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# FROM NATURE FORWARD

BY  
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DEDICATED TO THE MEMORY OF MY  
UNCLE, WILLIAM HALSEY DOAN OF OHIO,  
AND TO THE DOAN FAMILY OF BISHOPS  
AND POETS WHO STAND ON RECORD AS  
PROMOTERS OF PEACE AND PUBLIC  
WELFARE SINCE THE THIRD CENTURY.

1924

DEC

TRANSFER FROM C. O.



## FOREWORD

MAN'S world to-day is a hotbed of warring ideas, uncertainty for the future, and gropings for contentment. The public mind is in a chaos of doubt, fear, and trembling. People are living a day-to-day existence, wrestling with the forces of disease, mental irresolution, and heart distress, and finding no issue anywhere. "From Nature Forward" outlines a system of psychological reform that can be followed by every man and woman to a return to buoyant physical health, release of mental tension, and enlarged and happy outlook on life.

H. D. P.

May 20, 1916.



## MY CREED

WHERE there is no vision, the people perish; but he that keepeth the law, happy is he.

—*Proverbs XXIX, 18.*

I BELIEVE that God is the source and sustainer of life, giving intelligence and power to all his creatures and support to every vibratory atom in the universe—thus being in a very real sense our Father. I believe that divine *Energy* flows *ceaselessly* from *Universal Abundance* through all forms of expression, precluding any necessity for depression, ill-health or failure, whereby man loses his identity and separates himself from his cosmic source.

I believe that man's spirit is placed in this physical body adequately equipped for every emergency of his existence; that the *Fountain of Life* is within every ego, and that the constant renewal of every electron and essence makes life a perpetual reality.

I believe that health—and happiness—are the birthright of every ego, and that *broken laws produce* sickness, poverty, and distress. The elixir from the living fountain of life, by sustaining and renewing mind and body, leaves no reason to feel adversely the passage of time or a sense of limitation or weakness. I believe that we may

## FROM NATURE FORWARD

retain *Youth, Vigor, and Efficiency* with increasing power through eternity. I believe that we always have existed and always shall exist, and with the support of Omniscience and Omnipotence constantly working for us in sympathy with our ideals we may achieve the utmost conceptions of mind and the highest flights of hope and aspiration.

I believe that man need never be confronted with overpowering problems. The law of cause and effect balances itself with accuracy, and action and reaction are equal in the swing of life's pendulum. Liberty and the pursuit of happiness belong to all God's children, and we should never disregard the precious privileges of our brother, nor in any way deprive him of his sacred endowments; but we should ever strive to make him feel that our love toward him is "wonderful, passing the love of women." God is all in all, and man is included in that all, and the universal plan of creation makes youth, health, vigor, intelligence, efficiency, happiness, peace, and love the natural eternal heritage of every ego. Therefore "we do not need to struggle, we only need to know."

I believe that Love is the permanent ambrosia of the world, making living of value and existence a glory. And when we translate into reality our recognition of the truth spoken by the ancient

## MY CREED

seer every fibre of our being thrills to the inspiration of the assurance that "love is the fulfilling of the law."

I believe that unwise training and false ideas of our life and our self are responsible for all the ills of our mortal flesh and all the wrong tendencies that the race is showing. I believe that when the universal laws are understood and we shall come into harmony with them our lost Paradise will be regained and this plane of consciousness will witness the promised millennium, with friendship and peace established between the peoples of the earth. Then, verily, can it be said, "Mercy and truth are met together; righteousness and peace have kissed each other."



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## FROM NATURE FORWARD

FROM a window of my cottage,  
Perched high on the brow of a hill,  
I look out over the meadows  
So restful, alluring, and still.  
Ripening grain in rows is waving,  
The flowers and fields are in bloom,  
Shedding beauty and wafting fragrance  
Across my leaf-shaded room.  
My life is free and simple,  
I yield to the earth and sky  
The daring and rapturous colors  
Of pomp and bold luxury.  
I find where Nature is stillest  
Her charms are most lavishly spent—  
Afar from the din of cities  
God bestows his rarest intent.  
So I live my life in the open,  
On the top of a wide plateau,  
Where my soul in tune with Nature  
May commune with God and grow.



# TRADITIONS

**ALL that is somber shall vanish before us—  
Youth, health, enchantment, and friendship shall last.  
Science illumines the pathway around us,  
Awakening man from his slumbering past.**

## TRADITIONS

IN olden times the mysteries of life, while sacredly revered, were also denied investigation; remarkable demonstrations and unusual indications of latent power were regarded in the light of miracles, and the hieroglyphics of being remained uninterpreted. Few were confident enough of their ability to understand the phenomena of life to draw aside the curtains of doubt, superstition, and fear and to penetrate beyond the surface of appearance into the realms of active principle. Only a small part of humanity were daring enough to inquire into the deeper significance of their longings, aspirations, and spiritual intuitions and to look beneath the outer crust of visibility into the real source of causation.

To-day, with an increasing desire, we are searching diligently for the keys to life's secrets. We are trying to wrest from the phenomena of nature answers to the questions which have baffled humanity in its age-long investigations of the truths of being. Science "with hand to her ear is leaning forward to hear the whisperings that are coming with increasing distinctness" from the metaphysical realm. Through her tireless efforts in experimental research we are develop-

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ing a perception of cause and effect that gives us a more accurate knowledge of our propelling power, a comprehensive method for adjusting our lives to a higher rhythm, and many basic rules for solving our daily equations with satisfying results. We are analyzing the energy back of the external form, we are turning away from the objective phenomena to the causes of manifestation, we are endeavoring to find the true meaning of life's varied expressions, and we are seeking definite reasons for a reliance upon the unseen influences that combine to make existence possible. We are no longer satisfied to speculate upon the forces which hold the planets in space and which operate through all forms of visible entities. We are bent on reducing the equation of life to mathematical terms that all earnest searchers after truth may comprehend.

Many seem to be content to adhere passively to the traditional teachings and the well-established religious view-points; increasingly there are many who insist upon a more tangible solution of our obscure environments and who believe the elusive problem of being can be submitted to an accurate analysis and statement that will satisfy the most skeptical and cautious of our earnest investigators.

Though it seems obvious that there is an intelligent power back of the universe operating

## TRADITIONS

the forces of Nature, what that Energy is, and how we consciously relate ourselves with it, is still unsolved in the minds of many, while others are pressing forward to the new era when the keys will be found which shall open the doors to a thorough analysis and comprehension of life. There are varied reasons why our spiritual perception has been dwarfed and why we find ourselves anchored to the barren rocks of unsatisfying beliefs.

Tradition is largely responsible for our meager understanding of life, as well as for our lack of initiative in seriously penetrating the secrets of its immortal activities. We are challenged by so many settled ideas and prejudices, handed down from one generation to another, that thinking along this line of research has been more or less automatic in its tendency. We have not been lurking in ambush long enough to notice the signals that provide clues to Nature's secrets. We have gazed so fixedly upon the spectacular appearance of things that we have lost our consciousness of the invisible power which animates the display. We have made our deductions so persistently from external observations that even God has been cast into the mould of material substance, and it is now, in the light of modern reasoning, difficult to release the idea of a distant overpowering personality and extend it into a

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Divine Principle—a principle which sustains the universe and of which we constitute a part.

Modern science is teaching us how to weigh and determine the speed of thought, of electricity, and of many other forces which sustain the cosmos. Photography enables us to catch the colors of the aura which surrounds the individual, and the rainbows of thought which convey the messages from one mind to another are now captured by the films of the camera so that they can be discerned accurately. It has been discovered that a person by balancing himself on a see-saw finds the teeter-board adjusting itself to every sensation generated. Buoyant thoughts lift the head of the board to a higher level, and depressing emotions lower it. Through another experiment the speed of a thought has been definitely ascertained.

When grains of sand are placed on a smooth surface the vibratory spell of the human voice will cause them to assemble in different shapes. The low voice forms the little particles into one design and the high voice into another. A song of romance or of cheer increases the beauty of the designs and sombre tones alter their character, making them less attractive in appearance. Even the note of a bird will stir the leaves in the forest and the tones of a violin have been known to shatter a bridge. The absolute mastery over

## TRADITIONS

inanimate objects of the rhythmic quality in these vibrations is further illustrated by authenticated instances where marching men, keeping step to the music of a band while passing across a bridge, have found the structure to sway and swing on its pillars so violently and dangerously that to avoid a disaster the ranks were broken and the music stopped. As the vibratory forces of mind are continually swaying the particles in the physical structures, how necessary it is to govern your feelings and to "watch your step."

It is only when a dog is angry that his bite is dangerous, thus demonstrating the fact that when he is under the stress of this emotion he is generating poisons in his system which do not exist under normal conditions. Reversing this order, experiments have proved that a dog will not survive inoculation with the saliva of an angry man. Every emotion has its peculiar virus and its immediate registry on the body cannot be avoided.

It is a fact scientifically established that the entire structure of the body is renewed every few months, that even the bones and the teeth are reconstructed at short intervals. Science is able to furnish the doubter with substantial proof that this is accomplished through the processes of absorption and elimination. By the activities of the secretions and excretions we are constantly attracting and expelling the particles which com-

prise our bodies, thus perpetuating the vehicle of locomotion so that it is equipped for lasting service.

It is through the vibratory action of our spiritual being and our emotional natures that we weave the patterns of our lives and build our bodies into efficiency. It is the play of the temperamental sensations upon the plastic body that moulds its shape; it is our animated energy that gives resiliency and tone to our muscles. It is the scintillation of our minds that gives sparkle to our eyes, and it is the play of imagination that gives outline to our forms.

One woman, who is sylph-like in appearance at fifty, tells me that she retains her girlish figure by visualizing herself as a graceful dancer, frequently indulging in the mental exercise of fancying that she is a fairy figure moving about in a merry circle on the picturesque lawn of a beautiful garden. At other intervals of leisure she looks with enthusiasm at an alluring picture of "The Hours" in their happy revel, which hangs near her favorite chair in the sitting room. She holds these mental pictures persistently before her until they weave themselves into her being. This same woman retains her health by controlling her negative moods, by holding optimistic impressions in her mind which are maintained by a supreme faith in God's love,

## TRADITIONS

protection, and support. She has demonstrated opulence in her surroundings by generating in her consciousness the same childlike confidence in supply that is expressed in all nature, assured that the Heavenly Father knoweth her needs before they are expressed. She stimulates her daily exercise with an absorbing purpose, cultivates her talents, and finds no difficulty in making her body respond efficiently to the rhythm of her mind. Her body serves her so perfectly that she is never conscious of its presence.

It is only when we have established the rhythmic vibrations of harmony in our temperaments that the conditions for health can be generated. The cells in our body are stirred by every emotion we feel; these emotions are all registered in the subconscious mind, and wrought into an appearance according to their quality. Every little molecule in the body is constantly stimulated or depressed by the vibratory pulsations of the indwelling spirit.

It has been suggested that because an infant cannot formulate or arrange definite ideas its mind cannot therefore influence its health. In answer to this let us realize that it is the emotional part of our natures rather than our formulated thinking that produces an effect upon the body. No child is too young to feel deeply, and no grown-up is indifferent to his moods. The great

## FROM NATURE FORWARD

outdoors may be in gala attire—glorious sunshine, fragrant flowers, singing birds, gentle breezes, and velvet fields—but if your mood is depressed the buoyant suggestions of the happy day are disregarded and the sensations of melancholy and morbidity only are registered by that part of the ego which is the expert builder and chemist of the body. The subconscious mind supported by Omnipotence weaves into visibility any suggestion that is deeply felt by the ego.

We are now learning to regard imagination as the most practical and the most tangible factor of intelligence. The one who conceives the design is the one who demonstrates the possibility of all modern improvements and all physical comforts. It is the idealist who in his consciousness weaves the original pattern that is later woven at the loom. It is the vision that makes all realities our common possession, and it is the play of our emotions that determines the quality, character, and appearance of our lives.

Many recent discoveries have illumined the path of the truth seekers by proving with mathematical precision the direct influence of temperament on the body; and while enough has already been revealed to lead the progressive reasoner into a further analysis of the Infinite powers which operate through and control all forms of

## TRADITIONS

expression it is still difficult for conservative minds to alter their original conceptions of Deity. The theory of a distant being to whom we offer petitions is still held by many who prefer the old teachings to the more modern forms of reasoning.

We have been taught that God is good, that God is love, that He fills all space, and that He supplies all our needs from the reservoir of His bounty. Nevertheless, we do not easily grasp the idea that, whenever we lift an arm or move about, it is the God-power at our command that gives action to the impulse. Traditions are not ignored easily.

In forming our conclusions about life we are prone to centre our minds so entirely on the objective world that we do not gather enough from the resources of intuition with which we are endowed or from the working of natural laws to focus a true perspective on our latent possibilities. We do not understand well enough the invisible forces; we do not credit or perceive definitely their permanence and stability; and yet we doubtless agree that nothing in the visible world has ever surpassed the fancy of an inspired imagination. We eagerly seek the records of history for the origin of being, only to find ourselves baffled in our investigations.

The cause of life, or its initial impulse, cannot

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be discovered through historical research, for the reason that a circle has no beginning and no end. The universe ceaselessly follows its course, and the nature of its rotation does not admit of a beginning or an end. There is no record of an initial impulse for the revolutions of the earth, moon or stars, which continue in their fixed orbits with regularity, and there is no account of any change in their established order of movement.

Gravitation always attracts and adjusts with uniform precision. Air sustains, purifies, and changes the chemic action of particles. Mind energizes, directs, and moulds into expression everything that is perceived by our senses and our intuitions; and the quality of our thinking determines what is made manifest. Through this reasoning we are brought to the conclusion that law governs the universe—a law that is unfailing and ever susceptible of proof.

Obviously this is true in order to promote a plan of activity which is immutable in its form of projection and unvarying in its tendencies. To sustain an accurate equation and to justify the conception of an indestructible changeless principle, the entire system must be one of dependence. The process of universal expression is one of ceaseless revolution. There is in such a contemplation no place for annihilation, nor for

## TRADITIONS

anything to remain inert. The world from time immemorial has been in motion and every atom of the entire cosmos is accounted for eternally by means of absorption, vibration, and rotation.

The laws which control are invisible and silent in their activities in order that they may be permanent. The great forces are unseen and are comprehended only through their manifestations. Gravitation can be understood only by results and cannot be discredited, although until recently it has not been defined. There is no record of the beginning of this force. It is a governing law which is unchanging in its tendency; it is a magnet which attracts all objects to their proper positions in space.

The whole creation is therefore indispensable to the maintenance of the general plan, and accordingly nothing can ultimately be lost. Each particle of energy in the entire process of manifestation is essential at all times to the support of the universal purpose of life; as nothing new is being created and "Nature abhors a vacuum" she remoulds and reabsorbs in her laboratory the refuse which we cast into her lap, changing it into the kindly fruits of the earth which we in turn remould and reabsorb for the upbuilding of our physical selves. We rely daily on the energy of the invisible forces which are held latent for our dependence and appropriation. The air

## FROM NATURE FORWARD

we breathe is pregnant with the necessary properties for sustaining life, and yet we see only the evidence and not the reason for its presence.

Instead of directing our attention to the past, therefore, in an endeavor to define the primal cause for expression, why not accept the proofs of scientific research, and with their assistance weave our logic from the loom of reasonable facts and the fundamental knowledge of Nature's laws at our command? The revolutions of the universe are continuous and we rotate with it, being a part of the plan. We start our premise therefore with the world in motion; we trace our past and to some extent our future, but we never have come to a mark in the revolutions of time which does not point to an antecedent past. We have no record of any breaks in the continuity of life. There is nothing therefore in any phase of our existence either here or hereafter to lessen the power of the indwelling spirit. Life has one general trend, and every force in the creation has similar tendencies.

Water demonstrates its properties in the forms of snow, vapor, and ice, and in every appearance it has the same essential qualities. So it is with spirit—changing its position does not alter its character. As long as it remains at a certain temperature water forms itself into substance; and following the same rule one retains the

## TRADITIONS

physical body as long as the temperament is favorable to its renewal and support.

A strong constitution implies certain mental tendencies; where families are said to have inherited unusual longevity it signifies that this form of expression is sustained by their characteristic moods. There are certain phases of animation that antagonize and destroy the processes of body building, and other qualities of temperament that construct the tissues and preserve the vehicle of locomotion. It is therefore necessary to "choose this day whom ye shall serve," in order that you may manifest in an environment that is acceptable to yourself and pleasing to others.

Electricity will spend its forces in generating rainbows in the sky or it will distribute itself in the operating of a motor. The principle of the telephone will express itself through the visible conductor by which we communicate our messages, and may be indefinitely captured for this purpose.

So long as conditions are generated for this particular manifestation the spirit will operate through the medium of a body suitable to this plane of life—mind and every power in the universe may be indefinitely held in abeyance to certain defined forms of expression, but no one is bold enough to assert that the usefulness of any principle ceases when its connection with its visible conductor is severed.

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Our conclusions from this logic are that no part of the fibre of life is ever lost, and that our physical bodies are formed and re-formed to comply with the individuality of the occupant on whatever plane he is living.

If it is our desire to retain indefinitely these pliable habitations on this plane of consciousness, let us cultivate the dominant tendencies of temperament that promote that form of projection. Let us also pause to consider that we can never appear to advantage in any sphere of activity until we conform to the laws of harmony and move forward to the fulfillment of our destiny. Endurance and endless productivity is the decree for every one of God's creations.

In the house of many mansions  
Within the vast blue dome,  
The one we build with character  
Is our eternal home.

## AN INVOCATION

OPEN my eyes that I may see  
The beauty in life, its ecstasy,  
And find earth's glory by the way  
As through eternity I stray.  
Quicken the thoughts that prompt my will  
To worthy impulses fulfill,  
To speak a tender, loving word  
Where'er my voice is gently heard.  
Counsel my tongue to speak the praise  
Of all that can one's spirits raise,  
That I may add a glow of cheer  
To brighten lives of dear ones here.  
Help my discerning ears to hear  
The harmonies of every sphere  
That with the happy echoes blend  
To prove life hath a peaceful trend.  
Strengthen my mind always to know  
God's power sustains where'er I go,  
That his abiding love and care  
Protect me here and everywhere.



# **THE AMBROSIA OF LIFE**

**Love** breathes through every scented flower.  
It covers the dark earth with green,  
And gives to all mankind the power  
To bring to life God's fairest scene.

## THE AMBROSIA OF LIFE

**ALTHOUGH** the progress of civilization is often retarded by meager conceptions of our own worth and by our wrong adjustment to Nature's laws, it is encouraging to know that science persistently urges us to a better knowledge of our capabilities and continues to reveal ways and means whereby we may increase our efficiency, strengthen our vitality, improve the condition of our surroundings, and make our existence more than a mere "game of chance, or a struggle of cunning and force."

Focusing the light of progressive reasoning on the latest scientific discoveries, looking deeper into the heart of Nature and forward from the secrets there revealed, analyzing the teachings and examples offered by the world's great prophets, we are daily perceiving opportunities whereby we may so relate ourselves with the divine order of creation that we renew our own energy and promote the welfare of others. Thus we afford comfort to those who are oppressed by the strain of conflict and the grind of anxiety over the problems which so persistently confront mankind. We are learning to discriminate between the benefit and the harm of our inner radiations,

## FROM NATURE FORWARD

and are discovering a system of living which leads to a normal manifestation when we assume the rôle in the drama of life for which we are intended.

The world cannot be properly "balanced and redeemed" until we realize in a more personal sense our responsibility to contribute our share of usefulness and optimism to the common wealth of the community. There is a certain atmosphere developed by the personalities of us all which affects those who come within its reach and for which we are—each one of us—to a certain degree responsible.

Emanations from the individual which are adversely suggestive, whether in the expression of countenance or in the intonation of voice, are personally depressing and encroach upon the vitality of others and give to our fellow beings something to overcome. The radiations from each individual are aflame with vitality and are felt to some extent by all who are susceptible to their influence. By each false note in the scale of mind the rhythm of our lives is broken and the even flow of harmony disturbed. Let us then beware of

"The little rift within the lute  
That by and by will make the music mute."

