

# THE DOMINION OF MIND

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## FOREWORD.

The realities of life and nature surpass all the dreams of men, both in goodness and beauty. Truth is the eternal quest of the human mind. Thought rules the world. All great and enduring achievements are the result of inspiration and faith. Ideals and aspirations light the way to material and spiritual welfare.

It is the earnest desire of the author that the thoughts expressed in this book, which he has found personally helpful, will lead and enlighten others, that they may find the work set for them in life's voyage of hidden mysteries, and be guided and directed in ways of health and happiness.

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# The Dominion of Mind

## CHAPTER I.

### UNIVERSAL MIND MEETS EVERY HUMAN NEED.

Certain states of consciousness must be awakened in the individual who aspires to win the treasures of the spirit. The goal of the mystic is ecstatic union with the Infinite by means of prayer and meditation. The aim of the occultist, no less than that of the mystic, is conscious union with the Universal Mind: but the ways of approach are different. The method of the occultist is to train the whole nature, physical, emotional and mental, until it becomes a perfect expression of the divine spirit within. To the occultist the repeated observance of certain mental attitudes, affirmations and drills is of great importance, and through the application of the power acquired he creates a condition which invokes the divine light and radiates it abroad for the uplifting of the world. The way of the occultist lies through a graded series of steps to successive expansions of consciousness and degrees of spiritual power. He gets in conscious touch with the finer forces through intellectual processes and the use of the cultivated will.

The mystic aspires to ecstatic union through intense meditation to that plane of divine consciousness which his stage of unfoldment permits him to touch. He reaches union with the Infinite through emotional and intuitional experience.

Both paths lead to definite results. Both methods enable one to awaken and train for use the powers latent within and to realize far more of the real meaning of life than the man whose vision is confined to the mere physical senses. The student in search of hidden truths finds that his prog-



ress is governed by the law of justice, which renders to each man the fruit of what he sows.

There is a great and glorious reality in the invisible world, ever pressing towards realization, and employing whatever channels are available for its manifestation. The divine light is universal, and that light dwells in the heart of every man. When a man becomes one with the Infinite, he becomes one with the whole of which he is part; then he can see the light in every one, however thickly veiled and shut away. To every man that light is nearer than anything else. He has only to look within, and he will see the light, from which all came forth, to which all shall return. It will lead him from the darkness of the world to the Infinite light, to the rose which ever blossoms at the heart of the cross, to the shining star whose radiance will bring peace and strength and happiness.

The last to come in the order of creation is intelligence. At the beginning intelligence becomes involved, and in the end intelligence gets evolved. The sum-total of the intelligence displayed in the universe must, therefore, be the involved universal intelligence unfolding itself. The universal cosmic intelligence is the Supreme Lord. It is He who is shining as the sun and the stars; He is the mother earth; He is the ocean. He comes as gentle showers. He is the gentle wind that we breathe. He is the strength of man walking in the pride of youth; he is love and devotion in the heart of woman.

There is but one force in the universe, which is inseparably related to all created things. It is in the whirlwind and surging sea, in the earthquake and the lightning's flash, in the cloud and sunbeam, in the growing plant and bursting bud. It gives brilliancy to the bird's plumage and harmony to its song. It gives to the animal its strength and beauty, and endows man with courage and will. Think of the wonders of chemistry and the magic of alchemy, to have shaped from the one primordial essence the infinite variety of forms which inhabit the universe. The atoms which now pulsate to every throb of the human heart have responded to life in other forms—in beast and bird; in plant and stone; in sea and air and fire—through æons of time. And these forces bounding through our veins possess the attributes of



Infinity—being indestructible, immortal, undying. They are concentrated in man in great volume and variety of power, and he has made use of them to conquer the earth and sea.

Back of all that we see—back of the vast universe of countless forms—is the self-existent principle which is eternally building and destroying through the agency of immutable laws. Invisible influences, sustained by the energies of nature, are ever working in man to awaken a deeper consciousness and nobler ideal. And he who faithfully responds to the evolutionary forces which spring up in the heart as an everlasting fountain will find the true source of goodness and peace, and his mind will be illumined by the unfading light of wisdom and love.

The perpetuity of our individual selfhood is maintained by an eternal process of living and dying, assimilating and consuming, building and destroying. The outer dies daily and the inner becomes manifest. All the past is a flow of life which unites the generations of humanity without a break—a vast unbroken stream which has flowed from the primeval and eternal source of the universe. The creative life that has evolved humanity has never been lost to its source, and its eternal flow is propelled by the heart throbs of Universal Nature.

There is a presence which broods in eternal silence upon the white snow of frozen summits, over the fertile valleys and upon the face of the deep. Its power is manifested in the wind and lightning and the rushing waters; in the fair groves and gardens and mossed fountains. And in the vast desert, where solitude dwells, men feel this power and take courage. Like the tide of a fathomless sea whose shores are planets and suns, it flows forever over the hills and wastes of earth and floods the hearts of the human race with the balm and benediction of its love. We cannot fathom the mystery of this light and this guidance. Yet nearer than the brain throb and the heart pulse, in the innermost sanctuary where consciousness itself is enthroned, broods that mystical power which pervades and enfolds us; and those who willingly abide in its tranquil presence place themselves under the sheltering care of the Almighty. Silently as the approach of dawn the Supreme Power draws near to the one



who is watchful, and breathes softly the message of gladness and peace. In wordless communion question the oracles of life, and measure, if you can, the potentialities of your being. In the hush of that peaceful hour, brought face to face with the silent guardian which keeps faithful account of your wanderings, the touch of a divine fire will quicken the dull brain, and the sluggish heart will become responsive to an energy which will lift you out of the confines of the physical and draw you close to the Infinite Source.

The whole purpose of existence is progress. Life is ever moving forward. Stand still and life around us will pass us by; we will be destroyed by the relentless forces of nature. To cease to grow is to perish. We should learn to work in harmony with the Infinite Energy, gather strength to meet the changing conditions and surmount all obstacles. Universal Mind always has met and always will meet every human need. If we embrace it, call upon it urgently, recognize our relationship with it, there is nothing within the realm of possibility which we cannot do.

Universal Mind makes no distinction between rich and poor. It is within you and around you, ever ready and willing to respond to your call. No matter how complicated, nor how simple your problem may be—go into the silence and ask for help and guidance. Whatever is needed, whatever is necessary for you to do—the solution of every problem is in Universal Mind. To you reflecting the Universal Mind belongs the power to be what you want to be, to get what you desire. You have unlimited potentialities. You can learn to use the power which is yours—not only the conscious part of your mind, but the subconscious mind and the subliminal or Universal Mind. The subconscious mind can see without the use of physical eyes. It perceives by intuition. It can read the thoughts of others without the ordinary physical means. It warns of approaching danger. It can heal the body and keep it in health. It is either your servant or your master. When properly directed, it is most beneficent. Its destructive force is equally great. If we train it and direct it wisely it will solve for us easily many of the difficult problems which have vexed us and hindered our progress.

