

Letters From an Occult Student

BY

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AUTHOR'S FOREWORD

This small book is written to interest the Neophyte (beginner), in the hope that it will lead to the study of larger and higher works on Occultism.

So often the Neophyte is discouraged, in trying to make a study of the many complicated and learned books written on the subject of Occultism, New Thought, etc., as they are written for advanced students, and so lose interest, and think the study is too obstruse, and therefore not practical for our present every day life.

I can assure you that the ideas in this book can be put to use at once, and will bring results, as they have been tried out many times, so are not theory, but practical truth. The affirmations are unusual. Like all affirmations, if you wish to make them of use in your life, they must be repeated many times, until they become a part of your very being and are absorbed into your innermost self.

You must know, my dear Neophyte, that the knowledge of these higher forces, is of great benefit on the other side of life, and is all we can take with us; for you well know the material things of life are left behind, no matter how precious they seem to us in our present existence.

Let me urge you to become interested in this great and profound subject. Once started upon the path of Occultism, you will find it absorbing in interest, and will be led on in ever ascending and advancing study, until the highest realms of knowledge are attained.

Letters From an Occult Student

I.

My dear friend:—

First I want to write to you about Magnetism, Mesmerism and Hypnotism, including healing of diseases. All of which I firmly believe in, for, as you know, I have always held that some such power existed. I could mesmerize long ago, but never fully understood hypnotism, nor its application; but I have been looking up the subject, and find I can use it easily. The great power is to be able to generate the magnetism, and to throw it off at will, and to direct it as one would have it go; thus to be able to influence the minds of other persons or even animals.

I believe that after I have learned, to control the force properly, I shall be able to produce some wonderful phenomena. I don't know who will make a good subject, but I will find some person, and I am anxious to get them to the sixth or spiritual state, and learn from them some strange things. It is claimed that one in that state can grasp the thoughts relative to the Mesmerizer, that are in the minds of other persons, provided the one who mesmerizes the subject so directs the subject's mind.

I try to force my will on every person that I meet or sit or stand near, and am getting so I can draw a person's eyes to me in just a few minutes.

Look at every person between the eyes (not a stare, but a steady look without winking), as long as possible. While looking at them will and try to realize that you are throwing an influence from between your eyes over them like an invisible veil or sheet that falls to their eyes and over their whole person. Don't look them too hard in the eyes, as you may hypnotize them.

Mesmerism must be mastered together with Hypnotism to enable one to throw out the magnetic current. If I were to grasp your hands, your left with my right, you would experience the sensation of something moving up your left into and across your shoulders and down your right arm. Always keep in mind that the Earth is the big magnet and from it you draw the current, passing upward and over your head and downward in front, thus forming the U or horseshoe magnet, just as it would be, were you to bend forward and touch the ground with your hands, in which position you would form the same magnet with the positive and negative pole, touching the earth. It is all so wonderful and yet so simple that any person should see it, but because of its simplicity it is the more wonderful.

As the earth turns to the sun you derive strength, and as it recedes from the sun you become weaker, hence it is wise for all to sleep during darkness, as that is the time the earth's surface, in which we live, is at its lowest life ebb, then the body and mind should rest. If we sleep during the day we gain more strength during a given time, than when we sleep at night, but during the day, while the sun is shining and causing the earth to throw off a great amount of magnetism, our bodies do not lose their strength as they do during the darkness; hence to sleep during the darkness saves our strength, so when day comes, and with the light of the sun warming the earth its life is renewed and we are revived from the mighty magnet, the earth. Aim to work your mind, throwing and concentrating it upon everything and everybody near whom you chance to come. You have lots of subjects upon which to work. They are before your eyes all the time. The magnetic waves are all right, and if you stop for a moment and think, that as you experience them when listening to fine music, which is soul elevating, it proves that your magnetism is being excited, and the flow is increased from the earth to your brain and out again.

Were you to notice your hands, they would most likely be moist, which proves it is not due to nervousness.

The simple fact that you are very susceptible to magnetic effects, show that you are magnetic.

Then, when your mind is active, you become the positive magnet, and since you have learned how to discharge the magnetism or promote its flow, your power is increased.

Now, study hard, and write soon to

Yours truly,

J. N.

II.

My dear friend:

This power is as wonderful as God himself, who gave it. Try to fly to other worlds. Don't consider the matter of time or distance in your flight. Close your eyes, get your mind and force active; then rise in the air. This brings your subjective mind into control, which does not recognize time or space, both of which are material. You will be surprised to what extent you will appear to fly. Be careful not to overdo your strength, but go steadily and carefully, always bear this thought in mind. There is nothing supernatural, but everything that occurs and that your may experience is answerable to some law. We may not understand what particular law governs each case, but we realize that all law is based on the assumption that right and justice shall prevail. Now, would you feel justified in trying to move a heavy weight that is far beyond the possibility of your strength to handle, which were you to attempt would result in a strain of your muscles?

It would be contrary to the laws of strength, etc. You cultivate concentration and penetration by practice.

Yes; we may imagine our work is in some particular line, but circumstances will work out our destiny, if we fall in line and push with all our might in the right channel. A nervously constituted person is more highly spiritual than one otherwise, provided they have learned to control the mind, so as to concentrate the thought and idea upon a single subject, which is the secret of all mind

power. I love the thought of our being part of the Infinite mind, and that we may grasp His thoughts and follow them out, until with *Monto Christo* we may exclaim, "The World Is Mine," but with a much higher and brighter ideal before us, than that of revenge.

When I have exerted my strength on others, I become so filled with power, that it appears to lift me off the ground. It did not do so at first, for I allowed myself to feel and think that strength was leaving me, but now I realize that it does not leave me, but augments itself and overflows to the other person, and fits me to contain more and more each succeeding effect. Use your magnetism and electricity to fill yourself full, by the force of your mind and will to send it in circles through your body and spirit.

Read, think, will and believe. Faith is mighty. Each mind that is uplifted and unfolded in the higher life benefits the whole Universe, and happiness is obtained by benefiting mankind. Faith! don't strive too hard after it, but let it flow into one's being gently, smoothly. Faith is all in all. Let go and faith comes. Relax mind and body. The material gain is as nothing in comparison with the mental, the spiritual that comes by faith, and is also cultivated by the study of the writings of our elder brothers, not in the sense of age, but of enlightenment. The desire to learn is good, nourish it carefully. Think reason, open the mind to receive, and the Master will help one to attain his desire. All learning grows by putting one's mind to work. Time and opportunity comes, not to those who wait, but to those who seize the present moments and let unessential things go by. Create your own opportunity, if one waits it may never come. Keep silent and learn to hold one's tongue, keep from expressing the higher thoughts to those who are not ready to receive. Send them mentally a desire, that may open their minds to the grand existence of the higher life, but go carefully; don't say too much, a little hint or word will be developed by their higher self. One must grasp these high ideas slowly, not at a big jump;

look at all growth, it is slow, atom by atom, into the beautiful whole.

I offer this proposition: If we have a spirit, it **must** be in the form of our bodies, for God is a spirit and created man in His own image. If God's image is of the form of our bodies, truly the Spirit is also of the same form, for it (the Spirit) was created by the same power, and must be of the same form. If God created us in His image, He must have endowed us with His attributes, or we would not be in His image. The attributes of God, are all power, Omniscience, omnipotence, and perfect love. Our bodies are only temporary or death would not overtake them; hence the Spirit is the essential part of the creation. If this be true and we have the attributes of God, one of which is Omnipotence, we must be able to be at any and every place at the same time, for the Spirit travels as does thought. Hence when the Spirit is properly educated (which must be possible, if it is perfectly created, which we cannot dispute) it must be capable of acting independently of the body, whether the body be above or under the ground. Does it not prove that the spirits of those who have passed out of the body may communicate with a properly educated spirit, that is still in the body. Good Night,

J. N.

My dear friend:-

You ask about my method for healing disease. It is as follows: I begin by grasping the hands or wrists, which I hold until the temperature is about equal to my own, when I hold one wrist at the pulse, or hold the hand, and place my other hand on the nape of the neck. Always using the right hand in operation, I keep my will constantly affirming that I shall and do command and control the disease. I can force it until those great waves or chills, as it feels like, pass up my back and over my head, and out at my arms into the person. They always become drowsy and sleepy very soon. Then I make the curative passes very slowly down the back to the waist for a few times, then to the thighs, then short passes again, during which time I will and feel there is flowing from me something that is breaking up and dispensing

whatever the disease may be. I appear to get as much benefit from it as the person operated upon.

Dr. B's teachings are that God is. He created, directs and rules everything by His power. He does not perform anything of the nature of miracles, but He made all of nature's laws perfect and complete in the beginning, so that no changes of any kind are needed, and to experience a miracle we have only to get in touch with those laws and stay with them and we see signs and wonders that we look upon as being out of the general order of events, but they are not.

Everything in the world is moved and controlled by vibration, by them we see, hear, taste, smell and feel, that is a scientific fact, accepted and believed by all classes who give science any thought. The higher we become spiritually and the less we think of matter and are controlled by it, the more rapid our vibrations become; hence we get on a higher or more spiritual plane of living. Each of us are but a drop of water in the mighty ocean of God's great universe.

Try to think and realize how much that God has made for our service and use it, use it, use it, and think that it is within your reach and power to actually grasp His great and mighty hand as He enforces the laws of nature, which He made perfect billions of ages ago, and has not been compelled to change or alter one of them since.

It is a mighty thought, and comes only from the Maker.

Magnetism is formed or cultivated by deep breathing, which takes the natural electricity from the air, vitalizes the blood which again strengthens and invigorates the body, and we have the magnetism to force out over the universe by our thoughts and wills; hence the "I will" of the mind, that, with magnetic force, goes out and forms a wave, which will reach beyond the earth, for of such God created the Universe. What we need is to be in constant touch with the great "I am" and love and lift up to light and happiness the poor, sick, afflicted and down-trodden of men.