The world cannot be rescued from depravity until we raise our standard of ideals and help by

## THE AMBROSIA OF LIFE

our example to elevate the measure of humanity to a higher plane of consciousness.

We are told that the human temple consists of "a little water, a little earth, a little air, and a little sunlight" (ninety per cent. of which is said to be water), and we are beginning to realize that it will not interfere with the efficacy of the formula to introduce a little more sunlight and thereby to brighten the aura of the individual.

As water seeks its level, so spirit urges an adjustment to its rhythmic laws and offers the compensation of health, success, and happiness for compliance therewith. It has been demonstrated that an even flow of harmony through the consciousness of each ego strengthens the universal chain of the "visible media" of communication and challenges disease and suffering.

We are learning to analyze the properties of life and beginning to realize that love is the permanent ambrosia for the world, and that it transcends all else in the adjustment of our lives. Nothing is found to be normal without the presence of this purifying influence. The verdant hills, the song of birds, and the hum of bees are all animated by this vitalizing power. Love stimulates the great panorama of Nature in all her forms of expression. It covers the meadows with a wealth of color and gives richness and tone to every variation of expression, and flames into

## FROM NATURE FORWARD

being life's possibilities of beauty and charm which are sometimes reflected in the higher types of humanity. The potency of life is in the spirit, and love animates all forms of manifestation to a noble issue.

Mind vibrates through the universal ether and forms all substances, and when it is supported by the warm vibrations of a loving heart a world of glory is revealed.

When unselfish love strengthens friendships, and consideration for our fellow-beings is paramount to personal greed, human voices will blend with the choir invisible that chants the harmony of worlds, and forces will be set in motion that will enable us to enjoy the normal conditions of life and to fulfill the purpose of our high calling. We shall then reach the measure of our mission and affiliate with a power that forwards and sustains our highest hopes, and it has been gracefully suggested that we shall "need no other rosary, when our chain is strung with love."

The conditions under which we exist lend themselves to manifold possibilities of delights, which open to view when the privilege of enjoying them is acquired by our coöperation.

Before humanity shall be redeemed and able to express itself according to God's idea, it is necessary to seek a purer atmosphere where our better natures may find refreshment. If we are

## THE AMBROSIA OF LIFE

enveloped with clouds of doubt, superstition, and fear, we must rise to greater heights and get a broader sweep of the arc of God's glorious handiwork and from our pinnacle view the unfolding panorama that is presented for our playground. Only when we are above the clouds of mental turmoil, doubt, and fear can we see with clarified vision, hear the birds' cheery notes vibrating on the air, and revel in the sunbeams gleaming through a world where travelers are seeking for the light.

With every ray of warmth and glow  
That reaches to the heart,  
Fresh inspiration comes to all  
Some new life to impart.



## THE PERFECT DAY

I KNOW a beautiful garden  
Where in dreams I love to dwell,  
Where sprightly fairies dance about  
And weave their magic spell.

Where I hear the bluebirds' cheery notes  
That rise on the balmy air  
And I see the radiant faces  
That people my vision there.

I linger where the violets grow,  
Where the sunbeams fleck the grass,  
While my heart with joy is throbbing  
As fair Nature's pageants pass.

I tune my life to a merry song,  
And to fancy give full play,  
For I know that God will never fail  
To show me a perfect day.



.....

•

# **EXPRESSION**

**ONE's enthusiasm and purpose  
Carry their own success.**

## EXPRESSION

IF there are periods in our lives when we are so enveloped with shadows that we cannot respond to the joyous impulses of Nature and see with true perspective its immortal charm, we may conclude that we have lowered the curtains in our own sanctuary and excluded the light. The world continues to glow and flash the secrets of happiness in its daily routine, and if we fail to catch a gleam from the dancing sunbeams or to behold with ecstasy the tinting of the summer skies it is because we have hidden ourselves from their mellow rays.

With the dawn of a new era we realize more fully that it is we ourselves who regulate the conditions under which we exist, and that it depends upon our own adjustment where we place ourselves in the scales of expression. The depressions we register are due to our misconceptions of God, our wrong relations to one another, our indifference to the general activities of life, and our ignorance of our latent possibilities.

Life is a flowing current, and if we do not limit our capacity to receive it by hoarding what we have already appropriated we shall find ourselves in an atmosphere of greater security. We

## FROM NATURE FORWARD

cannot acquire any more of the bounty of Omnipotence than we can utilize to advantage. The energy already generated must be expended, if we are to know its power. Nothing in the universe is absolutely inert and the inevitable impulse of everything is to mingle freely with its source, and while the tendency of every structure is to crumble and ultimately to fade into its original essence provision is made for its renewal and perpetuation in its present form. Man is a self-adjusting ego and may continue his existence on this plane of consciousness so long as he conforms to the laws which govern this particular phase of his being. *Matter is condensed spirit.* It is the solidifying of properties held in latent energy. We all absorb from the elements for our sustenance quite as much as we utilize from the forms of solid food. Striking as is this fact, it has complete exemplification: Christ was able to sustain His body for days without discomfort or loss of power on the essential nutrition that He gathered direct from the elements. This exhibits one power in different rates of vibration.

The circle of Nature's activity swings from invisible spirit through physical or condensed manifestation back to invisible spirit. The conceptions which originate in invisible mind seek manifestation in visible form, but spirit (mind) is the real substance of expression. All visible

## EXPRESSION

manifestations are the result of mind vibrations. Flowers and vegetables and even the pebbles on the beach have the intelligent vibratory instinct to attract and arrange their particles in the right order, and are properties of spirit.

There is no storehouse in man for anything but individuality, which varies with his different moods and requires a different substance to feed upon consonant with every change in his emotional nature. If we lived in a simple natural way and carried less excess baggage on our journey, we should expand into more worthy expressions of Omnipotence. In the marvelous pageants of Nature we do not witness the hoarding of supply. The energy of the flower is all spent in generating fragrance and beauty for the world to enjoy. The great secret of life is to know how to dispose wisely of what has been appropriated, and when God is known as a resource upon which we may rely at all times for every need of our being we shall understand how to appropriate all we desire for our individual expression, and we shall give generously of ourselves with no evidence of loss. This will not only afford a more practical basis for right living but will make us conscious of a sure foundation for our support.

So long as the sun shines, and the world scintillates with joy, there is no reason to expect a lack of provision for our welfare. Modern sug-

## FROM NATURE FORWARD

gestion emphasizes Christ's teaching that because God omnisciently provides all that can be utilized for our most extravagant desires, there is no just ground for regarding with anxiety a termination of His bounty. It is our own narrow inclosures and prejudices and the lowering of our vibrations that exclude the benefits we might otherwise receive. To be depressed is to be lacking in faith; to slacken interest in an absorbing purpose, and to allow the vibrations of morbid impressions to continue their violent beating against the partitions of our brain, is to be "marooned inland" upon ourselves with no assurance of security anywhere.

We should not be limited by specific inclosures, but being integral parts of the entire phenomena of life we should consciously coöperate with its universal purpose. The world abounds in all that can be appropriated, and we suffer largely because we fail to recognize that provision is made throughout eternity for our maintenance. We do not extend our own being far enough into the universal mind to absorb the possibilities in our resources, nor do we look deep enough into the heart of our own natures to perceive our endowments. We are drawn nearer to our Creator by projecting the tendrils of our consciousness deeper into the heart of the Infinite and when we have quaffed from the Foun-

## EXPRESSION

tain of Eternal Life an abundance of its invigorating elixir it is well to increase our receiving capacity by generous distribution.

It is lamentable to find ourselves surrounded by an environment of rebellion, when a world so fair offers manifold opportunities for the embellishment and happiness of the individual and with eagerness longs to disclose its enchantments. If we stray from the orderly process of development we are assailed by many discordant influences, and if we fail to recognize or to imitate the gentle methods employed by Nature we also obstruct our progress. We are dense indeed when we cannot realize our possibilities for expansion without encroaching on the privileges of our neighbor. To be so contaminated by our greed\* that we blur our consciousness to the bounty of Omnipotence and fail to realize the abundance that is waiting to flow in and respond to our needs is to find ourselves limited in resources by virtue of our own narrow outlook.

When we have learned to translate the book of Nature aright, to become more receptive to the teachings of the great Master, and to submit more completely to His guidance we shall advance our capabilities and expand into broader spheres of usefulness. Only through our ignorance or disregard of the law or the perverseness of our wills do we suffer. Contributions from a

## FROM NATURE FORWARD

world of plenty are daily pouring in to meet our demands, and it is only those who cannot appropriate them worthily who are denied abundance. The laws of cause and effect, effort and compensation, are all balanced with accuracy and we are given according to our measure of receptivity, preparedness, and generosity. Nature is always "waiting to touch the spirit with something of her own peace" and her own efficient methods, but she never intrudes on one's individuality.

We plant our seeds with reference to our desires, and they bloom according to quality. We are the planters, Nature is the grower, and ultimately we gather in the harvest of our own distribution. When love is lacking life is meagerly expressed and the charm of existence is obscured. Thus it is that our lives are gauged with precision, and with a perception of the coöperative plan we are given the power to attain an ideal personal adjustment. If we "sow to the flesh, we reap of the flesh"; if to the spirit, its prototypes become realities. We gather the harvest of our own production. We "plant our seeds and God gives us the increase." We are permitted to plant thistles or lilacs, but each will yield only after its kind. In other words, we are to-day the sum of our yesterdays and to-morrow will give us the total rendering of to-day.

We are all appointed workers in the field of

## EXPRESSION

God's activities and we should occupy ourselves in utilizing the best we are offered for appropriation and in demonstrating the fullest expression of which we are capable. Those who clearly comprehend the meaning of life weave more perfectly into appearance the possibilities at their command; while others drift about with the tide of universal activity ignorant of their power, hesitating to grasp the opportunities offered, and contributing nothing of value to the pattern of life.

Leaders have appeared in all ages with valuable inspirations which reveal to them the correspondences in life and their relation to the vital forces in control of their being, and if we do not limit ourselves by unnecessary restrictions we may profit by their interpretations of spiritual power. The great text-books of the world are intended by their authors for the primary lessons in truth only; they are the initial promptings to higher goals, and their influence cannot be ignored.

We all may be producers; we belong to a system of representation, and through our affiliation with natural laws God's ideas may be elaborately demonstrated. We are not creators, but we express our inherent capabilities; we are not the originators of electricity, but we apply its force; we did not design the principle of the tele-

## FROM NATURE FORWARD

phone or of wireless telegraphy, but we have discovered its application; and as we perceive the resources of Omnipotence we combine and utilize in life's laboratory its various properties and forces to express their true meaning. This applies to our individual experiences as well as to all other forms of manifestation. If certain attitudes of mind are cultivated we thereby set forces in motion that sustain our impulse; when we consistently represent our Creator we offer ourselves a living sacrifice unto God.

A certain part of humanity is tilling the soil, aiding the vegetation in its efforts to bloom in greater splendor, and nurturing the flowers and foliage with loving care that they may more fully reveal their charms of color, fragrance, and beauty. Others are weaving into poetry and song the romance that throbs in the heart of the Infinite which ever seeks an outlet for expression through the individual; while still others contribute their energy to the universal orchestras which promote the incantation of life's celestial melodies, giving their earnest coöperation to the comprehension of its great overtures. When their instruments are adjusted to a faultless key and their efforts are bent toward a more perfect rendering of the score, we hear the exalted strains of its beautiful harmonies. When we are tuned to the resonance of its lovely cadences the con-

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cord of life with our own being is enriched. Man should ever regard himself as one of the superb links in the chain of life that binds together the glories of the finite with the marvels of the Infinite, and in justice to himself and his Creator he should consecrate himself to this sacred trust.

The activities of spirit lend themselves to the vibrations of music, color, thought, love, and every form of universal expression, and the charm of the entire motive depends upon how we relate ourselves to the Immortal Theme.

Start your brightest thoughts a-singing,  
Let them thrill you with their ringing  
Till you sense the cheerful rhythm they impart;  
Fill your heart with glad rejoicing,  
With a happy impulse voicing  
The melody that soothes the troubled heart.



## SUNBEAMS

To-day I am living in  
Sunbeams of Love,  
The Infinite light shines  
Down from above.

No sad recollections  
Hang over my head,  
No uncertain future  
Confronts me with dread.

To-day brings me freedom  
From tension and pain;  
Good will, joy, and gladness  
Now over me reign.

I am holding a fête,  
And only shall see  
The guests that I summon  
To revel with me.



# GROWTH

**'ALL earth growth is developed from within.  
The character of thought forms the pattern,  
Which later is projected into visibility.**

## GROWTH

As mind is the vitality of life and as it is the nature of thought to externalize itself in visible form, why not make use of a richly endowed fancy and add a touch of imagination to this matter-of-fact world? Why not forget the dingy smoke-laden city in the delight of the turquoise blue of the sky, the heat of the sun in the charm of growing fields which absorb life from its blinding rays, and the toil of the long day in the welcome peace of the quiet night? Why not look beyond the warped dispositions of a disappointed race and see the souls that—stifled and checked by petty irritations—still gleam with a lustrous light amid the surrounding gloom?

As we look into the heart of nature we do not see the mechanism that aids the flowers in their process of construction. It is obvious that they visualize themselves into appearance and plan and produce their individual patterns by the silent power of attraction. They have the intelligence to accept all substances necessary for their perfect expression and to reject whatever is foreign to their best development.

If the flower impulse is capable of weaving shimmering robes, and extracting dainty per-

## FROM NATURE FORWARD

fumes from sunshine, earth, water, and air, why not profit by the illustration offered, and learn by a similar process how to evolve as gracefully, since all the elements of spirit respond to the ecstasy and generating power of impulse. Why should humanity be harassed with fear, foreboding, and unrest, when the Generator of life offers so much for the happiness and embellishment of His creations? Perhaps if we should cease the warfare of mind and cooperate more peacefully with the great symphony of Nature, which blends so perfectly with the harmonic chords of God's exultation, we might lend ourselves more elegantly to the picturesque setting of the landscape, which furnishes so marvelous a background for the human soul.

Before anything is visible to the naked eye the spirit of method is at work planning all that is evolved. The silent forces of intelligence are forming objects before they appear in distinct outlines. Mind always operates in a certain way before a definite object is visibly presented. Idealism passes into realism before our vision, to deliver its message of spiritual supremacy. What seems to interfere most with the concordant plan of creation and to throw it out of balance is the human will—which would lead to the conclusion that if we bowed more reverently to the Great Architect and studied more carefully the illustra-

## GROWTH

tions offered by obedient Nature we might redeem our lost Paradise and permanently establish peace on earth.

The will of man and his habitual moods are the real conflicting impulses which induce the warfare against himself. If he allowed harmony to flow through him, and encouraged conditions for promoting poise and improvement, the great forces that animate his being would rally to his assistance and support his desire.

The trees that bear "jeweled fruit" are animated to growth and tinted with precision because there is no disturbance within to oppose their process of development. Their confidence in supply is supreme. Fear does not warp them out of shape, nor does worry, hurry or unnecessary effort disturb their constructive activity. Before they are moulded into appearance the perfect model is conceived and then quietly wrought out with confidence in Nature's support.

It is a self-evident fact that supreme intelligence is at the helm of the universe, guiding the forces of our kingdom. The order and regular habits of the world establish the facts that law prevails in the silent processes of existence and that cause and effect are equal. The rotation of life repeats itself with the dawn of each day and everything is perpetually accounted for, as the world revolves with certain precision.

## FROM NATURE FORWARD

When one "considers the lilies, how they grow," one is held in awe by the silent power which, with its hidden energy, creates the perfect flower, and the great marvel of it all is that we have a definite principle on which to rely and can make our deductions of life with accuracy.

Thought is the underlying principle of life, for "as a man thinketh in his heart, so is he." The clouds by which we are enveloped may be dispelled by mental sunshine, and suffering may be eliminated by a knowledge of spiritual laws and a conscious affiliation with them. Nature's methods have been interpreted for us by the world's great seers and the way has been shown for the emancipation from sin, sickness, poverty, and every phase of inharmony. In every age there are inspired souls who are capable of piloting humanity to the harbors of refuge beyond the storms of struggle and strife if only the message will be heeded. The weak may be strengthened, the sick healed, and distress overcome by a careful study of the book of life as it is translated by scientific research and the seekers after truth.

All is governed by order, and nothing happens by chance. Perverted energy is the cause of the ills of humanity. As temperament colors thought and controls the atoms which compose the body we have a basis upon which to build or to alter our character at will. In order to be free, there-

## GROWTH

fore, with buoyancy of spirit let the individual, through a realization of the Infinite power which supports life, release his tensions and with a loving trust in his Creator respond more perfectly to the beauty in the landscape, the expression of joy in the song of the nightingale, the melody in music, the gladness in mirth, and the voice of a child.

When universal energy is better understood and the power of thought more perfectly realized, man will appropriate them to a worthy advantage and lend himself more gracefully to the great symphony of Nature of which he is a part. He will express himself with greater ease, feel the power of his freedom, and emulate the same tranquility and joy that is expressed by childhood or represented by the flowering verdure of June.

The mellow rays of unselfish love will warm and gladden his heart; he will rejoice in his liberty and feel the sustaining influence of the Divine presence that stimulates all life, animates the ocean waves, stirs the summer zephyrs, and lends impetus to his ability for greater achievement.

More like the flower may I grow,  
With confidence to prove  
God's opulence, His tender care,  
The bounty of His love.



## TIME'S GOLDEN WING

TEACH me the message of the flower,  
Lead me by faith to know  
By what soul nectar and what power  
The Heavenly splendors grow.

May I like the violet sweet  
Love's pleasing emblem be,  
So live that joy will come to meet  
Each thought that flows through me.

Then with the glad birds let me sing  
Love's carol every morn,  
And know that on time's golden wing  
Peace to my soul is borne.

That I may have a tranquil mind  
Is e'er my fervent prayer,  
And loving heart, where God may find  
An open entrance there.



## **DEFINITION OF GOD**

**God is the power that sustains us,  
From which we draw our breath.  
Because this life flows through us  
There never can be death.**

## DEFINITION OF GOD

IN defining God, let us think of the *Universal Provider as the main stream of life, the Strength, Energy, and Animation back of all forms of existence; the Urge of Expression and of Growth; the Intelligent Mind that supports every atom in space; the Breath of Life from which we draw our sustenance; the Mainspring of Eternal Life, and the Unfailing Source of Infinite supply.*

Everything in God's Kingdom is good, and is ordained for its own wise purpose.

The Omnipotent Provider generates the necessary intelligence and power for the maintenance and operation of the entire conception of life. The omnipresent supply of that energy which reaches us through the avenue of receptivity is always distributed to us fresh and unimpaired. When conditions seem to be tinged with the appearance of evil it is because the great energizing forces of life are not understood. The disturbances experienced by humanity are all self-imposed and are occasioned by the individual play of temperament on the natural elements of the cosmos.

Man's inharmonious vibrations, which are the result of perverted relations to the universal plan of expression, are responsible for all that is lam-

## FROM NATURE FORWARD

entable in human experience. The Divine order of creation is complete, and the task set for us is to perceive the true idea of the Infinite plan and to conform to it. As the truth is manifest only to those who are receptive to it, correct habits of thought and tendencies of temperament are necessary in order that the evils we may encounter shall be overcome. Habits of thought that accord with the orderly processes of Nature establish a more perfect unity with the Infinite mind.

As individuals we are free to develop our own characteristics and to evolve from the heart of our being whatever we desire. God allows us to direct our lives as we choose, but in order to attain an ideal existence it is necessary to adjust ourselves to the higher vibrations of Omnipotent intelligence and blend our individuality with Universal Mind. We depend upon our Sovereign for sustenance. Supply yields itself to our necessities as readily as air enters our lungs, and our privilege of drawing upon it is unlimited. Thus the protective love and generosity of the Great Provider give us ample provision for the full expression and ennobling of our lives.