The subconscious mind is a vast magnet, with the power



to draw from Universal Mind unlimited power for our material achievement. The vast storehouse of knowledge and power of the subconscious mind can be drawn upon at will. Whatever of good you may desire, it can bring to you. When the outer senses are trained and developed so you can intelligently reach your subconscious mind, you can get in touch with the Universal Mind and awaken to your rightful inheritance. Without this intimate relationship between the conscious and Universal Mind, the better part of our nature sleeps—not dreamlessly, but as one with fettered limbs in a prison vault, pining for freedom.

We are endowed with latent talents, faculties and forces that know no bounds of possibilities. The brain is a microcosm, and as such is a miniature of the universe, reflecting every conceivable power and attribute. But of what value is it to us to know that we are endowed with transcendent powers if we are untrained and lack power of application of our gifts. If you believe there is something in the world worth living for, that there must be a purpose in life, an end in view, a cherished goal to be reached, you will find in this book the steps to be taken to rise out of the present chaos of uncertainties into a state of consciousness which will bring knowledge and power, health, material success and happiness.

The majority of mankind cling to one oasis in life's expanse, while just beyond the mist of ignorance there are perpetually green and fruitful lands, watered by sparkling streams, bountiful with all that makes life beautiful and desirable.

The possibilities lying dormant in every individual are indeed marvelous, and all who awaken to this truth, be it early or late in life, should place themselves in a position to arouse the sleeping potentialities and develop them to the highest degree.

The first step to be taken in development is consecration. When the consciousness of higher and nobler planes of life and thought awakens in the mind, it must set apart its faculties to gain from the soul plane, or the inner teacher,—which is the divine principle—what the eternal truths are, and externalize their teaching in a life devoted to the manifestation of truth, of love, of separateness from mere



wordly pursuits. If you would take the first step on this ladder of attainment of your spiritual consciousness, you must set apart and dedicate your powers to this end. If you would know how far you have gone in your progress towards spirituality and the power to order the divine powers which are given you for your use, you must examine yourself and learn on what step of the ladder of life you stand. If you are earnest in seeking for the inner light you will be willing to make a definite promise to your own higher self, something like the following:

*I desire no other love, no other ambition, no other wisdom, than that which comes from the living word, the everlasting Christ principle, the Alpha and the Omega; and I pledge myself to earnest living, to making manifest the Christ life, as far as possible, henceforth and forever. I pledge myself to present my whole nature, even to my body, a living sacrifice to purity and truth.*

If you would take this first step on the ladder of life, you must be careful lest your feet become clogged with the soil of earth conditions, which will draw you back to the plane of sensual living.

The awakened mind discovers that underneath the veil which external sense has woven, there is a plane of feeling of which before it has known nothing. This is the power to sense divine truth. At first this is very feeble, and, like the consciousness of the infant, it feels about in an indefinite way. The power of feeling must be guided in the right channel, or it may lead to dangerous practices. The sincere earnest desire for spiritual light should be the only motive which guides the seeker after occult or hidden wisdom.

*Feeling*, includes seeing and hearing. There is an atmosphere adapted to these mind senses, and when this feeling is awakened the mind must take a positive attitude, in order to shut out the troop of ignorant and malicious thought forms that have been set in motion by undeveloped mental action through all time. These influences within the astral range of vision seek to find expression through some physical organism; the sensitive, negative man or woman is held in this astral sphere; hence the dangers to avoid in the upward march. Over the pure minded, positive, well balanced person, these thought forms have no power; but the virtue



must be positive in order to repel these influences, as a negative, passive state of mind is like an open door which invites their entrance. Above the astral plane are the spiritual thought forms created by mature souls that live in harmony with the divine law. From these influences the earnest seeker receives inspiration, knowledge and power.

Another step is the consciousness of *desire*; and here is a critical period in the development of the mind, for according to the quality of the desire is the attainment. If the mind has become habituated to the holding of only material thoughts, the work of changing this state will be very hard; but it can be done by persistent, steady effort, and keeping ever present in mind the consecration of the body, mind and all your are, to be led by the Divine Will. This must be a solemn compact. Then if you are sincere you will feel that around you are spiritual influences that will help you in your moments of weakness. And as the work goes steadily on, the help and guidance will become more and more sure; but if the directions are not heeded, the impressions will grow weaker and finally cease to warn, because the inner senses become less sensitive by neglect.

The next step is *will*. You must learn to watch the will, and if it leads in the wrong direction, change it, turn it into the right channel. The reason so many are weak and variable, is because they have not learned to use this great spiritual force, but dissipate it in so many ways. Will is the secret of all power. On the physical plane human love, attachment and care control its use; on the spiritual plane divine love governs it. Thought and will dominate the universe. This force or will flows in from the universal fountain of life, and each individual has only a certain amount at his command, according to development; whatever is expended on the physical is so much loss on the spiritual. Let the will direct the desires and feelings inward and upward, instead of downward and outward. Hold the mind polarized to truth, and when the power of will is strong enough to hold the mind in the quiet, still concentration, knowledge will be received and reflected.

Physical vibrations are born where there is noise. Spiritual vibrations are born in the silence. The secret of getting the best vibrations is found in the warm heart. Love is the



motive power which draws and gives. Tones change the heart's action. Some sensitives are killed by harsh words. Keep your mind poised in the spiritual, then you will grow all around.

When defective egotism is consumed by the fire of divine yearning, you will find peace. The mind will turn to the Ultimate Source and show you the way, carrying a torch in its hand. When the mind is controlled it becomes merged in the divine. Then there is no anxiety and unrest. The mind goes no more out in pursuit of the shadow. This is the only happiness that is undarkened by the shadow of sorrow. It is the high consciousness above the body, above carnal passion, above material things. It is the spirit of unalterable serenity and peace flowing from the divine fountain of all virtue, all wisdom and power.

We need to have a close union with the Universal Mind, and the consciousness of such a union, and communion, which is the highest form of prayer. This stream of light flowing from the Great Fountain, and rising with the first material manifestation of life on our planet, has gone on and on, deepening and broadening through all time. This Great Fountain is open to all now, even as it was in the long ago. The wise man does not search; he listens. The Mussulman in his devotions has one constant gesture, which is to place his hands to his ears, as if to listen for the message from the other world. This is the attitude which the mind assumes if we are centered and have a standing place above and beyond the stir and confusion and dissipation of this material world.

The inner life, in its most permanent form, is built up in the consciousness of the man who has suffered himself to become beautiful and pure. The inner sanctuary may be entered by the lowliest of men, while it often may happen that one of vast knowledge who seeks the invisible presence shall fail to discover the way that leads to the threshold of happiness. The intellect alone cannot lift the veil that enwraps the inmost consciousness of man, cannot survey the sacred recesses where life abides in the majesty of peaceful repose; but one who grows nobler in an ever loftier consciousness and unselfish love, one who is gentle and good, shall receive the light that will illumine the mind, reveal the way to the



mysterious sources of vision and open the heart to the influx of profoundest joy.

