am his word,
Sunshine in de sky.
De Lord wide opes de prison gate
For him dat's gwine ter watch an' wait,
An' tread de narrer path dat's straight,
Sunshine in de sky.

O hallelujah! Praise de Lord!
Sunshine in de sky.
He's gwine ter bust each bindin' cord,
Sunshine in de sky.
An' man in man is gwine ter see
De essence ob divinity,
O praise de Lord, de soul am free,
Sunshine in de sky.

SAM EXTON FOULDS.

* * *

The editor of a delightful San Francisco magazine called "NOW" has written a treatise on financial success, telling people to assert "*Dollars want me,*" every day, and to live in the thought that shining ore and rustling greenbacks are hurrying to find them.

Any other desired object or aim may be treated in the same mental manner, while we also use all practical methods to attain it.

All the opulence of God belongs to his children. All happiness, peace, health and usefulness belongs to as.

God made no such thing as ill luck. Man made it by false conditions, false ideals, false thoughts and false deeds.—*Ella Wheeler Wilcox, in S. F. Examiner.*

* * *

Can anything be more absurd than Henry Harrison Brown's "*Dollars Want Me*"? Brown says "Desire is the magnet." I should like to know the relative sizes of Brown's and Rockefeller's magnets. I will prove that Rockefeller's magnet will not give Brown's the ghost of a chance if both live a few years longer.—*Demonstrator, Home, Wash.*



PHENOMENA.

A Definite Experiment * *

At an entertainment given at NOW Parlors Mr. Samuel Exton Foulds gave the following remarkable demonstration, among many others, of telepathy. He was taken from the room and kept in possession of a committee while the company selected a book by title from among twenty others exactly like itself. Upon a page of this book a word was selected and the company all kept the title, page and word in mind.

This done Mr. Foulds was called into the parlor. Without being touched he went directly to the table where the books were so piled that few if any in the audience could have selected the chosen book, he immediately placed his hand upon the right one, told its title and the word chosen; then he said, "I will now open the book at the right page," and did so and without hesitation, placing a pin in the word. All this time he was most securely blindfolded and had in no way communication with any one.

Psychometry of a Relic * *

M. Gayet, a French antiquarian, has recently unearthed from the soil of Antinoe, among other relics, the body of a woman magician named Myrithes, with several of the implements of her trade, among them a magic mirror and some cabalistic writing. Later coming in contact with a young man La Renaissance Latme, endowed

with psychometric gift, he declares that marvelous results were attained.

The brain cells of this young man vibrate not at fifty-four pulsations, like those of the ordinary, but at a hundred, and if an object is given him and he presses it against his forehead he can evoke scenes that took place in the presence of that object.

As a consequence the psychometer was able to call up one scene after another with the aid of the magic mirror, describing faithfully the country of Antinoe and the costumes of the remote period in which the magician lived, though he knew nothing of the place nor the epoch. He finally called up such pictures of blood and carnage that the agonized antiquarian could endure no more. He regards the instance as one of the most remarkable on record.—*Condensed from daily press report.*

* * *

Years in Bed by Suggestion * *

This incident was telegraphed in these words to the *San Francisco Chronicle* of Aug 22, from Fort Wayne, Ind.

Miss Ella Conklin of 1006 West Creighton avenue is over 30 years of age, but she has seemingly been held bedfast by the power of suggestion for twenty-five years. When a small child she suffered an injury to her back by a fall and the doctor expressed the opinion, her parents say, that she could never walk again. She has eaten no solid food all these years and has been a burdensome care to her stepmother, who devoted most of her time to her until she herself became bedridden a few weeks ago.

Then it became necessary for the girl's father to send her to Hope Hospital. Dr. M. F. Porter was called to perform a surgical operation, and after an examination said she did not need it and saw no reason why she could not walk. A new suggestion displaced the old one, and she is learning to walk and eat solid food again.

**The Soul is pilot gray on the sea of Lore,
Where barke of Touch are sent from every shore.—**

J. W. Powell

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MISCELLANEOUS.

At One. * * *

"Thou canst not see my face."—Exodus xxxiii, 20.
"The power that the universe manifests to us is utterly inscrutable."—Herbert Spencer.

Truth is never foe to truth,
Science has no war with faith;
Different though the tongues they speak,
One the word that either saith.
Faith in dream a ladder sees,
Heavenward reaching from the sod;
Science slowly builds and climbs,
Climbing, buildeth up to God.

"Not by whim and not by change
Is the world's great order moved;
Law eternal, changeless rules,"—
Science cries: "Yes, I have proved
Not through all eternity
Doth an atom thrill in vain;
'Is' but joins 'Was' and 'Shall be';—
Links in Nature's endless chain."

"Meeting not, with partial gaze,
Links and atoms, one by one,
'Mine," cries Faith, "the boundless Whole,
Never-ending, ne'er begun;
'How' and 'Why' I seek not. 'Law?'—
This word, too, shall men outgrow—
'Was' I know not, nor 'Shall be';
Only this—God is—I know."

Not a senseless, huge machine
Is this universe to me;
Nature is the living smile
Of the face I may not see.
'Tis the power that lights the sun,
And whirls the earth from night to day,
Bids the woodland minstrel sing,
Bids the soul of man to pray.

Truth hath never war with truth;
Science finds no foe in faith;
Unto him that knows its tongue
One the word that either saith.
Science slowly builds a stair;
Faith sees that by angels trod—
Brother, climb the one thou wilt;
Either leads the soul to God.

—Solomon Solis-Cohen, in the *Christian Register*.

* * *

NOW, the best New Thought journal in the west.
—The *Colorado Graphic*, Denver.

"Dollars Want Me" is an essay well worth reading.—*Suggestion*, Chicago, Ill.

The Only Way to be Man. * * *

One has sometime to learn that his possibilities and possessions are Infinite; that no matter what he thinks or does, he has just as much power to think and do left. Each one is to learn to decide that he will use his power for happiness, and has then to exercise his will and so use it. Each has the right of a free-man to use some of his Infinite Supply in learning how to think and how to act. Only thus can he be Man; only thus can he be personally responsible; only thus can he have personal liberty.