Let us resolve to see the bright side that God has made for us to look at, try to make each day an improvement over the one before, and if we stumble, we need not lie down, but get up quickly, and help anyone up, who may have fallen. May the Infinite God keep you in constant touch with His great mind and open your spiritual eyes to see the wonders and beauties of His Universe, and thus enable you to feel that thrill of power which can only come from the source of All-Power. Every time that you can do so, make this thought dominant. Begin by saying in a voice audible to yourself, say it firmly. "I am growing stronger, stronger, **stronger.**" Repeat the words a dozen times. Then take the words brighter healthier and better. Think this; also keep it in your mind and do it dozens of times each day. Keep the thought always with you, that you are becoming perfect in every way. Let me give you a little logic to convince you that you are right in this thought. A perfect, pure and powerful God made man in His own image; hence the logical conclusion is that this same God made you in that perfect image; thus you have the right and privilege to say that you are just as He made you, and if you will assert that right He will make it good. Don't be afraid of offering an insult by claiming everything for your body, for it is the "Temple of the living God", as that creative and preservative part of Him is in that temple. Don't forget these beautiful thoughts; they keep you in touch with the All-power. Say, think, and believe that "I am." Learn to meditate on the Vastness of the Universe and the wonders of creation. You are God's, and God is yours. He ~~don't~~ want you to do any begging of Him or pleading for anything, simply say that I am part of the powerful God; I am healthy and strong, and I am growing stronger every day. I have no pain, disease or weakness, I will do all things right, and force your mind to realize that you are doing just as you say. When our occult power is fully developed that power will prove to be our teacher. Good-bye.

Yours truly,

J. N.

III.

My dear friend:-

The word "God", as we use the term, applies or means a personal or individual God. The word "Om" is a combination of sounds, which when understood in its occult meaning treats of the Great Creative Principle or Great First Cause. That antedates the description of Creation given in Genesis, when all was darkness and void and silent, when there was no light, no motion, for vibration was then unknown. Vibration is the seeking of component parts to unite themselves. Without vibration there is nothing. We see by vibrations of light; we hear by vibrations of sound; we taste, smell, feel, breathe, take pain or pleasure all in vibrations. We have all of the above when vibrations are in accord with our vibrations, which give us pleasure; if the vibrations are not in accord, they must be in discord; then we do not take pleasure, but are pained. Our vibrations may be cultivated; take music, for example. As we become trained by study and concentration, the laws of harmony assert themselves in our vibrations. It is needless to ask you, if discord is unpleasant. So it is with all vibrations, if they continue in the same relations, but they may become slower and slower, for example, suppose our vibrations of light is 8000 per second, should some other person's vibrations be but 4000 per second, we would not see them clearly; if their's is 2000 per second, we would not be able to see them at all. That is not the actual measurements of vibrations, but from it you catch the idea. Then turn it the other way and suppose our vibrations were 1 and others ran up to millions, the same rule would hold good. Now, while vibrations has equal (or on the same line) relations, we will not take the pain especially, but we will not see, nor hear, nor smell the same etc. Now, go back to where I spoke about uniting of component parts, like can only unite with like, is one of nature's laws, spiritual and corporal cannot unite, but one may envelope the other, and if the vibrations can be nearly of the same relations, there is a kind of union or toleration which will

allow them to remain in a kind of contract (under protest we might say) so it is that soul and body are together.

Hence we take our exercises and develop the body, trying to get nearly the same vibrations, or to get the body as nearly perfect as possible. Then again the body was developed for almost twenty years before the spirit was developed of any consequence, so we try to develop the spiritual to the strength of the developed perfect body.

The Om before Creation began was all within Himself, which was divided by His own mighty will, creating a positive, negative, and neutral, thus forming a trinity, all of which appears in all electricity, and are constantly attracting and repelling the particles of air, setting up lines of opposing force, which again divide by the same line of force, while all the time they are anxious or trying to connect themselves. Now, to sum up: Om is the center or origin of all power and force in the universe and controls all suns, planets, stars and systems of worlds. We try to get into accord with those vibrations and hence in touch with all-Power, Life and Light. When you meditate, let your mind dwell on what must have been the state of darkness and silence before the dawn of creation, and try to look into that darkness and see the light of life begin to shine, when the Great First Cause began to move.

We get close to nature by being close to God by thinking and meditating on His wonderful works, and having love and compassion for all poor, weak, unfortunate creatures both human and brute.

All human vibrations are about equal, but to get the corporal, so that we can see the spiritual, we have to reduce the corporal so as to lose it entirely, which is accomplished by the exercises, meditation and concentration. This is all due to the necessity of bringing ourselves up to the spiritual. When we were born, we were equally spiritual and corporal, but during so many years of our lives, we have spent our time and effort on the temporal, that our spiritual became dwarfed in comparison with our corporal, or in other words, the

body outgrew the spirit so much, that now we must bring the spirit up, which is done by the exercises, meditation and concentration. Good-night.

Yours,

J. N.

IV.

My dear friend:-

Yes; it is possible for the soul to leave the body under certain favorable conditions, and when those conditions ^vobtained it is also possible for the physical eye to see it in its astral envelope, and could you have seen the face you spoke of, very likely you would have looked at yourself, but its position in its natural state would be the same in direction as your physical at the time you saw it, which would naturally be with its back or side to you, had you been in your astral proper you could have turned and seen your physical body very clearly. The odd shapes and shadows you see are elementals or disembodied entities coming by reason of your force, to do your bidding and obey your commands. In all probability you will get a teacher, sometime soon, one of the Astral brotherhood (whose vibrations accord with your own) will be delegated to represent the brotherhood and to be your teacher.

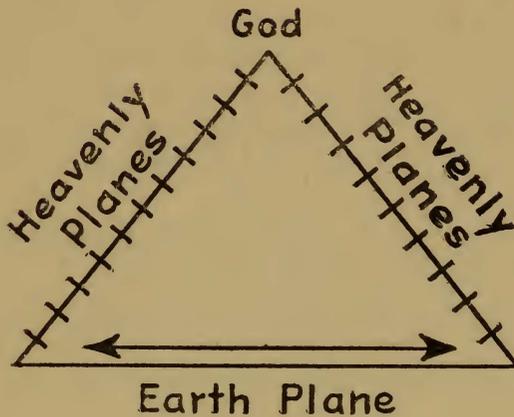
When anything of the kind appears, command it to be peaceful and happy, and to bring you love, peace, contentment, power, health, and plenty; to return to its higher station in peace, and to come again, when you will, to bring you news, and to help you advance in your higher self, to teach you all you need to know and that peace and happiness shall attend all its visits. Should a tall form appear and gaze steadily at you, say to it, "Peace be to you, in the Master's name, tell your errand, do your work and in peace return to your station, and come again when a message requires your presence."

The yellow light you see, is the Golden Sun light of your soul's illumination, and is more to be desired than almost anything else, save the appearance of an Angel of

brightness. Don't forget that every thought you think is a creation of a force or entity, and as you think and send good thoughts to every person, they return to you laden a thousand fold with good towards you, and for you and remain in you to be again sent out on these errands of good. Don't allow yourself to become irritated or feel harshly towards any person, for you are generating power that should you hold for a second an evil or unkind thought towards any person or kind of life it is likely to make them sick or even go so far as to take their life; be most guarded in this particular. Don't allow your vibrations to be disturbed, for remember you are holding part of the Omnipotent power of God Himself within yourself, and to throw that mighty and terrible force at any person is more than likely to cause them pain and perhaps instant death. Think peace, love, happiness and plenty to every one "for as you mete to others it shall be meted out to you." Give and you will get. Love and you will be loved; help and you will be helped; lift up and you will be lifted up. No difference how lowly you may find people, help by a kind thought or word, if opportunity presents itself. Don't get the idea of fear, of this power into your mind, but rest on the sublime thought that you are becoming "One with God", which is always an overwhelming majority. You have love, peace, power, and plenty at your command. I am especially anxious to develop the Astral, so I can get into it at will, which makes the almost almighty Adept, for when one can do that at will, everything is possible. Your visitor is some teacher from the Astral Plane, and will prove to be your helper. It is making its presence felt, and don't do a single thing of any kind without requesting its aid, and then thank it for helping you. It will not allow you to make any mistakes, if you do everything as you are impressed. You are perfectly safe, no difference what emergency may arise, for it will warn and protect you and lead you. Just think of the idea that an Omnipotent power is at your side every moment, not such a weak power as the strongest man on earth could wield in your behalf and protection, but a power

that transcends by far our highest ideal of what power is. Man's physical arm is short and weak, but that power about you is a power that flashes throughout the Universe in a second of time and that individual, whoever it may be, is there for your help. Talk to it, in all confidence, about all you wish and desire, and you will find that you are being strangely led. Keep all tendency toward anger down. Don't, as you prize your highest ideals of happiness and friendship of friends, allow the least particle of anger to disturb your vibrations, for if you do so, it will set loose a lot of entities that are worse than bloodhounds to worry the person against whom your anger might be turned. They will follow to death the person against whom they are projected, and they have the power even to take life. Occult power gives the power of God for good, and the wickedness of hell for bad. When you see the mist, turn your eyes downward, and close them tightly, and see if a rainbow or star will not appear or perhaps a ray of bright light. Now, turn your occult power to a practical use, will and say out loud, "I command the powers that are subject to me to open up the way for me, and my life-work, and if it is honorable I will follow up the work," for I am my higher self, it is indestructable, and Omnipotent, and I will that I have love, peace, power and plenty." If it is for your good and development, the powers will provide the place and direct you. You have progressed upward out of the Magnetic plain into the Electric plain, and your next experience of progress will be into the Astral Plane, for the first is Magnetic, second, Electric, third, Astral, and fourth Etheric.

Vibrations are everything, and without them nothing can be accomplished. There is but one Good thing and that is **God**, which is only a name for Its principle and this principle is Love, and love is Truth, and truth is God, and there we have the trinity in the form of a triangle thus—



Love and truth is the base. God is the Apex, both the points on the base line point to and in uniting, they are God. Turn the triangle in any way, and you have the same results; all of the three points are God. The love so expressed, is not our narrow love for those who love us, nor is God a great big Something that we should fear Him, for fear kills love and separates us from God. We have nothing to fear. Fear is the Devil of our Bible and causes all disease, sorrow and pain. Love is within us, in our life. We must be selfish in a certain way, and that way is to get within, and see and appreciate our mind or higher self.

The part of us that is part of God gets our vibrations. We need to do lots of meditation, lots of sitting still, and trying to keep from thinking of anything, breathing slowly, getting quiet, with eyes closed; don't ever rock; don't move; lose all sense of the physical; shrink within yourself. The higher self is everything. Think of it as overshadowing everything, as enveloping us, or sitting down over us as a vapor or cloud, which shuts us in, and then think slowly of our heart, what a fine and delicate piece of creation; within its inner chambers are etheric atoms or vibrations, which represent Divine Love and immortal Touch or God. Listen for that still small voice from within "Peace be still", and know that I am God. Listen long and quietly if necessary, but wait until the answering peace and quiet comes. Then feel the delightful, quiet,

warmth, peace, harmony and know that you are in touch with the Infinite. This meditation gives power, wisdom and knowledge. Then look for mental impressions. They will come. This leads to concentration; also follow gazing, for a long time, at the black spot, it aids concentration.

