

The
Secret of Concentration

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THE SECRET OF CONCENTRATION.

A great many persons complain that they cannot concentrate; that when they try to hold a thought the mind wanders or they fall asleep. This is a universal experience. What infants we are in mental development compared with the metaphysical Hindu when even the least of the Yogins can concentrate upon a nail until the vibrations of his thought force disintegrate its form, or change the vibratory condition of the molecules in a pair of linked straps so that they pass through each other. But it is not for us to try to emulate the Hindu phenomena producers. There lies before us a greater development than Karma-bound believers could grasp, namely, the turning of our conscious thought forces to the alleviation of pain and disease, an accomplishment that stirs the hidden fire of benevolent desire even in the children of this age who are taught of its beneficent possibilities.

Love or desire is the secret of concentration or attainment. The business man who has gradually polarized all his mental and physical forces toward his business interests needs no lessons in concentration, as far as external things are concerned. He is concentration individualized. The youth wrapped in the opaline mists of love has entered with his whole mind the stream of attraction and sees and knows but one object—his beloved. He sees the whole world, good and bad, bathed in the splendor of love. He is concentrated. He is a symbol of the mystic who has

gained a vision of the eternal Presence of Love, the Beloved of his Soul, and whose mind is so saturated with the light of the Ideal that to him all the world is glorious and good because all is his Beloved. These two in lower and higher degrees of love's unfoldment need no instruction in concentration.

For practical purposes, first search your mind and find what it is you desire most, then develop that desire, for desire force is the flame of attraction that draws all things to itself. It transforms in its fiery fervor all the straggling energies of thought, converting them into forces for accomplishment. The entire body and mind must become polarized and focused toward one object if success is to be attained, therefore there should not be "too many irons in the fire". Turning the whole attention to one thing, and that within the bounds of possibility, will develop more faith and force than half-hearted attention to many. Concentrating the thought daily upon an undesirable wart on the finger with the desire to dissolve it gave one student more faith in her own thought force than reading many books would have done, because when the wart disappeared she had proof of her power and could try something more difficult to overcome with greater assurance of success.

"I desire" has been the keynote of growth, development and attainment through all the kingdoms of life—vegetable, animal and human. The crystal is slumbering desire, the tree rooted desire, the animal active desire, and man is intelligent desire.

The successful man is intensified desire—under the directive control of intellect and intuition.

The mystic is the same intensified desire transformed into aspiration toward the realities of the soul

world that he may turn their beneficent activities to the benefit of humanity.

Do you need more life. Then desire it.

Affirm: "I desire life," and affirm it not alone with the intellect but with the heart, yes, with all the feeling in the body. Desire with every cell in the body and your desire force will swing the poles of the millions of tiny cells into the currents of life force as the magnetized compass needle swings in the direction of the flowing currents of magnetism. The dormant cells that have not been doing their duty will feel the thrill of your desire force. They will all awaken to active life and begin to draw to themselves the essences of life from food, fluid and air. Every cell is a storage battery that by desire can be turned to polarize life. You can become charged with the vitalizing currents of intelligent life.

Let every breath be a desire for the invigorating ions of electric energy.

Your desire will awaken a wonderful vital activity in your whole body and you will immediately begin to feel like a new creature because your desire changes your polarity toward Life and the inbreathing of the cells charges you with that energy which is the cause of all joy, exhilaration and healthfulness.

Desire force will be cultivated by the use of the following affirmations:

With all the intensity of my mind and physical senses I desire life.

Every cell in my body desires more life.

All the dormant cells are thrilled with the desire to appropriate life.

The entire desire force in this organism is reaching out and drawing in the vitalizing currents of intelligent life. I am alive in the invigorating currents of eternal life.

DESIRES ATTRACT.

God is Love or Attraction. Christ is the highest and most powerful individualization of the positive attractive force of Infinite Love. He is the great magnet of love and life, and in the currents of his attraction all creatures live, move and have their being. The historic Jesus was the incarnation and revelation of this divine magnetic power that in time will draw all beings to itself.

You are attraction individualized in the degree that you evolve and express the intelligent power of divine love. Cultivate your desires for the good things of life, and know that all forces in the world-mind are negative to a determined will, and every limitation can be overcome by an unalterable purpose.

Do not desire health or prosperity and then talk about the power of disease and possibilities of failure, for this diminishes your chances of getting what you desire.

Successful persons do not believe in failure. They believe in their own ability to overcome every obstacle to success, and this faith built on their own I Am—on their own souls—overcomes every hindrance. You are a magnet for whatever you desire, and things gravitate toward you and you toward them by the law of attraction.

When the desire is given a form of spoken

or written thought, it is more potent and works out its purpose more intelligently.

You can develop the powers latent within your mind to such a positive degree that all hereditary tendencies will be subservient to your will, and all planetary influences which impinge upon your nature will be turned to serve the divine ego within you.

God does not prohibit your having any good thing. You have but to comply with the law and develop enough attraction to draw what you want to you. The law of attraction works steadily to draw you into and surround you with a world of qualities and things equal to the force and value of your thoughts.

Make a list of your desires and aspirations and read them over daily; thus you will cultivate them and give them the mental power to come into manifestation.