Limitless is the Supply, and limitless the opportunities for expression. From Infinity, and from Unity, we reason; from these sometime we shall live. With these limitless opportunities, and this limitless power, goes limitless time. One does not lose even time, for he has all eternity. No matter what I do, or think, or feel, I have gained through expression an extended consciousness of what I am. Sometime I shall control every circumstance by placing the Will under the Affirmation . . . *All is Good!* I shall then learn to reason and live from the consciousness of the inexhaustible nature of the Soul, and when I wish to do, shall act from the Affirmation . . . *I am Limitless in Power to be and to do.*

* * *

As the Theosophic doctrines of reincarnation are founded upon those of India, it follows that every phase of speculation upon this matter, rampant in America and Europe, is the product of the childish guesses of uncultured tribes in the infancy, so to speak, of intellectual, moral, and spiritual development. In the broad glare of nineteenth century enlightenment and exact science, such crude surmises are dissipated like mists before the rising sun.—*Emmet Coleman in Banner of Light.*

To a good man nothing is evil, neither when living nor when dead.←

Socrates

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The Best Medical Expert on Suggestion.

Dr. William Osler has accepted the Regius professorship of medicine at Oxford, England. He will assume his duties next spring, after completing the school year at Johns Hopkins university. The appointment has been approved by King Edward.—*Journal of Medical Association for Aug. 20, 1904.*

Professor Osler is regarded as the very highest authority on medicine. He wrote the article on Medicine for the *Encyclopedia Americana*, the new and most excellent encyclopedia, published by the Scientific American Company. In that article he makes this magnificent tribute to the worth of Suggestion: "To these, (trained nurses, diet, out-of-door exercises) might be added a fourth, which in some sense is the most natural of all, for it has been practiced in ages more remote by many thousands of years than the suspicion of either of the others, and by savages almost at the bottom of the scale, that is, some form of Suggestion or hypnosis ... The psychical method has always played an important, though largely unrecognized part, in therapeutics. It is from faith, which buoys up the spirits, sets the blood flowing more freely and the nerves playing their part without disturbance, that a large part of all cure arises. Despondency, or lack of faith, will often sink the stoutest constitution almost to death's door; faith will enable a spoonful of water or a bread pill to do almost miracles of healing when the best medicines have been given over in despair. The basis of the entire profession of medicine is faith in the doctor, his drugs and his methods." (See art. on "Medicine" in *Americana Encyclopedia*.)

* * *

Look sharp! Thou art one of God's eyes.

Speak clear! For his word thou art.

Be his finger! ... Act strong and wise.

Love hard, and get into his heart.

—Ernest Crosby, in *Whim*.

* * *

The religions of men are many: the religion of Man is one.—R. Heber Newton.

The Laughter Cure. * *

It is easy to laugh away your gloom and your fears and your worries. Laugh when everything goes wrong. Just stop in the midst of your perplexities and irritations and annoyances—just stop and sit down and have a good, hearty laugh. A laugh will clear up your mind, invigorate your body, and you will be surprised to find that your worries and your cares are not so overwhelming after all. You will be ready to meet them with a buoyancy of spirit that will master them easily.

Practice laughing. Don't let your mouth get so immobile that it is a serious task even to smile. Keep in practice. A good laugh may do you more good than medicine, and save you many a doctor bill.

Practice this cure in this as one good way, but any way is good.

Stand firmly on your feet. Throw the head into the position you hold it during a hearty laugh. Take the interjections, and with explosive movement throw them out as in laughter. Ho! ho! ho!—Ha! ha! ha!—he! he! he! Change them into various combinations. Ho! ha! he!—he! ha! ho!—&c. Repeat these often. At first till you feel a dizziness coming on. Soon you can follow it up any time without becoming so.

If you are where you do not wish to be heard, use these in a whisper. There is a "Whisper Cure" that I will describe next month.

Take this "Laughter Cure" when you feel the least like laughing. Then keep at it till you do feel like laughing. Then keep at it because you feel like laughing. A good laugh caused by some friend with joke or story has often cured. You have often laughed away pain and the mental condition that caused it. Now laugh and be happy because you will to laugh. A thunder storm clears the air, so a laugh clears the mental atmosphere. It is an explosion of spiritual power that clears our mental sky.

The True Incentive to a useful and happy labor must be pleasure in the work itself.←

William Morris

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Poverty the Result of Fear. * *

Poverty is crystalization of thought; plenty is expansion of thought.

Some people think the one who treats them for prosperity holds the thought for showers of gold and silver falling into their hands, and that they are in some miraculous way to come into possession of finances. Prosperity does not come in that way. It would be neither wise nor helpful that it should. That which comes to us without effort is usually a detriment. The true treatment for prosperity is a quickening of ability. A man who loses his courage needs a silent impetus. Fear of poverty clogs the wheels of plenty everywhere. If you are afraid you cannot meet your financial needs, there is at once a slowing down of your thought power in financial directions, and your income is diminished. A treatment against financial fear removes this thought-clog and the wheels run smoothly again. There are all kinds of thoughts that cumber the minds of people in financial straits. The healer of poverty takes up all these thoughts that stop the way and through his understanding of the mental law, demolishes them and establishes a right relation with the Divine Harmony, which brings prosperity. And one need not be himself prosperous to treat others for prosperity. The best healers have their limitations, but they rise superior to them when declaring truth. He may have his ideas of prosperity well formulated, but he not be in right relations with his environment for their expression, while another may be in the right environment to set those ideas going and prosperity quickly result.—*Charles Filmore in Unity.*