Have an undoubting assurance that deep in yourself abides the unlimited power which will give mastery over every possible condition of material environment. Have no apprehension of evil, or impending misfortune; for what appears evil, which you may encounter on life's highway, will never be greater than the strength which you possess for protection. Though you may pass through troublous times, let fear be unknown to your heart. If the mind is inspired by the principles of goodness and truth, all that shall happen to you will be fraught with blessings; and looking through the mists of the uncertain future, you will see where the waves of seeming adversity break on the final shores with a murmur that awakens the echo, "*All is well.*"



## CHAPTER II.

## THE WAY TO TRUTH AND WISDOM.

Life, with all the mysteries that enshroud it, with all the pain and joy that accompany it, has flowed on in an ever-widening stream, coursing through the veins of the rude and uncultured, whose thoughts are only of the visible things surrounding daily life—on, ever on—awakening at times to a vague consciousness, to come again with renewed forces, pulsating now to the heart throbs of genius. And thus will it continue to flow, until it has scintillated through every influence that the stream of progression claims. The love of life is a universal instinct whose aspirations are the wooings of the Infinite.

Everything points to a higher goal. Nothing is permanent. Every element in life and nature is seeking a more perfect expression. The divine elemental fire which is the source of all aspiration burns brightly in the heart of humanity, and we stand today on the threshold of a brighter era. The clouds of superstition and ignorance are passing from the minds of men. We are connected by closer sympathies, inspired by higher ideals and are nearer the source of all knowledge and power. Above the noise and confusion, those who listen will hear the divine harmonies, and will feel an irresistible force, which has taken hold of awakened minds to exert a potent influence over the life of the world. The human race may soon enjoy the tranquility and peace for which it has yearned through all the centuries.

We are so near to striking the keynote of supremacy, so near to the realization of the truth and beauty of the world. We know that we have power to break every fetter made by the mistakes of the errorful past and to create an individuality which will express all the divine attributes of the higher self. We are learning that the will and mind are supreme, that we may overcome every limitation, banish every phantom, conquer every opposing force and win our



way to the goal of every worthy ambition. We are coming more and more under the direct influence and leading of the divine nature. We are beginning to express the best that is within us. And as the torch of reason burns more brightly, we are treading the pathway which leads to the heights. The great silent force of nature is urging to larger growth, inspiring our minds with new thoughts and greater power. As we advance to higher realms of thought, we are gaining more confidence, more courage. We know that by keeping our minds receptive to the higher influences there will come a constant inflow of happiness and peace.

Will is the moving principle of all life. With the cultivation of the will comes the power of concentration which makes knowledge our own to retain and use at need. As the will is swayed by desire or choice, man becomes a creature of light or of darkness. When the will governs for good, and every faculty is employed in the attainment of some worthy purpose, the passions are kept in abeyance and the senses become faithful servants instead of unreasonable masters.

With the power to center and direct the will you will become master of your moods, and your emotions will be entirely under control. You will become earnestful and purposeful in all you do. The amount of magnetism which will be developed through your new habits of living will add to your forcefulness, and the superabundance of life with which your being will be charged will overflow and permeate the atmosphere about you, until friends, acquaintances and all who come in contact with you will recognize the power you have gained. With the consciousness that you are coming nearer each day to living the ideal life, there will be awakened the desire to draw others within the charmed circle where all is peace and contentment. The love and gratitude which will fill your soul will find expression in every word and act. It will serve as a magnet to draw others within the bounds of your influence. The honest, earnest desire of your being to rise to the highest goal will diffuse about you a glow of deep and abiding sincerity which others will recognize and emulate. From an unhappy, dissatisfied, weary toiler in the depths, you will become an eager and active worker in the glorious light of love, hope and happiness.



There are eight distinct stages of unfoldment. The first is the practice of certain bodily postures in order to attain a high state of quietude and contemplation and develop the moral qualities of gentleness, truthfulness, chastity, unselfishness and calmness. The second stage is a physical process similar in nature to the first, with longer periods of practice, while the mind holds in contemplation the adoration of the great love of the Supreme Being. The student is here enjoined to purity, cleanliness, contentment, patience, devotedness, self-denial, ever striving to be exalted and illuminated by the Divine Mind. In the third stage one must learn the art of controlling the respiration and circulation, practicing the divine inward breath, which secures a concentrated power of will and meditation.

In this stage begins the inaudible pronunciation of the word OM, or AUM, a certain number of times, so as to enter a perfect state of abstraction from all surroundings. The fourth stage is the knowledge and control of Prana, which is the sum total of the cosmic energy. The little wave of Prana which represents our own energies, mental and physical, is the nearest wave to us of all the infinite ocean of Prana; and if we succeed in controlling that little wave, then we can learn to control the whole of Prana. It is the vital force in every being, and the finest and highest action of Prana is thought. All manifestations of power arise from the control of this Prana. The fifth stage is the gaining of power to make the mind introspective. Here ensues a more perfect control of the circulation of the vitalized life principle between the outer and the inner man, through the divine inward breath. The sixth is called concentration, when the body can become quite rigid, with all the external senses perfectly quiescent,—this suspension of all the outer senses taking place while the inner senses are consciously awake. The seventh is called meditation. This is the state of ecstasy. Here the soul becomes clairvoyant and clairaudient, is consciously present in the Primal Light, and instead of receiving knowledge from the objective world, receives it by contact with the Universal Mind. The eighth stage is super-consciousness. Here the student finds the key to the mysteries of life.

He who enters upon the path of spiritual power must



obliterate from his being all selfishness and ambition. He must live neither in the present nor in the future, but in the eternal. He must stand alone, desiring peace fervently; driving out all ambition; all desire for sensation; all selfishness; desiring only that which is in the subjective world; that which is within the higher self. Within your being is the light of the world, the only light that can be shed upon the true path. All the different forces of nature will become subservient to you, according to the degrees involved in the different processes of unfoldment and growth, until you will finally come to know the Divine Will.

The senses of the normal man are susceptible of infinite refinement. To attain the high degree of sensitiveness necessary to the perception of very subtle phenomena, it is highly essential to train the bodily and mental faculties by a life of seclusion and rigid abstinence from all pleasures and indulgences that are not necessary to the maintenance of material and physical balance.

Meditation purifies the mind. It strengthens and renews the memory and brings the soul into a higher state of vibration whereby it can communicate with the Divine. You should train yourself to cease desiring the changeable and to desire only the eternal. Aspire to know the one principle underlying all science. Seek for wisdom. Learn to think less and feel more. When you find the center where feeling is, you will find the place where all power resides; it is a sun which will illuminate you. To find this center you should observe the following rules: Concentration; purity of purpose; purity of body, mind and desire. To hush the Ego, which means all desires and ambitions for things, your surroundings should be quiet and congenial; you should have a place where you can be alone. The first thing to be done is to clear the mind of prejudice. When you have entered the true path you will know it because you will be bound no longer by material attachments. You will gain freedom from all your old hamperings. The astral colors will change about you and become more clear. All lines of separation will grow dim. Intensity of thought and intensity of purpose help to liberate everything.

The first step to be attained is to bring the soul into a state of supremacy so that it is not affected by anything



that occurs. This once attained, peace comes, never to depart; the soul rises into a new atmosphere, and there can never again be darkness in this inglowing and outglowing; intuition is developed and the soul becomes one with its source. The soul should be the master of all emotions, instead of which it is affected by every current of thought. We should not cling to anything that hinders the divine wisdom from being manifested in us. The soul should grow from unconsciousness into a knowledge of its power. The soul can never be illumined or inspired until it has risen above the effects of lower thoughts. True interior vision sees the past, present and future as one.