* * *

When I first realized the power of attraction I wrote out my desires on paper, and thus by the process of formulating the desires into written words I gained a clearer conception of what I really wanted. And by reading over every day this list of things desired I held clear ideas persistently in mind.

Besides the things that I must have there were noted down things that I should like to have but which at that time in my then limited financial condition were so far beyond my reach that it seemed a waste of time to even note them down. But faith and hope were large and growing faculties in my mind and I knew I should not be disappointed did I not gain these things. A piano and "piano-player" were on this list of future possibilities. They were

given to me by a friend about a year after I began to cultivate the desire for them and all the other desires were fulfilled in unexpected ways.

I recently heard of a student who not only writes her desires for material things, but also her prayers for wisdom and guidance in every detail of her life work with most wonderful results. I have touched upon this subject on page 173 in *Mystic Words*. Clear thinking is necessary if we would make our desires known to those Superior Intelligences who love to help us through the Father's power to attain our ideals. And there is no more effective way of thinking clearly than that of writing.

Those who advertise learn that the longer their advertisements are before the public the greater their drawing power becomes. The foregoing method of cultivating and holding desires may be called a form of mental advertising. It is advertising needs and desires in the realm of mind. And it is as true of this form of advertising as the other that it accumulates more and more power the longer it is practiced. An aspiration or desire gains strength each day that it is sustained. The daily prayer for any particular spiritual or physical blessing develops more and more strength in that particular direction according to the feeling put into the prayer and the length of time it is sustained.

ATTRACTING FRIENDS.

Swedenborg has shown that love or desire is the very life of man—the impelling cause of all actions mental or physical. Desire is ennobling or degrading according to its tendency. It can either make or

mar a man. The best laid plans of acquisitiveness and the noblest achievements of ambition have been frustrated by the misguided meanderings of amative-ness. "I desire," is the refrain to the selfish song of all creation, but as this selfishness blossoms into the ripe fruit of individuality, man transforms desire into a power that extends its beneficence beyond the limitations of self and the family circle and showers blessings upon all humanity. His desire grows into a mighty soul force that lays hold of the attributes of Divine Power and makes them manifest to those whose vision is beclouded by the petty aims of undeveloped selfhood.

From the time when the first cell felt the attraction that united it with its fellows, forming the primeval organism that devoured the smaller forms of life, to the present time when men are being drawn together by mutual interests and form co-operative organisms or trusts that absorb everything that hinders their progress, desire has been the cause of all form, all growth, and consequently also of all woe. But desire grows more intelligent as it evolves and it will not be satisfied until it forms a co-operative organism that will absorb all and feed all. As the cells that united to form the primeval organism, or original stomach, learned that they could not have the pleasure of getting without providing properly for the cells that aided them in their work, so the commercial organism of the present time will grow into the knowledge that poverty and starvation among members of the great unit are diseases that destroy the pleasure of every part, and full enjoyment can only come by providing justly for all. Until that day dawns many will need to over-exert and over-cultivate their de-

sire force in order to restore in part the disturbed equilibrium of affairs that gives much to few and little to many.

Friends are one of the essential elements of success and the qualities of mind that make friends should be cultivated. But no matter how uncultured or unattractive one may be, he or she need not be discouraged at the prospect of not being able to have friends. So various are the affinities of mortals that the one does not exist so mean that his qualities, just as they are, will not draw friends who will love those qualities and find pleasure in the presence of that particular type or temperament.

Friends are necessary if one would seek a partner for life, for there must be those from whom to choose. Friends are necessary to the success of any business deal, to the attainment of any object in life, for through the knowledge that friends have of the individual needs or desires the way often opens for the bringing together of those who are of mutual aid.

Then cultivate the desire for friends, influential friends, friends who will give and take and thus help you to cultivate the best that is in you.

Sustain the thought:

"I desire friends."

Let the desire grow while you sit in solitude. It will spring up from the interior of your nature and you will feel an out-reaching of the tentacles of your heart toward humanity. Keep stirring the desire even in the midst of the multitude.

"*I desire friends.*"

Each day you will feel an increase in the potency of this desire. The bodily cells will tingle with the

attractive magnetism that your organism generates. It is an intelligent force, strong and powerful as you are intense in the desire, and it vibrates out through mental space and touches the hearts of many who are attuned to your sphere of influence. Subjectively they hear your call and their subconscious mind responds.

“Here am I, a friend. I am coming. The way will open for me to find you.”

Then in these mysterious ways which the subconscious intelligence has of working, secret unities of minds are formed, all unknown to conscious minds, and all things conspire to bring your friends into conscious relationship with your mind.

This is an infallible method. I have operated it successfully so many times that now when I desire a friend for a certain purpose, I persistently cultivate that desire with perfect confidence that that friend exists and will come to me as soon as his subconscious mind can make the connections. To be sure I expect to give as well as take, and the knowledge that I shall be able to recompense for what I receive redeems selfishness and fulfills the law of attraction.

Let no one hesitate to cultivate this desire force, for by its use comes all growth and all intelligent development of the innate powers of the soul.

Desire can be cultivated and directed intelligently by the use of the following affirmations:

I desire wise and influential friends.

I desire prosperous friends.

I desire friends who can help me to fulfill my purpose in life.