The black spot is made as follows,—Take a piece of white paper, eight inches square, and put a black spot, the size of a fifty-cent piece in the center, put it on the wall, sit about six feet from it, having the black spot on a level with the eyes, have a straight chair, and sit erect, without touching back of chair, soles of feet on the floor and hands with the palms on the knees. While doing so use long, full, deep breaths. This increases the magnetism, which is another name for atoms or vibrations. For as our magnetic or vibrating currents are strong, quiet, and send out vibrations all about us, as an envelope, laden with the love thought, they will (like the magnet) attract their own kind from the ether about us, hence we give out love and get back the same, only each return is quadruple the vibrations sent out.

You cannot afford to be impatient, for that sets up a counter-vibration, and your development is thrown back for weeks, you cannot hurry anything in which the Soul has the control, for it is never in a hurry; it has all of Eternity in which to do its work, and can well afford to take its time. Try to converse with your spirit friend, in a quiet, slow undertone, a whisper, tell him to take charge of you while you sleep and advance your development, to work on your head and brain. Don't worry about being good. Love in your heart for everything, is what makes good, and that is God; add a single "o" to God, and you have good, or reverse it and you have the same result.

Meditation and concentration, pure and simple are the Himalayan heights of Occult power and force.

It is late, so good night.

Your truly,

J. N.

V.

My dear friend:-

The breath is the only thing that will bring the Astral light, so keep it up all the time, do it when sitting, walking and on all occasions. Your visitor is just as anxious as you are, and will stay and help you, but you must not get anxious; he will direct you in your work, do whatever impressions come to you and don't do anything from duty of affection, should an impression come to your mind not to do so. Your visitor is no doubt a spiritual guide sent to help and teach you, and when your vibrations are exactly right, he will communicate with you and will show you wonderful things, both of the present and the future. Keep in constant touch with him, when the illumination does come you will wonder at its work.

Get out of doors on a clear day in a hammock or on the grass, lie on your back and look steadily at the blue sky, think of nothing save the wonder of that beautiful sky and the Great First Cause that produced it from darkness and nothing. Try to see what must have been that darkness, when "All was darkness and void." It was the darkest darkness that your mind can conceive, nothing was there but the Great, Absolute, First, Cause, God. We cannot picture anything in our minds for it was only darkness, get the darkness in your mind and thought and the sublimity of the Greatness of the darkness will overpower your objective mind and awaken your subjective mind, which will cause you to want to take deep breaths. Take plenty of them. Then try to think of nothing save that darkness, close your eyes, and look at it. Then you get a view of the Absolute, keep quiet, so still, that you can't hear your heart beat, nor anything else. Then you are in touch with the Infinite, who is All Life and Light. This is meditation. If anything happens to disturb or disquiet you, repeat this "I am my higher self, my power to think it is indestructable and omnipotent. My every atom springs from it, and is fully charged with its power and harmony." I have nothing to fear, nothing can harm me. Love, peace, power and

plenty are mine." Commit those words, repeat slowly, draw each word out long. Sit still and think of their wonderful import and notice how you become quiet. All these meditations will cause the cold waves of power to pass up your back, and into your head and limbs. Don't forget that this power is not simply power, like a locomotive, but it is the power that holds the Universe that Creates worlds and peoples them with living beings. It is God, God, God, power.

Keep in thought, "Nothing can harm or disturb me." "I have nothing to fear", keep your heart beat quiet by force of your will, do nothing in haste; don't hurry; don't speak quickly nor at any time allow your temper to get the least start. Be cool, kind, loving, cheerful, strong when others are weak, when any disturbing elements arise think the thoughts of your Master who, when on the sea of Galilee, spoke those memorial words, "Peace be still." Those words mighty in power to quell the disturbing elements, are in your power to use for the same purpose, and with the same force, and they will bring the same results. Try to grasp the thought, God speaks through you and must be obeyed. Those cold waves of power, are the mighty waves of Magnetism coming from the poles of the Universe, and stars, and the Absolute. You feel them pass upward and spread out over the back part of your head (the animal part) you feel them through the hip and back. Keep them running up, and try to have them pass over the top of your head and down in front; send them to any point where you feel weak or tired.

Red and blue is flesh and blood; yellow and orange is spiritual, or devotional, and indicates that the flesh and blood is blending into the devotional and is being surrounded by the better part of yourself, or your higher self is enveloping your flesh and blood and getting control of it. Keep the idea of turning the eyes toward the nose and seeing the breath like a vapor. Be sure to ask your friend to help you and keep you guarded from all pain, disease, worry, nervousness, and colds, everything you want get it through your own force. Build up a wall of protection about yourself; keep these thoughts con-

stantly in mind to grow beautiful in character, form and face, to make yourself just as loving and lovable as God Himself. To get the highest good, we must be filled with nature's finer forces. They are ours and we must use them and get the good from them. We know, and we are responsible for what we know and do. Your guna is a spirit teacher and is helping you, no difference what may come, if you keep up your effort, he will bring things out all right for you. The rainbow is fine, it indicates a high order of development. You know the meaning of the rainbow is peace, and love, the red and blue is physical, but the purple and gold is royal, purity and value. It shows you are very close to the beautiful light, and when you reach that high plain, it will repay you a hundredfold, for your time and effort, and will make you see the spirit world in all its beauty. Say "I am strong and well, no disease, nor pain can effect me. I have nothing to fear, for nothing can harm me. I will not take cold or disease." Then try to realize that you feel those cool waves of magnetism passing through your body and taking all cold, pain, and bad feeling away with them. When out in the air, or when a cold draught of air strikes your face, close your mouth tightly, draw a lot of short, quick breathes, hold each a few seconds, then add to it another until you are full of air. Do not raise your shoulders, but rather let them press down; then hold as long as you can; then exhaust in the same manner. When at first you begin to take the breaths close the hands loosely and gradually tighten them until you grip them with all your force of hand and mind. Throw your mind into it, with all your force and concentration, also rise on your toes, after having done that three times, as you begin breathing, place your hands across your breast, in place of allowing them to hang at your side, follow it same as the other. Keep saying to yourself, "How well I feel", don't be surprised at it either, for the Great Creator intended that you should feel well all the time, and to get all the benefit you must keep in constant touch with nature and her wonderful God. Teach yourself by constant thought to breathe

only through your nostrils, even when talking, try to catch your breath through your nose. These exercises will enable you to gain magnetism all the time, to help you in keeping your thoughts from wondering.

Think of your Auric shell as surrounding you all the time. Then strongly will that its outer covering shall be a magnetic sheath that shall protect your body and mind from any and all outside thought currents (which are constantly passing and repassing) that are contrary to your thoughts. Upon going to sleep, let your last thought, as you drop off, be of the highest and noblest kind, and the perfection of your body and soul, together with the complete development of yourself upon the highest plains. You cannot hope to see advancement every day, for when you take a step forward, you have to work to perfect that, and bring all your other forces up to that point, then you work to strengthen and perfect what you have gained, and secure enough force to make another move forward. You must not look for great things in this wonderful science, for it is the many simple little things that make it great.

We should not say we are poor mortals, for that would be sacrilege against God's creative power and His mind, which He places within us, for we are sons of God; hence, Are we poor? No far be it from the Infinite to create poor, and place His own principle of knowledge and power within a poor tenement. He ~~don't~~ do that ^{does} kind of thing. There is no difference between the two breaths physically, but the life breath is the soul's application of the deep breath.

Good night.

Yours,

J. N.

VI.

My dear friend:-

Our bodies are copies of our spiritual, and if the body is perfectly developed, does it not necessarily follow that the spirit must be in much the same condition?

Electricity is a result of magnetism, but one needs to be very careful that the electricity shall not escape, as that has a tendency to weaken the body, on the same principle as that of a wire to the ground will take all the electricity from the most powerful dynamo, and render it useless for power purposes, so like the dynamo we must be insulated all the time; hence the necessity for thick soles and dry hose and underwear. Wear warm, dry clothing and overshoes, and you can go out and breath the most moist ladened air with perfect safety. You will get as great benefit from rain-ladened air as from dry air, for with that rain the air is ladened with oxygen and with deep breathing you will find you are getting strength with every breath. Take an old-fashioned kitchen-chair, with sound legs; get four jelly tumblers; set the chair legs in the tumblers, get four other tumblers or small glass dishes, and lay a board on them; sit on the chair; place your feet on the board. You are then perfectly insulated. Now, sit and develop, you will find the electriciy tingle all over you, and also get your vibrations away up. While the spirit is encased in the present physical it should be kept in full tune with the highest chord of the spiritual or the pitch of the spiritual will be brought down to the lowest pitch of the physical. Life should be a beautiful poem of thought and should exhale the exquisite bouquet of God's finest flowers, which are both delicate in color, texture, and perfume; also strong in suggestions of purity, individual perfection in the discharge of the duties for which they were created, which to me indicates the silent simplicity and constancy to duty and are guides to the development of our lives, in perparation for the great change that follows disintegration of the physical. When you want to succeed in anything start the use of the will, and command that success and prosperity shall and is coming your way. Keep it up all the time; think it constantly, and will that it is so, and that you increase in strength of mind or mind force, for you must remember that these are mighty forces about you to overcome. You are making wonderful psychic advancement and in the right direction, Viz.- the Astral.

Your guide is doubtless making an effort to communicate with you in a more direct way than through your mental impressions, and doubtless did take your astral out for a short trip, but veiled your sight, so as not to startle you too much, as that might sunder the astral thread that keeps your body alive, still he (your guide) has some work you should be able to do and perhaps that you must do before you are free. The circle is the symbol of perfection, the white back ground shows purity, hence the two combined are attributes of God. The purple color is also an indication of some flesh remaining, as flesh without blood is blue, and purple is the blue and red, shaded off together, it is the royal color. The yellow is golden and points to the sunrise that is coming to you. The waves of color and shadows are the rifts in the clouds, that allows the pink (which is a mixture of red (blood), and white), to show through, thus showing that the blood is going out into the rays which you see. The streaks of bright light proceeding the feeling of exaltation are the forerunners of the higher development, leading to brighter worlds, which with the presence of your guide, lifts you upward towards the light of the world you will explore.