* * *

Dr. DuBoise has been struck with the ineffectiveness of medicinal treatment and the great inconvenience of diagnostic research in treatment through the stomach. . . . For him the real tonics are, confidence inspired in the patient, the destruction of his fears,

the rehabilitation of his reason, the education of his will, a good physical and moral hygiene. . . . Doubtless the mental state of the patient corresponds to a bodily condition, to a peculiar cerebral constitution, but it is possible by education to modify his mentality and to dissipate his false ideas, his association of ideas, his illogical reasoning, his auto-suggestions, which play a considerable part in the birth and development of nervous maladies. A nervous patient is not cured, even when physical cure has improved him, as long as he has kept his state of mental apprehension; a complete cure can take place only through a change in his mentality.—*From a review of a new book on "Psychoneuroses and their Moral Treatment" by Dr. Dubois, professor of Neurology in the University of Berne, Switzerland, trans. for Literary Digest.*

* * *

Heredity holds good in simple elements. The animal man is transmitted; the intelligent man is not. * * * Man cannot be tied down to the rules that govern the lower animals. Because of man's complex nature the fundamental laws governing animal life in the submental state fail to hold good when sentiency appears. As soon as mentality is evolved, instinct is supplanted by mental discrimination. Affinity, want and will are stages marking the union of forces from matter to mind. Will is no more like affinity than an educated discrimination is like instinct, or an educated face is like the face of a fixed type of aborigines, yet the former evolves out of the latter when complex influences take place of simple influences.—*Dr. J. H. Tilden, in The Stuffed Club.*

Once upon a time a dog came upon a man eating what he liked, regardless. "His intelligence is almost canine," exclaimed the dog, glowing.—*Puck.*

Henry Harrison Brown's "New Thought Primer" is well termed "Primer." It isn't as exhaustive as if it were a larger book, but it is worth many times the price asked for it.—*News Letter (Ref. Christian Science) Washington, D.C.*

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

Edith M. Thomas

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OFFICE OF NOW

1437 Market street, San Francisco, California

SEPTEMBER, 1904

NOW,

HENRY HARRISON BROWN,
EDITOR.

A monthly Journal of Positive Affirmations.

Devoted to the Science and Art of Soul Culture.

It is the utterance of the Editor only. All thought not credited to others is his.

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.**

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Foreign subscribers, outside of Canada and Mexico, must add 25c to the ordinary subscription price to cover postage. Do not send foreign P. O. stamps.

Entered Jan. 6, 1903, at San Francisco, Cal, as 2d class matter, under Act of Congress of March 3, 1879

OCTOBER 19.

This is the date I expect to start for the New Thought Convention. I am making every effort to be there and shall be, if nothing unforeseen comes up to detain me. I hope to greet many friends there, and also deliver a lecture upon "The Call of the Twentieth Century" before the convention. I am anticipating shaking the hands and looking into the faces of those whom I have known only through their writings and their work.

NOW HEADQUARTERS IN ST. LOUIS

Will be at the Albany Hotel, corner of Page and Euclid Avenues. All NOW readers who wish good ac-

commodations should procure them before they start, as the Fair City is pretty well filled up. St. Louis friends recommend this hotel as convenient, respectable, and the rates are \$1 per day. Those who secure rooms as "NOW" people are requested to state this fact in their letter of application, as the proprietor is a subscriber to NOW and will show them special consideration. Also, in registering, please place NOW after your name that I may know how many there are. My letters should be addressed to 4606 W. Morgan St., New Thought reading room.

Henry Harrison Brown is giving Sunday Evening lectures upon "Thought as Power," at Steinway hall, the finest and most popular in the city. Mr. Sam Exton Foulds gives remarkable telepathic demonstrations at the close of these lectures, illustrating the Truth in them. These demonstrations are given by Mr. Foulds while he is blindfolded and without any possibility of collusion with friends. He is original in his clear and undoubted method of giving telepathic tests which demonstrate the Truth of my book, "Man's Greatest Discovery," to which you are referred. These lesson-lectures will close on the evening of October 16th. The fee of admission is 25c and 50c.

News dealers are finding NOW a good seller, and are increasing their orders. Eastern dealers heretofore selling 10 copies monthly have now increased their orders to 15 copies. Our Los Angeles agent, the Holmes Book Co.; is now selling 50 copies

**Obstruction is but Virtue's foil.
The Stream Impeded has a song.←**

Ingersoll

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monthly. Seattle is next in the amount sold, which is 40 copies monthly. Portland comes along next. All San Franciscan news stands are increasing their orders.

Mr. William Warner has lectured upon New Thought subjects on the streets in this city every pleasant evening for the past five years. He is familiar with the New Thought literature and sells quantities of it. One day while in the office he made this statement: "Self-Healing Through Suggestion" is the best book yet published on that subject." He finds it a ready seller. He further said that any good talker upon New Thought Themes could go to any small-sized town and by selling that book could make a good income for himself. He added: "Nothing better."

September NOW has been unavoidably delayed, and we trust that every reader of NOW will have patience with the Publishers in this matter, realizing that a little delay is not going to lessen the power of NOW. The publishers have been handicapped in many ways, the chief one being not having a printing plant large enough to economically and promptly do our work. We have been trusting in Truth for some time to bring us a well-equipped printing plant. We feel that we shall realize our ideal at a near future date. In the meantime we will do our very best to turn out work well and just as promptly as we are able to do under the circumstances. But rest assured that what we do publish will have a high value so far as its thought power is

concerned, and its real value will never depreciate.

"NOW" Folk have demonstrated a great success in this city, and have through faith firmly stood by their perception of Truth. Almost every dollar is spent in extension of their work. Every one who has followed NOW for a few years realize that everything published by "NOW" Folk becomes better and better.

GROWTH AND UNFOLDMENT is our Daily Ideal.

Special attention is called to our Correspondence Courses, one in Suggestion and one in the Art of Living. There are 25 lessons in each course. Each lesson is bound separately, and can be ordered singly. This forms an ideal way of studying this line of thought. Another good feature is that with each lesson belongs a personal letter from the author, explaining all the points not understood. There is no extra charge for these letters. We would suggest that you form little study classes in every community, and begin your study with Mr. Brown's Correspondence Course in Suggestion. Two lessons per month is enough to study, and one set of lessons will do for a number of students. It would be a grand thing if every subscriber of NOW would start something of this kind. The cost would be small, and the benefit to those concerned would be great. Any one of our regular subscribers would be qualified to take the lead in this study-class work. And we would send you such printed matter and information regarding it as would be necessary. Let us hear from you.