To the extent that we conform to harmonious laws and to the degree that we are conscious of the efficiency and power of the spiritual intelligence at our command do we definitely unite ourselves with the forces that sustain and promote

## DEFINITION OF GOD

our being. An illustration of this is offered in the rich verdure of the earth which consistently absorbs from sunlight, moisture, earth, and air all that is required for its perfection of beauty and fragrance. Omniscience ever yields its largesse to individual demands.

The tranquility represented in earth's marvelous mantle of beauty proves that fear is not present to retard its process of development. The lily by its exquisite purity demonstrates its faith in ever-present supply. There are fewer distortions in the appearance of flowers, vegetables or animals than there are in man, because they draw to themselves only the elements which are favorable to their well-being. They are not oppressed by the injurious conditions that man generates for himself by his perverted ideas and uncontrolled desires and by certain tense attitudes of mind. Their magnetic forces are not so easily thwarted.

Through lack of wisdom man too frequently holds himself in bondage to undesirable experiences which would not have occurred under the influence of discriminating judgment. Man's temperament is responsible for what he encounters, as God's own wise purpose never overshadows one's individuality.

The subconscious mind of the ego faithfully weaves into appearance the pattern that is formed

## FROM NATURE FORWARD

by the indwelling spirit. It absorbs from the ether all that it requires for its sustenance. Our habitual tendencies of emotion build into the fibre of our being whatever we inwardly conceive. Body-building is affected by the temperamental waves of sensation that are playing upon the plastic material which the ego gathers to itself in the nature of food from the elements. Through our moods we are constantly forming the patterns which are wrought out in our physical bodies. The feelings and beliefs we generate are registered in the subconscious mind, and become externalized. We are endowed with sufficient power to reach the height of our ideals, but our appearance in every instance reveals the relation we bear to the Infinite and our degree of unity with the Divine purpose.

Through happy emotions we affiliate with the universal harmonies which always distribute the right radiations. The laws which govern life are rhythmic, and if we are out of tune with them we feel the reaction of our own transgression. Our freedom admits of no liberty to utilize indiscriminately the forces of life. That all is spirit (mind) does not imply a license to unite at random the wrong combinations or in any way to disturb the universal continuity of purpose, as the laws of affinity are well defined and should be regarded in every department of expression.

## DEFINITION OF GOD

Principles are inaugurated which always operate in a definite way, and as man has no power to alter them his only prerogative is to understand and apply them correctly. It is decreed that oil and water shall not mix. Each element is good in its own sphere of usefulness, but they do not blend harmoniously together. The ability to discern the affinities of life will aid one in the effort of personal adjustment. Right impulses are necessary in order to complete the circle of unity between man and God. This reasoning does not imply that man is not immortal, it only argues that by making the little detours from the established order of creation he shifts his position in the cosmos and possibly changes his appearance, temporarily. All life is eternal, but the expression of it varies with individual characteristics.

By our conceptions of life we identify ourselves with whatever exists to correspond with that particular view-point. If we obstruct our progress on this plane of consciousness by dwarfing our ideas with fear, worry, anger, hatred or greed we are admitted to another, and the place we occupy depends upon how we have united ourselves with universal energy. Our portion of health, happiness or peace depends entirely upon our own individual vibrations and what we are justly prepared to receive. Peace does not come

to a warring nature. The psychology of life compels events to follow in the wake of ideas and emotions, and whatever we merit will surely be meted out to us. We can juggle with the forces of life if we choose, but how we use them determines our reward or punishment. Action and reaction are equal in the swing of the pendulum of life. This is a law that can be accurately proved, therefore we may determine with certainty the effect of every cause. The self, or inner consciousness of man, is his ego—or the individual magnet which attracts to itself out of Omnipresent supply all that it requires for its particular form of expression. The mind of man is his battery of magnetic and mental forces which operate and direct the circumstances of his life, sustain his body, and generate all conditions experienced by him; and this battery is charged from the reservoir of the Divine mind.

Soul is that part of the ego, or self, where God enters into close communion with the individual. It is the point of contact from which the rays from Infinite mind are diffused through the ego. It is the inner shrine of our being where we hear the whisper of the Angels and receive the sweet melodies which vibrate in the heart of the Infinite.

We are not creators, but we have a freedom of choice in the selection of all that we desire for our own development. If we attempt to create,

## DEFINITION OF GOD

rather than to discover and accept what is offered, we fail in our efforts to attain the thing we are seeking. Like the chemist we must learn how to combine the forces and ingredients presented for our appropriation according to their purpose and affinity. If we accept the premise that because God is all-powerful He will alter His decrees to conform with man-made laws, we shall still find ourselves stranded on the shores of limitation. If we humbly accept the arrangement as something that is permanently ordained, we have a working basis by which to proceed in the adjustment of our lives. The Divine order of creation is unchangeable, and our freedom consists in our ability to so understand the forces in control that we may gauge with accuracy the course to pursue in promoting our welfare. If we toss a ball into the air, gravitation draws it down to earth. If we put our finger in the fire, we know it will be burned. There is a definite result to every impulse; cause and effect are equally balanced; and this being true we may learn how to use with accuracy the forces at our command.

To realize the power of Omnipotent mind is to bring our natures into harmony with the laws already established. If God's ideas were mutable and we were unable to estimate them justly, the entire conception of existence would be chaotic. We have a table of bounty set before us, and our

## FROM NATURE FORWARD

freedom consists in making the right selections from what it offers. To "practice the presence of God" will bring to us a better comprehension of the reality of the great Divine intelligent principle that animates and vitalizes all forms of life, and to believe that the strength of God is sufficient for the purpose of creation will establish our faith in His support.

Whatever it is that holds the planets in space and distributes the energy that sustains creation, this loving intelligent power is capable of caring for, supporting, and protecting forever the welfare of everything in the cosmos and every creature in the kingdom of life.

It is God's nature to give freely of life's vitality, and the perfect way to utilize what is offered is to let it flow through us in its *purity* out into the universe.

"Peace I have most full and free,  
Peace from simply trusting thee.  
Peace is mine to that degree  
That I let it flow through me."

To direct wisely the energy that is appropriated from Omnipotence will reflect happiness and health in one's experience, and if everything we do is controlled by a wise purpose, we stimulate our enveloping atmosphere and affiliate with the forces that enable us to accomplish our desire.

## DEFINITION OF GOD

“Modern science affirms that all force is spiritual, and all causation mental,” and that mind is the only substance. Thus “matter itself becomes only the manifestation of spirit.”

God has demonstrated the majesty of giving and shown us how much more blessed it is to give than to receive, and we know that true merit and ultimate progress are acquired only through a general interest in the welfare and glorification of all. The golden rule, “Love thy neighbor as thyself,” is a good maxim to be applied in fair dealing. One who has taken a city yet has not achieved the mastery of self has accomplished nothing of permanent value for himself or for the human race. How can one expect a worthy conquest when he has omitted the first step—the ruling of his own spirit?

When we incorporate what God offers and use it according to His exalted idea, we shall find the pure joy in living that comes only with an abundance of love and consideration in all the great human relations. To cultivate clear thinking will open up a fountain of deep feeling that stimulates the blood, allowing the current of life to flow more vigorously through the body.

“The Gods we worship write their names in our faces,” and it is well to remember that when the spirit of man is stimulated to the consciousness of Divine power he need only prepare him-

## FROM NATURE FORWARD

self to receive it in order to enjoy the benefits of its opulence. When we are in harmony with God's laws, when we are just and fair, what have we to fear?

God is the root of life, the source of abundance, and stands ever ready to give generously to all, refreshing and stimulating those who come into harmony with His divine laws. We shall gain our liberty when we realize this truth and are willing to pay the price of correct thinking; thus it is that we foster a spirit of brotherly love in all our dealings with our fellow men.

We live on the breath of God; our bodies grow more beautiful with the radiance from pure minds within; we show fresh loveliness with each inspiring thought; attractive ideas take form from comeliness and grace, and Heaven's glory breaks forth in the love-illumined face. Then, pray for beauty in the inward Soul.

"God, Love, Life, Truth, Wisdom, and Power, are but synonyms," and every law of Nature is an expression of the Infinite. This being true, let us go our way rejoicing, knowing that the soul is eternal and cannot be separated from the loving Father who giveth life.

Life comes from the source of Infinite Love;  
No one can be severed from this power above.  
The Ruler of worlds broods forever o'er all—  
Not even a sparrow is lost to His call.

## GRATITUDE

To Him who floods the gates of light,  
Sends starbeams peeping through the night,  
Gives luster to the lily field,  
Enriches earth and makes it yield  
A harvest rare of grain and tree—  
My gratitude I give to Thee.

For every blessing I enjoy,  
For all that helps me to destroy  
All thought of anguish, doubt, and fear,  
And draw God's loving presence near—  
Let me now recognize my part  
And show my gratitude of heart.

For every pledge of love I'm given,  
For kindness that is born of Heaven,  
For inspiration to my soul  
That guides me to my cherished goal—  
Gladly I take this bounty free,  
With gratitude of mind to Thee.

For every tender soothing word,  
Relieving hearts by trouble stirred,  
For every ray of pure delight  
That makes the tear-stained faces bright—  
Give thanks, and let the love tide flow  
Upward from each heart below.  
God's benediction will be found  
Where gratitude and love abound.



**FAITH**

**THE fullness of our lives is measured  
by the power of our faith.**

## FAITH

“God made man in His image and likeness and the word was made flesh,” are statements which proclaim the principles of life.

Nothing but constructive optimistic thinking and a supreme faith in God's support can embellish the scroll of animate existence and develop humanity to the standard which has been set for it. Only through this method of adaptation can we understand the truth of being and our relation to the cosmic whole.

It is obvious that when pain or suffering is apparent we are dissipating our energy, straying from our source, and misinterpreting the purpose of our existence. When anything interferes with a normal harmonious mental circulation we are wandering in forbidden paths. Only when the tension of our nerves is released—when fear, apprehension, discouragement, and doubt are removed—are we given our freedom and permitted to grow into the beauty of holiness. If we have lost the open way, let us study the charts that lead us back to accurate relations with God's plan. Man is never permitted—without a penalty—to *retain* any form of indulgence which does not promote improvement. The primal energy back of him is steadily urging to a correct expression. Life

## FROM NATURE FORWARD

in all its variations is a process of advancing growth. The movement is forward, and we must follow the progressive tide or be lashed into obedience against the rocks of experience. The billows beat down upon us until we observe the laws of harmony.

Our source is God, the All-Good, and like water we are forced by spiritual laws to seek our level. We are free to reach it by circuitous routes if we choose, but our destiny is inevitable, and it is for us to determine whether we shall accept the stipulation of the law willingly or be goaded to right living through adversity and suffering.

The first and most important condition imposed upon us is *faith in the invisible working of spiritual laws*. We do not know why the seed blossoms into a flower, but we are sure of its unfolding. The forces which govern life are all silent, but their power is supreme. The action which controls the heart and the circulation of the blood is silent, and all that produces emotion resides in the quiet, unseen realm of spirit.

Under the influence of impulse and intelligence everything takes form and is moulded into appearance. Mind and its instinctive counterparts are the dynamic principles of life and the promoters of everything which is utilized and expressed. This vibratory energy directs the policy of the life forces, love vitalizes all forms of ex-

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pression, and there is enough latent power at our command to supply every necessity of our being and to assist us in any righteous course we wish to pursue.

The conditions for progress are already arranged. We have only to understand the laws of life in order to attain our cherished desires, and this is done by placing ourselves in the right mental attitude. To have faith in the vitalizing power of the vibratory forces of the universe and to direct the current of thought and emotion into proper channels will enable us to attract and to receive sufficient energy from Nature's fathomless supply to support our most exalted conceptions of being.

We continue our evolutions throughout eternity. No particle of mind or of matter shall ever be lost, for the reason that the universe operates with such absolute precision that the scales must at all times be balanced evenly in order to maintain the period of the cosmic pendulum. Each individual is as necessary to the larger plan of life as each drop of water is to the great ocean. New discoveries are being developed, but nothing new is added to and nothing old is taken away from the original plan of creation; things change their positions, and latent energy is utilized for new devices, but it is only the re-arranging (by intelligence) of the old

## FROM NATURE FORWARD

fragments in the kaleidoscope of life that presents the different patterns. The same vibratory energy is always accounted for in some form in the revolutions of time.

Supply is drawn from the omnipresent thought world by which we are enveloped, as flowers absorb the perfume they have sought and found in the earth and air. We are receiving and giving forth ideas as constantly as we are inhaling and exhaling the air. Ideas are absorbed from the Omnipresence as readily as a sponge absorbs water, and all creatures are permitted to drink freely at the fountain of life. The ether is charged with spiritual forces which are appropriated by the individual ego and directed into definite channels or are reclaimed by their Source.

The results of scientific investigations bring us ever nearer to the vital meanings of life, strengthening our faith in the unseen forces, and showing us clearer reasons for a belief in immortality—as well as emphasizing the fact that health and happiness are secured by the cultivation of ideals and by establishing the right vibratory action in our consciousness. We lurk too much in the shadows of unbelief; we grope around in the dark places of earth and dwell in the miasma of doubt, fear, criticism, superstition, and morbid despair; and we do not impulsively and instinctively rely sufficiently on the protection and sus-

## FAITH

taining power of mind wisely directed, nor depend with sufficient faith on the intelligent energy at our command that stimulates all forms of expression to manifestation.

The structure is always the last object to be presented. In building a house the mental design is complete before it is wrought into the building. So it is with the body. Ideas are imaged into form and substance. There are many varieties of chemical processes, but "in the formation of the body all chemicals are conducted by the living organisms that inhabit them." It requires the warmth of love and the glow of enthusiasm to mould into attractive outlines the elements which compose the personal appearance. Fear and depression are chilling to the atoms of the body, and the right impressions cannot be registered under these conditions. Metal, to be moulded into a particular shape, has to be converted into white heat before it becomes plastic, and similarly the temperament impresses the physical clay through its radiations of optimism and glowing enthusiasm and moulds it into form. It is the absence of buoyancy, resiliency, and enchantment of spirit that registers old age on the body; it is a careworn, fearing, anxious, feverish or critical temperament that generates ill health and produces an incompetent vehicle of locomotion. It is the childlike, cheerful, hopeful, play-

## FROM NATURE FORWARD

ful, interested, optimistic glow of emotions that registers youth. We all know the type of person who is old at twenty and young at sixty, and we have been charged to remember that "except ye become as little children ye cannot enter the Kingdom of Heaven."

We need not therefore delude ourselves into believing that some power foreign to us is accountable for our appearance; God has made us responsible for the type of manifestation our personality represents. Supply and sustaining power are always waiting to minister to our needs. The individual in the process of development establishes the design and generates the influences over himself and his surroundings by his mental habits. The body is charged with spiritual energy, the mind directs the dynamic power that animates it, the brain is the switchboard, and what is represented in the physical organism depends upon the kind of temperamental current that is turned on and how thoughts are utilized and directed by the individual.

The purpose of the ego is to perceive ideas and present them in definite forms, and the little things in our daily routine are as important as the larger issues of life.

The silent principles of universal energy are ever at work illustrating certain facts that increase our faith. They convince us that a cor-

## FAITH

rect standard of thinking—and confidence in the invisible working of spiritual laws—will promote our welfare, generate health, assure success, soften the inharmonies of life, and help us to affiliate with a sovereign power that will dispel the shadows in which we are enveloped, thus permitting us to develop according to the plan originated for us. Every element and force is waiting to yield itself to the control of man.

Invention, discovery, art  
Unite in a pleasing array  
When resource and Nature's supply  
Are wrought into formal display.



## MEDITATION

A deep subtle longing steals over my soul—  
A craving for something to make life seem whole.  
Of art, far-famed pictures, broad acres of land,  
There is an abundance to meet my demand.  
The mountains, enveloped in soft shades of blue,  
O'ercast with deep shadows of violet hue,  
E'er lure me to worship at their mystic shrine,  
And beckon me onward toward the Divine.  
The dainty white cottage down under the hill,  
With picturesque charm, often captures my will.  
The sea, with its surface of shimmering blue,  
Casts a reverent spell o'er my fancy too.  
The world is so playful, so gladsome with mirth!  
Then why doth mankind seem less buoyant than earth?  
Man knoweth not, like the fresh budding flower,  
That Nature supplies all he needeth each hour.  
The trees use their birthright to cover themselves  
With all the rich verdure their beauty entails;  
They know that earth's increase will meet their demand,  
And so they continue to grow and expand.  
The charms of the mountain, the vale, and the lea  
Interpret God's meaning for those who can see.  
Faith, Love, and Charity—these Graces three—  
Shall blend into being, before man is free.



# **THE INDWELLING SPIRIT**

**IN the process of building do not erect a canopy between yourself and God's spiritual sunshine. Increase the lustre of your life by allowing its radiance to illuminate your own atmosphere.**

## THE INDWELLING SPIRIT

As the spirit body is our eternal ego, why not begin to realize it *now* and to regard the material form as merely the cloak or covering—the connecting link between earth and spirit. There is no time when we do not literally walk with the energy of our invisible spiritual power, and we should understand more fully the permanence of our life and realize that we are propelled by the silent vibratory action of the spirit-body at all times. It is obviously our habit to envelop this spirit-body with a material covering, and our occupation will undoubtedly always be one of creating the kind of habitation which conforms to the temperament and which supports the purpose of the individual. The physical organism is the point of personal contact between spirit and the objective world.

When we are impressed with the inherent powers and the true significance of our inner natures and the relation between our real selves and the outer covering, we shall know better how to control and generate the right conditions for the governing of our lives. The material structure passes away and is renewed daily. Individuality is the only abiding reality of our being. The physical body is in a ceaseless state of transi-

## FROM NATURE FORWARD

tion, and continues to form and re-form itself to represent the temperament of its inhabitant. What we have taken from the earth and the elements returns to its original source, and what we claim from spirit-essence continues to blend with its affinity. The old particles of the body ceaselessly disappear, and new cells are being formed with renewal of the supply.

When a child makes its appearance on this plane of consciousness, it closes the door on its previous life and is re-born, leaving a veil between this world and its astral home. All along its eternal journey it is continually being born again. From babyhood to childhood, childhood to manhood, and manhood through its successive unfoldings, with every change in temperament the ego establishes for itself a new environment, leaving old conditions behind.

It is the habit of the individual ego to create a body in which it may dwell and express itself. Accordingly, it continues to form the conditions for its natural manifestation as changes in its vibratory impulses occur. One might say, we die daily, but it would convey a more vital meaning to suggest that we undergo a process of continuous reconstruction. The temperamental dynamo of each individual creation in its manipulation of matter is perpetually taking in and throwing off particles, using those elements that

## THE INDWELLING SPIRIT

are necessary for renewal and discarding all that cannot be utilized to advantage, thus the work of body-building steadily proceeds.

As the architect, when building an edifice, draws his plans before bricks and mortar are laid to outline the structure, so the ego visualizes its model before projecting it into visible appearance. Habits of temperament are formed and emotions are nurtured which are perpetuated in the construction of the physical appearance. Mind, therefore, is cause, and the natural body, effect. It is not necessary to watch the process of development from the planting of the seed to the mature fruit; we sow the variety of grain we wish to harvest and leave it to its own unfolding. We do not need to understand how the process of body-building develops, provided we realize the truth of the statement that the "word was made flesh." Our task is to foster the sowing of the right mental seeds and to be sure that the soil is enriched with love and moistened with the dew of human kindness.

Since we are living in the spirit-body now and it is our constant possession and flexible to our will—it is reasonable to suppose that it may be altered at any time. Thus the physical body continues to be shaped by its individual dictator, and it is ever wrought into the manifestation generated by the moods of its occupant. One

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does not change one's personality so long as the same temperament prevails. There is, therefore, no way to alter the appearance of body except by a renewal of mind. The body is entirely plastic to the invisible form that inhabits it.