Every one of my friends is a source of new friendships.

I am a magnet for friends.

PROSPERITY.

You live according to the yield of the power of your mind. If this power has not been cultivated, your mind may yield but the bare necessities of existence, but by cultivation it can be made to yield you a mansion in which to live.

As fast as the truth incarnates in your mind all of its faculties and powers are strengthened. Through this enlightened power of the mind you gain a perception of the boundlessness of that Goodness whose mystery surrounds you. You become conscious of its influence and its light gives you a new understanding that enables you better to control your financial condition. The mighty power of God becomes actual and tangible and begins to manifest in all your ways, and you realize that now you are able to speak the word of faith which brings results. By your supreme belief in Good you make it manifest.

By this atonement with God you come into conscious relationship with the source of all life and power, and the desires of your heart are fulfilled.

Your mind can make its own opulence through the realization of the unity of all minds in One Mind, and the responsiveness of all minds and all substance to thought. As you see that *All is Mind* and everything is affected by thought force, all beliefs of limitation will vanish and your faith will lay hold of the power of Omnipotent Goodness and fulfill its destiny by making all good conditions manifest.

Your mind is in an ocean of Mind, as is every other mind. The vibrations of your desires go out into this Universal Mind and affect others for or against your good according to your faith, your mode of thinking. If you believe that All is Good and that all is working for your good, you will get such a response from other minds, for they feel and respond to your vibrations of good. If you believe in the necessity of evil or poverty, you will cover other minds with your limited beliefs, and they will act out your thoughts.

Someone may be going to pay you the money they owe you. In thinking of them you remember how poor they are, or how necessary it is that they use their money for other purposes. They will get the thought and, instead of giving you your due, will spend it for themselves. We must not allow the thought to enter into the composition of our faith that there is any necessity of poverty. All are rich in God. While the undeveloped conditions of society at present are not conducive to a fair and equal distribution of wealth, nevertheless a mind grounded in the true faith can make even the present conditions yield a larger prosperity than comes to the man without the right adjustment of mind to the principle of success.

Begin now to create a new prosperity in your life. Make the law that your business shall pay abundantly on a cash basis; that everyone shall pay cash. What you cannot say to your people audibly, say subjectively, and they will hear and respond.

You are Prosperity.

It is unwise to talk about or hold the idea of poverty. It is thinking and talking about a lack--about

nothing. Many mortals shorten their lives by talking about an absence of life and riches. They make real to their own minds states and conditions which are unreal in the divine order of God's nature, they talk on the nothing side. Their thoughts create conditions that they have formulated in mind.

It is a wonderful fact that our thoughts endeavor to bring to our notice that of which we have thought.

One who pays any attention to the subject will see this law operate every day in little things that are straws pointing to man's mighty power of drawing things to himself.

For instance, I receive a letter from a foreign city and I wonder whether the initials S. A. stand for South America or South Africa. I lay the letter aside. An hour later, while searching for something in a closet, I happen to pick out one from a pile of magazines and upon opening it my eye lights upon the name of the city I have wondered about and I learn it is in South Africa.

Information that is desired will come to one in so many curious ways. As one begins to recognize that there is a mysterious intelligence at work, the operation of the law of thought will become more manifest until it seems that everybody and even inanimate objects are all conspiring to prove that things are subject to the influence of thought.

So you become cautious. You close your mind to thoughts of disease—to every undesirable condition. You do not talk or even think of poverty or the absence of any good thing. You teach yourself the law of self-increasement and thus you learn to talk on the spiritual side, the real side of life. In the great reality there is no lack. Life's abundant provisions are scattered with a generous hand.

Do not talk of the power of selfishness to cause suffering and poverty. Talk of the power of love to overwhelm humanity with goodness and the self-constituted lords of the people will go down under the will and intelligence of the people.

The balance of power is always in the hands of humanity. When they become conscious of their power and rise up in the majesty of their intelligence and say—

“God is our Provider and no man or man-made power can hinder us from having what rightfully belongs to us from the riches of the earth, “tyranny and oppression will disappear and man will be filled with the wisdom to so regulate his earthly affairs that poverty will disappear from the face of the earth and all will be generous to one another as God is generous to all.

* * *

Experience has taught me that it is the amount of faith that one *feels* that does the demonstrating. The whole mind must become intensely certain that it will gain its point.

You need to say “I AM, I WILL” so often that you feel it in every atom of your nature. This will put life and being into every atom. Positive faith will become embodied in your flesh and your sphere of influence will expand and become more powerful.

You cannot convince others that your services are of great value unless you yourself are convinced of this fact. Gain a clear idea of your own worth and those who employ you will begin to feel that you are value embodied.

When the mind has grown to where it feels a steady conviction or faith in the law of supply, it has been educated to a practical knowledge of the truth and is a constant magnet for that which it needs. This condition of mind is the result of much study and thought and it can be intensified and strengthened by affirmation. A passive faith is good, but an active, growing faith is better.

You can formulate your conviction into thoughts and words and repeat them over and over with such mental force that your mental power of attraction will be increased a hundredfold. Through your mental affirmations you build, thought upon thought, a living body of faith that becomes a force irresistible. There is no limit to the power of faith, or to its growth. It is woven from your constant thinking, and by persistently using your conscious mind to generate thoughts of prosperity and health, you are creating a forceful faith that will become embodied in your flesh. Every atom of your flesh is latent mind energy which will become infused with your positive thoughts and awakened to a higher degree of intelligence until you become an embodiment of the thought and faith of God.