Astral body means a semi-material substance forming the denser part of the soul, and connecting the soul with the physical body. Everything in which the life principle exists, from minerals up to man, has an astral body, being the ethereal counterpart of the external visible form. Astral light is the memory, or universal storehouse of nature in which the character of all things that ever existed is preserved. He who can see the images existing in the astral light, can read the history of all past events and prophesy the future. Astral light gives color to the plants, life to the atmosphere and luster to the eyes. It is the vital fluid of all nature, the reservoir of electro-magnetic power. Astral light is the soul of the world, and magnetism is the heart.

Akasa is universal substance, a storehouse of the Universe; and when you have the knowledge and wisdom needed you can draw whatever you need from this storehouse for use. Tranquility of mind will enhance your power to draw from the Akasa consciously. Wisdom enables one to employ invisible agencies to produce visible results. The agencies that are employed are the influences of emotion, will, desire, passion, love, faith and thought. There is a mystic self invisibly enthroned, whose sovereignty the outer man should acknowledge. This self will guide and direct the senses, if they do not rebel against it, and lead to truth and wisdom.

When man keeps his thoughts from self and his desires from material things, he will gain power to control life's dual forces and become identified with universal law. In the degree that man becomes unselfish will he become pow-



erful. To live as the sun lives, radiating energy and love, with no thought of self, will attract an unlimited force for the accomplishment of ever good. When man thinks of self alone, he separates from the infinite supply.

Karma is the law of cause and effect, of seed and fruit—a subtle thread between the thoughts, the acts and their cause. As man measures so shall he receive. All thoughts, words and acts are seeds we sow for future harvests. Karma is the sum total of man's experience; from its pages we read his life. Man is today what he has made himself. The precise position which he may occupy is the environment required for expression and growth. Every thought you think is a seed that is going to bear fruit. All thoughts, speech and acts are seeds which must bring forth a harvest to be reaped and eaten by the one who sends them forth. And when you are sitting in the silence trying to get the highest, you are sending forth a field of seeds you will be glad to gather.

The brain is a plastic medium for the use of the mind. When concentration is perfectly attained, the mind is the master; it rules supreme, beholding yet unmoved. True illumination comes only to the one who has risen above the narrow horizon of the personal self and has become consciously united with the Universal Mind. The outer dies daily and the inner becomes manifest. Human progress is the continual unfolding and revealing of the inner self.

Wonderful knowledge may be obtained by turning the mind to the soul for spiritual teachings; and by the knowledge gained and will power developed, comes the power to do, to suffer and to dare. When the awakened soul feels, wills and knows its mission as an instrument of the Divine Will, it is ready to do and dare, and in so doing it will suffer, and through this grow strong. When you reach this step, beware, waver not, nor hesitate; press on, and when the way is opened to do, stop not to think of suffering, but walk bravely on, with eye steadfastly fixed on the ultimate you wish to reach. At this step you have attained a point where you know there is a knowledge which may be gained by earnest seeking; then you will do, suffer and dare, in order to obtain the "pearl of great price,"—Celestial Wisdom.



The Celestial Virgin, who is pictured as the woman clothed with the sun, a crown of stars on her head, and the moon under her feet, signifies she has subjugated the dragon which would devour her. The woman represents the intuitional or soul faculty that is taught of spirit; the twelve stars, the perfect teachings, or light from every point; the moon, the intellectual faculties that can only shine from the reflected soul light, as the moon reflects the sun's rays; the red dragon in subjection is the type of the animal and physical desires and passions controlled and overcome, their force and power transmuted into soul growth and spiritual power. When you reach the step of doing, daring and suffering, that you may attain this Celestial Wisdom, which your awakened mind feels, desires and wills to reach, and knows it is possible for you to attain when the soul faculties are developed, you have reached the step of silence. Here you feel and know that you cannot speak in all places, and to all people, of this great work that is going on in your inner life. Avoid argument, anger, and uncongenial surroundings, as it will destroy your odylic force. Be patient, humble, kind and just. Look for guidance in your daily life, and in all you do, well knowing it is yours when you look for it with an earnest, honest heart.

Now comes the round of apathy; and this means that you have attained unto the state where worldly desires, appetites and passions have no power over you, and you are indifferent alike to praise or blame. Here you learn to avoid all things which tend to bind the soul in its upward march.

We are wanderers over the sea of spirit and greatly need the fixed star of truth to guide us. To find the truth and keep in its current and let it bear us on is to find eternal youth. Ever since the world began, in all climes and in all ages, there have been men whose souls have gained dominance over the claims of mortal sense and have had revelations of the deeper truths of being.

There are two planes of consciousness, the human and divine. The human consciousness is gained by perception through the senses. The divine consciousness is developed by inspiration. It is the light that shines from the higher ego and illuminates the mind. A knowledge of the divine



inner self brings man in touch with the realm of cause. We should be to this world what the sun is to the universe, luminous beings, radiating joy and love. The Divine Spirit enters the heart of every man as a ray of light. As heat will change water into steam, so the inner fire, the ethereal light or divine life principle in man will transmute the gross substance of the body into a radiant personality.

Every hope and yearning, every noble ideal is but a prophecy of its possible realization. Mind is the creator. Thought transforms a wilderness into a world of surpassing beauty, with every possible comfort. In silence and meditation seek guidance from the monitor within. Question the oracle of life in the deeps of your consciousness. Maintain a receptive attitude of mind, with the earnest desire to learn the way out of bondage to the things that have hedged the spirit in and deprived you of inestimable freedom. Reach out into the unseen with perfect faith, and ask the Divine Power to lead and enlighten you. And when the knowledge is given, ask for zeal and strength to break away from every attachment that has held you to the old conditions of servitude. Walk in the light and follow the highest leadings. You will receive power and inspiration and will realize happiness and freedom.

Be master of every emotion. It is absurd for man, the heir of the ages, to be ruled by tyrant thoughts, by cares and desires, cowering like a slave under the lash of circumstances. The supreme goal of life is to realize happiness, truth and love; your means to attain them are reason, faith and experience. The great opportunity of your lifetime is now. Today is your own. Waste not the hours in thoughtless idleness. The years pass swiftly and are laid to our charge; and time, like life, can never be recalled. So live that you can say to yourself each night:

*This day I have neglected no opportunity to improve my condition and help others. I have acted in all things according to my best judgment. I have lived true to the highest and best. Whatever to-morrow may bring, it cannot deprive me of the serenity of the day that is closing.*

Think about the deeps of things and your vision will broaden. Look into the soul of things and the soul of you will expand and radiate its love and joy. When you look



for the soul of each thing you will always find beauty abloom in the flowers and love smiling at you in the face of your friend. To find the center of yourself is to find the inmost center of the universe. You can feel the throb of the Infinite heart deep within the beating of your own. Here you will find joy. Here you will find perfection of being. The consciousness will arise to that height of clear vision where divine love, goodness and justice are seen to be supreme, all powerful, indestructible. Then that within which had dreamed and hoped will more gladly and wonderfully dream, and hope, and seek, and know, and see ever deeper into the mystery of beauty and truth. There is no dream that shall not come true, no hope that shall ever go famished, no tears that shall not be gathered into the infinite skies of compassion, to fall again in healing dew.