**Hold your Thought, your Mind, your Will in Principle
and you will succeed.←**

Eva C. Hulme

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Attention is called to Mr. Brown's books. They should be purchased and scattered broadcast. The latest book, "Self-Healing Through Suggestion," is splendid for one who is weak in mind or body. The little book, "Dollars Want Me," is especially good for those who are in financial difficulty.

* * *

Mr. Brown tells in his February number of a family of friends who live in the New Thought. . . . Grandma died at the age of 88. She did not live now. She died. Does Mr. Brown consider 88 is a proper age for now-livers to die? I had believed that pure thought would bring more than 88 years of immortality. Some New Thinkers look upon death as a bad habit. What is Mr. Brown's opinion on the subject? —*Sophie Leppell says in her June-August number.*

Sister, you are correct. Pure thought will bring "immortality to light" while we are in the flesh. Let us see . . . How long has New Thought been taught? Perhaps dimly for 40 years. That is too short a time to change the race belief in any one person. But the "NOW" philosophy, lived for a few generations, will change humanity. Death is a race-habit; an inheritance from the animal. When man has entirely outgrown the animal, he will not die, but will develop a spiritual body from his present crude body. Grandma had lived 70 or more years in the race-thought before the New Thought was accepted, but she lived longer and happier because of the New Thought. She did her part in changing the race-vibrations, making better conditions for others. Sister Leppell, let us have the perspective of 1800 years, and then take an account of results. That is not enough perspective for a race-revolution.

* * *

The editor of NOW, being called down on account of bad grammar, exclaims, "I am Grammar!" Now this is going a little too far. The idea of ascribing the illiteracy of Henry Harrison Brown to the Almighty!—*Thos. J. Shelton in Christian.*

Brother Shelton, where will you draw the line? It is all God, or it is not. Why not make your Almighty, al-

mighty? My Almighty contains All. It contains not only the Bible, with all its truths and its errors; not only *Christian* with all the good things Bro. Shelton says; but IT contains, also, all Shelton's inconsistencies, solisms, sophisms, solecisms, profanity and vacillations. All is God, and God is All. He (or IT) has a purpose in *Christian* and NOW. All either of us does is God in manifestation. I say of Shelton's beautiful spirit and strong affirmations as Jesus, quoting the psalms, said on one occasion . . . "It is the Lord's doings." God wrote the bad grammar of that most marvelous sentence: "I and my Father are one!" God nods in Shakespeare, Emerson and Browning, but we are not so atheistic as not to see God in them. But where, my brother, are we to draw the line between your wit and wisdom? I opine that, after all, this was said as a joke.

* * *

THE BRUNSWICK, Boston, Sept. 4, 1904.
Henry Harrison Brown,

My dear Brother: I want to thank you for the sunny, vitalizing radiations of your work, and beg you to accept my appreciation of the same.

Most Sincerely,

LILLIAN WHITING.

* * *

Practical Ideals is one of the clean, careful, conservative and cultured of New Thought Journals, and for the September-October numbers copies under the editor's name a large portion of the Affirmations on "Harmony," which appeared in the March issue of NOW, with this endorsement: "This principle has been set forth in such a plain way by an eminent Metaphysical Practitioner (Henry Harrison Brown) in what may be called a lesson in Affirmation, that it will add much to the practical understanding of our subject (Love and the Law) to quote in conclusion some of its more significant pages."

* * *

To follow Truth—wherever it may lead;
To hate all meanness, cowardice or greed;
To look for Beauty under common clay;
Our brothers' burden sharing, when they weep;
But, if we fail, to bear defeat alone;
To live in hearts that loved us, when we're
gone
Beyond the twilight (till the morning break!)
to sleep,
That is Success.

—*Ernest Neal Lyon.*

Within One's self must be the source of strength, the basis of consolation.—



Marcus Aurelius



EDITORIAL.

The End of Evolution. * *

What is the chemical difference between a live amoeba and a dead one? If there be no chemical difference, in what does the difference consist? What is the principal difference between a living human being and his dead body, if it be not the presence or absence of the Soul? If it be nothing like this, what then is it more like?—*Prof. Elliot Coues.*

The suggestion is strong that there is no longer any fundamental division of science into electricity and dynamics; but that both are branches of a yet more fundamental knowledge. . . . The signs of the times are that in this way each science will extend over the border of its neighbors, until it has conquered them all; it will then have destroyed itself, and all the sciences will all be one and the same. This tendency to merging, unification, and de-sectionalizing, is steadily pervading every human interest.—*Electrical World and Engineer.*

It is a fact of great biological interest that in animals the essential constituent of all living parts is a substance similar to the protoplasm of plants. We cannot distinguish the two by any chemical or physical tests.—*Prof. E. C. Bessey, in "Botany."*

Protoplasm may be regarded as a general term for all forms of albuminoid matter, and in a general sense we may safely assert that protoplasm is the "physical basis of life," or in other words vital phenomena cannot be manifested except through the medium of a protoplasmic body.—*H. A. Nicholson, "Introduction to Study of Biology."*

The problem of the connection of body and soul is as insolvable in its modern form as it was in pre-scientific ages.—*Professor Tyndall in "Fragments of Science."*