Many think it is enough to trust God to do their thinking for them, not knowing that God expressed them that they might think for Him, and by thinking make Him manifest.

The great Power of the Spirit of God is within each and all, and in the process of thinking each being brings this power into manifestation, so that a man is the measure of his thought and increases in mental stature and in force of character as he develops his thoughts into positive convictions.

The wealth producing power but awaits your recognition to lovingly bring to you of its unlimited bounty.

Hold steadfast to the following affirmations and you may look for some marvelous, unexpected success, some wonderful benediction from the hand of Omnipotence.

AFFIRMATIONS.

Every intelligent hope is the certain prophecy of its own fulfilment.

I am a center of radiance in the source of supply and all things are mine.

In this universe of omnipresent Good the supply is always equal to the demand, and all that I demand may be mine. I know that the law is as unerring as the law of cause and effect. God is my perpetual cause, my all. I am a standing demand upon God, who is my unlimited source of supply.

God is my support and the support of the whole universe.

I have faith in this Mighty Presence which gives its power to my thoughts and words that they may bring the fulfilment of my desires.

The Father has supplied me with life and intelligence and I trust Him implicitly to continue to supply all my needs.

Glory to Jehovah-Jireh, the Self-Existent Provider.

THE SIMPLE SILENCE.

Entering the silence means many things to many minds. To most "the silence" is a door to dreamland. Day dreaming is very beneficial in a recuperative way because of the existence of electric ions in the atmosphere during daylight and especially when the sun is unclouded. These ions are drawn into the body by the natural recuperative power of the subconscious mind. This process is intensified if before entering the dream state the mental forces have been directed to draw upon the universal vitality for bodily strength.

It does not follow that because the day is most vital with electric force we should sleep during the day and work at night. The experience of actors and others whose labors take the best part of the night shows that the less positive state of the atmosphere at night causes one to expend more energy than one does during the day. It is the lack of these electric ions in the atmosphere on cloudy days that causes sensitive individuals to feel depressed—there is so direct a relation between electric and mental states.

The subconscious mind accomplishes something very mysterious and wonderful during the time we are asleep. There is then a readjustment of the equilibrium of all physical forces and an absorption of spiritual essences that gives a feeling of completeness and good cheer. Even a few minutes loss of consciousness during the day enables the subconscious intelligence to revitalize and restore nerve energy.

The story is told of a business man who, although he was fast becoming a nervous wreck, could not give himself time to relax and recuperate during the day. When at length he was obliged to, he gave himself

up to unconscious rest after lunch, holding a dinner bell in his hand. When he became unconscious the bell fell from his hand and awakened him, but those few moments of entire relaxation allowed the recuperative energies to do their work to that degree that his health was restored.

If it were possible for men and women in business life to relax mind and body for half an hour in the middle of the day, they would regain a freshness of spirit and a new interest in work which would amply repay them for the time devoted to this simple form of silence.

Most of the dullness of life and the monotony of work is a result of depleted nerve force. When the nerves are primed with the energy gathered in the land of Morpheus we feel as vivacious as children and every experience is vividly interesting. We must keep alive that spirit of youth which Stevenson declared was the perennial spring of all the faculties if we would energize our work with life and power. The waters of the spring of life flow freely just beyond the borderland of consciousness in what the world in its blindness calls the unconscious state but which truly is the all-conscious and ever-living state, whose waters our minds absorb in so limited a way that we do not grasp the boundless life at the source of the spring. From that vast subconscious and supraconscious realm has been wafted again and again the word that all who lose the limitations of the outer, conscious mind and bathe in that Ocean of Consciousness renew their youth and live in bodies that are perpetually young, vital and perfect. And this renewal of life we feel in greater and greater measure as we enter the zone of silence and abide in it some

part of every day. There in seclusion, away from business or family cares and distracting sounds, we come into possession of ourselves. It is in this "secret place of the Most High" that all great religious and philosophical systems have been born. In the silence, while searching the profound depths of the human soul, men and women have found the creative elixir which vitalized their words, their music and their art images with the elements of immortal life.

Noises disturb and distract the spirit, breaking it up, as it were, into a multitude of particles which in the silence again coalesce and restore it to unity and strength. Discordant mentalities, harsh words and too much talk about trivial things, has the same effect as noise. The nerves become exhausted and irritated by constant excitement and the spirit craves that seclusion, that freedom from material thoughts and things, which will enable it to possess its life in peace and divine serenity.

How the spirit of man in its longing for solitude and rest has reached out for the "simple life" but has grasped only a shadow! Not until the mortal part is willing to cease chasing vanities will the spirit find peace. Men and women are dying, their spirits are tearing themselves free from their bodies, for lack of silence. Even in their utter exhaustion the misdirected sympathy of friends does not allow them to rest. In business life and home life—everywhere—there is always a crowd and consequently friction of minds which wears out the nervous organism; nowhere rest or peace except in the great Silent Land where the spirit is forced to go at last to find a serene abiding place in the Consciousness of Eternity.