## CHAPTER III.

## GUIDED AND PROTECTED BY THE INFINITE

## POWER.

There is no possible source for anything outside of the Universal Mind, for it embraces everything that is. There is no center or place which confines it, yet it is not absent from the minutest point in space. No object or idea can have existence apart from it, for it is omnipresent. It is the only reality of life. It is impossible for the human mind to fathom the mystery of this power, which had no beginning and can have no ending. The more we apprehend of its workings the more evidence we have that its manifestation is governed by immutable laws. Every individuality composing mankind is an inseparable part of Universal Mind. The recognition and faith in its reality will enable you to appropriate intelligently and draw upon it as much as you will for your happiness and success. It is a never failing force which you may learn to use in all efforts. It will manifest through you in greater fullness as you keep your mind in the right current of thought. Cease trying to generate force by a spasmodic effort. Call your wandering thoughts to a peaceful center within the mind, place your reliance on the Supreme Power which you feel flowing to you from the unseen, and use your will only to direct that power as it plays through you, as you would steer a boat that is moved by the mind.

To you as a part of the Universal Mind belong knowledge and wisdom and all things you can receive and appropriate. You will gain increasing power to draw from the limitless supply in proportion to the force of demand. Keep in mind the idea that you are a magnet drawing from the universe all things necessary for happiness. You are made of forces which you have drawn to yourself by repeated demands. These forces have been built into your body, and



have become literally a part of your flesh and blood. If you have entertained negative, timid, despondent thoughts, you have a corresponding weak, disordered body. If you have earnestly demanded of the Infinite the things which will ennoble and give strength and courage, these principles are incorporated and will act on you for perfect wholeness, beauty and refinement. Persistent, silent demand of the Infinite Power for positive, imperative thoughts, for abundant energy, for enthusiasm, determination and courage, if held in the mind with unwavering confidence, will bring to you the desired response. Every aspiration which goes out from the heart as a positive, earnest demand will attract a power to effect results. By your desire you can create for yourself a thought atmosphere corresponding to your motive and purpose. If your thoughts are pure and you ask for wisdom, you will attract similar influences from the unseen and from kindred minds whose thoughts are in sympathy with your own.

Aspiration, demand, desire, when concentrated in the right direction, for the most enduring good, will lift the mind above all morbid fancies, all hatred, apprehension and fear, will free the body from physical ills, and give confidence and courage.

As you come into a better understanding of the power of suggestion in controlling the thoughts and feelings of your own mind and heart you will gradually gain strength to influence the minds of others and to inspire those you meet in daily life with a confidence which will cause them to trust you implicitly in all you do and say.

One test of your advancement on the path to power is your ability to maintain a perfect trust in the harmony and goodness of the destiny that directs the events of your life at times when all things seem to go contrary to your will and desire; when, regardless of all efforts, you feel yourself held, unable to lift a hand to ward off the approach of conditions that seem to come as relentless enemies which stand between you and the realization of the heart's cherished longings. This is the test: to have faith, to banish fear, to keep your thoughts calm in the peaceful repose of conscious strength; to feel that however dark and uncertain the present may be, you are one with the Infinite, and will be



led faithfully by unseen forces over the rough places, out of the shadows, into the light of attainment and power where all will be well with you and yours.

We must reach out towards the Infinite, or we in a measure close the avenues for the approach of divine power; and we only move thus towards the Infinite in the degree that we realize that every faculty of our being is generative and reproductive, and that our capacity of receiving divine potency is conditioned upon our promptitude in imparting it.

Divine Love, the electric power of affinity and sympathy, is ever working to bring the pure ray of spirit into union with itself as manifested in man and nature. Divine life vibrates throughout the universe of manifested being; and when you are thoroughly awakened and realize the importance of a knowledge of these higher laws, you will feel this life pulsating in every cell.

Absolute Force, unpolarized,  
Forever veiled from mortal sight,  
Yet filling all immensity,  
Divides the darkness from the light  
In electro-magnetic waves  
That vibrate through the shoreless sea,  
And with creative heat displays  
The deathless, endless Trinity.

Eternal Love vibrates with Light,  
And flashing through the azure sea,  
It bathes the universe with Life—  
Impelling suns and worlds to be;  
Filling with life the sparkling streams;  
Feeding the soil with rain and wind;  
Carpeting hills with lovely green;  
Giving to insects gauzy wings.

From Nature's soul come beasts and birds,  
To fill the fields with song and life,  
Until the fragments of the "Word,"  
Veiled for a time in clouds of night,  
Evolve from land, and air and sea,



A culmination of the plan,  
Foreseen and willed by Deity—  
A microcosmic star-crowned man.

Sublime and archetypal man,  
Whose time began in lives agone,  
Subdues the waves by his command;  
Speaks to the winds and they respond,  
And harnessed by his magic skill,  
The lightnings leap o'er sea and land;  
Sustained by the Creative Will,  
An image of the "Word," is man.

There are four rules for the transmutation of the lower into the higher. First, observe and follow nature; her laws and methods of work will reveal to you many important truths. Second: know and then act. Third: use but one instrument, the mind; but one vessel, the body; one fire, the spirit. Have unity of will, purpose and means, governed by the law of use. Fourth: keep the fire ever burning, for if the metals once cool, the work must all be done over again.

In the silence of thought repeat this prayer, with the sincere desire of the heart:

O Light Divine! reblend the scattered rays;  
Regenerate this drooping form that dies,  
And let me evermore abide in Thee  
In peace; for my impatient spirit sighs  
To bathe again in Thine eternal sea,  
And feel the sunshine of Thy boundless love.

Magnetism is the life of the world. Electricity is motion without life. Magnetism is life without motion. Union of the two results in the manifestation of celestial harmonies. These in a way are the manifestation of the same force; they are dual. Electricity and magnetism, uniting in the physical organism, are constantly generating the vital force, or human fire. The combination of these three elements produces an influence as quick in its motion as light, and as powerful as the affinity of the world systems of the sky.



These forces play through the human organism, charging every drop of blood with potential force that makes the heart throb with enkindling sympathy and joy. To arouse these energies and wisely direct them in the attainment of your highest desires, is to enter the Temple of the Most High, and to have opened unto you the gates of the realized ideal.

Magnetism is the king; electricity is the servant. We can say to electricity, "You shall run our cars, illuminate the cities and carry news from continent to continent with the lightning's flash;" but we cannot say that to magnetism; it will not be ordered; we must draw it and supplicate it. We draw it by thought and love; we must know the law and use it. Magnetism is produced and increased by silent meditation. Magnetism gives power to infuse new life and build new purpose. Who has not grasped the hand of a magnetic person and felt the magic influence that the touch inspires, or has not been thrilled by the searching gaze of the magnetic eye, or has not seen it manifested in the power of eloquence over the passion of the multitude, as it now arouses them to fury, now subdues them into calmness; as it animates to war or melts to love?

Personal magnetism is the concretion of the most subtle elements of the body, as is the water-lily of the soil. Magnetism is the key which unlocks the storehouse of the Infinite and gives free access to an ever-present and ceaseless supply of power for all purposes and demands of life.