We accept the premise that the nutriment from our food is moulded according to the influence of the ego. Habits of temperament, one's general trend of thinking and reasoning about life, and one's beliefs and prejudices are given over to the subconscious workmen, and they—being the servants of individuality—mould the soft body material into the appearance determined by the spirit ruler. It is obvious, therefore, that if we generate friction in the emotional realm of mind we must realize disturbing conditions of body and environment, for the web of life is spun from the spirit and must follow the dictation of the weaver.

Possibly the astral body offers no more advantages when relieved of its earthly covering than the present plane of expression affords, and the physical body may handicap the freedom of the astral body; but the evidence at our command leads to the conclusion that we may be at home on any plane to the extent of having found our equilibrium, as poise will assert itself under all circumstances. The body is no handicap to a well-balanced mind, and there is always enough

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to enjoy in one's present environment if the individual is able to appropriate happiness. The soul of man is his real self, and he carries his own limitations with him wherever he goes. Being in or out of the material body need make no difference with one's development.

In every phase of being the possibility for enriching and sustaining one's life is at hand. To be normal one should make the physical body reflect the exhilaration of the buoyant spiritual body, as the indwelling spirit at all times either stimulates or depresses its own environment. To keep one's emotions in tune with the harmony of just thinking and right living will enable the subconscious automatic activity, which accomplishes the tissue building, to generate the right conditions. God is Infinite and man is eternal, and the dependence of man upon his Maker is always the same. Understanding this relation, shall we not cultivate a desire to express the deeper things that lie like pearls in the depths of our being and realize that "the seal of the King is upon us; His strength is in our arms"?

You are weaving a model day by day  
And moulding it into a house of clay.  
Be careful how you create the design  
For in its inclosure yourself you confine.



## A DECREE

WHAT are years to me?  
I live in eternity!  
'Tis decreed that I am  
A part of the plan  
For the growth and expression of man.

Tides of the sea do not change,  
Earth, moon, and stars have their range;  
They move and revolve  
But never dissolve  
As in orbits they circle and sway.

Mind is infinite, too;  
Love never ceases to woo;  
Every age has the power  
Of thought for a dower  
Which nothing can spirit away.

Even earth renews its display,  
Its forms are a ceaseless array  
Of beauty and joy  
For mind to decoy  
Into shapes time cannot dismay.

Yes, I am a part of the plan.  
I dwell in eternity's span!  
My spirit, forsooth,  
Is perpetual youth,  
I am indestructible man.



# TEMPERAMENT

**DISEASE** never enters where the spirit  
of the ego is tuned to the harmonies  
of Infinite mind.

## TEMPERAMENT

AN interesting phase of modern suggestion is its accuracy in analyzing and defining the relation of mind to material substance. In the accepted premise that mind governs every atom in space, and that every particle of creation belongs to the realm of Infinite intelligence, we have a logical basis for tracing cause and effect and a definite hypothesis for expressing ourselves and arranging our lives with mathematical precision.

We are learning that all lower forms of expression are governed by instinct and that all the variations of being are individualized by temperament.

Vibratory instinct causes even the shell to gather to itself with intelligence from the ether the particles that fashion its color, shape, and substance. Vibratory instinct in a similar way leads the flower to absorb from the elements what is required for its fragrance and beauty. Likewise vibratory instinct and temperament give the bird an ability to select accurately the variety of materials compatible with its particular form of expression; so the animal moulds itself into a body which accords with its emotional tendencies. In every creation the ingredients that are

## FROM NATURE FORWARD

fashioned into form are instinctively chosen with reference to the needs and habits of the ego. There is no indiscriminate mixing of the elements, no mistakes in judgment, no crossing of vibrations with the material substances utilized in the construction of the body, no acceptance of substitutes for the natural requirements of all the entities in space. The lily is unerring in its right selection of elements for its array of blossoms, and hence it is faultless in its floral display.

Following out this thought we conclude that if man were as discriminating in judgment and as tranquil in temperament as are the flower and the bird, his life would be expressed as harmoniously as these other forms of creation. Although conscious intelligence seems to have been his undoing, when he does waken to the full perception of his powers conflicts will cease, the gates of Heaven will open at his touch, and he will enter the Paradise which has been prepared for him and which awaits only his qualification for possession.

Man's dominion does not endow him with power to alter the laws of creation; it only allows him the freedom of choice in the ordering of his own life. Temperament is his individual endowment, and with it he colors his ideas, gives shape to his body, and places himself where he belongs in the world of affairs. With temperament he

## TEMPERAMENT

moulds his features, hands, feet, and body, he colors his eyes, hair, and complexion. With the instinctive emotions that play through his being he generates the conditions for his appearance and for his external circumstances. It is likewise the vibratory pulse of the nation which determines its place in the world of affairs, and the general impetus accorded these vibrations—and whatever we prepare for—will determine what we shall experience. Our lives are dominated and expressed through our emotional natures, and it is there that the regulating should begin in the construction of character and the ordering of our existence.

With the right vibrations established our lives may be embellished to any degree. Although we rely to a great extent upon certain external conditions for our comfort and happiness it is not logical to suppose that we should give less heed to the beautifying of our character than we do to our surroundings. Nothing can harm life or destroy any of the great animating forces of Nature; but if certain manifestations of these powers are to be wrought into an attractive appearance it is necessary to supply not only the elements that harmonize with temperament but to mould these elements into an attractive personality through our poise and constructive power. Our wills should direct our impulses into

## FROM NATURE FORWARD

the right avenues of thought and emotion; we should stand porters at the gates of our consciousness and by tempering our moods and habits we should protect the little new cells, muscles, and nerve tissues that we depend upon to serve us. How surprising that they are able to endure the strains that we put upon them!

It requires steadiness of purpose and vigilant watchfulness to guard the physical structure from the ravages of temper, jealousy, depression, and hatred; but with persistent efforts we gain that mastery over self that brings to us the coveted victory of freedom from pain, from tension, hurry, worry, and unrest; freedom from all the abuses that troop in the wake of uncontrolled desires and unrighteous emotions; emancipation from the sins that do so easily beset us until we rise to that purer atmosphere where we embody the things that are eternal and in our purpose and our possession we become true children of God.

When this is accomplished and we understand the laws of affiliation we have a basis for the manifestation of life that expresses God's idea.

Right impulses will generate right thinking, and with this stamp of quality upon a wise selection of combinations for the manipulation of temperament we shall be endowed with physical bodies that are adequate at all times to our

## TEMPERAMENT

specific requirements—bodies that will neither wear out nor grow sluggish with time, that will feel youth's renewal with new tissues.

To secure an efficient body the indwelling spirit of every visible form should extract with precision from the elements only those substances for food that are in keeping with temperamental vibrations. A locomotive is constructed of certain varieties of wood and metal that are suitable to its service, and a human vehicle should as definitely be formed out of the combinations which are essential to its utility. The selection of food for the body, in order to be of value to the occupant, should harmonize with his individuality and the necessities of his particular vocation. As the mind becomes more spiritually buoyant it absorbs more nutriment direct from the elements and less from the earth; its tendency is to select finer substances for its manipulation. The more we absorb from the essence of spirit the less we require of its condensed form (matter). In other words the person who comprehends these truths and applies them in his living requires the absorption of less material food for renewing the tissues of his body.

The instrument in every instance should readily conform to the characteristic requirements of the ego. This reasoning is not at variance with the injunction that was given to "take

no thought of the body what ye shall eat, or what ye shall wear," as the process of functioning regulates itself according to instincts and specific desires. Tempting Providence by unnecessary bravado implies a lack of discernment and is contrary to all normal tendencies. For example, it would require an unusual effort to masticate or even to swallow a substance disagreeing with one's inclination, and in order to demonstrate such an experiment it not only would involve a detrimental exertion, but would require a vigorous treatment to eliminate the foreign substance, as natural functioning is always a pleasant process. Therefore, if we regard the admonition above, abnormal daring cannot be consistently indulged. The natural vibratory rhythm of temperament should be augmented and not impeded with substances that are out of harmony with its radiations.

Sound is carried far through the medium of copper wires. Electricity illuminates houses and propels trolley cars when rightly conducted, but it does not transmit itself through instruments alien to its character. In arranging our flower beds we prepare the soil by using a certain kind of fertilizer, placing our seeds in the right angle of light, watering them and ministering to the particular needs of the variety of blossom we wish to promote. Roses will not pursue their

## TEMPERAMENT

growth in surroundings foreign to their nature; but this does not imply that the rose life is actually destroyed when deprived of its proper setting—only that the objective display is altered. This agrees with the poet's thought, "There is no death, what seems so is transition."

To keep one's temperament under the right control, and to supply the materials for absorption that are in keeping with individual requirements, will produce a body that is equipped for service and comfort. When we begin to make "cozy corners" in our brains for our thoughts, when we strengthen our temperament with love, and follow a normal leading in the selection of food, we shall enjoy the sensation of being at home in our earthly abodes. We shall be well, we shall live consistently, and harmoniously, we shall depend less on the stimulus of outside influences, and feel a glow of independence that induces happiness. Sensations of loneliness or depression cannot take possession of a well-ordered mind. A person who lives normally and is given to wholesome occupations shows no signs of wear, and life is prolonged in the environment of a body that reflects poise and power. The forces of Nature are always waiting to yield themselves to our necessities and to respond to those persons of awakened perceptions who can discover and comprehend their purpose.

## FROM NATURE FORWARD

There is nothing new under the sun, but there is increasing evidence to convince us that we may enjoy indefinitely our earthly abodes, and may continue to unchain the secrets held in latent energy and appropriate them for our improvement. Our ideals may all be realized, and it is encouraging to know that an eternity is ours in which to reach them. There is every reason to believe that we are given increasing opportunities for renewing our powers and promoting a more abundant life. "The pattern grows, life flows and glows," and when we can discern the basis upon which existence is founded and understand that we are not facing disintegration or annihilation, we shall improve our opportunities and be governed by more worthy motives.

Our temperaments are the magnets which attract to us all that we can appropriate, and our beliefs and conceptions of life are responsible for everything we represent. We need not, therefore, look beyond ourselves for the cause of our appearance—of our triumphs or our defeats—as we generate within ourselves the conditions we represent. We have already been taught that it is the angle of the earth to the sun that determines our seasons, and we know that it is our attitude toward God that generates our experiences. As all clouds have their origin in earth conditions, so man's disturbances come from his

## TEMPERAMENT

ignorance and moods. One writer tells us that we do not dwell enough in the "upper story" of our intelligence; that only happy emotions and joy produce rising vibrations. Thus we infer that the mind to be normal should at all times be free from tension. We are coming in contact with live wires of thought and are sending them broadcast from our own generators. Some day we may realize that it is only the happy moods that are health-producing currents, and when we do we shall never place the charged wires of critical thoughts in the path of another.

If certain depressing emotions are allowed to sweep through the organs of the body, a physical disturbance follows in the wake of these vibrations; the material structure gives way under the strain; and the sensations which are registered as the human organism yields to these mental waves of discord may be likened to a landslide. Ebullitions of enthusiasm do not adjust the havoc that is wrought by this unfortunate indulgence, but a hopeful, even spontaneity of mind will again regulate the disturbance and promote equilibrium.

To be harassed by a sense of weakness, or to be mentally out of tune for any reason whatever, is to forfeit one's poise. When discordant reports are circulated over the nerves the tissues are injured, and the transmitters which convey the messages to the body are disabled. The body

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weakens under the influence of wrong direction, just as the earth yields to the passing of an electrical storm. Thus, it is only steadiness of purpose that promotes our welfare, and when our desire for equilibrium is great enough we are given the power to sustain it.

When equanimity of mind is lacking, our vision is distorted and we fail to observe the world with normal eyes. We lose our interest in life because we are out of rhythm with its purpose. A decrepit appearance only represents a mal-adjusted temperament. There is no termination to existence, and if we feel our limitations it is because we are out of harmony with the universal plan. A negative attitude of mind is impossible when one has discerned his latent capabilities and has consciously related himself with the vital forces in control of his being.

The difference between youth and old age is merely a point of view. Whether one represents age or youth depends upon one's temperamental outlook. Fresh building material is supplied daily, and we place our individual stamp of quality upon it. We are all non-detachable parts of the rotary plan and as indestructible as the sun, but the conditions which surround us depend upon where we place ourselves in the universal scales of adjustment.

If we allow the burdens of life to drag on us

## TEMPERAMENT

“like a tired child on the skirts of its mother,” we misuse the energy given us for constructive purposes. If the friction of life is permitted to destroy the tranquility of our minds the messages despatched through the body are depressing in character, and the nerves carry throughout the entire system reports of weakness. The motor power of the body is the dominant that governs mind, and the physical and universal organisms are controlled by the captain at the helm of reason. When hurry, fear, criticism, worry, greed, revenge or mental turmoil of any kind rages in one's veins, the processes of the body are disturbed, while energy turned in the right direction establishes order and reveals itself in a personality that is pleasing and efficient.

In the light of facts established by modern research no one can doubt the continuance of individual existence. There is increasing evidence to convince us that we are ever gravitating toward a more abundant life, and that our experiences are stepping-stones to greater wisdom and a larger conception of what is vital and most worth while. Our position in the cosmos depends entirely upon the conditions we generate within ourselves. The sky has no forbidding clouds when joy abides in the heart. All things are prepared for an earthly Paradise and await only our coöperation to make it visible.

## FROM NATURE FORWARD

One may register a passing thought with no detrimental effect to their system or their pursuits. It is the animus by which the thought is colored that determines its effect. To analyze in a negative way the traits of another produces no perceptible disturbance in the assertor, but when projected with stinging malice it eats into the vitality of the individual with a corroding effect that brings havoc in its train to everyone involved.

The play of the temperament on ideas determines results. Temperament and instinct belong to the ego and exist forever. Thoughts are fleeting and transient. They are absorbed from Infinite Mind and utilized by the individual just as everything else is appropriated from our creator for the nourishment of being. The person who focuses a critical eye on objects within his range seriously injures himself. It is the habit of venomous instinct that represents itself in a repulsive form, and it is beauty and purity of mind that appear in comeliness and grace.

Thoughts come and go, but temperament abideth forever. Temperament is that quality of the ego that needs to be regulated in man, beast, and every expression of Nature. The ignorant man with a loving tender heart is dearer in the sight of the Lord than the knave who may be a giant in intellect.

## TEMPERAMENT

The sensations and emotions mould the tissues of the body into form, and that is why some men in the ordinary walks of life present a better appearance than men of greater intellectual powers; persons addicted to habitual censorious criticism generally present themselves in withered bodies.

If angular characteristics exist in one's temperament they will cling to the ego through all its evolutions until they are converted by love and good will. On the basis of this reasoning every form of manifestation can be explained. The excuse is frequently given when one fails in health, "I don't know how this happened, I was not thinking of disease or of trouble," and this may be true; but they forget the worries or fears or criticism that affected their vibrations at the time, and without which disease cannot enter.

A saintly soul may say of another, "Poor dear, I am so anxious about her welfare that I cannot sleep at night." This may be said with loving solicitude, but the mental worry and heart anxiety will so lower the vibrations and sap the vitality of the former that disease enters, and these mental waves are too frequently registered with detrimental effect by the one toward whom they are directed.

When our temperaments are rightly adjusted we shall be healthy, energetic, self-reliant, and

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capable in any walk of life. The scholar will be efficient and the laborer will be worthy of his hire.

When our hearts are stirred with an impulse toward brotherhood—when we can eliminate fear, hurry, criticism, worry, anger, jealousy, and greed, and show in our countenances the expression of friendliness and good will—when we can lend a hand and give words of encouragement to those less fortunate than ourselves and enlarge our sphere of usefulness by increasing our faith and love, the world will fulfill its destiny and become a fit habitation for the soul, health will abound, and life on this plane will overflow with joy.

Bright radiations from above  
And sunshine in the heart  
Will shadows from our path dispel  
And bid life's cares depart.

## JUST FOR TO-DAY

Just for to-day I will banish all care—  
There shall be no clouds in my sky anywhere.  
For this hour at least I'll be free from hurry  
And feel no pressure from thoughts that worry.

Just for to-day my heart shall be light,  
Without a suggestion of discord in sight;  
From sunrise to sunset my work I'll endeavor  
To change from a task to an effort of pleasure.

Just for to-day from sadness I'll flee  
And be free as a bird singing up in a tree.  
Whatever may cross my horizon to-morrow,  
Just for to-day no trouble I'll borrow.



# THOUGHT ACTIVITY

**It is the character of the man and  
the impulses that color his thinking  
that register prosperity and health.**

## THOUGHT ACTIVITY

**THERE** is a vast difference between passive and active thinking. Both qualities of thought are generated by the indwelling spirit and have their definite results. One compels us to drift along with the current of life without a purpose. The other sails down the stream to a fixed harbor. Thinking along positive lines produces the initial impulse that sets forces in motion by which things are achieved. Passive thinking does not produce a mental jar; neither does it generate productivity, and for this reason the visions of the optimistic dreamer are often disappointing. He is not connected with the live wires of success. There must be a deep enthusiasm in order to generate a vibration that is vital enough to make it of service. If one's energy is constructive in its character, there is no limit to what may be wrought out of Divine power. We are shown the effect of every impulse.

Two men were analyzing the difficulties they met in securing occupations. They were of the ne'er-do-well variety, shabbily dressed, unkempt in appearance, with a listless expression of countenance and limp figures. As they passed along, the following fragments of conversation were overheard: "I don't have no luck at all. I have

advertised in a dozen papers, and it brings me nothing, and I don't understand why." The reason was obvious to a discriminating observer. Every gesture and the snail-like movement of the body indicated non-success. The man simply expressed the apathetic type of being who puts nothing into his environment, and receives nothing in return. He could not realize that a man can never enjoy or truly possess until he awakens to the truth that all that we have springs from what we are, and that no plane of life has been discovered where this law does not govern.

Thoughts are given us for the purpose of generating ideas, and it is ideas fired by enthusiasm and put into execution that determine results. The man or woman who conceives a worthy inspiration and does not develop it into some form of manifestation has robbed the world of the glory of the thought, and has returned it to its source without having delivered the message it was born to convey. It is the men and women who capture their inspirations and put their theories into execution who fulfill the purpose of their creation and contribute to the upbuilding of the race.

I imagine the heart of the rose is thrilled with an instinct to accept from Nature only the most exquisite tints that the God of Color has to offer, that it may present to the world that vision of

## THOUGHT ACTIVITY

immortal beauty which lurks in its blossom. The little flower impulse is beating to a high rhythm of loveliness, and no substitutes for its fairest conception will be considered. The reason it expresses so much charm is because it works with confidence, no element of fear being present to change the color vibrations to sombre hues. So it is with the individual who would achieve—high ideals and exalted standards are necessary in order to complete the circle of lofty aspirations and to bring his ideas to a successful issue. The dream of the poet is inspiring only when it is charged with enthusiasm; as he looks at the stars or fixes his gaze upon the landscape we may know by the message he imparts if the thrill of enthusiasm has accompanied the impulse.

Man's happiness and efficiency depend upon his purpose. We represent in the outward conditions of our lives what we persistently and clearly think in the conscious realm of our being.

The pulse of Nature is ever beating with energy, but it is only through persistent effort, faith, and confidence that the great conceptions of life are demonstrated for the delight of man. Not every pupil in the class with Edison became an inventor; not every child under the same instruction as Mozart developed into a musician; but the same possibility existed for all. It is only now and then that a comet flashes into view, but

## FROM NATURE FORWARD

the sunshine is a daily blessing. Let us nerve ourselves with optimism and in the glow of our own faith in God's goodness forget the discouragements that have gone before.

The man who looks within, to find  
The secret of his rise or fall,  
Will have just reason to believe  
God's bounty spreads alike o'er all.

## CONCERT PITCH

'Tis only self can desecrate  
The idols of one's high desire.  
By confidence and wise intent  
Man may his fondest dreams acquire.

Nothing can stay one's power to love—  
The stream is open from within;  
The sure control of heart and pulse  
With one's own spirit doth begin.

One's mind is free to roam at will,  
To seek its complement in thought.  
From its own centre springs the power  
To bring to life what it has wrought.