This problem of the connection of Soul and body will never be solved save by metaphysics. Physical science will never find the connection because it does not exist. Soul is body and body is Soul. They are one. I am Soul, and to the objective consciousness I manifest as body. This separateness and "connection" is an idea born in the com-

mon belief of duality. Mental science is but anticipating scientific investigation when it states that all the phenomena of nature are but the varying manifestations of One Substance. Emerson told us in his early essay on "Compensation" that "Everything in nature contains all the powers of nature. *Everything is made of one hidden stuff,*" but scientists have been long verifying the insight of the philosopher. Recent discoveries are leading the thinkers to this conclusion. Dividing lines are fast disappearing, and had we all the connecting links we would find the ONE in all without a break, just as we find the same person in all grades from primary school to college. The divisions into inorganic and organic, into mineral, vegetable and animal are now known to be but human conceptions, having no reality in life. So-called natural laws are but landmarks, showing the stages of the developing Human Intelligence. As man unfolds he changes his views of nature and then imposes upon nature the new conceptions, calling them natural laws. Soon he discovers the One in some guise that upsets his guesses, and he guesses again and that guess is a new Law imposed upon nature. Radio-activity and radium in its transmutation into other elements, have now disturbed scientific theories, as few discoveries have ever done. They lead to the affirmations . . . *All is One Energy. There is in nature no dividing line. Life and Thought are manifestations of the One Energy; are one with other forms of Energy.* In these met-

**There is an Inmost center in us all,
Where Truth abides in fullness.←**

Browning

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aphysical statements lies the key to the solution of every biological problem.

Wisely did Huxley limit the "*physical* basis of life" to protoplasm. The words embody the idea that Life may exist independent of, and prior to, this physical basis.

Human consciousness first finds Life in protoplasm. But all protoplasm is alike. One particle, however, will develop into sea weed and perpetuate itself on that line. Another will develop into an amœba and perpetuate itself through division. Another identical particle will develop into a fish and by heredity perpetuate itself. Others will develop into fly, bird, or horse and fill earth with their descendants. Another particle will develop into a larger brain and as Man, will dominate all these lesser forms. It is the One Life in all, and is not *a* life evolving through each up to Man.

"Striving to be man the worm
Mounts through all the spires of form,"

not as special, not as individual life, does the One Life mount all through the spirals of evolution, and develop, Man; not out of worm but out of Itself, just as the first protoplasm was materialized out of Itself.

No difference is to be found between these particles of protoplasm, because they are to consciousness the first differentiations of the One. We have now the One *and* Protoplasm. In protoplasm other differentiations begin because the One is unfolding Itself and some of its infinite possibilities find expression through these varying

manifestations of protoplasm. The Power, Desire and Determination lie in the Infinite Mind, prior to protoplasm. This Power, Desire and Determination is the Unconscious pressing in protoplasm towards Consciousness. It reaches consciousness in some of the animal forms and rises in Man to Self-Consciousness. Man is the Individualized expression of Mind. Thus protoplasm is the first step in the differentiation of the Unconscious into the Conscious.

The One needed a "physical basis" for its objective manifestation. IT formed this basis in and of Itself. There was naught else of which to form it. The One is homogeneous and the first step in the evolution of Life toward the heterogenous is, to present to scientific intelligence, this small bit of albumen that floated in the measureless oceans of antiquity. But still before protoplasm Something was; atom, ion, electron, are terms for this prior and perhaps primal step from the One to the many. Protoplasm, once formed, differentiates Itself into things. Science wisely confines itself to the lines of physical development, and tells us how the One passes from the simple to the complex, saying: "Evolution," "Environment," "Law."

But *what* evolves? Science has not undertaken to answer beyond saying: "Energy!" What is Law? "The orderly occurrence of phenomena." Law is what man notices in nature. All things represent Modes of Motion. But Life, Thought and Love have not been included in the term Energy. The phenome-

The hour is not wasted that brings with it tranquility of mind and an uplifting of the heart.←

Bradford Torrey

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na of Telepathy is compelling an advance in science, greater than any hitherto made. Radium is small compared to the discovery that **THOUGHT IS POWER**. Slowly are scientists adapting new theories to M. Curie's discovery of radium. Still more slowly are they coming to the recognition of Thought as Force. They must change the major part, if not all, their theories to fit this Greatest of all discoveries. Energy is, but it is more than scientists have been willing to claim. It includes all the manifestations heretofore credited to Mind, Soul, Spirit, God. This discovery — Thought is Power — links the hitherto divided realms of physics and metaphysics, science and religion, and thus each has destroyed itself. We have no longer a diversity but a Unity in human conception of nature. The only divisions are mental, the difference between ignorance and knowledge. Knowledge is *Power*. It will be in the future used as power. No things can be studied separate from the One. Things are one in the One. Individuals exist merely as manifestations of the One. One Soul of All manifesting in worlds and sand grains. This One in human manifestation finds expression in the various individualities just as one earth manifests in so many geographical divisions. All islands and mountains are manifestations of one earth. So all men are manifestations of one Human Soul. A *Uni*-verse is to be seen everywhere. The old theory of Life is replaced with this of Unity which harmonizes all phenomena and destroys

that puzzling duality of good and evil. It leaves the Universe unmoral. Each individual is to decide what is pleasant, and this he calls good, and refuse the unpleasant which he calls evil.

The One (God) is in all its expression orderly, harmonious and perfect. The end of All Life is Expression of the possibilities of the One. Unfoldment, growth, is the method of God's Expression. Man studying the order of this expression says "Evolution!"

There is but one possible aim for Man, i. e., Happiness. This is found when the Individual is, in will, purpose and desire, in harmony with the Absolute, with the Divine will. This condition is realized when the individual loses in the joy of Being the consciousness of Self. This condition of At-one-ment is the Nirvana-dream of the Orient developed into scientific reality. It is not the loss of but the perfection of Individuality. It is the development from the Absolute God, of the Personal God; the unfolding from the Unconscious, of the Conscious; the coming forth of Conscious Law from the orderly recurrence of phenomena. This is the birth of Man from the environment of the brute; the complete elimination from the Human of animal instincts, propensities and traits. It is realizing that "The Father" has conferred upon His only-begotten Son . . . Man . . . "dominion over all things!"