The fullest existence and the highest life will be yours when you learn how to absorb, assimilate and put to use the magnetism or vital element which pervades the atmosphere that surrounds the earth. You will be able to recreate the tissues of the body and fortify yourself against disease. You will become impervious to petty annoyances. By living the higher life and in harmony with nature's laws you will come nearer each day to the realization of your ideals, and in your heart will be awakened the desire to draw others within the charmed circle where all is peace and contentment. The love and gratitude which will fill your life will serve as a magnet to draw others within the bounds of your influence. The honest, earnest desire to reach the highest goal will diffuse about you a glow of deep



and abiding sincerity which others will recognize and emulate.

Look back over the years that have passed, and think how little you have done toward discovering your real talents and powers and developing them to higher uses. You have allowed yourself to drift year after year, satisfied with partial success, while the lofty ideals and aspirations of youth have furled their tired wings, unable to reach the heights you had dreamed of in life's morning. The opportunities of being something better than you are, have drifted beyond your reach and the higher part of your nature sleeps, indifferent to the voice of destiny that would rekindle the divine yearning and stimulate a loftier conception of life's deep meaning and purpose.

The influences that others have thrown around you have been obstacles in your path that caused discouragement and weakened your will. You have felt these forces but have not always known their origin. You should learn the nature of these influences and gain power to rise above them. It is possible for your life to emerge from its vale and realize greater satisfaction and happiness.

Terrestrial magnetism is the universal energy of nature. The following drill, if practiced daily, will enable you to absorb an abundance of this force, giving brilliancy to the eyes, color to the lips and cheeks, and great vitality:

Stand with heels touching. Take a full breath, lifting the right arm above the head, folding the hand in a cup shape; hold until you feel the astral light tingling through the fingers; then drop arm quickly. Do this three times with the right arm and three times with the left, then three times with both together; each time repeating this prayer with intense aspiration:

*Oh breathe on me inspiring spirit breath. Oh give to me those heart-reviving words. Quicken my fading form and lift up my soul to its heavenly rest.*

Words mean little unless the heart is back of them; therefore the good received depends upon your interest.

Another very helpful Logos to hold in thought and repeat at this time is, "O Thou the Love Supreme, illuminate me with Thy Wisdom, vivify me with Thy Love, and grant that in all I think and say I may more and more resemble



*Thee.*" This is the Egyptian prayer; one of your own inspired thoughts will do as well. When done with the right thoughts and conditions, this exercise is very helpful. Have the air in your room fresh and pure.

Before the soul can see, harmony within must be attained, and fleshly eyes be rendered blind to all illusion. Then the soul will hear and remember, and then to the inner ear will speak the "voice of the silence."

The following rules of conduct should be observed:

The first step is the loss of all desire for sense enjoyment. The next is right knowledge, which is the road to wisdom, a fixed perception of the one eternal principle of the cosmos. You must perceive it and hold your mind to it.

Indifference has six results or effects:

First: The giving up of all previous impressions; giving up all erroneous views, to clear the ground for the new building. You are not ready for the new building until the wreckage of the old is cleared away. Then you can begin to build on that which the mind perceives and knows to be true.

Second: Restraint over the bodily actions. Not to do anything you think unwise and to do that which you know should be done.

Third: The actual turning away from all that attracts you to bodily senses. There you have a long step to take.

Fourth: A willingness to part with everything, and the patient endurance of pain and sorrow. When you lose something that you value very much, you should be able to say: "That is all right, let it go; it is a thing and not a principle."

Fifth: Faith in truth and devotion to its pursuits, letting nothing divert your mind.

Sixth: Where you have attained the possibility of never deviating from the path, where nothing can ever attract you out of it.

There are mysteries of divine truth which cannot be analyzed by the finite understanding, but can be embraced by thoughtful and reverent meditation. You should yield to the impulses of the higher consciousness and look beyond the symbols to that which they signify—from the human to the divine.

It is within your power to gratify the cherished ambition



which lies nearest your heart, be it desire for wealth, love or fame, for health and happiness or high attainment in any field of human endeavor. The power to realize your ideals is within yourself; so also are the barriers which stand in the way of present manifestation. The greatest enemies to progress are fear and doubt, weakness and ignorance, and belief in limitation. To come into an understanding of the omnipotence of thought will give you the assurance and strength to accomplish seemingly impossible results. You will have faith in your power to overcome difficulties. You will assume responsibilities and command a force and inspiration which will insure the success of your ventures.

In order to come into a consciousness of your relation to Universal Life, you must have faith, such perfect and abiding faith as places with absolute trust your life and destiny in the hands of the Supreme Power. Faith of such intensity places you in harmony with truth and with all the laws of the universe; and if you are truly faithful a divine aura of such density will gather around you that the projection of its rays will induce harmonious conditions in all who come into your presence; their duration depending upon the worthiness or receptive attitude of the individual.

The will must be developed. It will give you mastery over many conditions of matter. This control is not necessarily dependent upon a religious life, for the human will grows strong through a life-long battle with material conditions; but in order to reach the higher goal of human attainment the human will must be submerged into the Divine Will. When divine faith, divine will and divine love are united in a human being, he has gained great power and becomes a master. His faith enables him to heal the ailments of the body, his love to minister to the needs of the soul and lead it to truth, while will gives him the power to overcome adverse environments.

The self binds itself with chains when it thinks and acts for self. When you desire from self, you separate from universal power. Live as the sun lives; self is death. Forget self by filling the mind with the highest thoughts it is possible for you to hold. Then the higher forces will flow in.

The next point to be considered is odyllic force. This is



an emanation from the brain produced in sleep, and when one is unconscious or in a semi-conscious state, never when awake and active. It is absolutely destroyed by anger, argument, and uncongenial surroundings. We float in odyllic force, and every thought must come and go through it; therefore try to gather and keep it, if you wish to receive and send out the higher thoughts. Those who know these mysteries do not talk idly. You cannot afford to waste your odyllic force; no matter what may happen, try to keep calm.

"Every waking hour we weave, whether we will or no;  
Every trivial act or word, into the woof must go."

Watch your weaving. After concentration, watch to see where the mind goes. Do not allow yourself to get ruffled. When well drilled you can control every atom of odyllic force, the same as magnetism.

Perhaps when a child you had sometime been left alone in the silence of night in a desolate room. You stood still for a moment and listened. You heard only the heart's rapid beating. Then you saw shadowy forms in the darkness. Within your mind there was a nameless fear and the uncontrollable impulse to escape the solitude and stillness. You rushed to the room where your parents were. And perhaps, taking a light, they returned with you. Then you saw there was nothing to fear. The phantoms had vanished with the darkness.

There are many who are thus haunted through all the years of their life by phantom thoughts, by needless fear, dreading some great misfortune that will never come. Flashing the searchlight of reason through the hidden recesses of the mind, the phantoms you have harbored by thoughts of fear, by doubt and ignorance, will pass away, and you will see yourself dwelling in a universe of truth and love; will know that you are led by the Eternal Light, that you are protected by the Infinite Power.