The figure of your guna within the circle indicates his perfection, for the circle is the symbol of perfect trinity, and in that light he is leading you. To be in constant touch with the great "I am" is everything, and to feel the waves of magnetism pass through the body, knowing that in them we have the constant evidence of our affinity for and connection with that Great Power, which holds and controls all things. As I wrote before, keep out of doors where you can get plenty of the pure rain air, for when it is raining hard is the best time to inhale the oxygen as the air is then loaded to its fullest extent. Don't get wet by the rain, but inhale it. I caught a fine view of my Aura, which is a magnetic current thrown off from the body and surrounds it in the form of a shield to protect us from disease or other thought currents which float about the person. This is controlled in a great measure, or perhaps I should say altogether by

the thought and will of the individual. I rarely ever go to sleep without having surrounded myself with this shield, which I accomplish by elevating my thoughts to the highest ideals that I can grasp and then will that the outer shell of my auric egg constitutes a magnetic shield that throws off all thoughts that may be wafted to or drawn to me, by my own positive magnetic current. I also will that as I lay with my head to the north, these powerful currents from the frozen pole shall drive all disease germs from myself, and in their place leave health and strength. The yellow and bright glows are very fine and indicate development of your finer forces. Don't let anything worry you, but keep in close touch with the Great "I am", who holds all things in His hand, but above all things do so by keeping up your faith and development exercises. I am not worried at all, nor will I be disappointed. I won't allow anything on earth or above, or below it to worry me, nor will I be disappointed at anything that comes or goes. I am right and everything must come to me for my own good, and you must be the same.

I cannot see just why disagreeable things come, but it is for some wise purpose and for my own good. I believe it as firmly as I live, and you must be happy every single moment and believe the same thing.

Good-bye.
Yours truly,

J. N.

VII.

My dear friend:-

I am pleased to know you are so deeply interested in this subject, and are developing so rapidly, to continue. It is one of the beauties of Occultism to be so developed that nothing will affect you, no disappointment or bad news can change your vibrations. Let alone a simple thing like worrying about what cannot be helped. One needs a lot of power over vibrations, to be able to hold oneself perfectly, when any undesirable news comes,

I aim to keep myself in such condition that nothing will startle or worry me, no matter what may come or go, and you should do and be the same.

You are doing the proper thing to get your physical in good shape, for the body is copied after the spiritual, and if the one be weak or nervous the other will be correspondingly so. You cannot have a good spiritual in a weak physical. The very fact that you say you do not expect to grow calm and self-contained is the thing that keeps you back from that most desired condition, a condition to which you must attain before you can hope for the highest development. You confound the word sensitive with nervous. They are not synonymous in the way used by the palmist. A sensitive as used among occult people mean, "One who readily senses or feels the inner power or sense," a sensitive cannot be nervous or rather nervless. You must be calm to be able to hold your thoughts and to concentrate on anything; if you are nervous, any quick noise or light will cause your mind to wander from the line of thought on which you are trying to concentrate. The full sense of concentrate, means to be able to obliterate from the thought anything, but the subject before the mind. Your work is probably just where you now are, if it were otherwise you would surely know it, and you will get the direction very clearly where and when to change it. Don't worry about anything, simply trust your higher self to guide you, go into the silence often and get your inspiration from it. Life is made up of a whole lot of "I am's, and "I will's", and a recognition that if we will look at it in the right light, everything that comes to us is good. The solar plexus breath is the principle breath for development of the psychic sight, the high or upper chest breath is the best for brain development, but it retards the psychic.

Dr. H's line of work and thought is entirely in health, perfect health before anything else, that, proceeds the complete and perfect brain development, both the positive and negative side of which are to develop equally, so that the judgement may be perfect, not being biassed

in any measure by imperfect thought power. Then the complete and perfect development of all the organs. He approves of holding the breath for an instant. The abdomen drawn in, the shoulders dropped and a full and complete inhalation, until the lungs press against the chest muscles, and push them out, or so they appear to bind or press heavily against the upper part of the lungs, all of which, with the drawing in of the chin and straightening of the spine (never lean against the chair back) tends to strengthen and increase the lung and brain capacity. He says that if we get strange sights, we should draw in the chin, straighten the spine and get the breath deep and long, and get the brain and organs fully developed, so as to function every part of the body and mind together in perfect harmony and learn to realize there is a happy medium or center of balance and vibration to everything.

You are surely developing in splendid shape. What you saw in the glass was not exactly clairvoyance, but it was the next thing to it, and is indeed a species of clairvoyance; it is a negative condition of sight. You understand that a photo negative appears in the shape you saw. It is a condition of powerful impression. Keep up your breathing exercises and the very fact that you realize your brain is becoming stronger and your memory improving is undoubtedly proof that you are developing right along. Getting those negative pictures shows that your clairvoyant powers are opening up.

Use your imagination to take long trips, notice the details, concentrate your thought on people and places, get the details of the inside of rooms, stores, churches, etc. When you visit these places notice how many little details you have seen, that you had never noticed before. Soar away to other planets and see these things. Try to see people on this planet in the spirit life on the higher plains. Get the sight of people (in the Astral) around public places. Look closely about stores doors and, see if you cannot see others than the objective of the physical of those going in and out. While breathing and looking at the black spot you will feel those waves chase up your

back and over your head. Sit perfectly erect, do not lean back, draw in your chin (to your neck) get your spine as straight as possible, try to stretch it upward, push out the back part of your hips.

In fasting the breathing is what keeps one up, and drinking water, which is done as follows: Take several short in and out breaths (holding in the abdomen) then a full upper chest inhalation; take two or three mouthful's of water, and exhale as it is swallowed; take three of those breaths. The purpose in the fast, is to secure perfect control of the body, and it does, without doubt, do it. At the end of a fast one does not feel a great desire for food, a few grains of popped corn is all that you care to eat, and you are perfectly satisfied. Fasting promotes health, first, by emptying the stomach and giving that hardest worked organ a much needed rest, and it is surprising to know that it requires over two days to get all the food out of it. The liver is drained out and rejuvenated; the heart has only to pump blood for the brain and the general circulation. The digestive tract is entirely cleaned out and these organs are not full and distended, pressing against the liver, lungs and heart cavity, so they have ample opportunity to develop and become normal in size and action. Then the first five days following eat nothing but popped corn or wheat, and very little of either, both of which are perfect cell-producers; hence the first thing that is taken into a perfectly clean stomach is food that contains no germs of any kind, and the blood produced from it, is as pure as the Creator Himself, and the abundance of fresh air that the lung-cells will contain changes these white corpuscles with the pure oxygen, and makes the blood rich and red. It is pure gold to the system, then we have gold and copper breaths when it is needed. The system is full of electricity of the most positive kind, which comes direct from the bountiful Giver of electricity, which is animal life in its purity and every essence. Try this plan (you cannot fast if you have eaten any meat for a month or two, or tea and coffee). Fast every Friday (eat a light supper of rolled wheat or better still eat toasted wheat flakes or Malta Vita on

Thursday. On Friday morning before you get out of bed, with your window wide open, force all your breath out by an upward pressure of the abdominal muscles, then fill the lungs full of cold air, inhale and exhale six breaths in that way, remove your pillow, lie on your back. Let out your breath, relax every muscle, for a few seconds, draw in your abdomen, make your spine as straight as possible, by pulling in your chin towards your neck and pushing upward the top of your head. Grip your hands on either side (have all your breath out), then begin to inhale slowly and at the same time raise your body, from your ankles to your head, rest on your feet, and upper part of your shoulders; if you cannot do it with your head alone, go slowly, pull up your abdomen hard, draw in as long as you can, hold a few seconds, then exhale about as long again as you inhale. Do this twice. At the second time, as you exhale, lower the body slowly by relaxing all the muscles very gradually, and after the body is entirely lowered, continue to relax until you become as limp as a rag. Think of relaxing every muscle in your body. Then start again on the same thing. Do it three or four times. Then get up, take a wash rag or sponge, and rub over your entire body, quickly, to only dampen it, dry quickly with a rough towel. Don't spend more than thirty or forty seconds at the bath; be sure to rub the bottom of your feet hard and dry. If your bed is hard, and you lie perfectly flat, you can do the tensing without raising the body, but in every case think of yourself from head to foot every muscle, think, "I am charging myself every muscle, nerve, and fibre, with great waves of vital magnetism or force or ether, which ever you prefer. Then dress quickly, standing with your abdomen drawn in, chin in, chest away out, grip your hands tight, draw a big breath, raise on your toes, hold one second, relax. Do this three times. Get a glass of hot or very cold water, as you prefer. Take a big breath slowly, and three or four swallows of water, raising on your toes. Then exhale. Do this two or three times. Think of it as going into your stomach, and awaking all your powers and forces. This will be your

breakfast. Don't think, during the day that you are fasting, but simply allowing your stomach to become empty. Whenever you become faint, if you do allow yourself to think of it, take a few swallows of water, just the same as you took for your breakfast. Go out into the air often and drink in God's bright sunlight, and air by deep breaths, standing chest out, abdomen in, mouth closed, and in all breaths don't allow the teeth to touch each other. We learn that God is in everything and that we live in Him, and in breath His life; think His thoughts, vibrate with His vibrations, or as near them as we will allow ourselves to get. All we need to do, is to lose ourselves to self, and we are in His life. Paul knew what to say when he wrote, "In Him we live and move and have our being," but we have been taught to believe this is in a figurative sense, while to get all the good out of it, we should take it literally, for we do live, breathe, eat, drink, and do all in Him.

Good-bye,
Yours,

J. N.

VIII.

My dear friend:-

All bodies that have had life (when the heart ceases to send new supplies of fresh blood) are carrion and nothing less, for as soon as new cells cease to be created disintegration sets in; it may take some time before it becomes offensive, but it is carrion in its true sense. As soon as blood is exposed to the air, it thickens and becomes black, which is due to its absorbing power; every disease germ in the air is attracted at once to fresh blood and settles in it, and begins to germinate, fresh meat is nothing but the fiber through and around which the blood has circulated. It also attracts all manner of germs, that will assist it in the quickest possible manner to return its particles to their original form, which is the demand of nature.

Then chemistry is not at all times the most rapid

worker, but the work is always perfectly performed, and it begins as soon as the life principle is liberated from the body. Hence as soon as the poor unconscious animal is murdered, by the conscious animal man, nature starts her machinery to work to regain the particles which compose the carcass. Again all the food that man can possibly secure from meat is the few cells that remain of the grain the animal has eaten, for our bodies can only subsist on unorganized matter, which is organized after having been taken into our bodies. The several parts of the grain forming the cell, and the milk in the cell, which when passed over the lung surfaces are vitalized by the air, that contains the germ of life from the Great Creator, when "He breathes into our nostrils the 'breath of life'" and we become living souls. Stop and think that thought over and over again. It is our whole creation, for He recreates us with every breath that we breathe (of the air that He loads with the soul of life.) If we will use only the kind of matter for food of which we were created and use all our lung capacity, which was created in exactly the proper proportion, neither too little nor too much, but exactly the correct and necessary size to furnish the life blood for our body. If we will do that as God intended we should do it, our bodies will be just as He created them, when first life (conscious life) came into them, perfect, and that means in the image of God which word means good or perfection.