The perfume of the new-mown hay,  
Elysian fields, are free to all.  
The song of birds, the flowers, the sky  
Are not denied by Nature's wall.

In many streams the sweetest notes  
Of harmony and joy resound;  
They find their level in the brain  
That with melodious thoughts abound.

Then listen for these cadences—  
The symphony of life is rich  
With concord, love, and ecstasy,  
For minds attuned to concert pitch.



## **AFFILIATION**

**It is through our affiliations  
that our natures are impoverished  
or enriched.**

## AFFILIATION

**THE** fact that modern science is giving proof of the theories actuating metaphysical research shows that our present system of thought accords with Christ's teaching and is established on a sure foundation. We are proving that when spiritual laws are intelligently obeyed, abundant manifestations follow. A writer has suggested that we have had enough of negations. We need men of faith, more efficient workers with clear-seeing eyes to drive straight furrows through the field of life. We need minds with convictions like those of Christ to unchain the Truth and set us free. It is wrong to follow the leading of our weak, negative moods from lack of discernment or from hesitancy to emulate a good example.

The crying need of our world to-day is for volunteers, among individuals who are endowed with spiritual perception and understanding of the laws of life, to come to the front and aid in the rescue of passive and aimless or depraved humanity. The desire for better development needs stimulation. The world requires a more vital infusion of love and logical reasoning and a better comprehension of its own invigorating forces in order to attain a more worthy record. We need a clearer vision to direct the wavering

## FROM NATURE FORWARD

minds that are susceptible to suggestion—minds that should be trained to habits of right thinking. “None but the unenlightened laugh at spiritual assertions.” The higher our degree of understanding and the more our faith in the reality of divine laws increases the more harmony we express in our environment. When we fix our confidence in our Creator we affiliate with a power that is unfailing and upon which we may definitely rely.

We have been too indifferent to spiritual guidance and unmindful of knowledge concerning the relations of the finite to the Infinite. We have had for centuries the teaching of Scriptural admonitions. Christ was plain and forceful in His statements regarding life, but in our ignorance we have misinterpreted His meanings. We should accept His example as a standard to emulate, realizing that it was not God’s purpose to raise one man to power merely that he might be exalted. When we understand that all external results follow the direction of our emotions we shall be careful to guard against destructive tendencies in our development, and our beliefs will carry a weight of optimistic logic that can be demonstrated as accurately as a problem in mathematics.

Mind projects itself to all distances, but will enter only the channels that are open to receive

## AFFILIATION

it. The Marconi message can be received only by an instrument that is in tune with the wave projector at the despatching station. Similarly we catch the inspirations of spiritual messages when our minds are harmoniously receptive to them. Distance is no more of a barrier to thought transference than it is to a Marconi message; thoughts may be directed anywhere, but they connect only with their affinities. A comprehension of our relation with universal laws and of the carrying power of mind enables us to project our thought so that it will be of service to others and will make us receptive to the sentient influences of good.

The world should feel encouraged by the knowledge that man is quickening his perception, strengthening his intuitive powers, and beginning to exhibit a better endowment of rational insight into the phenomena of life. A clearer understanding of our relation to the Infinite is teaching us to be more helpful to others by generating the right influences ourselves.

To seek the exalted altitudes of mental animation we need to associate freely with noble characters, to inhale plenty of fresh pure air, and to keep the centre of consciousness steady, well poised, and directed Godward. This state of mind will reveal more clearly our possibilities and will promote higher attainments.

## FROM NATURE FORWARD

We can help our neighbors in their efforts to unfold their Godlike qualities by strengthening our own. It requires particular discernment to translate the teachings of Jesus into a practical text-book for daily reference. Our Master emphasized by His example, His teachings, and His demonstrations that our lives can never really be enriched until we realize our relation to Omnipotence; and He illustrated the fact that matter in no way can interfere with our communion with our Maker—or with each other; that it has no power to obstruct spiritual intercourse or the affiliation of congenial souls, either here or hereafter.

It is an absorbing experience to penetrate the spiritual realm and perceive the possibilities it offers. Our research along this line of investigation quickens our interest as new and successful experiments are made, and we bring additional powers into play with the opportunities thus afforded. Chemists, inventors, and pioneers in every branch of investigation find increasing delight in their work as they improve their acquaintance with the silent spheres of activity and discern the endless opportunities for pursuing their desire for broader fields of research.

The awakened spirit finds exhilaration in penetrating the mysteries of creation. It gives buoyancy to life to unchain the latent elements of

## AFFILIATION

being and bring into visibility the glories of the celestial realm. Man is made for God and is restless until he finds Him. God generates Omnipotent wisdom but does not thrust it upon us. We must seek it and open our minds in receptivity; we must also learn to discriminate between the spiritual and the physical, and understand that matter is at all times subservient to the indwelling spirit. This the Bible designates as the "power of an endless life."

God's protection, strength, and bounty  
Every one alike may share:  
Man, birds, flowers—all are under  
His sustaining love and care.



## INSPIRATION

OPEN the windows of your soul  
And let God's radiant light shine through;  
Absorb its purifying rays,  
That brighter light may glow in you.

Let perfect love your heart control,  
To moods of gentleness give birth,  
With golden sunbeams of good cheer  
Destroy the sombre thoughts of earth.

A mind, reflecting no false jar,  
That registers harmonic chords,  
A heart that thrills with gladsome joy,  
Attract the charms that life affords.

Let God smile through your human face;  
Through you may His fond aims come true;  
Let His glad message to the world  
Be taught to other souls by you.



# **CHEERFULNESS**

**THE sun is always shining  
Where joy abides in the heart.**

## CHEERFULNESS

To assert that cheerfulness is one of the best-known tonics for the promotion of health seems like a simple suggestion, but a fair application of the prescription will entirely convince one that it is adequate for the cure of many ills. Despondency, fear, jealousy, and hasty judgment are responsible for more bodily discomforts than are any other causes.

A sombre mealtime will occasion indigestion more than will any other form of obstruction; and it is a well-known fact that spontaneous effervescence of spirit enables one to eat and assimilate even the rich viands of an elaborate dinner with ease and comfort.

Children are so much affected by their surroundings that they droop and chill when under the influence of depressing environments.

A look or a word which brings a cloud to the mental atmosphere of a child while eating renders the meal of little value, if it does not actually retard digestion, and subjection to constant impatience, irritability, criticism, and fault-finding will derange the entire nervous system. What affects the child also affects the grown-up.

We are all children of the sun, children of love—and we do not thrive when out of our native

## FROM NATURE FORWARD

element. Theories as to the value and necessity of toughening processes are written about and practised and we are told that obstacles pave the way to strength and success. Experiences of a hardy nature may sometimes appear to develop and strengthen character; but the one who really advances over rocky paths does so because there is a certain tenacity already in the fibre of the individual which would assert itself at any cost. All these cases finally resolve themselves into a survival of the fittest. With proper guidance the same good results may be obtained, and with less friction and possibility of suffering.

The thorny path leaves the individual seared and scarred, and many times robs him of the responsive spontaneity and bearing of the youthful heart that the world cannot afford to lose, and that too frequently depletes his energy as he advances in life.

Loving interest, not a toughening process, is all that is needed for the rose, the lily, the violet, and the orchid. Proper conditions of soil and tender care are all that is necessary in order to develop the fullest beauty of blossom and flower.

When children are furnished the right example, nourished by love, and educated in an optimistic environment they evolve as gracefully as do flowers in the sunlight. There is something subnormal in the expression of the majority of

## CHEERFULNESS

faces we meet, for the reason that the average individual has had to surmount too many obstacles. There is enough discipline of a depressing nature in the daily contact with the world to test the individual and to give the right toning up, if that is one of the requirements for the development of character; but observation and retrospect convince one that mankind is starving for love and appreciation. Defects in personality are not lessened but are over-developed when they are drawn to the surface and kept there by the strong magnet of comment and criticism; thus a fault-finding world is responsible for the abnormally high average of distorted countenances.

The glory fades from the face to the extent that mirthfulness, love, and appreciation are withheld. Whenever a person has a legitimately wholesome estimate of his capabilities, there is likely to be an army of mind-parasites waiting to destroy the so-called egotism and reduce the individual to a humbler footing.

Christ was crucified because He dared to assert Himself, and to declare the supreme power at His command. Christ did not require discipline, He desired appreciation, and that is the appeal to-day of the struggling souls of earth. The world has always been ready to erect crosses on which to crucify those brave souls who have exhibited prevision and inspiration and who have

## FROM NATURE FORWARD

labored to change a world of discipline and law and might and tyranny to form and custom into a world of helpfulness and encouragement and sympathetic understanding and surpassing love.

The loving word, the friendly countenance, the helping hand, the encouraging arm, the sympathetic understanding will arouse the buried goodness and softness in any heart and restore to man the knowledge of his royal origin and the determination to reach that high estate.

Out of the sunshine, out of the air,  
Love comes to bless us everywhere,  
Breathing its fragrance through flowers in June,  
Answering calls of all hearts in tune.

## A SONG OF THE ORIOLE

AN oriole, flying from tree to tree,  
Warbled away with a heart care-free.  
He sang his bright song again and again  
And I caught the spirit of his refrain.  
Said I, if the bird may carol all day  
And cheer with a song his gladsome way,  
God surely has made some plan for me  
That will let me sing with lightsome glee.  
My faith was strengthened by that wee bird,  
And I've found the message in his bright word.  
Cheer up! Cheer up! are notes of his song  
Which I echoed back, the joy to prolong.



# PARENTHOOD

**THE only authority that has real value  
is the example of patience and courteous  
consideration.**

## PARENTHOOD

**THERE** is probably no phase of mental disturbance so demoralizing to the human system as the disappointments which occur as a result of wrong influences. To spend one's energy in lamentations over lost opportunities or after-maths of useless analysis concerning conditions which might have been averted is very depleting to energy, and the constant beating against one's brain of the "might have beens." is like chiseling away the foundation on which we stand and thereby weakening our support.

Some day we may learn that it is not necessary to reach Heaven by the "southern route." There are other roads which lead to Paradise besides those pilgrim paths so generally traversed by humanity.

Certain forms of expression have captured the secret of unfolding in accordance with harmonious laws, and perhaps the awakened soul of man will ultimately lead him to the discovery of his inherent possibilities without dragging him through the mire of discouragement in order to reach his destined goal.

Let us consider some reforms which are necessary in order that children may attain a

## FROM NATURE FORWARD

better mastery over their earthly environment. It is important that the young should be taught early in life how to employ their time and direct their faculties. The child is not a little animal that can be captured and trained by its master, but a divine soul that has developed through generations of evolution; and although strange and new to the present environment, he enters this world equipped by past experience and training to reach a certain destination; and it should be the desire and aim of the parent, guardian or instructor to discover as early as possible the characteristic tendencies and natural endowments of each child and help him to develop them. The trend of emotions and impulses generated by the infant should be noted and the little stranger should be helped by wise counsel, solicitation, patience, and comradeship to unfold the qualities that are latent in the particular consciousness, allowing ample room for the expansion of individuality.

Life is a process of unfolding, and like the lily it opens out from within. If the child is not unduly influenced he will evolve the natural capacity of his nature. Every child is endowed with a certain temperament, individual to himself, that is manifest at birth and with definite tendencies which should be respectfully considered by the parent. It may be necessary to

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assist in the careful adjustment of the awakening to new conditions, and this may be accomplished by the one in power at the psychological moment, but with the exercise of cautious discrimination.

Liberty and the pursuit of happiness are the birthright of every soul, and if the original plan is followed it is achieved with no friction or jar to the wheels of progress. If children were nourished as plants are cared for the problem of better self-expression for them would be less difficult.

We do not ask a rose to bloom in uncongenial surroundings. In our flower nurseries we find the angle of light and the kind of soil that are best adapted to each particular blossom, and instead of imposing certain conditions on the flower we study the flower impulse to discover the essential needs of the variety we wish to promote. The child, however, is supposed to adjust himself to any environment that happens to be present, and to thrive on the conditions generated for him; and herein lies the key to the great world problem before us, and it largely accounts for the inefficiency and angular appearance of humanity in general.

The process of development should not consist merely in analyzing the discrepancies in the characteristics of the child, but in discovering and strengthening the virtues. Every child heart is aglow with some good impulse and every child

## FROM NATURE FORWARD

brain is capable of following a definite pursuit which will increase the lustre of life—to discover the special endowments of youth and help to reveal them is the true spirit of parenthood.

The father or mother who has the discrimination to discover the superior talents of a child, and to educate him in the direction of his natural inclinations, has taken the initial step in firmly establishing his character, not only strengthening the power of the soul to express itself, but promoting a better product of manhood to bless the world.

So long as a child is forced out of his native grooves by the misjudgment of those in authority who do not lovingly sympathize with his particular necessities, so long will the life of the average man or woman be thwarted, and the improvement of the race needlessly be retarded.

The mighty mind of our Creator fashioned a plan for the development and embellishment of life that endows each ego with the right to its individuality, and it should not be robbed of this inheritance by a dominating power or a guidance foreign to its nature. Parenthood too often resolves itself into a mesmeric influence which hampers rather than aids the natural abilities of the child, thereby compelling him to go out of his way to find his bearings.

Every soul ultimately evolves into the ex-

## PARENTHOOD

pression of its own individuality, and the little detours of unhappy experiences require only an abnormal amount of readjustment in order again to become normal. The confusion of life is detrimental to the perfecting of character. The beauty and the fresh spontaneity of youth prove the influence of this period to be beneficial. Age does not offer the splendid specimens of humanity that are claimed by the younger generations. The fact that people release their power as they advance in years is evidence that problems and trials have not improved or strengthened their vitality, and that we are normal only when life is unincumbered with vicissitudes and perplexities.

Children need direction not correction, and when parents understand that every negative suggestion imposed upon the child actually depresses his vibrations and affects his breathing and circulation, more wisdom will be displayed by those in authority. To criticize or call attention to the shortcomings of a child shows a lack of discernment in discovering his virtues, and your suggestion will attract its affinity, and become more apparent as the habit is indulged.

A child is like a budding flower—  
The pattern is already wrought.  
But atmospheric harmony  
Must compass it with loving thought.



## JUST A SMILE

Just a smile when life seems gray and cold  
Will often change the shadows into gold.  
A word of cheer will rarely fail to save  
From anguish a heart that would be brave.

Just to make it plain that good abides,  
To be at home with One who rules the tides,  
Will give to life fresh vigor, joy, new birth,  
And help mankind to know a fairer earth.



# **HABITS**

**WHEN** habits are formed and are given over to the subconscious workmen, who build the tissues, they become automatic in their effect upon the body.

## HABITS

**HABITS** of any kind can be formed and become automatic in their operation; then why are not all tendencies of temperament made to conform to high ideals?

*“Nothing ever happened but thinking made it so.”* What we are and what we accomplish is the result of our characteristic attitude of mind. All that we attract of love, health, and prosperity follows the leading of well-directed habits of mind. Every circumstance or condition in life is dominated by the operation of mind, and a proper application of thought will bring the right conditions for the solving of every problem with which we are confronted.

It is easy to create a perfect adjustment of circumstances, when this truth is perceived, as to expel darkness from a room by turning on the light. Steady courage, faith, and optimism, with a realization of our inherent capabilities, will free us from limitations.

Man is prone to concentrate more on the limitations caused by his weakness than on the endurance given by his strength; more likely to dwell on the impossible than on his efficiency—thus permitting his habitual outlook on life to

## FROM NATURE FORWARD

link itself with doubt rather than with a positive confidence in the fact of accomplishment.

Illustrations can be found in the columns of the daily press. The headlines reveal ten instances of appalling failure to one of successful achievement. The birth of new ideals and of greater possibilities, the conquering of sin and of iniquity, are seldom mentioned; but the lists of bankruptcy, disaster, defeat, and death are steadily recorded. Think of the people whose minds are daily influenced by these repeated impressionistic assaults; by the gruesome pictures formed and the disturbances generated by these continuous observations!

If strength, beauty, and a thousand charms besides belong to youth, it is only because the mind of that period is awake and alert to the optimistic impressions of life. Hope is high, and faith in the possibilities of achievement is upspringing. The pulse is strong, because there is buoyancy in the heart.

It is the habit of youth to be exuberant, to look out upon life with hopefulness, and to view it from its brightest angle. Youth believes in purity, perfection, and happiness, in spite of what it discerns to the contrary. It looks around and sees conditions not pleasing to the eye, but by these it is not impressed. The mind at this period is dwelling on ideals, focusing its attention on

## HABITS

anticipated joys and ambitions. It lives in its own world of confidence—in an atmosphere which cannot be robbed of its charm. If, as we advance in years, we should continue to interest ourselves in these junior impressions and the development of ideals we would rob age of its delusive terror and efface its appearance. We grow weak and faltering because we lose faith in our ability to achieve and allow the romance of life to disappear beneath the horizon.

Why should the mind be focused on decay and death when all science and nature proves them to be illusory?

Christ was great because of the sustained exaltation of His soul and His forceful belief in His inherent power. He was masterly in His conception of His own abilities, and believed absolutely in His attributes to fulfill the Divine mission. The same potentialities are within us, and require only recognition and development to bring them into power. Two-thirds of mankind are unmindful of their latent possibilities.

The buoyant currents of life and intelligence are surging about us; the urge of growth is pressing in upon us; and in our resistance to the tide of its activity we are frequently caught in the vortex of disturbing conditions; we do not realize that if we should keep in rhythm with the harmonious pulsations of life we would be carried along on the crest of its vitalizing waves.

## FROM NATURE FORWARD

Our sustaining power is not sufficiently relied upon, nor well enough understood, to promote the ideal conditions we all might realize. If it were we should be giants of strength and masters of environment. To feel one's limitations, is to be limited; to believe in weakness, means to express it. The converse is also true: confidence in one's ability promotes efficiency.

Let us make it a habit to be optimistic—to believe in our power—to speak an encouraging word—to be charitable in speech—to be generous with praise—to love our neighbor—to see the beauty in the landscape—to lend a hand—to have faith in the influence of good—to listen for the harmonies of life—to feel the thrill of prosperity—to believe in Eternal life—to rely with all confidence on our Maker—and always to expect an adjustment favorable to higher development and success.

This habit will draw to us the best there is in life, enabling us to transform discord, distress, and disease into harmonious order and bring us nearer to the reality of a glorified existence. It is well to indulge in exercise and recreation, to eat pure nourishing food, and to inhale plenty of fresh air, but the most important consideration in the adjustment of our lives is for us to generate right currents of thought and emotion through our system. The waves of feeling and

## HABITS

impulse that play over the nerves and tissues of the body are powerful in their effect, and either preserve or destroy the new molecules that are constantly forming in the process of body-building.

The spirit of Infinite life pervades the body as sunshine floods a room, when it is permitted to flow in. When the curtains of doubt, fear, and superstition are raised, Divine light will illumine the soul and its radiance will shine forth to glorify the human race. The obstacle to everybody's progress is self.

Joy quickens the pulse and sends the life blood flowing through every part of the body, displacing the worn-out atoms with new and healthy tissue. When an example in mathematics is computed by a certain rule, the correct answer is obtained; when we follow the guidance of Divine laws in solving the equations of life, existence loses its mystery and a complete mastery over circumstances inevitably results. When right habits are formed we shall raise our voices in one harmonious chorus that shall blend with Nature's anthem, and peace will be restored.

Like colors in the rainbow  
Let light shine through our tears  
And lend new beauty to our lives  
Through all the changing years.



## THE RUNAWAY

I'm just a little runaway,  
Though I would fain be good;  
I follow in my wilful way  
And challenge a dull mood.

I run away from trouble, pain,  
Sickness, depressing care,  
And every form of discontent  
That's lurking anywhere.

I run from sad unwholesome speech,  
From all who discord seek;  
I run to God with faith supreme  
When others would be meek.

I run to all the beauty spots,  
I find the fairest bowers,  
And linger only where 'tis bright  
Amid the fragrant flowers.

I run away from man to God,  
Where living has no flaw;  
In fact I run from everything  
Except His Perfect Law.