Do not fear. Have faith. Though the shadows of sorrow and adversity gather about you, do not fear. You are a child of the Infinite. The Divine Light within will cause the darkness to flee and the phantoms to vanish. Have



courage. There is a power within which will make you the master over every circumstance and condition. Invoke the aid of the higher potencies. Let the heart be brave, the hand steady and the will unwavering. Have faith in your power to attain all that is good, all that is true and desirable.

Listen to the voice of destiny which is being uttered in subdued tones by the divine monitor within. Develop an independent judgment; study yourself, your hopes and aims, your relation to environment and the possibilities that are yours. Look deep into your being and receive from the inward source the revelations of life. Lift yourself above the shadow of pessimism and despair, and bask in the sunlight of freedom and progress. There are infinite capacities within the self which simply await our loving recognition to bud and blossom into tangible realities. The deep inward yearning is the progressive spirit of life which impels humanity onward; it is the mute pleading of the aspiring self in search of the destined goal of its mission.

We should have faith in the harmony, the love and the goodness of the immutable laws which govern life and destiny and change. Though there are times when we ignore the monitions of the higher self and grope in the darkness where we hear but a faint echo of the voice of truth and catch only a gleam of the light, if we look more deeply and listen intently there will come to our vision a glimpse of the beckoning ideal and a foregleam of nobler achievements. In the most trivial occurrences of daily existence there will come to those who have faith, a whispering of the voice which calls out in the wilderness and leads through life's turmoils to the soul's final awakening and deliverance.



## CHAPTER IV.

## OBTAINING ACCESS TO OMNIPOTENT SUPPLY.

Concentration is the great law of attaining. It is the holding of the rays of the mind to a single subject until the power is so intense that simply by increasing the vibrations the soul can do what it wills. Concentration will overcome these four things: Ignorance, Egotism, Desire, Aversion.

Ignorance is false judgment. It is not knowing the difference between the true and the false, between that which is changing and that which is unchanging. It can only be overcome by concentration of the mind.

Egotism is that quality which makes you sensitive to what others think or say about you. It is the consciousness of the outer ego, which says, "This body is I." Concentration will overcome this consciousness of the lower self. The moment you get back into the center you are in perfect peace. Nothing can touch you as long as you hold yourself actively and positively centered.

Desire for transitory, temporal things will pass away when you learn to concentrate, to fix your thought and heart on the Infinite. Whenever you can say of anything, "This too will pass away," it is not worth thinking about. Everything that can pass out of your life has power to grieve you, to give you pain and heartache.

True concentration is not spasmodic effort, a forced determination, a blind outreaching and a nervous clutching after something vague. The greatest power is born of repose; not the repose of negation, of indifference, but the positive repose that belongs to one who is sure of himself and knows that there is a force at his command with which he may conquer adversity and overcome all things which bar the way to liberty and progress. Concentration means the quiet control of one's thoughts and beliefs. It means the power to transmute the combined forces of man's being into a dynamic power which may be controlled and directed



by a trained and invincible will to produce any result desired. There is at your command a limitless supply of energy which may be transmuted by the mind and will into intellectual power and greatness. If you desire to make the best possible use of your talents, to control great interests, to become the leader of great movements which will help the world to advance to a more ideal state of existence, hold your mind in meditation upon the power desired until every obstacle in the way of attainment has been removed. You cannot accomplish much until the will is freed from material desires. There is a vast difference in killing out a desire and changing it. Light a piece of paper, it will burn to ashes and can never be lighted again; so the desires must be changed, but not burned out. You must learn about the transmutation of force. If you will concentrate your will upon your work or study you will accomplish results. Most people are like locomotives with the boilers full of holes. As soon as steam is gotten up, it commences to escape, and there is no power left to accomplish results. If you desire great things and will conserve and concentrate your forces, great things will come. The will is like electricity, a force, and should be controlled. An abundance of will power will make your life brighter and better.

Hypostatic union is the union of the Ego, the divine in man, with the Universal Mind. According to the strength of the union and the intensity of desire will be the power of the individual. By the hypostatic union all personality is obliterated, all externality is abolished, all thought of the personal Ego is entirely lost. If the will power is spent on the physical plane, it is so much loss spiritually, unless you put spirituality into material acts. Will culture is life's ladder reaching from the soul to Deity. The use of the will is all that makes one person different from another. The only way to develop the will power is to act; each act creates a new impulse or more will power. There are two kinds of will; one rises as the lily and grows into the kingdom of light, and the other sinks into darkness and the desires of the senses. Examine your will and see whether you belong to the kingdom of light or darkness. The will that rules must be drilled and trained and held to its object. Will enters into many channels. Our purpose should be to con-



concentrate the will on the object which we desire. By steadfast, unwavering purpose and unswerving and indomitable will, you can transmute the base metal of your nature, iron, lead and brass, or the desires, passions and emotions of the animal soul, into the priceless gems and pure gold of love, compassion and power divine.

Take some loges or prayer; you should use the same for months, and at the same hour and place, when convenient. The following loges is very good:

*Oh Supreme Power, Supreme Spirit of Truth and Love, shed upon me the Divine influence of Thy Presence. I commit my body and my soul unto Thee; it is in Thee alone that I rely. I bless Thee, I glorify Thee, I entreat Thee, by Thy Holy Name, to banish from my soul the darkness of ignorance and to enlighten me with the Fire of Thy Wisdom. Take away from me all evil desires. Lead me and enlighten me, that I may know the work set for me in life's voyage of hidden mysteries. Oh, Infinite Spirit, whose kingdom is from the everlasting to the everlasting!*

Try to feel every word. You will soon get into vibration with harmony spheres.

The brain must become a tool for the use of the soul. When concentration is perfectly attained, the soul sits supreme, beholding, yet unmoved; until this is obtained it partakes of every little change of mind. The environment must be harmonious, and the soul must have a sanctuary where it is free from inharmonious vibrations, where it can find silence and peace. True illumination comes only by rising above the fogs of self, and living by principles. The soul then begins to live in a new atmosphere, and can never again be wholly in darkness. It is here that intuition is developed, and the divine torch is lighted. You can then say, "Come life, or come death, I *will* attain this *oneness* with the Divine."

No soul comes to its perfected state except through anguish, as there is no salvation except through suffering. But the eternal Christ principle in the kingdom of spirit is always descending into the heart of mankind to partake of its suffering. The outer dies daily, that the inner may be made manifest. Therefore do not feel that you are alone, for all these phases have to be met,



When in your silent sittings you may by chance see the symbol of the eye, it indicates that the eye of Omniscience is upon you, and it represents the two edged sword cutting asunder the good from the evil. In the symbol of the eye lies the potency of eternal life. The eyelid is said to be the bridge of life; the eye floats in the rim of Infinity.

Christ means spiritual consciousness, life and light; the divine element in humanity, which if it manifests itself in man, becomes the personal Christ in individual man. Christ means an eternal spiritual, living and conscious power or principle, with which the highest spiritual attributes of each human being will become ultimately united. The misconception of the original meaning of the word Christ has been the cause of the most cruel religious persecutions. Christ originally signifies a universal spiritual principle, the crown of astral life, coexistent from all eternity with the divine source from which it emanated in the beginning. This principle has on many occasions penetrated with its light certain human beings, incarnated itself in them, and thus produced great heroes and reformers. As history repeats itself, this Christ principle will incarnate, to a certain degree, in all who make the right conditions.