Taking the Bible account, can you find where God killed any animals, out of which to create the body of man? Out of what was it made? "The dust" or atoms of earth. Scientists tell us, that not a mineral or chemical is to be found in earth, air or water, that is not to be found in our bodies. Nor has there ever been an invention, mechanical or otherwise that its original is not found in the human body, nor will there ever be anything invented, that will not be found in our bodies, the first great original model. From the simplest plans of hydraulics to the latest Marconi wireless telegraphy, all are the results of plans, found in these bodies of ours. All kinds of machinery and building supports, everything is

modeled from our bodies; all of which was thought out by the Great Infinite Mind. The mind is a condition not an object; it is like wax, softened to take impressions to the brain, which in turn is thrown out by the will, either through the mouth orally, or by the pen through the hand, both of which are the receiving and transmitting instruments at the end of a most complex system of telegraph wiring. You must aim in all things to keep yourself exclusive, so far as your own thoughts and purposes are concerned. Don't apply negative thoughts to yourself or others, as for instance, should you appear to have the headache; don't deny the fact or say that you will not (negative) have the headache, but say, "I am in perfect health. I have no fear of anything. I am perfect in all things; nothing can harm me." A psychic Club has this watchword, which is good, "I am fearless, I fear nothing, I am free." Keep the positive thought in your mind. I can and I will, think it, say it, dream it, live it, all the time, will it for everything, for you, and you alone are the whole thing, in your own world and you are the power in that world. All different sects or religion are man-made in detail. The vital principle in each is from God and is love and justice. Foods furnish the materials in a great measure for manufacturing blood—the blood naturally partakes of the elements of the food; if we eat beef we are beef, etc. We should not wish or fret for anything, but live each single breath for good and happiness, and success, and what is for our good will come to us, and, if what we aim for, does not come, it is because it is better for us not to realize it. Seek and secure perfection in development, and don't wish for anything but keep looking out for something, and then with perfect development the very things for our good will come to us, and we will see them before they reach us. Reach upward all the time. The Divine love and Infinite truth are within your grasp. Keep the thought of your unfoldment constantly in your mind, follow your music, read and play the master works. It is your best help, and does lots to advance your unfoldment. As you play on the piano, think of the Soul of Music and feel it vibrate in

your little body, until your big soul envelopes that little body, and all vibrates "In tune with the Infinite." Colors indicate unfoldment, especially when the colors are delicate, the blue is a good color, but all dark colors or shades are physical; a fine yellow or amber is the golden sunlight color. Indigo is much lower than violet, which (violet) is the highest of the physical. Always be positive of yourself. Do it by simply being so. Repeat these words often. "Every atom and nerve of every vein and muscle in my body is charged with the vital essence of Infinite rejuvenating and vivifying power and energy. "There is a wonderful power in those quiet but firm thoughts sent out; they linger in the rooms, and bring other clean forces into action although we cannot see how it is done. The Great Author of force has provided laws that are perfect and they execute the will that sends them. "Thoughts are things and never fail to bring results." Don't forget the I am within you, but see that the I am so unfolds as to completely envelope the physical. As the rose begins to open it throws out its beauty and perfume to all about it. Such are our lives. We cannot gain everything by developing the physical, but we must see the better or higher self growing and feel the touch of the Infinite, which I find to be best accomplished by relaxing every nerve and muscle and sitting or lying down, turning the eyes upward and making an effort to think of nothing or rather trying to keep the mind blank for a time, soon the waves of the Infinite magnetism will begin to make you chill, which is the power of Universal life or either flowing through you. You will feel the tensing of your muscles without trying to do it. It will feel like fine threads running all through you. That is the flow of that Universal nerve fluid, which develops the brain, invigorates the body and is the Infinite touch. The one thing that militates most against us in our development exercises, is that we are constantly trying to realize those feelings which we must not do, only try to let yourself go, and be nothing, think nothing, do nothing. The Infinite power needs no help, it only requires a condition of perfect relaxation and

nothingness. It takes a long time to learn that anxiety and effort to feel and realize the power holds one back. This is a long letter, so good night.

Yours,

J. N.

IX.

My dear friend:-

Try these exercises for your eyes: Take some water, as warm as you can bear it; take a deep breath, bury your face in the water and be sure your eyes are under the water. Then open and close them three times; do this with three different breaths; hold your eyes open each time, as long as you can and do it three times during each breath. You must keep positive and remember that whatever comes or goes is for your good in some way, and you must not let worry get into your head, for that will cause you to lose ground right along. You are brave enough, if you will assert yourself, but everything depends on yourself. You are "I am". Send the blood to your Solar Plexus; keep all your brain at work developing the cells and feeding your system up. Commit this to memory and use it often, "I will that a magnetic shield is about me to retain all my forces and to ward off any and all undesirable forces that may approach me, "Your own development or unfoldment is the greatest consequence to you; brighten your own life and aim to make every atom count, but we have been educated for so many years to believe that we must decay and grow old and die, that it requires almost more faith than we can grow to bring us through. God does not work; when He created the Universe, He made all things perfect and made laws to keep all things just right. He finished the whole business at that time, and all that we see going on about us, is in accord with those immutable laws He made, and to do anything or to become anything we must get in-to line with those laws and keep in touch with the Infinite law, which is the Infinite God Himself. He ~~can't~~ help anyone, but we help ourselves by putting and keeping

does not

ourselves in touch with His Infinite law. No difference how good we may have been and how much we have done in good towards others, we must not transgress one single point in nature's laws, for, if we do so, we must suffer the penalty of the transgressed law, and there is no way to get out of it, nor to avoid suffering the penalty, forgiveness is out of the question. When God made nature's laws, He made them perfect in every particular, and has never had occasion to make anything since, nor ~~never~~ will. Everything is dual or positive and negative, neither of which is at all effective alone.

In-breathing is useless, unless you make as much effort to out-breath and there must be as much or more emptiness of the lungs or no benefit will come of the deep inhalations. When you follow your intuitions you don't make a mistake. What may appear at the time to be a mistake is only the deeper workings of your inner self, whose knowledge is infinite, and it is working for your good, and to finally develop in you that crowning desire of your life,—Perfect unfoldment of your higher life and individuality.

Now it is time for me to say good night, and be sure to give this letter careful study.

Yours truly,

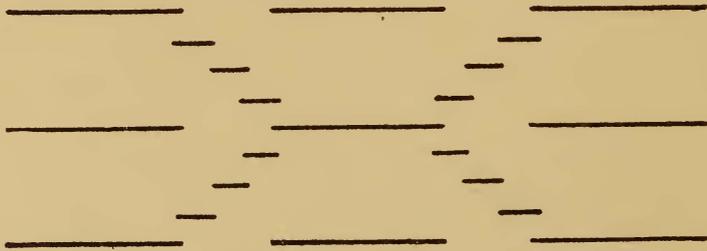
J. N.

X.

My dear friend:-

Repeat the following until it becomes a part of your being, "I am cold keen-edge with wisdom, riches, success, strength, vigor, and soul unfoldment. "Every atom of every nerve and vein centering in my brain, and in every organ and muscle in my body is charged with vital essence of Infinite and Universal life vibrations and rejuvenating and revivifying power and energy." Transition periods, as points when all the different points in ones unfoldment reach the head or unite as a whole, as for instance you will realize that at certain times you are making rapid progress, then there appear to be times when you are almost stand-

ing still for a time. Then you move up again; when all of these movements are equal or have grown up to an equal point, you are then a trinity. To start another advancement you start a new trinity, to reach which you pass into or through the number 4, which is a transition number thus 1-2-3 are a trinity, 4 is the passing or transition number to another trinity, which is 5-6-7, hence two trinities connected with the number 4 as a transition make the number 7. Music is built on this basis and so is nature, and all that is in nature. Notice it in music, take the key of C major, 1-2-3-c-d-e-all major seconds; then comes 4F a transition to another trinity of the same kind g-a-b- which makes the 7 of the diatonic scale. Every scale is built in exactly the same way. The days of the week, Sun-Mon-Tues-Wed is the transition to last half or trinity, thus: Thurs-Fri-Sat, everything in nature is the same. The moon's changes consist of double trinities in each phase of moon and 4 phases make 28 days, notice yourself in the same line. It will surprise you to look through those wonderful combinations of numbers and see how they work together. Then take the magic number 9, it is composed of 3 parallel trinities thus—

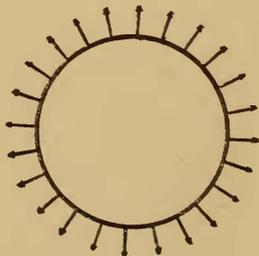


trinities which every way you look at it lengthwise — — —
 —3 up and down; 3, diagonally. The five lines and 4 spaces of a musical staff is nine, and with the same idea, allowing a space to represent the transition, and when followed on up, it will alternate to a line and a space, so on through the whole economy of nature. The

4 seasons are trinities, composed of 4 weeks, 3 times or a trinity of weeks, then a transition week making the 13 weeks, the figure 13, is 1, a transition and followed by 3 a trinity which add together 1 plus 3 equals 4, and again the transition number is shown; 13 is considered an unlucky number, as it is, or contains the transitory or Deity figure, 1 is always the Deity, 2 Earth, 3 man. Combine the Deity with man direct, without mother earth to impose her bosom, for man to rest upon, and man has no hope; as he may not hope to stand before the mighty power of Deity, without anything on which to rest, for the mighty positive force of Deity, without the negative soothing power or earth, to transmit the current to man. What a wonderful thing is this universe, and how wonderful is everything made and all is combined so harmoniously, even the figures, that we use daily, are of Divine origin, and like all things else in the universe, point to the Great Creator's wisdom, and goodness, even words are the same; our names are all built up for us, and are indicative of ourselves. All things which God made mean something, and are for something and we need wisdom developed fully within us to understand. Then we will be in touch with God. You must realize in this way, I am the One. I am now each moment receiving the inflow of the universal life forces, and I am now in touch with the Infinite, not that I will sometime in the future be in realization of those things, for we never can be any more than we are at the present. We have within us the perfect spirit in all its perfection, but we practice to unfold our perception of those things and to train our memory to think often of what we are and what may be our unfoldment. Our unfoldment is the cultivation of our thoughts, or in other words the constant recollection of the fact that we are what we are, this with our ability (growing constantly) to remember to think of ourselves as the I am, and the inflow (felt within) of the God spirit growing, or not so much growing, but to feel that spirit alive and active within, which may be acquired by drawing a full breath to, and thinking of the location of the solar plexus, with nothing else in our thought at the same

time, which gives us the power of concentration, and not a wish that we may feel that inflow, but the certainly realized now that we do feel the power. Then the same thing and wish applied to every other center, in all of which we feel and realize the power grow, or rather an active sense of life, lightness, brightness, happiness and contentment.