# **INFLUENCE**

To purify the air around us with beautiful thoughts, to generate noble aspirations, and to radiate love and kindness of heart will beget qualities that vie with sunshine in diffusing rays of happiness.

## INFLUENCE

SUGGESTIONS are frequently offered for the improvement of social and economic conditions. Willing hands have been sacrificed in the field of labor, where suffering and discord prevail, with the hope of eradicating distress, relieving humanity of its burdens, and bringing order out of chaos. These efforts have been varied in their results, but never altogether adequate to the existing inharmonies.

We do not fully appreciate the fact that it is difficult to proceed in any direction until the obstructions to our progress are removed; relief cannot be obtained so long as individuals attract their own conditions by the magnetic power of their wrong ideas. Until spiritual laws are more intelligently understood and humanity is educated to a higher standard of living, advance along the lines of right conduct will necessarily be retarded.

It is no accident that one person is born to a certain station and some one else to another, because every quality of manifestation has its origin in the initial impulse of each particular temperament. Man's previous record determines his plane of consciousness at each new birth, and the individual is placed where he belongs as justified

by his present stage of development. The successive improvements in our characters are reflected by the progressive changes in our environment.

The realization that God is love and intelligence—and allowing the essence of these principles to animate our lives—will bring us more speedily to the cherished goal, for character is built by uplifting thoughts, and not by merely thinking about character. One reason for the tardiness of achievement along the lines of reform is that there are not enough living perfect examples to create the right impression in the minds of struggling humanity.

One exalted image has been the pattern of the centuries, but one does not seem to be enough. We need to meet more frequently the Christman—he who has won to a correct understanding of Divine laws. We need to exhibit in our contact with one another daily evidence of our inward light and spiritual power. The artist could not do full justice to his vision without the inspiration of the model before him.

Until man has learned accurately to relate himself to the silent generating forces of life, and how to obtain favorable conditions through the process of right thinking, he will depend upon the living example for his guide to character building.

## INFLUENCE

The influence of one good man in a community will accomplish more in improving its surroundings than will a thousand persons who have not themselves under control. One skilled carpenter in a workshop will create more desire for perfect design than will a dozen theorists who do not execute what they plan. One expert gardener who improves his own surroundings will incite more people to activity in beautifying their environment than a dozen lectures on the theory of landscape gardening. One good boy of kindly and helpful disposition in a school is worth an army of disciplinarians in generating courtesy and consideration among his fellows. The face of a loving mother does more to check the vices of a child than all the books on ethics ever written.

The man or woman who has failed to achieve has a small message for humanity. The radius of a thought is far-reaching; the influence of a smile is benign; the suggestion of health and prosperity is contagious; and one should be certain that one's example is worthy to follow if one would promote the betterment of humanity.

Life may be glorified with personal illustrations in the art of right living. The influence of those who are expressing harmony is beneficial in demonstrating how better conditions may be acquired when reforms are necessary. All such examples serve as a beacon light to those who are groping their way to liberty.

## FROM NATURE FORWARD

As we eliminate the imperfections in ourselves, we influence emulation in others. The perfect example is given us in Jesus and His teachings. If we follow His example, His message will not have been given to the world in vain and we may meet His image face to face in this new era of penetration into the heart of life and its meaning.

The power of mind is the power that rules the world and he who knows how to use that power will win, no matter where he is placed in the world to-day. Every one should have a singing heart to lift him above the sordid, material, troubled phase of life to the plane of physical, mental, and spiritual health which is true contentment, and which enriches the atmosphere that surrounds him and sheds its radiance over his neighbor.

It is stimulating to realize that the Sun shone two thousand years ago; but let us not trust to our imagination for a radiance such as was once diffused over Palestine—that were inadequate and futile. Let us keep in the forefront of our mind as the inspiration of our conduct the glorious fact that the Sun of Righteousness has never failed to illumine our pathway from that day to this. Let us recognize the warmth of a present Sun, and our need of it now and ever. And as we feel that our suffering humanity needs the con-

## INFLUENCE

stant mellowing rays of many suns emulating the effulgent beams that have spread light and growth and healing since Jesus walked among men, let us resolve that as best in us lies we shall so express ourselves that our friends may know that we have walked and talked with God and been blessed by Him. The Light of the World has shed His radiant beams down the centuries. What happiness and joy and peace would now be regnant in the hearts of men had we understood His teachings, imitated His example, and followed in His footsteps! Earth would be a foretaste of Heaven and men would be in very truth the sons of God.

I see Him in the stars above,  
In flower, leaf, and trees.  
He breathes through every living thing  
To benefit and please.



## THE OPEN PLAN

ARE you looking too far to find  
The love God has placed in your heart?  
Are you struggling too hard to gain  
The strength you yourself may impart?

Is the sun not shining your way  
Because in the shadows you lurk?  
Does the world refuse to supply  
What one should accomplish through work?

Opportunity, health, success  
Are a part of the open plan;  
Wisdom, courage, happiness, love  
God created and *gave* to man.



**SUPPLY**

**THE** premise of lack implies a shortage  
in God's abundance. This is not true:  
There is a full response to every desire.

## SUPPLY

WITH intelligence, energy, strength, courage, and wisdom ever at our command; with every facility for the accomplishment of any purpose latent in the forces of Divine energy; with Nature always in the process of renewal; and with man's qualifications adapted to all conceivable grades of work—receiving impressions from every angle of mind activity—why should we encourage the suggestion of limitation in anything we wish to accomplish?

One hears the utterance daily, "There is a limit to endurance, achievement, growth, health, knowledge, and man's age," and we are ever coming in contact with persons who live within the pale of these mental inclosures.

In our present stage of development there are many restrictions, but in every instance they are self-imposed. For the bound seekers after truth the dawn is breaking into the light of freedom.

Humanity has the habit of confining itself within the boundary of circumscribed ideas and of conforming to them. It is self-limited as to creeds, dogmas, people, and circumstances, and condemns itself to suffering through the acceptance of beliefs on the border lines of achievement.

## FROM NATURE FORWARD

If our outlook is circumscribed we cannot avail ourselves of God's unlimited power; if we fill our hearts with envy and our minds with criticism and images of distress we shall generate influences that create weakness of body and general lack of equilibrium. Our lives are only as successful as our comprehension of supply. In what we are seeking we are circumscribed only to the extent that we recognize limitations. There is no shortage in the abundance of God's kingdom. The earth gives forth its bounty with precision, regularity, and abundance as the seasons roll on, and if we are not generously supplied with whatever we need or desire the difficulty lies within ourselves.

Every means for the development of any project is within our reach; and the reason why one person seems more favored than another is because he knows better than another how to utilize what is offered for his appropriation and how to attract all that he requires for his particular form of achievement. In all ages there have been enlightened souls whose perceptions were far in advance of their fellows. These prophets are the world's torch-bearers, and it is encouraging to know that their beautiful demonstrations have lighted a way which is open to all.

When Christ declared, "He that believeth on me, the works that I do shall he do also; and

greater works than these shall he do," and "All things are possible to him that believeth," He fully realized the breadth of possibilities for all.

Everyone whose mind is attuned to receive inspirations may become a messenger from Divine mind. Everyone who believes in his own power, who is diligent in his pursuit, and listens reverently for the voice of the Spirit can succeed in whatever undertaking he chooses to devote himself. The degree of one's awakened interest, of his readiness to receive enlightenment, and of his faith in the possibility of his endowments measures one's success in bringing to a perfect issue whatever is conceived. Things are not achieved in a spirit of arrogance or self-conceit; through an earnest desire for accomplishment—supported by a supreme confidence in Universal power—all that is conceived can be realized.

There are certain conditions which must be recognized in order to secure success; but there is nothing impossible to the race or the individual who is willing to conform to the underlying principles of universal law.

Under definite conditions the ear can hear and recognize a voice from a distant land; when certain laws of harmony and attraction are applied; a message can be sent by wireless from one end of the earth to the other; when we have a correct knowledge of our power, we can chain the ele-

## FROM NATURE FORWARD

ments to do our bidding, unearth the possibilities of latent energy, and tune our lives into a rich expression of health and harmony.

We cannot allow our minds to be clouded with negative imaginings and still have a clear conception of our inherent power. We must open the windows of our soul and let in the light of faith in order to embellish the scroll of our existence and fill our place in the plan of creation with credit to ourselves and honor to our Maker.

Stagnation, disintegration, and decay are overcome only by the increased activity of wholesome ideas and occupations. Inertia is the mind in its lazy state, and can be controlled by the awakened interests of an active life.

Health is a right adjustment to law. When the mind is capable of eliminating discord, when peace predominates and the soul can feel at home and comfortable in its own temple, perfect equilibrium in the entire system will follow.

There are laws of supply and control which must be finely balanced in order to establish and maintain a perfect poise. Keeping step rhythmically with the constructive forces of life will generate for us desirable conditions and enable us to occupy the exalted plane for which we were created.

God's laws are immutably established, and we must comprehend that we achieve or suffer

## SUPPLY

according to our understanding of His decrees. We prepare for a happy future by making our standards conform to the higher attributes of life. Have a clear conception of God's power, know yourself and your relation to Him, and you will then realize your latent possibilities.

We are not always cognizant of even the little things that help mightily in the adjustment of our lives. Humanity needs the cheer of happy faces, just as plants need the sunshine. Joy is the benediction of life, and loving kindness a perennial fountain of happiness. Humor insulates us from depressing conditions and stimulates our better natures. All honor to the brave and genial hearts whose smiling countenances and gladsome words brighten and warm and comfort our days of pilgrimage. It has been said that humor to the mind is like oil to the joints, and we know that "a house with cheerfulness in it is a missionary spot for the vast gospel of health." Let us incorporate more mirthfulness in our daily association with our fellow beings; let us embellish our minds and strengthen our hearts with the warmth of loving solicitation for others; let us "see the face of the Pilot and smile."

We look about for human aid,  
While God is waiting near.  
We need not even speak aloud,  
So low He bends to hear.



## MY DREAM

I DREAMED that the world was rejoicing,  
That grief had been swept away  
And that all life's low forbidding clouds  
Were dispelled by a fairer day.

I dreamed that the fires of Pentecost  
Had cleansed the whole world of sin.  
I dreamed that hate and greed were spent  
And that love was ushered in.

I dreamed of an awakening  
To freedom and righteous power,  
That comes by right of heritage  
To all men as their dower.

I dreamed that Heaven-born Godliness  
Had come to rule over men,  
And that peace, good will and friendship  
Were reigning on earth again.



**NOW**

**THE Past is gone. The Now belongs to us.  
Let us prepare for the Future.**

## NOW

A GREAT deal has been said regarding one's reaping the harvest of errors sown in a former existence and of experiences which react on one as a consequence of previous indulgence—but these ideas are misleading. The process of the generating impulse brings immediate results; the book of records is balanced with each emotional transaction, and all former accounts are cancelled with the present issue of spiritual endeavor. No one is compelled to represent what he was in ages past, only what he is *now*. Suffering has been occasioned by the enunciation of the dogma that we express to-day the sum total of our lineal heredities. This heresy has robbed man of ambition, afforded him an excuse for failure, and lulled his senses to satisfaction with lower attainments.

By One who knew better than we was the injunction given, "Be ye transformed by the renewing of your mind." One can destroy quickly the cells in his body and incapacitate himself for usefulness or he can make himself whole speedily, by the power of thought energy. Chilling fear or congested anger can inhibit the normal body processes, just as buoyant emotions can vitalize all body functions.

## FROM NATURE FORWARD

Changes in our lives are constantly occurring, and what we are to-day is not necessarily the result of our past thinking but of what we are now dwelling upon. We may allow habits formed years ago to cling to us now and create conditions similar to those formerly experienced; but that does not imply that our registrations to-day are compulsorily the result of our characteristic moods or attractions in some former age.

Nothing is imposed upon us except those things which we are considering and brooding over *now*; man can thrust himself into Heaven or into perdition in the twinkling of an eye—he can even experience both sensations in rapid succession. The mind may be perfectly serene one moment, with the body responding in health to its rhythm, and the next instant a violent emotion of fear or a burst of anger or despair can plunge the individual into an agony of distress so great as to even sever the invisible cord that binds spirit to body.

It is futile to place our reliance on any time or circumstance but the present; and we need not afflict ourselves with the suggestion that we must serve an indefinite term of punishment for previous unwise judgment.

When a morbid impression is effaced no trace of its former influence will interfere with our progress. We must remember that the penalty

## NOW

of ignorance and wrong conclusions is forthwith imposed and the reward of virtues is instantly received. Nature operates on the C. O. D. principle, and we have the benefit of immediate results from a quick delivery of mental poise.

No one need be shackled to-day by the ball and chain of yesterday; even past memories can be effaced if we change our mental slides and replace them with other impressions.

One can vacillate between ease and dis-ease, luxury and poverty, harmony and discord, so long as he keeps his mental pendulum swinging to these extremes; but as soon as the energy of mind is directed to either side immediate transformation into active power ensues.

We shall dwell in the miasma of poverty or sickness so long as we heedlessly generate the conditions in our consciousness which produce them; but if we lean on the arm of spiritual enlightenment and depend upon the sustaining power of intelligence the manifestation of our lives will be brought to a commendable issue. Man does not always claim that to which he is entitled; but it is true that all things are waiting to meet his summons. This is a spiritual law and one that can be relied upon.

Our temperaments reflect in us just what they are—no more, no less. If our mirror does not present to us the object we like we must

## FROM NATURE FORWARD

remember that it is our own image we behold and that no one but ourselves is responsible for what we see in the reflecting surface of the glass.

We are given the earth and the fullness thereof; we have unlimited intelligence at our command; and if we do not utilize these to advantage no one will suffer the loss but ourselves.

Man is responsible for his destiny, and can make his life what he wishes to represent. Any height can be scaled and goal reached through the utilization of spiritual energy rightly directed. One is no more favored than another, but some appropriate more worthily for themselves, and understand better how to make the connection with God's ever-ready supply.

Nature is lavish in her expenditures, but accounts are squared and record books closed with the present items. Every mood that we permit to linger is alive, and every suggestion that we accept has a force that will be felt; but one is free to change one's temperament at will and receive the benefit of a prompt adjustment.

To be limited by the restrictions of yesterday or to live in bondage to an uncertain future will rob man of his birthright and retard the progress of human attainment.

May you echo back the gladness  
Heard in thrush and robin's song,  
Learn the secret of the flowers  
That you may life's joy prolong.

## OPPORTUNITY

**EACH** day is a fresh beginning;  
Each hour is created new;  
Each moment God is renewing  
The fibre of life in you.

Each soul is blessed and created  
For eternal growth and joy.  
Time is not a grim monster  
Waiting with scythe to destroy.

The past is for lessons only;  
The future will not appear;  
Now is the opportunity  
For man to utilize here.

The energy you are wasting  
On regrets and thinking in vain  
Will change earth into Paradise,  
And re-echo God's refrain.



**ORDER**

**THAT** "order is heaven's first law" is ordinarily interpreted to refer only to the house, the business, the daily routine. Does it not more significantly refer to our thinking and the moulding of character?

## ORDER

It is a common occurrence to find people who are scrupulously neat with their person and belongings and who dwell in an environment that suggests a well-ordered material habitation, thereby contributing to the comfort and welfare of others. While this is praiseworthy and undoubtedly a step in the direction of Godliness there are other considerations which deserve our attention and which are too frequently overlooked. In the adjustment of our lives it is necessary for us to reveal as much cleanness and purity of mind as is indicated by our physical surroundings. In our process of renovation it will be well to examine our realm of thinking and to see if it also is expressing harmony.

When discipline of mind corresponds with the purity of environment we shall combine the qualities that blend into a final adjustment of right living. How often do we take an inventory of our mental habits and find out whether by constructive thinking we are generating conditions which express a worthy character? To realize that emotions are registering themselves in the countenance will undoubtedly alter one's trend of temperament, particularly if we are cognizant

## FROM NATURE FORWARD

of the fact that it is impossible to express health, beauty or charm without cultivating qualities of mind which represent these attributes to individuality.

Physical bodies are entirely plastic to the dominant moods by which they are animated. Every thought wave is carried along the nerves to the very finger tips and permeates every atom of the body, passing out through its extremities into the universe, fulfilling its mission of harmony or discord. To identify one's self with sombre, discordant thought waves not only induces a reaction through one's system but makes one susceptible to a corresponding vibration in others, thereby causing a two-fold depression. When the power of mind is better understood we shall be more careful to link ourselves to its buoyant currents, encouraging only those habits of individuality which render a more worthy setting for the soul; we shall choose our thoughts and associates with care; mingle with persons who have established lofty ideals in their consciousness and identify ourselves with the men and women we wish to emulate.

If it is health we are seeking, we shall dwell upon those qualities of mind and heart that generate harmony in our being; if our desire is for prosperity, we shall believe in opulence and cultivate habits of thrift and enthusiasm in our work.

## ORDER

If we are not endowed with the kind of bodies we wish to behold, we can generate within ourselves the radiations that contribute charm to our appearance. We are daily moulding into our systems fresh materials which are building the tissues into the manifestation of our habitual impressions. To put our mental house in order will therefore secure for us comeliness, happiness, prosperity, and comfort. When grace of form is not apparent, it is because symmetry of mind is lacking. "All one's life is music if one touches the notes rightly."

For every rose there is a thorn:  
With every thorn fresh leaves are born  
Whose beauty will the world adorn.  
The briars remain when blossoms fall,  
Yet only fragrance we recall.  
Then why not emulate the rose  
And only to the world disclose  
Those qualities of heart and mind  
That leave fair memories behind?



## THE DAILY MOOD

Let us dwell on the things that are lovely.  
Let us find in life only the good.  
Let us live in the world of hope and song  
That makes gladness its daily mood.

Let us keep our minds tuned and in waiting  
For the message we fain would receive.  
Let us make ourselves always magnetic  
To the best our lives would achieve.

Let us harbor no fear and depression—  
They are tramps that will lodge in our brain—  
And for every attention we give them  
Will repay us only with pain.

Let us call on ourselves for new courage.  
Let us bring to ourselves a new wealth.  
Let us use the powers we are given  
For Happiness, Liberty, Health.

Let our every act be a kind one.  
Let us greet every friend with a smile.  
For only through faith, love, and sunshine  
Can living be made worth our while.



# **LEISURE**

**MOMENTS** are fruit-full or fruit-less as we employ them.

## LEISURE

**THERE** is nothing more demoralizing to one's health or general well-being than indulgence in too much leisure. If one must choose between two evils—overwork or the lack of occupation—it is better morally, mentally, and physically to accept the former. A temperament that seeks idleness rather than stimulating activity lacks the dynamic force that promotes health and keeps the functions of the body in a normal condition. Physiologists tell us that the human body is the only machine that improves with exercise—the arm of the laborer grows stronger with use.

One who is overworked may sometimes feel the need of relaxation, but even the pressure of excessive industry is not so subtle a destroyer of mental and physical adjustment as is the indulgence of indifference to occupation. If one is actively constructive he naturally wishes to see his conceptions developed, and this attitude of mind generates the power needed to fulfill the desire.

It has often been said that there is no benefit in any exercise that is without purpose. This is because there is no benefit in anything that does not stimulate the mind with a definite incentive.

## FROM NATURE FORWARD

It is energy of this particular kind that gives us strength. How many examples may be recalled of persons who, although well supplied with material luxury, are victims of ill-health and mental unrest. If wealth does not increase one's ambition to achieve, and if its possession does not inspire one with a desire for self-improvement and usefulness, it is a hindrance rather than a benefit to its custodian.

Nature makes a wise provision in case of maladjustment to her laws: When her purpose is not recognized, suffering is the result. In some minds the idea is prevalent that a great amount of work is depleting to energy. The fact is that energy will invariably rise to meet the demands of the occupation. When we permit our minds to dwell upon inefficiency, we are establishing a basis for incompetency. If we limit ourselves by a feeling of inadequacy, we set up a barrier to the possibilities of attainment.