Thus Man comes to the consciousness of his power, and in the manner that God wrought prior to his advent, he now works. The things

**In the pure soul, whether it sing or pray,
The Christ is born anew from day to day.←**

Elizabeth Stuart Phelps

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God has been doing, man learns to do by carrying out the same Principles on the Human plane, thus elevating life from the Unconscious to the Self-conscious, and becoming a Law unto himself. Finding the order in which Energy manifests, he soon employs that order, and energy manifests his will. Electricity that has been running apparently loose or lying idly by us, when he learns its methods, he sets to work and it labors willingly for him. So is it with all forms of external Energy. All becomes the servant of Human Thought.

"He rends the oak and bids it ride
To guard the shore its beauty graced.
He smites the rock! Upheaved in pride
See towers of strength and domes of taste.
In fields of air he writes his name;
He treads the chambers of the sky;
He reads the stars, and grasps the flame
That quivers 'round the throne on high."

But now in him a deeper purpose is born. He is studying himself as Energy. He finds Life is one with the energy he has been directing. He realizes that only Energy can direct Energy, therefore Thought directs, and is itself the power Power behind the throne of Evolution. Thus he makes the discovery that *Evolution ceased when Man came*. The Homogenous has developed, through heterogeneity, the Self-directing. Man is the result of Evolution, but he is also the end. Man does not evolve. He is now, all he ever will be during eternal ages. Once Man, forever Man! The Human Soul does not evolve. It unfolds. Evolution is defined as "Change from the homogenous to the heterogenous"; from simple structure to complex structure. John Fiske defines it as "a term used to

denote the process by which an established state of affairs, or system of things, or degree of organization, after persisting for a time, gives rise to another."

The human body is now what it was to the first man. The human organism has never given place to a more complex one. The human system of manifesting life is what it was to primeval man. All the present slumbered in the first hairy primitive Adam that we can call our ancestor. The difference between the cave-man and the present man is but the same difference there is between the street-paver and Shakespeare, the difference in degree of unfoldment of human possibilities. Therefore in Man Evolution ceases. With him a new dispensation begins. He is unfolding through an immortal and infinite individuality the consciousness of his Unity with All-that-is. When Evolution bro't forth a Human Soul, that Soul (MAN) became the Self-determined, the Self-created, and therefore ultimately to become the director of all not himself, the director of his environment.

All possibilities of the Godhead lie in Man, waiting his awakening to a consciousness of his power. He is doing unconsciously the works his Father has long been doing. He is gradually coming into consciousness of his place and saying . . . "My Father works hitherto and I work," doing that which he did, and out of the Unconscious molding the Conscious, and becoming to the Universe of which he is center, Conscious Law.

I, grateful, take the good I find;
The best of now and here.—

Whittier

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"NOW" HOME ECHOES.

Since coming into the New Thought I have been able to accomplish so many things. Unexpectedly so many ways open to me and ways have come to me. I have trusted that my Supply would come. The success is most remarkable in my ability to control and to help my children. When they wish to accomplish anything in their studies or in their work I assure them that they have power to do and can do. This always makes their work and study easier. I hold continually that the best comes to me, and whatever comes I take uncomplainingly as the best for me, knowing that it will lead me to something better. This thought makes me strong and self-reliant.

Mrs. C.

For a long time I have wanted to live in a Truth center like "NOW" Folk and to enjoy its strong vibrations. I wished to see how it was managed. I have not been a stranger to the beautiful truth taught here, and it does me good to see it put into practice. I am glad to see so many young people connected with the work, preparing themselves for healers and teachers. The world is hungering for this Truth. In all my dreams I did not realize the magnitude of the work till I came here. I meet people from every walk in life scarcely knowing why they are led here. Eagerly absorbing the thought here given, they become strong enough to walk alone. They learn to trust their own Souls as guide. They feel that they have a place in life and are capable of filling it. When Truth penetrates to our center we realize the Power we are and what we are capable of doing and being.

Mrs. N.

We live in a great ocean of Supply. We must each learn how to absorb what we need from this great ocean of Infinity. To do this we must become a vacuum to Truth. We cannot have our minds filled with every thing we have read and be at the same time open to the Universal. There must be a vacuum before it can be filled. We must forget all else and let Supply come. One living in this perfect trust has a great love nature. He lives near to the heart of nature; near to the Soul of All. He is one with all Life. He feels himself one with God. He thus becomes Love; is filled with Love. Inspirationally all Thought comes to him. He may seem erratic, but he is living by Truth, which is the keynote of the new life, and its name is Love. I think the true name of New Thought is Love.

SAM.

The first time I ever tried to speak in public was when as a little girl I was to recite a piece dressed as an old lady. I knew my part perfectly, but while on the platform I thought how I looked dressed as I was, and forgot all my piece. I could not recall a word and became so nervous that I walked off the platform and I then said I never would speak in public again. I thus gave myself so strong a suggestion that until now I never have. While in the church prayer meetings if asked to speak, I would become so weak that I would be sick after it. So I left off going that I might not suffer. I felt that I ought to speak but fear mastered me. So I have sat in these meetings till I determined tonight to master this fear. I do not care so much what I say as I do to break this condition. I know that I cannot be myself, cannot express myself while I submit to it. I already feel stronger for doing it, though my heart beats so fast I can hear it, but I give myself the Suggestion . . . *I am Fearless and have perfect confidence in myself.*

Mrs. G.

**We are the Arbiters of destiny!
Lords of Life! We either make or mar.—**

T. B. Aldrich

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**Letter from Chairman of the St. Louis
Committee of New Thought Convention**

To all seekers after Truth:
Greetings and blessings.

When the invitation from the mayor of St. Louis and the president of the Louisiana Purchase Exposition was extended to the convention assembled in Chicago last November, to gather in the World's Fair City during the Exposition period, this season, it included you. I am taking this opportunity to impress this fact upon each devotee of the New Thought, and urge that an effort be made to accept the invitation.

Never before has the New Thought movement received such official recognition as when the management of the Exposition designated a day at the fair in its honor. The opportunity is now afforded us to demonstrate in every way the power of the New Thought.