The struggle spoken of by Mr. Rice, will be in learning that you are the whole thing yourself, that the God in you is supreme, which will do away with your fear, part of which is fear of sin and of God. Now God ~~don't~~ *doesn't* want you to fear Him at all, but He does want you to dare everything, for you must know that He is within you. Then you fear the opinion of people, when your duty looks clear to you, but it takes time and work. Keep the wisdom idea in your mind. It is as good as anything of which I know, together with getting and keeping good health. The fear to be gotten rid of is more of the nature of want of confidence in yourself, which constitutes a fear; that is a challenge to the God spirit within you as being unable to direct you at all times. Love for the God within and confidence in that power makes us brave and strong to be bright, happy and cheerful all the time. Does away with the fear idea. There is really no such thing as fear, if we take the highest view of ourselves and our creation, for we have never wanted for anything, the God within leads us all the time. As we develop perfect health and life force, the Universal life force passing through our bodies, send out little points of etheric force like this.



Like little arrows moving straight out for perhaps a foot or more. Those small points set up vibrations that reach those near us and make them feel just as we feel. If we are happy and cheerful, others will be just the same. Soul, Body, Spirit is the God principle. Soul is the envelope holding the Spirit. Body is the envelope which contains or holds the soul. Now think what should be the Body, to contain a Soul which contains the universal principle of all creation, all good and all power. The spirit is there to expand the soul, just as fast as the soul will grow to make room for Spirit to shine. Then the body has the same relation to the soul. Charge your sleep or subjective mind just as you are falling to sleep, to refresh, build, nourish, strengthen and rejuvenate the body, to correct and perfect every organ, that does not appear to be doing its work perfectly, also direct that your psychic or soul sight be opened and developed to the end that you may receive clairvoyant vision. Sleep in touch with the Infinite. You can use this affirmation with great benefit. "The Universal forces are pouring into me, body and soul, the waves of life, peace, power and success." All thoughts that lead the mind into yourself, help to elevate your vibrations, try to turn your physical eye upward and inward, think of and try to see your soul force grow, think and say that your force and wisdom are strong, that spiritual light is shining into you. Take this thought, repeat it several times with the emphasis on each of the different words in each different repetition. "Thy Spirit is my own spirit."

This is a long letter, so good night.

Yours

J. N.

XI.

Dear Friend:-

To go into the silence. I am wholly receptive to all good. I am open to the Great Ocean of life around me. I now receive and am aware of the incoming of life. The Universal forces are pouring into me, body and soul,

the waves of life, peace, power, wisdom, success, health, opulence. I also realize that my subconscious mind is the great source of all knowledge. In it I have and know all things, as it is in constant touch with the Universal ether and receive its reflections therefrom. I am constantly suggesting to it, that it shall be on a working basis with my objective mind, and control all the function of my body, so as to produce and maintain perfect health, strength, happiness, develop wisdom, psychic power, bring me into touch with the greatest and most powerful forces of the Universe, that I can feel their influence at all times, that I am surrounded, guarded and protected at all times by the spirit of life, and universal force. Keep yourself constantly receptive to the universal spirit of life, which brings wisdom, strength, success, etc. Let yourself feel the cold magnetic waves pass up your spine all the time, at least many times each day. Suggest constantly to your subconscious mind that the foods which you are eating are making and keeping you strong, that every organ is in a perfectly healthy condition, then mention each organ. Do this especially while eating and just before going to sleep. Hold to the success idea and be receptive to all good. Open to the great ocean of life around you and realize the incoming of the Universal forces of life, peace and power. Take a glass tumbler, fill nearly full of water, wrap a black cloth of any kind, under and around it, sit with your back to the light, after night is best with gas or lamp light, look down into it for 10 or 15 minutes, note what, if anything, you see. Don't try to think, keep your mind a blank. Do it each night for a couple of weeks. It is a magic mirror, and you may see lots in it. I am now developed and am not looking to that desirable condition in the future, but I now have it within me. I hold all the mighty forces to be about me, seeking to aid me in every way. Keep the one great thought in mind I am, and that you yourself, are doing all of it. Your guide is doing the leading, and directing you, throwing the proper influences about you. You are a magnet, and are drawing to you just what you are sending out from yourself. If you think happiness, success, health

to every person, you will attract the same to you. Seed always grows its kind. Nature's laws in that regard cannot be disobeyed. It is unalterable and will rule. I love to think of a God, whose knowledge and power was such as to formulate perfect laws that no condition can arise that will necessitate any change. There is the law, it is perfect. We must learn its requirements, and comply with them. Drop that fear idea, use the courage thought, I am, and all waves of success, circle about me. Every person wants me and needs me, so I throw out my courage wave of light to every person I meet or see, either acquaintances or otherwise, and they come to me. You have elected to study and develop your soul. You cannot stop now. You cannot stand still The Eternal Universal Spirit has taken cognizance of your work, and is working with you and in you. You have now greater responsibility than you had a few years ago. "You are the salt of the Earth". "He who places his hands to the Gospel plow must not look backward." "Excelsior" is the occultist watchword and battlecry. You have asked and received light divine. You have sought and the Eternal Spirit has been found of you. You have knocked at the door of Universal Knowledge, and the same Spirit has thrown it wide open, that you may and must enter, and learn the Universal wisdom of the Creator. You are not the person you were three or four years ago, but one who has passed the threshold of Divine Science, and walking with and breathing the life, and thinking the thoughts of God. You are now on a plain to seek the Great Teacher and to learn of Him. "Whom to know aright is Eternal life." Don't you see your nature is becoming changed from the tendency to lean upon or trust in some other person, to a self-reliant nature. The Universal Mind knows, and the Universal forces do for us, what is best for us as individuals. You must depend upon yourself for strength, and experience, and learn to grasp ideas from what you read and see; also to interpret all those things and apply them to your own case, by measuring, as it were, in your own half bushel, for the same thoughts and experiences mirrored from my life,

would not suit your case. You have grown to the place where it is not simply read and imitate, but do yourself. You are now an individual, self-created and self-creating constantly. You know how to think, and when not clear on any subject, you know how to go into the silence and commune with the Great Master Soul, and get Its readings and interpretations. How to open yourself. Before going to bed take off your clothing, put out the light, open window wide, get the hips high up where they belong, abdomen in, chest way out, chin in, spine straight and rigid, feel and realize you are all compact and solid, as an iron ball, nothing can effect you. You are ready for battle with a giant. You have all strength and nerve, and nothing can hurt you. Now arise on your toes, take a complete breath, raise and grasp fists tight, when your lungs are fullest, throw out your chest with a mighty effort and realize or feel and know that you have no superior. Then exhale, relax every muscle, your chest, abdomen, shoulders, hips, head, neck, etc., repeat a few times. Now lie down on your bed, no pillow, lie on the broad of your back, inhale slowly, exhale the same. Take your hands, as though pulling yourself apart at your solar plexus, to your mind, you can see yourself all opened up wide and inhale as though you drew the air in at that opening and filled your solar plexus full of the Universal life. Feel that you are floating in an ocean of water (life), be relaxed, loose, loose, loose, and you will feel the Universal life flow into you, all through you, all over you so you will just revel in it, and enjoy a great bath in Universal life, which washed out all old and worn out tissues, and rebuilds new, fine, rich and strong parts. Let the words run through your mind and repeat audibly, "The Universal forces are pouring into me the great waves of life, peace, power, wisdom, plenty, love, and from me overflowing to all the world, for I love all that lives and all that lives loves me." Never think of being tired, for you don't get tired. You are wired up with Universal life, which flows through you all the time, so that you cannot become tired. There is so much to think about in this wonderful subject of body, soul and spirit, that one

almost becomes dazed, when we realize that God made everything for our good, and has placed all knowledge of himself and all things at our disposal, and invites us to study him out. He hides nothing, but wants us to see and find out all about Him. The same power He possesses is at our command and can be used by us, if we will only grasp it and learn to use it, but He has kindly (not for His sake but for our own sake and safety) hedged the knowledge about with a mist that we must grope through and learn for ourselves, the laws that govern it, and how to handle the power, not to annihilate ourselves. Look at the wonderful force of fire, water, steam, also electricity, what thousands of lives it has cost to learn its use and to make them our servants. These things are only single items of Himself. They illustrate what must be the power of God. Think of the force of nitro-glycerine, dynamite and lots of still higher explosives; they are not new creations; they have existed for millions and billions of ages, and now we are beginning to find them out. The days are ripening with great rapidity. This century will see some wonderful sights. It is only beginning. Everyone, who has or will develop themselves and get into touch with the Infinite, will realize that all those things are for a purpose. We think we are making great progress and wonderful discoveries, but we have not yet fully realized that we are so far from the heart of nature, that we are destroying ourselves. Why are millions dying each year from consumption, Bright's disease, kidney and heart trouble; simply because we are abusing and not using our bodies aright, and such diseases do not belong to us by right of inheritance or creation. Why is a little child so bright, beautiful, smooth, rosy, lively and happy, and why does it not remain so? Because when it comes into the world it is direct from the hand of the creative power, and is perfect in its organs, and parts, and if it was not fed wrong and taught incorrect methods of breathing and living, it would remain perfect and at maturity it would retain its beauty and youthfulness. All mighty forces are for us to understand, but they are all subject to laws which must be obeyed. We are learn-

ing these laws, by experience, which we grant is a severe perceptor, but nevertheless a perfect teacher. Divine love is truly infinite, and yet it is so pervaded with justice, that we sometimes catch more of the idea of justice, than the great love idea, but that is always due to the way our minds reflect the thought. Just the same as when we look into a mirror, perhaps our eyes may magnify some particular feature on which we are cranks. Yawning is perhaps one of nature's exercises for a person, who does not take the lung exercises required to properly feed the blood with oxygen. A yawn is a demand made by the system for a greater supply of oxygen to enrich the blood, with which to build the rapidly decaying parts, if enough clean, pure air is fed into the lungs, no person will yawn. Hold to the force that holds you, make big demands on the Universal Spirit and every draft made, that you can take care of will be honored. Success is freedom. One must have money, for it is the representation of God in the sense that it is power. It makes one brave. The worst thing in the world that can happen to anyone is to feel that they may come to want, which is fear in its worst form. You don't fear for health or strength, for you know that the life you live, attracts it to you. They are in the air, and it is perfectly free for you to breathe, hence health and strength are drawn to you which makes you free; again you don't fear death for you know that nothing can harm you, for you have guards all about you, that protect you; it also makes you free, for you know, when your soul cannot gain any unfoldment in your present body it will simply "move out" and let the old body go back to earth and elements and take on its newer and finer body; hence to make you feel brave and free, is to feel that all things are yours and that all things, dollars included, are seeking you, which is the real condition of facts, but our minds must be impressed with the idea, so as to give our vibrations a chance to reach out and catch all these things and draw them to us. Get your objective mind in a condition that it will work at "One" with the subjective mind, which is the Universal Spirit. We have the Spirit, but are constantly

keeping it down and will not allow it to assert itself. We keep up suggestions that smother it, by attracting to ourselves adverse circumstances, keep the thought constantly that you are developing just as rapidly as possible for your good, and every hour or so stop for a minute (if not longer) and relax yourself to the Spirit's unfoldment. Keep in constant communion with the Spirit. Remember at all times to make yourself and keep yourself only negative or receptive to the incoming of the Universal Spirit, but positive to all other forces or thought currents. Don't throw yourself open to all spirit forces or to all thought currents, be definite as to those you will receive, for if you don't, adverse currents will catch hold of you, and weaken you, and retard your development. Keep a firm control of all spirit forces about you, so that they can only do you good, for you so will. Use the magnetic shield of which I wrote you long ago, keep your body, mind and soul in harmonious relations with the Universe, keep your mind within yourself in constant tune with the Infinite Universal power. It is faith that moves the MIGHTY ARM.