To have a purpose in life, and to devote one's time to its fulfillment, will so occupy the hours with constructive determination that fatigue is impossible. To enjoy a world of beauty, contentment, and health one should promote a desire to be of service to others, and must conceive the things that require industry for completion. Agreeable occupation is the ideal panacea for all ills and the best remedy for every abnormal con-

## LEISURE

dition of mind. "Moderation is the silken string running through the pearl chain of all virtues," but there is a perceptible difference between moderation and inertia, and one should be careful to keep one's atmosphere charged with wholesome vibrations.

It is not leisure one should seek, but the quiet vigilance that inspires a definite purpose in life. Have a conception of something vital you wish to accomplish and you will be given the power to demonstrate it. Persistence and energy conquer success, and to be master of circumstances one cannot allow oneself to be tossed about with the driftwood of thought.

Do people realize that they must make definite progress on this plane of existence in order to qualify for higher possibilities of expression—that their leisure must not be simple inertia, but must redound to the refreshment and stimulation of their spirit?

Only when Nature is active  
Are her charms divinely expressed.  
Only with vigilant purpose  
Should minds be permitted to rest.



## REALIZATION

WHY pity self, in darkness lurk,  
Or spend one's time bemoaning fate?  
Through every atom God doth work  
To mould his universe of state.

The discipline he gives to man,  
The burnishing of heart and soul,  
Are but the unfolding of a plan  
That he may reach a higher goal.

The buoyant heart doth realize  
There's nothing real to stifle fate;  
To find one's path to Paradise  
One must the royal road create.

A vital power doth through us steal,  
By which we manifest our worth;  
When friction grinds through Nature's wheel  
'Tis urging on to larger growth.



# THE ETERNAL LAW.

**EVERY operation of nature  
and manifestation of life  
conforms to Eternal Law.**

## THE ETERNAL LAW

WE are told that God created man and gave him dominion over all the earth. We have suffered long from a lack of comprehension regarding the true relation of man to his Maker, and the covenant between them. Man has not understood his privileges, and has not accepted his power with confidence in really possessing it. He has too frequently felt the burden of his custodianship, groped about in darkness, and lost sight of God's presence, having little confidence in his Creator or in his own ability ever really to know the Provider who perceives his necessities.

Humanity resembles a shipload of people who have been sent out on a voyage with no pilot to guide the vessel into port. It is adrift on the sea of life, with no assurance of security or haven anywhere. In offering his prayers and petitions man does not realize that God is so near that we can touch the hem of His garments, or that He is even waiting for entrance to our consciousness, or that in our launching we were given an adequate equipment for the perpetuation and sustaining of our lives forever. Humanity has been tossed about by the waves of ignorance without chart or compass until it has lost its bearings, and thus its perception of the truths of being has been dimmed.

## FROM NATURE FORWARD

God is the custodian of mind and life's supply, and man is not burdened with the storing of the spiritual energy which is ever present, awaiting his appropriation: Divine principle is always ready to lend itself to its own creations. We might turn our eyes toward the sun and implore it to shed its lustre around us or to send its glowing rays into our gardens, but the answer would come, "Am I not always shining on rich and poor alike? Come out of the shadows and feel the warmth of my radiance. Plant your seeds where they can be nurtured by my emanations, which are eternally diffused for the light and warmth of all created things." Correspondingly we might spend our days offering petitions to God and beseeching His mercy for our protection, when the vibrations of His mind are already mingling with our own and supporting us at every step of our journey. His bounty is generated that the world may always be glorified and abundantly supplied.

All that we can appropriate is at hand; we need only to become aware of its presence and to absorb whatever we desire from the Main Stream of Life. The attitude of man toward Omnipotence reminds one of Christ's answer to the disciples—when they failed to understand His meaning He asked, "Have I been so long time with you and yet hast not known me?"

## THE ETERNAL LAW

The radiance of the sun is so dazzling that we cannot fix our gaze upon it for one moment without our sight being blinded; neither can we look into the face of the Infinite without being overpowered by its wisdom, love, and intelligence. God is the support and vitality of the sun and all the planets in space, and is so powerful that He cannot be measured by the limited standard of the individual mind; the inferential injunction is for us to go about our Father's business, to absorb of Infinite Power all that we can *appropriate*, and to *express* of the unlimited glories of His kingdom all that we are able to comprehend.

We might pray to God to save us from adverse experiences and to increase our wealth, health, and contentment, and the reply would be, "All these things and more give I unto you; appropriate what is already offered." God supplies the energy which sustains every atom in space, and it is the vibrations from Omnipotent mind that hold the stars in place and that furnish the motor power for all created things. Vegetation thrives on His radiance, and the world would collapse without His support. We need not ask the sun to give us its warmth; it does that already. If we plant our seeds in the right angle to its light they will be stimulated to growth, and if we would bask in its rays we can do so by allowing them to shine upon us.

## FROM NATURE FORWARD

We need not pray to God to deliver us from evil, sin, sickness, and poverty. He has delivered us from all iniquity and menace to our happiness. If we take down the barriers of lust, intemperance, envy, hate, malice, pride, fear, and anger and replace them with temples of love, good will, cheerfulness, and confidence His love will sustain our resolution to be upright and pure in heart. We have the remedy for our discomfort within us. God is generating all the radiance of His being for our appropriation, and we have only to realize this truth and accept what is already prepared—and to understand that trust is the first requisite—to attain happiness, health, and peace.

We should be like the small child whose eagerness to get into the water was so great and his visualization so strong that he thought he was dipping in the surf before he had even reached the shore. While the other lads were riding the waves in glee his mother called to him to hurry and get in the water with them, but he answered with all assurance, "I am in." We are all in the harbor of refuge under the protection of God's love and support, but we are not yet aware of it.

His presence ever guards my soul,  
He listens for my call;  
I know whatever is my lot  
God's wisdom plans it all.

## A SONG OF FREEDOM

THE birds are happy in spite of things ;  
Butterflies soar on golden wings ;  
The flowers obey the laws of life  
And reveal their beauty free from strife.

The planets revolve with silent ease,  
Stars all twinkle man's eye to please.  
Every expression of earth and air—  
Save man—seems free from sordid care.

Why then has he—God's highest decree—  
Failed to interpret God's silent plea?  
Why are his eyes so blind to a plan  
Conceived for free expression in man?

Why should mortals endowed with power  
Evolve with less ease than bird or flower?  
Is wisdom a hindrance to perfect growth?  
Is man so lacking in power and worth

That God cannot trust him with golden keys  
To the highest order of his decrees?  
Wake up, ye slumbering souls of strife,  
And join in the glad refrain of life!

Do not destroy the perfect plan,  
With words less potent than I can.  
Man's destiny is to rule, not plod ;  
Wake up, and freely manifest God!



# HARMONIES

**HAPPY** thoughts are like the melodies in music: they transform the discords of life into harmonies.

## HARMONIES

THE seeker for truth along the lines projected by the varied teachings of the day finds many persons who are satisfied with the results of their own critical inquiries; meeting many others, however, who are still striving for a more adequate realization of embodied principles.

The failure to achieve all that is promised by the modern application of old truths leads to the suggestion that the keynote has not been struck.

Recent experiments have established the validity of the claims of our modern instruction. It is, therefore, indisputable that the theory is correct, and when commensurate results are not obtained it follows that the fundamentals have not been adhered to or properly applied. There are a few basic principles which must be recognized before satisfactory results can be secured.

One must understand first the necessity for keeping in tune with harmonious vibrations. Therefore love must be recognized as the agent upon which we rely.

In all our dealings and experiences we must love our neighbors as ourselves and learn to be as tolerant of others' shortcomings as we are of

## FROM NATURE FORWARD

our own. We must realize that experience is but a stepping-stone to progress. A charitable yet fearless attitude of mind must be persistently encouraged. There should be a spirit of love pervading all we think and all we do, with no condemnation anywhere.

There are persons who feel it incumbent upon themselves to censure everything which does not agree with their opinions, evidently reasoning that discord cannot be eliminated without recognition. But this is not true. The proper way is to let it perish for want of attention; to grow out of unfavorable conditions by building something nobler in their place. Two opposing thoughts cannot occupy the same space at the same time, and if peace is to be established, inharmony must be removed. In order to eliminate darkness the light must be admitted. We cannot chase it away by condemning it.

One must ever construct by focusing the mind on perfect ideals.

The entire process of successful achievement is through the power of suggestion. Unfavorable conditions should be destroyed by the non-recognition of their influence over us. The moment we give anything our preference it claims dominion, and it will depart only when forced to languish from want of attention.

To combat discord with criticism is like giv-

## HARMONIES

ing nourishment to a plant—criticism is the nutriment upon which discord thrives.

The only way a truth can be realized is through mathematical demonstrations of cause and effect. Whatever proves itself, must be true. When we find that certain conditions of mind produce corresponding bodily sensations, we know we are ourselves generating a reason for their existence.

If we observe that a harmonious rhythm of mind operates favorably on the system, that joy produces buoyancy of heart and exhilaration of body, we have proved that these things are the tonics necessary for health.

If by holding a thought of success and exhibiting an optimistic view of life we attract favorable conditions and circumstances, it proves that we have discovered the magnet which will draw to us these experiences.

We must find the right key to the combination before we can expect to open the treasure-house of life and uncover its wealth for our appropriation.

No lock can resist the key of love. The flood-gates of our hearts should be opened and love permitted to flow through every fibre of our being. Love must express itself in patience, good will, charity of speech, forgiveness, faith, hope, and courage. The enchantment of life cannot be

## FROM NATURE FORWARD

experienced until the barriers of fear, envy, criticism, anger, and worry are broken down.

God is love, and love is the ruling power of the world; it is the pristine impetus toward perfection.

Any condition we choose may be evolved from universal energy; but if we are to emancipate ourselves from the burdens of life we must be guided in our opinions by the power of a loving heart.

We cannot understand one another until the light of love is focused upon objects without and the X-ray of criticism has been destroyed. Bearing false witness against our neighbor will never make us free. Anger cannot generate peace, nor discord harmony. Love does not admit of condemnation. "Argument sharpens the intellect, but poisons the heart," and withholds the warmth necessary for the stimulation of life.

Daily attention should be paid to kindly consideration—the quality which contributes so greatly to the welfare of humanity and sends the bright warm beams of the blessed sunshine into the dull days, and wakens anew in many a heart a trust in the perfect law of the Lord and its testimony in the lives of His children.

A loving thought is the Divine essence which gives enchantment to the world. Let us incorporate one into every act and deed and impulse

## HARMONIES

of our lives, thereby keeping in tune with the Infinite and proving to the unfortunate and the doubter that "light is sown for the righteous and gladness for the upright in heart."

Do not accentuate the din  
Of discord by your own false note.  
Coöperate in peace and love  
Concordant forces to promote.



## HARMONY

WITH sweet melodies round us, forever at play,  
May we not catch the strains on their rythmical way?  
Let harmony dwell in one's world of thought,  
And muscles and nerves will no longer be taut.

We all love to bask in the sunshine of smiles—  
Discords will vanish with these magic wiles.  
Good cheer and laughter will cure many ills,  
And 'tis ours to evolve through the strength of our wills.

A bright disposition will do much to win  
Health, wealth, and happiness—so let us begin  
To measure our pulse by the laughter each day,  
Instead of the throbbings of grief and dismay.

Laugh, laugh, and be merry, and you will soon see  
Your blood coursing smoothly, your heart pulsing free:  
There's a way to be joyful, a way to be gay,  
Without growing sober right after the play.

Just tune up the body with healthy good cheer;  
Let heart strings grow strong and joy notes ring clear  
With happy emotions, forever at play  
Round the centres which vibrate, our lives to portray.



## **AN OBJECT LESSON**

**“THEREFORE doth my Father love me, because I lay down my life, that I might take it up again. No man taketh it from me, but I lay it down myself. I have power to lay it down and power to take it up again.”**

## AN OBJECT LESSON

IN examining the various processes of Nature we find substantial evidence of the continuous rotation in her methods of expression. There is a power of renewal in operation, whereby the discarded garments of objective appearance are given over to the elements and are again brought forth for reappropriation and woven into fabrics by the various egos which are ceaselessly at work weaving into appearance the patterns of their various conceptions.

When an apple becomes over-ripe, the tree discards it and prepares to grow another. Flowers follow the same rule; and from all we can learn we see no other course of procedure in the appearance of Nature or in the expression of man. The earth re-absorbs all that has been taken from it for the building purpose of spirit, and spirit continues to renew its objective appearance from what it has given back to earth's laboratory. It seems to be a coöperative plan, and there is no lost motion in the arrangement anywhere. One form of expression is dependent upon the other for its visibility.

Intelligence directs and weaves its designs into appearance in the form of minerals, vege-

## FROM NATURE FORWARD

tables, animals, flowers, and fruit. Man—who is placed at the head of the conception—has been given dominion over all other forms of creation and has within himself endless possibilities in various spheres of activity. He unfolds, through a process of understanding, from one state of consciousness to another, and is endowed with power to create for himself the kind of sanctuary that represents his present stage of progression. Nature is always illustrating her plan of coöperation in her processes of renewal, and rather than ignore these object lessons, would it not be wiser for us to draw our conclusions from her instruction and not strain our imagination in the endeavor to find avenues foreign to our own being for manifestation?

Does not the quiet repose of Nature in her summer setting offer a soothing influence? Do we not feel the tranquility of autumn with its rich enchantment and glow of color? Is there not enough inspiration for our souls to develop in winter, when with the appearance of stillness the individuality of each shrub and flower has only retired for the purpose of absorbing fresh energy in order to renew its display? May we not always respond with enthusiasm to the glory that covers the earth in the spring, when buds and blossoms come forth to crown it with beauty? Is objective life a hindrance to progress or does it only out-

## AN OBJECT LESSON

wardly express the beauty of God's handiwork? The autumn coloring of man's life may be made to correspond with the amber tints of the hills, and the gathering of a harvest of rich experience may continue to make for him an abiding place which is a regal setting for his awakened soul. There is no time when Nature is not preparing for a wonderful display of her charms. When she gathers in the harvest of over-ripe fruit and takes it to her breast, it is only for the purpose of constructing and bringing it forth in greater splendor. The winter which seems inert in appearance is in reality the most active in her processes of renewal. Nature is quietly working to renovate and transform all the refuse that has been cast into her lap, to send it forth again in new and luxuriant array. This planet has been well named "Mother Earth"! It is a mother which is continually giving new birth to universal energy and yielding a harvest of plenty for man's appropriation. Bless the tranquility of autumn, the activity of winter, the renewal of spring beauty, and the repose of summer! When we can incorporate these true significances into our being we shall feel the exuberance and strength they impart and rejoice that we are privileged to identify ourselves coöperatively with the (objective) plan that has been ordained for the perpetuation of every element in the Divine creation.

## FROM NATURE FORWARD

We shall bend ourselves more earnestly to the purpose of our lives when we realize fully that man's lineage is divine and that he moves forward in unison with Nature.

In the evolution of man, we would not deprive him of the enchantment of childhood, nor rob him of that fresh enthusiasm for living which renews the buoyancy of spirit and tunes up the mind to its high power of inspirational ability.

The world must have the variety of youth's enthusiasm, the autumn of understanding and tranquility. It is possible for man to linger at each period in his development as long as he sustains the privilege, but in his evolution he must meet the requirements of growth by steady progression and not by merely resting in the inertia of self-indulgence. Primal energy will see to it that the movement of life is forward and that we are constantly animated with fresh enthusiasm. When man ceases to be fascinated with this world, and loses the spirit of youth and the joy and privilege of abiding here, he is returned to the warm loving heart of his Maker, to be given a fresh impetus for the continuation of his journey. Mind ceaselessly urges an expression of constructive activity and Mother Earth prepares a table of bounty for Nature's appropriation. If we fail to enjoy what is at hand, how shall we be assured of contentment in any period or on any

## AN OBJECT LESSON

plane of our existence? So long as we do not allow fear, worry or intemperance to pervert the energy with which we are supplied, we shall be privileged to enjoy abundantly each stage of our development.

Conditions are generated perpetually for the renewal of the body, and so long as it is animated with youthful vigor and properly nourished it may be indefinitely retained in its present environment. The continuance of youth is the order of creation. If we are found straying from our course we are promptly gathered in by the gracious Adjuster of conditions, and by a tender process of direction returned to our normal position. We are free to direct the policy of our lives so long as it does not interfere with Nature's law of progression; but when signs of inertia are too apparent, we are taken in hand and shown the way back to our right relations with the universe.

The activity of mind spends its energy in forming itself into objective outlines. The purpose of the life impulse is to show itself in definite appearance; it is the endeavor of all that is conceived to clothe itself in definite form. Some writers declare that when thought becomes purified pests will disappear; and we know already that when our minds are "too pure to behold iniquity" disturbing conditions efface themselves

## FROM NATURE FORWARD

from our observation. Judging from nature we might conclude that the world is divided into two parts—creative energy, and the moulding material for individuality to appropriate. The sculptor must have the clay in order to execute his model. The tree life must have something from which to build its tissues in order to project an apple from its boughs.

There may be finer and finer strata of consciousness, which constantly produce higher types of appearance; there may be plateau upon plateau of spheres into which the ego continues to evolve; there may be many more glories revealed to us when we are prepared for the triumphal entrance into Elysian fields, but we shall fit into our own grooves wherever we are, and every place will spell Heaven when our minds are tuned to its manifestation. Wherever we may be our ego will find its proper setting and we shall be surrounded by the environment that is adapted to each stage of our progression.

The grub worm ceases to grovel around in the earth when it has qualified for a butterfly. Man may not return to earth when he has fitted himself for a more exalted home; but there is nothing to credit a belief in any form of life that does not include embodiment and recognition. Nature yields all that is necessary for the appropriation of mind, and there is always someone to

## AN OBJECT LESSON

till the soil and gather the harvest. We are told that in the beginning God created the heaven and the earth, and there is substantial evidence that the entire plan is one of permanency. We see no evidence of new creations being formed—the same blossoms appear with precision each year, and Nature in all her operations permits us to make our deductions with accuracy as time revolves.

If there were readjustments and alterations in the original plan, or the forming of new conceptions, we could never be sure when we sow a seed what the crop would yield. Mental seeds and seeds planted in the earth, both follow the same rule of development. They materialize after their kind; therefore in seeking for positive results we need not feel so much concerned about where we are as about how we are guarding our thoughts.

As the clay responds to the deft fingers of the potter, forming the model conceived in the mind of the artist, so Nature yields to every conception of mind and permits herself to be moulded after the pattern dictated by the weaver. Building material is always waiting to be hewn into the form conceived by the architect.

From these deductions and from what we observe in Nature to corroborate our premise, it is logical to suppose not only that life is eternal

## FROM NATURE FORWARD

but that every ego forever perpetuates itself in a manner that accords with its individual progress.

“The sun may draw the waters of the earth to itself in vapor, but it returns them in the form of snow and rain.”

God reflects himself in the roses,  
“In the sea Eternity lies,”  
Each season brings back to our vision  
Old friends in a new disguise.

## THE GARDEN OF THOUGHT

God's world is a wonderful garden of thought,  
In which every impulse with gladness is fraught;  
Flowers are blooming in bowers so fair  
That no space is left for gloom and despair;  
There gentleness, grace, and good cheer in the heart  
Bloom forth in action that new buds may start  
Which give promise of growth, rare in beauty and worth,  
That rival in charm every garden of earth.  
There love warms one's life into channels of peace;  
There an increase of joy all the tensions release;  
Feelings are tempered with such welcome cheer  
That every soul glows when others draw near.  
There courage and patience are watchwords each day.  
There "Infinite" life through one's soul has full sway.  
Each blossom of hope is so fostered with care  
That it bears only fruitage of happiness rare.  
As thoughts are the seeds, and all reap as they sow,  
Only graces are cherished one fain would have grow;  
Knowing mind is the root of the bodies they use  
Love nourishes every thought they may choose.



# POWER

**THE** premise of lack implies a shortage  
in God's abundance. This is not true:  
there is a response for every demand.