The attention of the world is directed St. Louis-ward, and to the events occurring here this season. Untold numbers have read the announcement of the Exposition officials that Friday, October 28th, will be "New Thought Day" at the fair, and many are wondering what it means. They have also taken notice that there will be a New Thought Convention held here, and many will attend out of curiosity. It now devolves upon those who know what is meant by the term to avail themselves of the opportunity thus offered to demonstrate as never before one of the underlying principles of New Thought—UNITY, and to prove their interest by their presence, not only in spirit but also in form.

The evidence at hand already insures a very large gathering and also a very strong one. The foremost advocates will be present and give to us the result of their research and investigations.

The Information bureau, reading room, and place to rest is in operation at 3907 West Belle place. This is the Federation headquarters until the convention.

Come, and get in the vibration; come and make it stronger; come, invest, and inoculate the city and the multitude attending the fair.

The various committees and myself are willing to serve you in any manner; please command us. God bless and blesses you,

In Life, Love, and Truth,

JOHN D. PERRINE,

Assistant Secretary,

4606 Morgan street, St. Louis, Mo.

* * *

Henry Frank, J. Stitt Wilson, and Harry Gaze have all been giving lectures and holding classes in this city during the last two months. Reports are that they have been greeted with excellent audiences and their lesson courses well attended.

A Congregationalist minister writes: "I wish to thank you for the great pleasure and profit I have received in reading the editorial in August NOW upon 'How to Think.' It is a kind of revelation . . . No! It is a revelation."

The program of the Convention has been received. The list of speakers includes most of the well known New Thought lecturers and authors. No one will be allowed over 30 minutes. Among those announced are these: A. P. Barton, Henry Harrison Brown, W. J. Colville, M. E. Cramer, Charles Fillmore, Henry Frank, Ursula N. Gestefeld, Francis E. Mason, R. Heber Newton, Charles Brodie Patterson, Eugene Del Mar, Joseph Stewart, Anita Trueman, Paul Tyner, Helen Van Anderson, S. A. Weltmer, J. Stitt Wilson.

The editor of a Chicago literary weekly writes thus in a letter to NOW Folk: "Self-Healing came yesterday, and I can scarcely leave it alone. I regard it as one of Brother Brown's best. Thanks! Thanks! I told the family at breakfast this morning, that if they would read that book once a month, and come into divine rapport with the heart of it, they might easily live 100 years. I mean to."

Whatever we have dared to think
That dare we also say.—

William Lloyd Garrison

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BOOK REVIEWS.

[Books and pamphlets received will be acknowledged in this column. Those for which we have space will be honestly noticed.]

Received:

TWO POPULAR LECTURES, .. "Let There be Light," .. and .. "And There Was Light." By Dr. George W. Carey. For sale by author, 337 Summer st., Boston, Mass., price 25c.

RATIONAL METHODS OF TREATMENT. By M. F. Clarke. New Life Pub. Co., Lewiston, Idaho. Pamphlet, pp. 33, price 25c.

A compend of hygienic, dietetic, and New Thought methods of cure. A good treatise for those not strong enough to use thought alone.

THE ALKALOID IN CHRISTIAN SCIENCE. By an Outsider (Robert Casey). The Lighthouse Pub. Co., Denver, Colo. Pamphlet, pp. 62, price not given. For an "Outsider" this is a very clear statement of Christian Science. Mrs. Eddy herself could not plead her case better.

BALTHAZAR, THE MAGUS. By A. van der Naillen, author of "On the Heights of Himalay," "In the Sanctuary." R. F. Fenno & Co., 9 East 16th st., N.Y. 12mo., cloth, pp. 186, price \$1.50.

There is just enough of character study and movement in this to enable the author to exploit his metaphysical ideas. Much of the book every New Thought reader will accept. The last chapters and the appendix are specially valuable as elucidating the present knowledge of Vibration. The life pictured in the characters is a most beautiful ideal, and one that in some way, not necessarily the author's way, must sometime become the ordinary life of Man. I have read it with a deepening purpose to follow the spiritual ideal, and still more cultivate the Silence.

VOICES OF THE MORNING. (Second edition). By Belle Bush. Sold by author, Shirley, Mass.; price \$1. Miss Bush is a well known contributor of verse to the liberal journals. She has here collected a volume of pleasant thoughts done in melodious rythm. The little poems are inspiring and flow from a heart filled with all kindness. As a sample of the melody I quote this:

Ah! if you believe it,
"God is ever good,"
Why, with trembling spirit,
Fear the storm or flood?
Clouds that hang about yon,
Storms that shake the land,
Like the sunshine o'er you,
Issue from His hand.

Awake, and let the fountains
Of love and song have sway;
Behold upon the mountains
The heralds of the day.

We have received two copies of *Harbinger*, published at Lahore, India. It is in its XIIIth volume, and is devoted to "a revival of the Hindu religion." It says:

When India passed into the hands of foreigners in the 11th century, these men began to teach the Indian children and vitiated their mind. The consequence was the disappearance of our true faith and the rapid increase of Mahomedan converts. We continue the folly with our eyes open, from greed of gold, and we see that our children are become hypocrites and slaves to the senses, making India the land of coolies, in contrast with ancient India, the land of sages and warriors.

Its liberality is seen in the following:

The Freethinker reckons the given status of a people by the mile posts of their mental development, and considers those only as reformers, or patriots of their race, who help to shed some new rays of intellectual radiance upon our onward pathways. Herein lies the revelation of human intellect; a revelation full of pleasure and utilitarian promise, suited alike to head and heart. The revelations of reason and science point to a religion of freedom and light, of love and joy, a religion of universal mental liberty, of social fraternity, of moral activity, nay of spiritual felicity withal!

It is pleasant to realize that "away across the sea" there are those working with us, and to learn that the ancient religion was in reality one with our New Thought.