Good night, my little neophyte.

J. N.

XII.

My dear friend:-

Dr. Phelan was in the flesh a beautiful character, and a great Mystic of wonderful power and thought. He did not appear to fill the description of the one near me, who is doubtless the one that I often see and know to myself as "My big man." I see him on top of the train upon which I ride, acting as pilot and in many other places. I recognize him as being my higher self, The Infinite. I have been reading library books, and they came so strangely, I wanted to know if spirit was selecting them. I attempted the table, but no response whatever. I then sat for an hour in concentration, and asked how I could be brought in touch with the other side of life. A light came and a flash of thought saying, "Ask your questions and get

your own answers. I then asked, "Is that a reply to my expressed wish to be in touch with the other side of life?" Ans. "Yes." "Are you selecting my books?" Ans. "Yes." I asked who it was. Ans. "Your higher self." I feel perfectly satisfied that I am being led, but I walk by faith. I see nothing before me. I do any and everything that comes. I am non-resistant, in everything. I am impressed to do something, I do it, and everything comes out fine. Don't seek to develop one particular phrase of your soul, but keep in view the realization of absolute wisdom, knowledge, love and power, which is the kingdom of God within the heart, and all other things will come as promised, by the Master. Faith in our own ability or preparedness and Infinite willingness to do the work is the key to the door.

Be entirely non-resistant and not anxious for anything, but see and realize that you are in the hands of Omnipotent power and are being led in all things you do. Faith is the one thing that requires development more than anything else. That is true of every person, which the Master recognized when He explained that we must believe we already have the thing for which we ask, and not keep on asking that it be given to us. The realization of that fact is the summit of development and places us in touch with all things in the highest life. During the years from His (the Master's) 13th to His 33rd year, which were spent in the far East in occult schools, He learned that great fact, and it is a truth patent to us, when we stop to think, that we are spirit, possessing all the attributes of God and with His power to bring into manifestation the desires of our hearts. Do not persist in wondering when or what or why anything will come, and yet that is natural to us from the way we have been taught up from our youth. If we could or would live up to our knowledge, that all things are ours, but give perfect freedom to all things, persons, and events, we would realize our unfoldment at once. Mr. J. B. said to me one day, "When in speaking of freedom we think of ourselves only, which is not freedom at all, if we feel disappointed at anything we lack freedom," and I guess he was right. I can't help

but wonder at myself, how often I think and plan the whole thing out and only consult my own ideas, then I want wisdom to throw all things into Infinite hands, and let them give to me, made over perfectly. A friend said to me not long ago, "Will you tell me why it is that we think for good and affirm our thoughts when the thing comes to pass we find it otherwise." I replied at once, "You are applying only your objective self in arriving at that decision, and have instantly lost the force of your affirmation, by not instantly affirming it is good," to which I added "A physician with desire to heal his patient, may prescribe a most noxious drug, that for the moment prostrates the patient, but as far as the M. D. understands the effect, it heals the person." Do you catch the idea of Infinite knowledge? Hold to the unfoldment of self, for that is the all, the Infinite all, the ABSOLUTE, and it is indeed all one needs. Its complete illumination is what we are all working for, and will work for, through this and future lives.

Now, concentrate on your eyes, and imagine they are perfect without glasses. Then will, will, will that you see perfectly with your naked eyes at all distances and in every degree of light. Remember that to objectify anything you must raise an Ideal, and image it before your mind, then will into life, for the will is the active or creative power, faith holds the idea in imagination and the will by using the spoken word (that is to speak in your own hearing so as to make a complete auto-suggestion) brings the imagine into objectivity.

You must drop the idea of going into the Astral. You are not ready, or such an idea of being lonely would not enter your mind. Were you to pass into that state, it would be to rest for perhaps 25,000 years, and then re-incarnate to finish your unfoldment. Now, evidently you do not realize, this is a reality, but it is sort of dreamy to you. One must recognize their higher self. Don't read and study so much. You know enough about the process, put it into practice. Spend lots of moments in silence, perfectly open to the inflow of Infinite love, power and peace. It should be done for an hour each day, about

the same hour if you go to sleep, do so with your mind and body open to the inflow of Spirit power, I stop my mind for at least one minute every half hour, as nearly as I can do so, and I do not miss many half hours. I carry this thought and repeat it hundreds of times every day and night. "I am poised in the power, majesty and supreme ability of Spirit, and am master of the situation." I feel the thought, and feel myself wide open to the inflow of Spirit. I recognize that I am Spirit, all Spirit, staying for a purpose in this body, and this body is beautiful and good, and I have absolute control over it. It is my home and house, and I will fix it up and make it clean and bright and pleasant to inhabit. We must know and realize that this business is for all time, not a few years only. I am wide open, body, soul, or mind, to the inflow of Infinite light, life and power. My body is transparent and the light without reflecting its benign rays. It sweeps through me like a mighty electric current and makes me strong, bright, happy and well. It makes every person I meet like to talk to me. You must put yourself in touch with your own spirit, think spirit consciousness. Say you are spirit conscious, eat it, drink it, walk it, sleep it, be it in everything you do, your work, your rest, your bath, you live in spirit life, you sleep in spirit repose, you eat spirit food, you drink spirit drafts, you bathe in spirit water, and are cleansed by spirit ablutions. You dress in spirit clothes, you live in spirit rooms and are all Spirit, life, love, truth, power, and especial consciousness of your own spirit being. Your body is strong, beautiful, healthy. You are positive to everything save spirit life and are open to its constant inflow. Only one thing remember, the spirit you recognize is the Infinite Spirit of life, love, truth, etc. No other spirits can reach you. Say this out loud in your room, sing and hum "Om" (It is a mighty power) until it vibrates through and through your body and head. Awaken to yourself, it all depends upon you, you, you. Now, I will tell you something, you are rapidly unfolding and are becoming psychic, the spirits of earth and air, also disembodied spirits, that have been incarnated,

are trying to control you. Tell them it cannot be done. You will be determined that you shall only be controlled by your own Infinite Spirit of truth, love, light and power. Stand firm upon that platform. Train your will by repeating auto-suggestions that you are Infinite Spirit of truth, etc. You have been affirming that you are omnipotent, etc. Now the powers want to see you make good, and you must do it. You have been living the life and seeking the light. Now open your eyes, the light is all about you. I wish I could tell you more and how, but it is now up to you to believe what you have been affirming, accept it as truth and fact, say you are in the light, and see and feel it. You do realize it now, right now, not going to be, but now, now, now realized, and manifested in you. That you are free from all restraint and constraint. Say that you are, feel it, stamp your foot, if you want to, and declare that your will is realized, and that it is manifested now, now, now. Get after the now, right now. Then relax yourself and feel the Infinite glow of heat fill your whole body. Good-bye.

Yours,

J. N.

XIII.

My dear Chela:-

Try to realize the unthinkable years of eternity, past, running in trillions times trillions of years and miles that I cannot mention, such is the infinitude of eternity, and I am part of that time and space. Won't it be marvelous when we can take those trips in the time occupied by the flash of a thought, we can travel to the sun, and many millions times farther, we can do it now, did we but believe and make the effort. It will require lots of knowledge to leave our bodies, so that we can return when we so will, for in space God's time is not measured by our ideas of time, as used on this small planet. A day is as a thousand years. Just to think only a little over 400 years since Columbus discovered this country, and less than 2000 years since Jesus was on earth, not a dot of

time in the great past and yet eternity has but commenced. "Great and marvelous art Thou" holding the concept of all these wonders in "Thine own mind." Infinite will by thought created, without urge or effort. Then to think that what we call solids, iron, stone, granite blocks, are not more solid than the air we breathe. In the Astral we pass and re-pass through them, as though air. Astral sight looks through them; they are transparent as water to its mighty force of penetration. Could we now realize the peoples and forms of and on the millions of worlds, would we not be amazed, and to be able to recognize that our senses are so weak and slow.

Higher beings can and do sense all these wonders, as being very simple, and yet it is within us to develop the same senses, for none are higher than the Creator and were we not created in His Image? There are no bounds or boundaries, no beginning, no ending, nothing past, no future. I expresses all and Am is infinite. It is not strange that one is almost ready to take the wings of Spirit and go. This life appears so small, and of so little consequence compared to that which is being opened up to us. You speak of the astral plane. You must remember it is the next plane above this one, and, of course, you could as you say travel and study, but you would lack much development that must be acquired on this plane, and as I wrote you before, you would be obliged at some time to return and work it out. Now, of course, with your present unfoldment, you would re-incarnate in a place or family where you could to best advantage unfold what you now desire, but much of that can be attained in this life and leave but the highest to be acquired, and if your present highest ideals be in this life, access to the Master's would be almost assured when leaving this life, and, of course, would be the opening to much higher planes in the other life. You do not quite reach the idea, I intended giving you about going into the silence. Silence does not require a long time, when limited for time, train your mind to spend a few seconds many times each day in the silence, and repeat "I am poised", etc. Don't simply say the words, but throw your thought into the

pineal gland, and for four or five seconds, hold it with your mind blank, then think the words with your whole being, and imagine you see yourself poised in the air, just as you have seen birds in air not moving wing or body. Your imagination is your greatest power for what you imagine of yourself, that you are. Do the same thing with reference to your work, also your unfoldment, and indeed your entire life and being. I think that formula, "I am poised in the power, majesty and supreme ability of spirit, I am master of the situation," brings the greatest power, and quickest results, of any I know. It makes the great waves of power and strength pass through me as I write it. I also hold this developing thought, "I am illuminated with Infinite Life, light, wisdom, truth, love, and power." I also hold, and often repeat the old one "I am power, force, and persistence," but the image of yourself must be pictured in the mind in the condition you are holding. You must be free, whatever thoughts you hold for unfoldment and illumination must be of, with, and by yourself.