## POWER

To know that we draw from our spiritual source all that we need for the replenishment of ideas and nourishment of body; that we are surrounded by love and intelligence, and that they are ever ready to meet our desires as air awaits the effort of breathing to enter our lungs; that God is the provider for the universe, and that man's sustenance comes from the depths of Infinite supply, will give us power that can be translated into mastery of every problem by which we are confronted.

To realize that all expression manifests Divine intelligence and that all life is Eternal—to understand that the law of cause and effect is balanced with accuracy and that man is forever equipped for the purpose of his high calling—will establish the confidence necessary for him to proceed on his journey with the full expression of health, dignity, and power. When he recognizes the Source of his support and realizes his endowments, man will live with less friction and confusion and express more of the sublime poise which has been described in the following beautiful lines by Henry Frank: "Yon great Progenitor of solar spheres and planetary constella-

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tions who builds from fleeting atoms the slime of sea and soil of earth, and the soul of living things, whose bosom holds the chemic secrets of a universe and toils eternally and hourly achieves, beats no audible note upon the vibratory air, but noiselessly commands the Infinite.”

Some day we may realize that we are living too much within the pale of our own inclosures and prejudices, and that we possess powers of which we are not at all aware. When life is true to the poles of Nature the stream of truth will roll through us in song, poetry, romance, artistic achievement, holy aspirations, and those blessed emotions of generosity, charity, and helpfulness that impel us to add beauty to our lives and joy to the living of others. Then shall we find the Paradise that lies all about us and our souls shall reveal their rarest visions and our hearts shall expand in sympathy and love.

We are free to think and act as we choose, but in every instance our preference of deportment involves definite results. God's world is finished in the Creation, and no new laws are added in a codicil to its decrees. Each ego weaves out the pattern of its individuality, and, as effect follows cause, rules of conduct may be established with mathematical precision and right living be resolved into a definite art.

There are no new creations; *Life is Eternal*;

## POWER

and no mistake in judgment will deprive one of perpetual existence; but in order to live abundantly it is necessary to establish in one's own consciousness the principles that blend with the rhythmic laws of life. When one is out of tune with the Divine order of creation the jar of the reaction is powerful.

It is man's privilege to appropriate from the Life Principle all that he requires for the full expression of a noble individuality. With God rests the responsibility of furnishing the sustenance to all creatures and to every atom in His kingdom. God has made living as simple to man as to the flower; and the reason why man does not express himself as gracefully is because he does not realize the Infinite power at his command nor understand the requisites for abiding peace.

The ego of man retains its individuality, and builds around it conditions for its objective appearance, just as the seed gathers to itself from the elements what it requires for development into a blossom. Mind is universal, and emanates from God. Self is the individual ego, which dictates and chooses its own surroundings; and soul is the medium that appropriates from God's supply all that is used in the laboratory of individual expression. When we understand the compact between man and his Maker, we shall know better

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how to generate conditions favorable to our well being; how to connect with the right currents of spiritual control; how to maintain life with equilibrium—and thus attain the depths of repose. Jesus understood this principle to the highest degree perceived by human consciousness, and furnished an example for us to emulate. He understood the relation He bore to the Divine mind and fearlessly demonstrated its power.

If the energy that is perverted by man were turned into constructive usefulness, humanity would fulfill God's idea and earth would become a Paradise. All is good as it comes from the Infinite; all energy is pure until it is defiled by the impulses of mortals. The wrong teachings of the race and the misinterpretations of the Bible are responsible for many of the straying thoughts of humanity. The Bible and the open book of Nature will furnish guides to spiritual understanding and aid us in the interpretation of life; and modern research enables us to explain the teachings of Jesus as they were practically and earnestly given, and to dissipate the mystery that has hitherto surrounded them.

We are learning to grasp the language of the spirit and to translate its meaning in terms that may be comprehended by the layman as well as by the interpreter of the occult. The world-heart is fomenting with unrest as the old barnacles of

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fear, jealousy, greed, and superstition are torn away. The last gasp of relinquishment is one of agony, but it heralds the dawn of brighter days as the weather-beaten traditions that have held the race in captivity are flung to the elements and man claims his heritage of freedom. We have too long been in bondage to fear and under the domination of human power. The new era will usher in the dawn of a liberty that will emancipate our minds from the iron fetters of old. We shall rouse ourselves from the cringing fear of wrong decrees and shall be as free to worship God *in our own way* as we are to breathe God's air or bask in God's sunshine; *Love* will not be reasoned down by high ambitions or a thirst for greatness; and our "preparedness" will resolve itself into a preparedness for life and not for a lamentable misappropriation of Omnipotent power. We shall look beneath and beyond human manifestations for our inspirations and for illustrations of expression. In Nature's warm sympathetic heart shall be found the answer to our every longing. Daily growth will come with increasing insight, until we reach the plane where the blending of the life forces is consonant with God's harmonious laws and we move forward on the advancing tide of Nature's activities to coöperate with the Power that can build into appearance the highest conceptions of being.

## FROM NATURE FORWARD

When we understand the principles of life as they were interpreted by the loving Nazarene, we shall rise to the height of our possibilities and bring harmony into our lives. We shall then know the power of God's presence and respond to the trumpet challenge in these inspiring lines by Harry Gaze:

“ Be ye builders, vital, daring—  
Architects of life and fate;  
Ever striving and preparing  
For a higher, nobler state.  
Not in sighing, ageing, dying,  
Is the measure of a man;  
But in growing, building, living,  
Life fulfils the master plan.”

## THE INFINITE LIGHT

**AN infinite glow in my heart is shining,  
The rays of God's love are flooding my soul;  
My inner perception brings peace, well-defining  
That goodness which dwells in life's perfect whole.  
The torch of His love in my breast is lighted,  
A world of hope is for me unsealed,  
My mariner's lights have at last been sighted,  
God's promises tested, His kingdom revealed.  
By Omniscient wisdom my footsteps are guided,  
The pennant of joy is forever unfurled,  
A scintillant truth has to me been confided—  
Spirit Immortal gives life to the world.**



# HEALING

**“WE walk by faith not by sight.”**

**“FOR we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.”**

## HEALING

**IN** order to realize our possibilities for health and normal expression it is important to dwell upon the ever-presence of Divine power and to free the mind from all doubt regarding the stability and infinity of our existence. Since we draw on our Maker for our entire support (and there is no other source of supply), it is well to sift the gold from the dross of our individuality and by directing our wills let only the vibrations of uplifting thoughts and worthy impulses electrify our being. By focusing our minds persistently on right ideas and controlling our moods we limit the power of evil over us, and by filling our hearts with love we stimulate its action to a normal rhythm. When we understand the strength at our command we shall use it to overcome weakness and protect ourselves from adverse influences. It is possible to be so *dense* and resistant to all depressing emotions that they cannot lodge in our consciousness. One's system may be so charged with cheerful impressions that no space is left for gloom, despair or malice to enter.

We fall below our normal level of health only when we allow ourselves to be caught in a mental

undertow that draws us within the influence of negative moods. When a depressing emotion of any kind grips our consciousness we must start the counter current immediately and set in motion opposing forces that will overcome the tendency. Our lives should be affected only by the sentient influences of good. In other words, we should leave no room in the consciousness for depression. Faith in the power of good over evil and a persistent exercise of the purging process will free the body from discomfort and limitations. Whatever affects us adversely can be warded off in this way. All that gives a thing dominion over us is belief in its power. It is possible to become so oblivious to inharmony that it cannot disturb us.

A refreshing psychological experience is to make little daily excursions into the gardens of thought and there pluck mental flowers of rarest beauty and healing. They are blooming in abundance for all, and are fashioned for our constant appropriation. If we mould our temperaments and choose with discrimination uplifting ideas, occupations, and friends, and cling to lofty ideals under all circumstances we shall establish an attitude of mind that will improve our health and increase our power. This will be easy of accomplishment when the constant selection of right ideas and emotions becomes a fixed habit.

A principle is of no service to one unable to

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apply its terms. When our lives conform to exalted standards of love, justice, mercy, and purity, and we are inspired by worthy purposes, we shall have health and contentment. When we are "too pure to behold iniquity," too fine in temperament to be overpowered by malicious influences, and too fully absorbed in the possibilities of life to dwell on our limitations, we shall destroy the demons of adverse thinking that mar our peace. Then it is that we are "resting in the Lord" and consciously affiliating with His mighty power.

When we have risen to this plane our circumstances will conform to this adjustment. By our habitual tendencies of character we establish currents of emotions which operate automatically in our bodies and environments, and in this way stimulate or depress our lives. When we take in as much as we can hold of ennobling ideas there is no room for anything of a negative character to thrive.

The old method of dealing with an infirmity was to admit that we had it and to fix a *locus* for it. It was made so comfortable that it lingered until it had sapped our vitality or had run its course and then departed, leaving us prostrate in its wake. The modern way is "to overcome evil with good," to leave no room in our mentality for negative conditions to take root. If we close

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our minds to all suggestion of weakness or ailment, and give it no food of thought or word or questioning we can starve it by inattention and it will perish. It is only when we are out of poise and our vibrations are lowered that we are susceptible to disease. So long as we vacillate between good and evil we shall experience dual conditions. It is "the word that makes flesh," and it has been amply proved that the temperamental coloring of our ideas determines the stability of our health and the degree of our success "A man is what he thinks, not what he thinks he is." We suffer directly from our disturbing emotions and our wrong beliefs. Whatever is deeply registered in the consciousness predominates in one's experiences and in one's health. Fear, Criticism, and Worry are the three monsters that destroy our vitality and steal away our peace.

People forget or do not realize that their envy, jealousy, unkind and perhaps unjust criticism, hatred, covetousness, tale-bearing, and uncharitableness fashion a two-edged sword which must cut both ways: Indulgence in these thoughts and moods generates poisons in the blood, destroys the optimistic gladsome outlook on life and a hopeful future, and banishes health and contentment from mind and body. It also creates an impenetrable atmosphere, shutting out

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beneficent waves of kindly consideration and helpful action from our worthy neighbor.

When the laws of life are understood and we become aware of the perpetual renewal which is taking place in our systems, we shall guard the little cells and nerve tissues that are constantly developing by eliminating the anxieties which sap our energy.

If we cast these fresh new cells in the mould of youth and stamp them with the dies of vigor and charm and energy, growing old will be gauged by progression and achievement and not by visible signs of weakness and failing powers.

There is no reason why we cannot present to the world the manifestations of youth during our entire sojourn on this plane of activity, since every atom of the body is in a perpetual state of renewal.

All power is fundamentally good, and when it is rightly appropriated it strengthens its possessor. Every individual ego has the privilege of perverting energy and of directing wrongly every force in Nature. This is one cause of the adverse conditions which often prevail. The God (good) power at our command is so flexible that it can be converted into any form of manifestation—what is evolved from the energy appropriated depends upon how it is utilized and distributed. When misapplied, electricity proves

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to be a destructive force; when rightly conducted it is a constructive power. A similar law applies to all the forces of spirit.

As energy is transmitted through us, it operates in accordance with *our* will. When it is set free, it mingles with its natural elements and its original value is restored. Everything is delivered to us in maximum purity and strength and our use of it determines the result of its action. No matter how contaminated a substance may become when it is imprisoned under the human spell, as soon as it is released and permitted to mingle with its original environment it takes on its primal purity of character. Thus all the elements and forces of life which are contaminated by man become cleansed when they are liberated and returned to their native source. Energy operates contrary to its normal functioning only when it is chained to an adverse will.

Sickness is simply perverted energy or the scattering of vibratory forces, and the remedy lies in one's ability to reunite with God's harmonies. This may be accomplished by individual concentration or with the aid of a healer. Sin, sickness, and poverty all express dis-ease, or a lack of ease which results from being out of tune with the natural order of creation. Disease is the result of wrong vibrations, and vibrations are produced by feelings and emotions. A recep-

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tive patient and a well-poised practitioner can make the connection with equilibrating power very quickly; by establishing the right conditions and a harmonious relation with God's Infinite plan—which is ordained for perfect expression—healing is speedily accomplished. When the pilot steers the ship according to the chart it sails on to the harbor for which it is destined. So the individual, perhaps freighted with anguish, poverty or sickness, when attuned to the harmonious laws of being is carried to the port of *abundant* health and opulence.

Health is a matter of proper adjustment; we are supplied with an *abundance* of power, and we need only to rightly appropriate it. The forces of Nature are always ready to fulfill their purpose, and are waiting to yield themselves to the necessities of the individual. The renewal of every fibre of being is perpetual; therefore we have no hampering conditions to overcome—simply to regulate our own moods and temperaments. We may compare the healer to an electrician. The electrician prepares the way for the flowing of the electric current. Similarly the healer helps the patient to establish right relations between himself and Divine energy. The necessary power is always available for the occasion.

To illustrate further the damaging influence of adverse wills, let us again compare the life

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forces that flow through us to an electric current: if every volt of electricity in the universe were directed our way and we were insulated against it we would not feel the shock. If by our attitude of mind we resist the healing power it cannot come to our aid, though waiting to respond to our needs. Only through receptivity and equilibrium can the benefits of Omnipotence be secured. Asbestos is a non-conductor of heat, rubber is a non-conductor of electricity, and non-receptivity is a mental insulator. Thus if we are habitually in a mood of fear, worry or criticism, we are insulating ourselves against the currents of harmony that otherwise would flow through us and favorably construct our bodies. Inharmonious tendencies of temperament and lack of confidence in the uplifting forces of universal energy will hold at bay the power that should rightly sustain us and build into our systems the conditions we desire. Our health or disease follows in the wake of the habitual waves of thought and emotions that play upon the organs of the body.

The practitioner helps the patient to adjust his mind to a more harmonious key and so put himself in tune with the Infinite. One who is not in control of himself and in perfect accord with the highest radiations of Divine mind has no intrinsic value as a healer, as it is necessary for him

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to establish a perfect union with God's concordant laws before he can be of service to the patient.

There is but one way to understand the teachings of Jesus, and that is to take His demonstrations literally and apply them. We know that He said "I am the way, the truth, and the life: no man cometh unto the Father, but by me." He came to show us the way, and not merely to be exalted, and charged us to remember that "these things can ye do and even greater." No practitioner can be a competent healer until he has purged himself of all discord. In order to be effective the current that flows through the healer must be uncontaminated and unbiased by the individual mind or by one's own personality. When the radiations of love and faith predominate they soothe the patient and permit God's forces to operate without obstruction or interference. The practitioner places himself in a position for the healing currents to flow through him to the patient and invokes the blessing that cures.

The healing forces are always ready to flow in whenever the channel is open to receive them and personality is set aside. When the healer is too pure to behold iniquity and has overcome the obstacles that interfere with the free action through him of God's restoring power, and the

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patient is receptive to these influences, healing is easily and speedily accomplished. Jesus by His own love and purity of heart was able to attract invigorating forces and proclaim the truth that set men free; with the spoken word the law was fulfilled.

Whatever tends to generate equanimity of mind has healing efficiency. Illness is invariably the result of a mental tension or of a disturbed temperament. The vibrations are lowered, scattered or dissipated so that there is no concerted adjustment of forces. One cannot be well physically without a certain amount of spiritual poise, and in order to promote normal physical conditions it is necessary to be adjusted to the harmonies of life. Criticism, fear, hate, worry, and anger lack the rhythm that is necessary to the promotion of health.

God has ordained a definite standard for controlling our health and the general activities of life, and when we oppose the inflowing current of spiritual nourishment we dam up the stream of energy which supplies our power. Derangement of the body frequently occurs because we have imprisoned ourselves behind the bars of our own conceit, worry, hatred, prejudice or fear. We frequently shut ourselves away from the universal benefits in an endeavor to establish individual independence, and in so doing we close

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our windows, barricade our gates against supply, and conceal ourselves from the very sustenance we need.

Fear, superstition, anxiety or any disturbance of mind whatever implies a lack of faith in God's power to sustain, closes the avenues to supply, and keeps the vitality at a low ebb. A feeling of separateness from God generates confusion and leaves one stranded with no tangible support. It places us alone in the world, facing the struggles of life with no protection, guidance or outlook. There are numerous conditions which disturb the equanimity of the life forces operating through the individual: hurry or excess of any kind is harmful; intemperance in eating, drinking, smoking, and even in reading, walking, or any extreme form of pleasure or work which compels one to get out of tune with the normal rhythmic action of life, interferes with perfect equilibrium.

The laws which control us are very exact, and unless we fully accord with them we cannot avoid suffering. Finding God consists chiefly in discerning the particular influences which control our being and relating ourselves more intimately with the right conditions. The more we surrender to the Divine order of creation, the more readily are our difficulties adjusted. Instantaneous healing depends upon the degree of preparedness of

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the healer to attract the forces of Divine energy or upon the receptivity of the patient and his alertness in bending his will to the laws ordained by the Master Mind.

A confidence in God induces mental repose and attracts the healing forces from the Main Stream of life. The practitioner assists the patient by preparing the way for the healing power to flow through him to the one in need. He comprehensively draws on the God-power at his command that adjusts the relations between man and his Maker, bringing more forcibly into appearance the Omnipotent power of good. Healers of themselves can do no more than to realize for their patients the power of God's strength and open the channel for its distribution. By their own conscious understanding and faith they draw to the patient the restoring elements. Omnipotence is always shedding its radiance over us, but if the windows of our souls are closed by greed, envy, and malice none of its beneficent beams can enter our consciousness and its healing power is lost.

Benjamin Franklin told us how to attract and capture electricity. Watt said, "I will show you how to utilize steam for propelling purposes." The prophets are our guides and benefactors. It is they who pave the way for our better understanding of truth and who perceive the possibili-

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ties of life and teach us how to surrender to the Infinite mind.

Christ said, "I am the way"—which may be interpreted to mean—"Come this way and follow me": "I am the truth, I have received and will translate it to the advantage of all who will listen and can perceive it": "I am the light, and will illumine your path and enable you to find the perfect way." In fact, He really led the sufferer to the Fountain of Life. He taught men how to communicate with the Author of their being, and revealed to them the possibilities of God's kingdom, which he knew were offered freely for their appropriation. He said, "I and my Father are one," merging himself into God's being, bending himself to God's will, and adjusting his life to accord with Divine laws—and these precious privileges are our heritage.

Spiritual laws are spiritually discerned; and if one does not already perceive them the aid of a good interpreter of immortal truths may profitably be employed. God nourishes every bud and seed into flower and fruit, and all life into its normal expression. The process is gradual, but the movement is Forward.

. . . . .  
During my awakening to the consciousness of God's Omnipresence I frequently indulged in the habit of visualizing myself into surroundings

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which were expressing harmony: I dwelt in fancy where Nature was demonstrating her fullest charm, and the beauty in design and fragrance and coloring of leaf and flower and tree joined with the happy creatures of air and earth to swell the diapason of music that filled my soul. I learned to turn from any discordant notes of self and environment to a setting where disturbance and confusion were not present to separate me from the rhythm of God's activities. Thus I swept away all obtruding barriers and let His presence pervade my being and give me strength.

I go to Nature in times of stress because she offers no opposition to God and His plans; only man sets himself to oppose and frustrate.

It is well to linger with our fancies wherever God is permitted to diffuse His radiance with its maximum glow. Whatever banishes our morbid thoughts and feelings, and aids us to know the power that vitalizes all forms of manifestation in Nature, will help to sustain our equilibrium. Persons who are so persistently aware of His enveloping love and protection that they are never separated from a consciousness of His support may not need this particular method of realization; but until the Omnipresence of God is fully recognized it is well to dwell in a realm where faith, confidence, poise, and beauty are constantly unfolding: to people our imagination with op-

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timistic impressions: and to keep ever in mind the laws which govern our being. Soon the power which Jesus declared was vested in us will be perceived and felt. It is wise to focus our developing minds on scenes where God is allowed to radiate without questioning and without the interference of adverse wills.

In our own free way of grouping these different combinations we should train the mind to dwell upon "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Within my heart of hearts  
The whisperings of love are heard,  
From the Divinity within  
My finer senses all are stirred.