MENTAL INFLUENCE.

To those who have read the records of experiments in telepathy conducted by the members of the Psychical Research Society it is evident that the realm of thought vibrations, although beyond the range of ordinary sensation, is one, nevertheless, of great potency. This real but invisible realm of intelligent forces impinges upon man's feelings, or the subconscious region of mind, and its moral and vital influence is immeasurably great because man is a creature of feeling and acts more often from impulse or impression than from duty or reason.

Among the records above referred to are many experiences proving that thoughts and feelings can be transmitted instantaneously from mind to mind no matter how far apart they may be. The evidence is conclusive that the conscious mind of man generates thought waves which radiate out into mental space and affect the object thought of and all who are in sympathy with the mind of the thinker. Thus a positive thinker of good thoughts influences all minds passive to good impressions, while a positive thinker of evil thoughts sways the minds of those who are passive to evil thoughts. The various thought vibrations that travel through the atmosphere can be felt most sensibly when the mind is on the threshold of the subconscious state, either when waking up or falling asleep.

Upon the universal diffusion of the knowledge of subjective processes and the potency of thought forces depend the moral regeneration and physical health of the race.

In 1901, Sheldon Leavitt, M. D., Professor of Gynecology at the Chicago Homeopathic Medical

College, in an article entitled "Effect on Sick of Unfavorable Thought Atmospheres," stated:

"When a man or woman of prominence falls ill the fact is heralded from one end of the country to the other; suspicions of the innocuous nature of the attack are encouraged; meaningless incidents are misinterpreted; rumors of recent deterioration of health preceding the acute attack are spread; the public expectation of a fatal outcome is perseveringly whetted. This is the public history of a case. The private history embraces a primary period of slight physical disturbance, giving occasion for no alarm, succeeded gradually by deepening symptoms which appallingly often ultimate in death. Such an experience appears to be one of the penalties of eminence. It has become true that an attack of serious illness in a person of prominence in most instances has a fatal ending. The man of no reputation stands a far better chance for life."

The same medical authority has recognized the potency of thoughts and emotions and his words ought to arouse physicians to a realization of the necessity of studying mental as well as physical symptoms.

"Behind all serious disease, and existing as a predisposing cause, is a lowered physical tone. This universally is admitted, but over the causes of lowered physical tone there is much disagreement. That depressing emotions of a profound and protracted kind are among the most common of these causes is conceded by many. Wounded pride, loss of property, fear of disease and death, decay of ambitions because of advancing age, loss of friends, are pointed to as adequate explanation of the weakened powers of re-

distances usually found. When one falls into a state of mental indifference over any condition or event of life, one is getting dangerously near the point where the Pale Boatman embarks his passengers.

"Now observe that there are many willing to admit all this who do not see the obverse side of the truth. If depressing emotions will lower physical tone, elevating emotions will raise it. Furthermore, if depressing emotions of one kind or another are the most potent causes of disease, elevating emotions can be as justly reckoned as the most potent means of cure."

The nerves control the various functions of the organs, and as the nerves are but extensions of the brain through which the mental energy becomes active in the body, it follows that whatever lowers the mental tone or disturbs the force that radiates through the nervous system will necessarily interfere with the activity of the physical organs.

For instance, anger, a mental force, disturbs the action of the sympathetic nerve at the solar plexus and causes indigestion.

Another important point to realize is the fact that the mental force in the nerves produces a sphere of radiation—called "V" rays—which affects and is affected by similar radiations proceeding from other entities. When this fact is comprehended the cause for the contagion of mental states will be evident. In a recent article Dr. Lozier gives further evidence of the "influence of psychic atmospheres"—

"I had a dozen private interviews with Dr. Harper during his illness. In one of them as I sat on the edge of his bed with his head in mine, I said: 'Dr. Harper, I am a firm believer in the existence and influence of thought atmospheres established by the

thoughts of many minds, atmospheres which may circulate of depths both mentally and physically according to their character. "And so you had responded. You do not know how dreadfully I have suffered from their effects. And then he went on to tell me that he had suffered the oppression of such atmospheres until they seemed to him unbearable."

"As tending to show how earnestly he desired to get rid of this influence, I may add that with Dr. Harper's earnest approval an attempt was made quietly to organize a board of resolution faithful souls to stem the tide of this poisonous flood by their opinions, thought and affections. But it was found that there were so few to whom the subject could be broached without endangering its designed effect that the effort was dropped. It was the case of a mere handful against a million."

The knowledge and use of the power of denial would have been of immense value to Dr. Harper's case, as in the case of everyone burdened by the depressing influence of thought atmospheres.

Each one must gain a full knowledge of these laws of mind if he would protect himself from their injurious effects and realize the beneficent possibilities of morality, health and happiness.

WHERE THERE IS LIFE, THERE IS HOPE.