**All outward wisdom yields to that within,
Whereto no Creed nor Canon holds the key.←**

Bayard Taylor

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The *Banner of Light*, for Sept. 3, has this editorial notice:

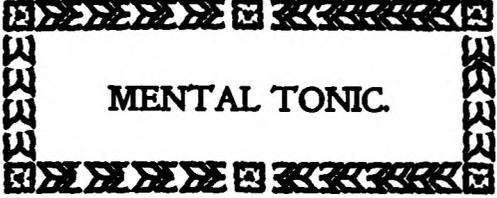
NOW is edited by Henry Harrison Brown, whom we believe is the one-time well known inspirational lecturer, Capt. H. H. Brown, who was an active worker in Spiritualism in Maine and Massachusetts, many years ago. We met him on one occasion at the Etna camp.

Right you are, Brother Morse. I then advocated, as I do now, a practical spiritualism, a conscious life as spirit here and now, as I now teach it, not alone in Maine and Massachusetts, as you intimate, but from the Atlantic states to the Mississippi, and did this for 13 years. Since 1870, when I became convinced of the reality of a spiritual life, I have seen no reason why we should divide our life into two portions, or wait for death to make us happy. The position you take in your leader for the issue is the one I have advocated for over 30 years . . . Man is Spirit here and now, with all the possibilities within him awaiting present expression. Note the principle permanently standing at the head of our editorial page.

Will you succeed in causing the masses who go under the name of Spiritualists, but to whom the word spiritual cannot yet be applied, to accept your interpretation of the place and work of Modern Spiritualism. I hope sincerely that you may. Then will the earth feel the effects of a reform such as it never has in any age. I congratulate the movement on your conversion to a Practical Spiritualism shown in these words I quote from your leader:

The only basis of social life we can acknowledge is that *Man is a Spirit here and now, and that his needs, duties and unfoldment must be along the lines that all the needs of such a man call for.* But the definition includes all the faculties and functions of our nature, all their necessities and right opportunities for their exercise and usefulness. Are we prepared to preach such things as the gospel of Spiritualism?

Suggestive New Thought Is a new monthly journal published at Cleveland, Ohio, at one dollar per year, by the Suggestive New Thought Pub. Co. Its sub title is: A Protest for Power and Progress. This number



MENTAL TONIC.

A shy maid from East Aurora
Told a man that her name was Flora,
He kissed her on sight,
She cried with delight,
"Kind sir, my middle name's Mora."

Softleigh: "I've-er-got a cold in me head, or something, doncher know." Miss Cutting: "Well, it must be a cold."

Policeman: What is the use of ringing your gong after you have run over the man?" Chauffeur: "I wasn't ringing my gong; I was ringing him up on my register." *Chicago News.*

"Herbert has been running an auto so long that he had forgotten all about horseback riding." "What did he do when the horse balked?" "He crawled under it to see what was the matter."—*Cleveland Plaindealer.*

An indignant letter dictated by a clever old gentleman runs thus: "Sir, my stenographer, being a lady, cannot take down what I think of you. I, being a gentleman, cannot express it; but you, being neither, can readily divine it."—*Christian Register*

Mrs. Schoppen: "I want five pounds of sugar, please." Grocer: "Yes'm; anything else?" Mrs. Schoppen: "No, that's all. I'll take it with me if it isn't too heavy a package." Grocer: "Oh it'll only weigh three or four pounds, ma'am."—*Philadelphia Press.*

Teacher: "What did I tell you, yesterday, that it was called to take out several letters?" Tommy Figgjam: "Abbreviate." Teacher: "Then make a sentence correctly using the word 'abbreviate'." Tommy: "I saw the letter carrier abbreviate the mail box on the corner."—*Baltimore American.*

A CARROLL-ETTE.

He thought he saw a shooting star
Go scooting 'cross the sky;
He looked again and saw it was
A piece of apple pie;

"I wish it was something to drink," he said,
I really am so dry." —S. E. F.

contains some wise thoughts upon "What is Suggestion," "Way Power is Gained through Self-Suggestion," "Suggestion Cures all Diseases," and has some fine directions for using Suggestion in various ills. It is stimulating and helpful. May it find its place, for there are thousands that need Truth on the plane of its thought.

Self-Healing Through Suggestion. *

The latest book by HENRY HARRISON BROWN, editor of NOW, and author of "How to Control Fate Through Suggestion," "Not Hypnotism But Suggestion," "Man's Greatest Discovery," "New Thought Primer," and "Dollars Want Me." This little book consists of two parts: In PART FIRST, the Principles of Mental Healing are simply and plainly set forth. Healing is dealt with in the same manner as the professor of Chemistry, or Physics, deals with his subject. It is purely scientific. "Thought Is Power," the Principle upon which all Mental Healing rests, is as carefully explained and its relations to health are set forth as are those of electricity in any elementary work upon that mode of motion.

EVERY QUESTION naturally asked in relation to drugless healing is answered.

In PART SECOND all the necessary directions and formulas are given for self healing. All any one needs to know that he may use thought for the restoration of health is here stated in terms so sim-

ple that the ordinary person will be able to follow it.

The book is for beginners and advanced students; both will find it delightful as well as infinitely practical. The author, having had thirty years' experience in various fields of drugless healing, is now able to write from a full, ripe mind. He has given the simplest and the best work upon this all-important subject; at the same time the cost is within reach of every one.

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DO YOU POSSESS

The Two Books which have been recently reviewed by the editor of NOW. They may be ordered from "NOW" Folk,

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BLACK and BLUE, by Eleanor Kirk.

Price, paper, 25c. This book is invaluable to those who desire to DEMONSTRATE the New Philosophy. If you are not familiar with Eleanor Kirk's writings you have missed a good deal.

PLAIN INSTRUCTIONS IN HYPNOTISM, A. E. Carpenter.

Price 75c, cloth; pocket size, pp. 108. The author of this book is one of the best operators on the public platform. He certainly gives "plain" instructions. He recognizes the importance of Suggestion, and claims that its power for good is limitless.

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 WISDOM will greatly please and educate
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