Yes; it is possible that disembodied spirits may give you trouble, if they realize there is a weak spot in your spiritual armor, (so to speak), and such things they doubtless know. You were correctly informed that spirits are likely to annoy developed people much more than others, and the reason is patent. They (spirits) know that the undeveloped ones, are not likely to get away from them. The irritation to the lower classes of spirits is, the higher ones will advance and leave them, hence frequently, elementals will assume the astral of some dead body and use it to trouble persons who are seeking high unfoldment. I hold love and help for all elementals and all disembodied spirits and bless them with peace and happiness.

Remember the magnetic shield will protect you alone, but don't take any one into it with you. You may help to protect others by throwing a magnetic shield about them. Each of us are complete individuals, possessing the positive and the negative, always remember to hold your own self individually and alone, leaving all else

to spirit. Be strong, independent, fearless, and especially free. You have all the knowledge and know what and how to do, only "Do it now". Your letter tells just the right thing to do, so it is not from ignorance, that you permit the negative to get a little hold now and again. It is due to relaxed watchfulness. You must relax of course, but not in a spiritual way. You say what is exactly right. "I know I must depend upon myself, I am in just the right place for me, or I would not be here. I must realize my own Infinite Spirit." That is the exact statement of truth. You have been in this life for several years and know the way, but we must put our knowledge into practice to derive any benefit from it. Now is the time to realize the truths you have been studying, and which have become a part of your being. It requires a long time for one to realize the mind must throw the perfected picture of our desires realized upon the mental canvas and affirm its realization now. You are everything that you desire; see that picture perfectly realized.

Good-bye.

Yours,

J. N.

XIV.

My dear friend:-

We can educate or unfold our minds to grasp the higher plans of existence in this life. Try to spend an hour each day at the same time all alone in your room, dark, if you can have it so. When Spirit has developed us, it is not for our own spiritual glory and happiness alone, but to use the power in helping others into the light and over life's rough sea. We are the ones to pour oil on the troubled waters in other's lives, so that the waves may not envelope them. The more given to us, the more will be required at our hands in giving to others. All is Infinite love and it is our business to keep the great hose of Infinite power open, and hand it around to those who do not possess the powers, so they may be benefitted and we cannot lose, because the supply, like the Giver, is

Infinite. If one harbors violent or unkind thoughts to others, or selfish thoughts, or desires, limiting the actions or workings, of another's mind, or that would limit the freedom of another, or attempts to influence a mind, or consciousness in any channel, other than perfect freedom, and highest attainment, all such thoughts would prepare your consciousness to admit almost everything that might be undesirable, such as bad temper, ill will, disagreeableness, which would open the way for sickness, weakness, taking disease readily, loss of opportunity, failure to see and improve the chances for self help, in fact, it is making oneself open or receptive of conditions that are not conducive to rapid and desirable development of all the higher forces, and attainments. Now, don't feel grateful for anything, neither to me or to any person or condition, but you must recognize who and what you are. Control, absolute spiritual control, must be attained, be stoical as the Indian, no fear, no feeling of happiness, don't have feelings, but have the knowledge that you are; no sympathy for pain or distress, recognize the law of pure spirit and use your will and thought to set free the sufferer, whatever it may be, but don't let your feelings enter into sympathy with their conditions. Do you get the idea that God is Love, but He is also justice. He has no thought of mercy or sympathy, a life of sin and wickedness must be atoned for, to the fullest extent of the law, which the great Nazarine Master (as the Christ principle) said should be fulfilled, not one jot or tittle of the law should be waived. Get clear of the idea of your being worthy to be helped. He who is worthy (as the Nazarine said) is not to be considered. None are good, no, not one, but God. Do you not see the fine distinction, which He drew in that wonderful statement. He did not consider the man material at all, but the Christ in each one. All, all is within you; it cannot come from any other place. The Indian, the Hindu, the Arab, the Turk, the African, the Englishman, the German, the French, and all others are the Christ element manifested in the flesh; hence from the lowest and most degraded creature, steeped in filth and ignorance, vice and sin, to the most

saintly, pure, good, and beautiful, each one is my brother, and to him must my love go out, if I would emulate the Christ principle and demonstrate that I am God. Of course, there are many things we have to meet and experience on the way to our spiritual manifestation, and many times, for an instant and perhaps days at a time we lose our consciousness, or rather permit it to become buried beneath the debris of man felt thought, and psychic and sense conditions, but the possibility is as described and must at some time be manifested in attainment. Remember you do not put on the armor of faith. You are faith, right now, nothing to come; we are all of it right now. Stop reading, stop thinking, stop and be still. That is the path to power, and illumination. All you want to do is to get down deep in your being the fact that you are spirit. That you as spirit are Infinite love, Infinite will, Infinite wisdom, knowledge and power. The will is all in all. It is the Great Arcanum, the Philosopher's stone, the Chain, the Great work, the Universal medicine or magnetism. It is the Golden key that opens the treasury of truth. It controls all the Universe, Creates worlds, solar systems, and the great secret of all magic and occultism. It is the key to transcendental magic, spoken of by all the great writers and teachers of the past ages. The Greatest Occult writer has covered the great secret thus, Analogy is the key to all secrets of nature and sole fundamental reason of revelation. Man can realize that which he believes in the measure of that which he does not know, and he can accomplish all that he wills in the measure of that which he believes and by reason of that which he knows. To find the exact scale of analogies in things appreciable by science, is to fix the basis of faith and thus become possessed of the rod of miracles. There is a principle and rigorous formula, which is the great arcanum. "Let the wise seek it not, since he has already found it. Let the profane seek forever and they will never find it." A thing is not just because God wills it, but God wills it because it is just. The will is the imagination made active or effective by faith, and analogy and reason cultivates the will as first indicated, re-

cognizing its origin to be the Infinite, which brings love, wisdom, knowledge and power; hence be still, do not think for a time, then think your aspirations, picture it fully and in detail in your imagination, now **believe it is**, will and see as you aspire and desire; always remembering that your own highest unfoldment should be first. What you need most is development in the line of realization. You have had all the instruction you can use, but you simply must put it into practice by realizing that you are well, both in mind and body, that you know you are well, and do not fear anything. You lack self control, which you show by saying, "I am being still, but it requires practice to make my mind blank, to stop thinking." You are not being still or you could stop thinking. Don't you see that the Infinite Spirit cannot control you, nor can any of your spirit guides, help you to any extent, when you keep thinking all the time. "Be still and know that I am God" was not spoken in jest. It was a command with force and had a great and mighty purpose in view. The Indians are the magnetic battery of all who are being developed and stand to the persons or individuals as a representation of nature's forces on this plain. A neophyte is a new recruit, a beginner, one who is a novice. A Chela is a student, or one who is not new at a study, disciple of a Master. The word defined in our language is a claw, such as is found on crabs and other shell animals of the lower order of development, by which they grip and hold, which last thought may be applied to our study. Occult is hidden. Occultist, a student of hidden things or thoughts referring to unseen things. Occultism might be defined as the doctrine (or science) of occult thought or study, by and through which a science is formulated, science being ascertained facts, accumulated and arranged as aids in formulating laws in natural order, that will lead to the determination of ultimate facts. One cannot be alone too much. All Infinite power comes from and through silence. Our will is the philosopher's stone of ancient magic, but we must recognize the Divine will and consciousness as being our own will and consciousness, and Love is the only key note of God consciousness, but

love must not be classified or directed to one person, thing, or principle, but must go out to all, broad and boundless as the sky, at which we look. Good and bad, fine and coarse, clean and dirty, rich and poor, saint and sinner, the drunkard and the total abstainer; all—must share it alike, for it is free and for all, what we love, we will and what we will, we love. "God is love", if that is so, then Love is God.

In the mighty universal laws, the results are the same, whether knowingly or unknowingly we trespass them. Don't forget one thing,—nothing happens without cause. Everything is an effect due directly to some cause; no failure ever occurs in that direction, nor are there any mistakes in the effect following the cause, either as to time, place, or extent, as a rule, we can see the cause by a careful retrospection of our lives, both present and past, taking the thought or our thought as being motive powers, to produce effects and knowing that a picture raised in our imagination through desire, must become objective through our will. Now again suppose our will is in tune with Divine will, which is Infinite love, without regard to person, thing, condition, or desire, then in that case the thought may be objectified, but suppose our will is not in tune, hence not strong enough to overcome some obstacles, the thought as objectified is returned to its original sender out with double force and the sender is the recipient and must suffer for the mistaken thought, though really not conscious of the mistake made. Don't you see that as we assume the God attributes, we must practice them, for we will be called to make good our affirmations, hence you see why most persons are urged not to meddle with magic, as it a mighty power and when set in motion must and will execute the law of its being, which though unseen are much more powerful than the objects we can see. We cannot see the wind, hurricane, earthquake, electricity, steam, gas, or any of the mighty forces of nature, and still they exist and perform marvelous miracles. Then these forces are but the lowest of the unseen forces, for their results often become objectified on this low sense or physical plain, and our physi-

cal eyes gaze with wonder and sometimes horror at them. Then pass out into the Universe and study the phenomena there taking place, and we find that it (Universal phenomena) bears to same relation to our physical phenomena, that this earth bears to the universe with reference to size, etc. If we affirm our Divinity and believe what we affirm, we will have an opportunity to demonstrate the fact. Your mind must be untrammelled by any individualized thoughts, or determinations. The post to which you must anchor is Infinite will, wisdom, love and power. No condition must arise that conflicts in any manner with that central thought. You can command the realization and manifestation here and now of that condition, and if your thoughts and desires are free, it will dominate you. Remember that desire controls the will and is the core of the thought, which contains the seed or germ of unfoldment. As we think, so are we, and as we are, so we think; hence we must "Think aright" and be right. If we affirm ourselves as being Divine, we must think it, but we must endeavor to see that we are a trinity. A physical body, a psychic or soul body and a spirit. Spirit is Infinite, to attain its realization (or that it is I or I am it) our psychic body must be brought to that realization and then our physical body will be under control. Now, remember and put in practice all I have written you, and you will unfold or develop to the highest. This is a long good-bye, as I start for India next week to go on with my occult studies.

Yours

J. N.