Saving Life by Hypnotism

Dr. John Duncan (Quakerism) of New York, member of the London Society for Psychical Research, fellow of the New York Academy of Medicine, and member of the American Association for the Advancement of Science, announced last week a case of life-saving by Hypnotism. The fact was based on the fact

that at the moment of death suggestibility is at its maximum. Dr. Quackenbos said:

"In June last I was called to the bedside of a young woman who had passed through a series of infections culminating in pneumonia. Her condition equivalented a death sentence—temperature $107\frac{1}{2}$, pulse 160, respiration 60. The attending physicians had withdrawn from the case as beyond the pale of hope. As I looked at the girl an inspiration came to me. I took her by the hand, learned her first name from the nurse, and said with great incisiveness:

"Adele! Where are you going? You cannot die! Come back! You have work to do on earth! Come back at once!

"In answer to the summons, the upturned eyes resumed their natural angle, and became riveted on mine. The voice that had for days uttered only the ravings of delirium now spoke coherently.

"'It is too late,' it murmured

"It is not too late! I rejoined. Do not dare to say it is too late. Stay where you are. Assume immediate control of your physical functions, and get well. You are going to recover!

"All this in an imperative, forceful tone. A change for the better supervened. Gradually the mental mist cleared away, the physical strength returned, and today the young lady is perfectly well, filling an important position in the choir of an uptown church."—News Item.

Experiences similar to the above occur in the practise of every person that uses mental and spiritual means for healing.

There is often a critical period in a patient's condition when the life forces are so low and the mind

so passive that the spirit drifts away from the consciousness of physical life and loses its power to polarize life in the body. If at such a time a positive mind should by the silent or audible use of will force hold the spirit to the body, the crisis would be passed without the separation of the body and spirit called death. A positive mind can infuse a weak patient with great mental strength and often enable him to conquer disease and weakness to which he would succumb if alone and unaided.

I have held the hands of those said to be dying and by infusing them with the strength of my magnetic force while I kept the spirit subject to my will, the life-force in the body was so greatly renewed that dying for the time being was an impossibility.

The mind or spirit is polarized to the body subject to the action of magnetic and mental forces. If the body or mind becomes weakened by disease, then the spiritual entity is depolarized from the body and becomes polarized to a mental state of existence.

The knowledge of the power of thought has saved many lives by enabling someone at the critical moment to counteract the depressing effects of fear or drugs by awakening a living hope and arousing the dormant activities in the body. Where this knowledge is not understood the mental atmosphere around the patient is so charged with fearful and gloomy forebodings, caused by beliefs in the destructive agency of disease over the constructive forces of life, that the mental suggestions alone impinging on the subconscious mind are enough to discourage the recuperative activities of life. But in spite of the gloomy mental atmosphere which so often surrounds those considered seriously ill, they have been saved

very often by the potency of human love. Human affection has often held so tenaciously to the passing spirit that it could not break the bonds and was forced to remain in magnetic rapport with the body until the tide of life had changed and it was borne back to physical life and activity. There would be fewer persons buried alive were such love as the following story illustrates more common.

A young lady died, apparently. She had a girl friend who loved her very dearly who would not leave the body. She magnetized it and called in love to her friend to return, refusing to eat and remaining with the body for twenty-four hours. She was finally rewarded by the restoration to life of the one she loved. The story that one told upon regaining consciousness illustrates the power of love and the magnetic connection that exists between the spirit and the body when from any cause there is a separation of the two. She said that she remained in the room in her spirit form and felt bound to the body by the force of her friend's love. She saw a fine cord-like force that connected her spirit form with the heart of the physical body, and in the heart she saw a small flame that was kept burning by the magnetic love of her friend. She felt that if her friend left the body the flame would no longer burn and she would be free. She was passively interested and did not care much whether she returned to the physical form or not because she was conscious that in either event she would continue to exist and be in mind all that she had been at least. But the flame grew larger in the heart and she felt drawn closer and closer to it until she awoke to consciousness in the body.

Such might have been the experience of the

widow's son, of Lazarus, or the daughter of Jairus, whom Jesus called back from the valley of the shadow of death. Conscious knowledge of his power to do, coupled with a mightier love, enabled him to command more immediate results, but such experiences as these teach us that the forces of mind, love, will and thought, can even when used by the humblest, restore the sick, change destiny and conquer death.

A FEW OF MY PERSONAL BELIEFS.

I believe in God, the Father-Mother Almighty, Evolver of heavens and earths and all that in them is. My heart feels, and my intellect venerates, a Being of transcendent majesty and power, that is wise and loving and beautiful to every faculty of my mind and soul. God personifies to me all the best and noblest in fatherhood and motherhood that man can conceive of and yet is greater than any mortal ideas of a personal being. Personality is but one of the attributes of Divinity, for it is both personal and impersonal, according to the point of view.

The God that I conceive of would satisfy equally well the requirements of a devotee most orthodox or an atheist most radical if I could but find language to clearly reveal the beauty and scientific completeness of my ideal.

Whether you say that God is a "becoming" or a "being," in a state of evolutionary progression or eternally perfect, I can agree with you, for my ideal is the whole.

I believe in Jesus Christ; that he was both mortal and divine, man and God; that he was immaculately conceived and yet had mortal parents. I believe that he was sent into this world from a heavenly state to

reveal the true attitude of God to man—that love, sympathy and power which lifts man to a higher state. He also revealed the possibilities and powers that exist in each soul, which it is man's duty to develop.

I believe that Jesus and all other souls that have lived here still exist in a self-conscious state, according to their degree of development; that each soul finds more of heaven, whether here or in the spiritual realms, as it develops the heavenly and Godlike qualities within its being.

I believe in evolution—in a progressive order of life and forms that enters into all conceivable states of existence, earthly or celestial. The organized intelligence of an animal and the organized intelligence of a man are different in degree only. They both belong to the realm of transient mind-forms, but there is enough life incorporated in the memory of both to carry them along in progressive development in the spiritual realms until they realize that degree of soul power which is derived from Divinity, the only source of immortal being.

The means of progression are instruction and experience. Loving service in helping the less developed to realize more life and joy, enables spirits as well as mortals to express and individualize more of the universal Goodness, and thus to grow in grace and power.

I believe in prayer as a means of informing the Great Over Soul of desires and aspirations. This Father-Motherlike Presence embraces all souls and spirits and mortals, and It feels all the heart cravings and hears telepathically all the thoughts and words of prayer directed to It, and there reacts from Its mighty Love a responsive desire to help, which inspires beings to cooperate with It to bring the fulfil-

ment of the prayer. Thus if a prayer is directed to God or The Christ for soul growth or any spiritual gift, the response will become manifest through the ministry of angelic beings, but if the prayer be for earthly things, the response must needs move the minds of mortals and of spirits of a lower realm to bring its fulfilment. All things in heaven and on earth conspire to fulfil the prayers of those who pray with faith unceasingly, but the time element enters into this as into every operation of cause and effect. Time should not discourage the habit of prayer. An intelligent Power hears and results will be made manifest when the proper conditions can be made. I prayed five years before I became established in the true way of life to my satisfaction. John Bahler of Battle Creek, Mich., prayed twelve years for eyesight after the eyeballs had been cut out, and new eyeballs grew in the empty sockets. I have seen reports of paralysis being healed after many years of prayer, so I am convinced that prayer not only helps us to grow to the place where we can receive, but it brings the co-operation of God and his angels. Through exercising their powers for humanity's benefit, angelic beings grow mightier in individualized power and express more perfectly the Love of God.

I believe in praising God as a means of mental upliftment. Gratitude praises God for the blessings that have been received and faith praises for the blessings about to be received, and thus are the debilitating effects of discouragement and all other depressing states overcome.

I believe in the use of auto-suggestion to arouse the latent intelligence in the body to heal and restore harmony and strength to every organ.

I also believe in something greater than auto-suggestion, namely, the *Word of Truth*, thinking and speaking of that hidden Isness, that latent love and power in the soul of man, until it awakens and springs forth into active life.

It has been my experience that goodness and love and power of a personal nature are in man and of an impersonal nature in the all-embracing Soul of things which responds to recognition and affirmation of its *truth*, its present *existence*.

The following are examples of affirmations of truth which bring results because they develop faith in and link the mind to realities.

Omnipotence inspires all things to work for my good.

Infinite Life pervades my being and is now restoring me to health.

All life heals.

I am a soul of wisdom and power, and I can truly expect to become a greater and stronger character day by day.

My mind affects every mind in the world and I will that it shall be for good.

I am centered in the love of Divinity.

I believe in exercising every muscle of the body, in enriching its blood with a sufficiency of oxygen, in cleansing it with pure water, in providing it with a variety of the best foods (preferably of vegetable origin), in abstaining from all stimulants and in remembering at all times that the body is the temple wherein dwells the Spirit of the Highest, and that it is our duty to keep it pure and clean, healthy and happy, to the glory of the indwelling Divinity.

EXTRACTS FROM LETTERS.

Letter 145.

During the latter part of the summer and fall of 1904, I was not living the truth that makes free, and as a consequence I was suffering intensely from an attack of hemorrhoids. This had been an affliction of mine for twenty-five years, and at this time I was suffering until I felt as though I could not live. At this time in a copy of UNITY there was published a prayer, "Living Father," by Walter DeVoe, and I read it and asked my husband to read it to me, for I was suffering so intensely I could not think. My husband at this time was not a believer, but was willing to do anything for my relief, so morning, noon and night he read the prayer to me. He read the prayer to me four days and yet I was no better. On Saturday two friends, Mr. and Mrs. L., proposed we drive into the country, and as the country there was new to me, I decided to go. I told my husband to watch the road for rough places and to drive very carefully; and he promised to do so. After we had driven eight or ten miles I was surprised to find myself perfectly free from pain, and I have had no return of the disease since, and it is now more than sixteen months. My husband was not a believer in such cures, but I asked him to read "Healing Currents," whether he believed it or not; it could not harm him. On the following Monday I went several hundred miles away, leaving "Healing Currents" with him and carrying with me his promise to read the book. He read it and it made of him a new man, a man out of whom every desire has gone that Christ would not sanction, and his one prayer is to live the pure life as Jesus would have him live it. And to the woman who has a husband who has any undesirable habit, I would say, just try the "Healing Currents" cure and he and all his household will be saved.

Letter 146.

"Thank you so much for the Lesson received. How grandly beautiful its majestic meaning. I have long known of this precious secret of eternal life, but it has never been so forcibly impressed upon my mind. I bow in reverence to the great possibilities that lie before me."

Letter 147.

When I was young I was a member of the Episcopal Church. The service suited me, and I felt more devotional when taking part in a form of worship that pleased my sense of fitness; but after awhile I began to think. I could no longer accept the doctrine of the atonement as taught by the orthodox churches. I could not see how a God of love could become filled with wrath, and how his wrath could only be appeased by the sacrifice of an innocent victim. I dropped Jesus Christ out of the question. I did not know where to place him. I respected and admired him as a very good man. Since then you have given me the true Christ, and I am filled with a joy that I never knew before. It is in my mind at all times, and although I am alone in the house off in the country, without another dwelling in sight, I am never alone, and no thought of fear ever enters my mind. And your lessons are so exhaustless that I have a feeling that I can never grasp all they contain. In another way you have helped me more than I can express. You have taught me how to pray.

My old idea of prayer was begging for something, and believing that God worked according to his own perfect law, I could not ask him to change the operation of that law for me, so I did not pray. You must be a very happy man, bringing light as you do to so many souls.

Letter 148.

I have the pleasure of telling of the good your book, "Healing Currents," has done for me. I was attacked with typhoid fever, which I had had before. I insisted that the symptoms of the disease should leave me, and I soon had it under control, and am again perfectly healthy. I would not be without this grand book.

Letter 150.

I have felt a new force within me since receiving the first Lesson; there can be no mistaking it. I never was so happy in all my life, and I surely have felt the living Christ within my soul, shaping and molding me, and love, gentleness and meekness flowing in blissful waves through my whole being.

Letter 151.

The higher intelligences are helping me to pierce the veil that hides the beautiful spirit world, and that is what I am aiming to do. One morning a few days after I received the first Lesson, while dressing I had to stop and kneel to allow the force that was going through me to have its way; immediately I seemed to be surrounded by kneeling angels, while a beautiful white angel came behind me, placing a crown on my head, from which hung a long white veil, completely enveloping me. Then came a radiant figure toward me, and as he took my hand the angel behind me said, "This is the robe of purity, see that you keep it spotless"—then it all vanished.

Letter 152.

I received "Healing Currents," and after reading the treatment for the eyes, I took up a paper, and could read without my glasses, and while not quite plain, as yet, I can read better every day.

Letter 153.

I am still living in your book, and its value increases with each reading. I am wondering what you have left to make another book out of, as this is so encompassing, so rich, and yet so simple and clear in expression. The absence of all egotism and ambiguity makes it a rich and rare expression of Divine Wisdom. It is the only book which I have ever read in which I felt the healing power operating in mind and body.

Letter 154.

Last Sunday night my son was hoarse and a cold had a pretty strong hold on him. When he went into the bathroom to take his bath I took "Mystic Words" and read "Blissful Freedom from Colds" to him in the silence. When he came out of the bathroom he was as clear from hoarseness and colds as he ever was. I think it was a beautiful demonstration of the power of thought.

Letter 155.

I have never found anything so soul-inspiring as your books. Through your affirmations I have cured myself of a long standing and severe bronchial trouble. There is no trace of it left, and it was done so quickly it

surprised me. Your words carry with them a mighty healing power. I am now treating my eyes, using your formula. Until now I have not been able to read without my glasses for years, and am now beginning to read slowly without them.

Letter 156.

I was thinking the other day of what a great change has come in my life in the last four years, and how easy almost everything is for me and how easy my work is at the office, and then I tried to think how I could explain it to another person when like a flash it came to me that the Spirit was doing it all, and all I was really doing was to open myself to its influence.

As I look at the picture of the Christ with half-closed eyes it seems radiant with life and the eyes seem to look into the inmost recesses of my soul. The impatient thought and hasty word have been checked more than once at the remembrance of those eyes.

Letter 157.

Surely nobody ever needed Lesson No. 1 more than I did. I was going to make a note each day of results, but I could not begin to tell you—such flashes of wisdom and understanding—well, I will not try. From the hour I wrote to you, before the letter left the house they commenced, therefore I judge I was put in direct communication with vibrations from your sphere * * * I write this just to let you know the blessedness of your ministry.

Letter 158.

Your two books are the strongest and most helpful New Thought books published. I have recommended them to my classes and patients, and as a result the Metaphysical Club of Boston has had and is still having quite a sale of both volumes. I had not seen either one until about two months ago, and was delighted to find that a real need had been filled, the need of books full of life and power. I have been teaching of the God-body as well as the God-spirit side of humanity, and you are the only writer I know who makes this plain. I want to thank you for your helpful, inspiring thoughts.

Letter 159.

No one has written a book so full of vital life as *yours*. It is simply inspiring. When I took the magic words Jesus Jehovah into my silence it became glorified.

Letter 159.

I have been a student of New Thought for ten years, and I have shed many bitter tears when some reckless writer would make the statement that such a personality as Jesus Christ never walked the earth, or that his life was a failure. I could not, I would not give up my ideal, my faith in Jesus Christ, the Master. After days of struggle with myself, caused by the disturbance these writings would produce in heart and brain, I would always come out victorious, for in the calm which followed the storm I still found the Master enshrined in my innermost being, and how glad I would be. When your works fell into my hands they seemed like a ray of light direct from the heart of Jesus Jehovah himself, and I wish to thank you for them, for they mean so much to me, more than any words of mine could express.

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