Those who cannot rise to the sublimity of this conception, look upon Christ as being merely a historical person, who in some incomprehensible manner took upon himself the sins of the world. At certain periods an incarnation of the Divine Light of the Logos takes place upon the earth, and thus a new savior and redeemer appears among mankind, teaching the old and half-forgotten truths again by word and example; thus producing a new revival of religious sentiment. The ancient religions speak of several such saviors.

The cross is a symbol expressing various ideas, but especially the creative power of life in a spiritual aspect, acting within the macrocosm of nature and within the microcosm of man. It also represents spirit and matter ascending and descending. The perpendicular bar represents spirit; the horizontal bar, the animal or earthly principle being penetrated by the Divine Spirit. Universal, as well as individual man, may be symbolized by a cross. Man's animal body is a cross, or instrument of torture for the soul, until the soul



has gained the dominance; but by means of his battle with the lower elements, his divine nature becomes developed. The animal elements are to die upon the cross, and the spiritual man to be resurrected, to become united with the Christ. Death upon the cross represents the giving up of one's personality, and entering into eternal and universal life. The golden cross represents spiritual life illuminated by wisdom. It is the symbol of immortality.

The first record we have of the cross was in Egypt where they placed an upright post at the edge of the Nile; if the water came up to a certain place it indicated that they would have sufficient harvest to prevent famine among the people. It meant safety to them if the water reached a certain mark, and they placed a cross piece at that point. To them that cross represented salvation. The cross is the oldest symbol in existence. There was always the dual man, and he represents the four points of the compass: north, south, east and west.

Regeneration can neither be known by the senses nor by the logic of the mind. It can only be known by the highest in us, and can only be known by the pure in heart. By being obedient to the Divine law, the inner consciousness has been so developed that some have known by intuition this light of the spirit.

You should live for holiness, for spiritual life, and let everything else go. Every desire for externalities must be transmuted into fire. There is no peace, joy and happiness in the world, unless all is laid at the center of the cross.

In thinking of this dual self which will sometime come to you as a glorification, all earthly loves will fall away, because you will not need them. You will find the flame burning, but nothing will ever be consumed.

There are seven elements. Four are purely material; the fifth, ether, is semi-material, while aura and spirit are invisible. Four are fully manifested: Earth, representing primordial matter; water, referring to the realm of soul, the connecting link between spirit and matter; fire, representing the realm of spirit; air, alluding to space. Each element may be considered from a variety of aspects. Each element constitutes a world of its own, with its own inhabitants, called the elementary spirits of nature; and by a combina-



tion of these elements under various conditions, an endless variety of forms is produced. These elements are only different rates of vibration, all sent out from *primordial substance*, which is the only element that has inherent motion; everything else has motion transferred from universal substance.

There are four atmospheres; each has its sun, and each belongs to its counterpart in man. We may inhale ether; but opening still more the interior powers, we breathe in aura. The door of each is opened by the key of desire, purity, intuition and inspiration. The first of these atmospheres, air with the sun, belongs to the physical body. Second, the ether magnetic light, astral light, which belongs to the soul. Third, aura with the spiritual sun for the center, belongs to the spiritual part of our nature. Fourth, the celestial. Man is an epitome of the universe, therefore these elements and atmospheres belong to him, and when he knows the laws he can use them as he wills.

All the elements are different states of vibration of one primordial element. Fire is simply a mode of motion. The fire that burns is not the element of fire. You can never see the life of the fire, for it is invisible. Fire is simply a mode of motion which produced air; and air, condensed, produced moisture which made water; and air and water fused together by fire produced earth. An element is nothing but soul, which is the life of all things. The elements are all of an invisible nature. We see only the body of the element, the outer manifestation. The four elements contain vital essences which permeate every atom of the universe. The sun is the king of the fire. The moon is the queen of the water.

There are seven planes of consciousness to correspond with the seven elements. These seven planes of consciousness, instead of being arranged one after the other, are in reality in a circle. We pass from one to the other. The animal perception draws the mind towards gross matter, the world that has given it birth; true psychic perception draws the mind towards the soul realm; and spiritual perception rises to the universal. From the atom to the highest manifestation there is intelligence to a certain degree; but



only in man does it develop into a consciousness of its intelligence.

In the mineral world, life assumes the form of a tiny crystal which attracts to itself, as a center, particles like itself, and grows by accretion, or addition to the outer. The great laws of attraction, cohesion and affinity are active in the microscopic interior point of life, showing divine intelligence at work. In the vegetable world a point is gained which is a little in advance of the mineral. Life is here enabled to function on a higher plane or state. The rootlet shoots out in search of the life necessary for its growth; it obeys the law of gravitation which holds it to the earth, from whence it draws its nourishment. Then a stem appears above the soil and begins to obey the higher law of aspiration, which draws it upward into the air and sunlight, where it expands and puts forth leaves, buds and blossoms.

But life has still higher flights to make, and the animal organism is developed by the same great law; first in the lower animal, in reptile, beast, bird, and lastly man. Life in its development of degrees constructs a brain which is capable of responding to thought waves. Thought uses a finer element of life than sound or light. And from this point in growth begins a new chapter in the history of creation. This, briefly, is the story of the evolution of life. The one fundamental law is the radical union of ultimate essences, from the highest to the lowest—one life pervading all.

Substance is that unknown invisible something which may manifest itself either as matter or force; in other words, that substratum of all things, which is energy in one of its aspects, and matter in another. Every conceivable thing consists of *matter* and *motion* in *space*. The three are forever one and inseparable.

Alchemy in relation to substance means the science of guiding the invisible processes of life for the purpose of obtaining certain results on the material, astral or spiritual planes. Alchemy is not only a science but an art, for the power to exercise it may be acquired. You must come into possession of certain powers before you can be taught how to use them; you must know what life is, and learn to control the life processes in your own organism. Chemistry is



not alchemy. Chemistry deals with what is called dead substance, while Alchemy deals with the principles of life. The composition or decomposition of a chemical substance is a chemical process. But the highest Alchemy is the evolution of a divine being, out of a mortal semi-animal man.

The brain is nourished by the nervous and magnetic fluids; they are the energies that feed the flame of the mind. The mind is a magnet which appropriates the forces according to the nature and intensity of the desire. Every desire is an attribute of life seeking expression in the world of form; it governs the development of the mind, and according to the quality of the desire will be the attainment. We surround ourselves by associations kindred to our yearnings. Your present environment, to a very great degree, is the result of the forces you have set into action by your past desires. Intense desire awakens the power to do and to dare, and *will* appropriates the power thus evoked and expends it in the activities of the personal life. Sow kindly thoughts and acts and you will reap their fruition; sow with seeds of merit the fields of future harvests. Let your desires lead upward, drawing about you all that is beautiful. See that there is purity of heart, and earnest desire for truth.

You must learn to guide the invisible processes of life for the purpose of obtaining certain results on the material or mental planes. You must come into conscious possession of certain powers before you can be taught how to use them; you must learn what life is, and gain power to control the life processes in your own organism. Every thought, aspiration, desire and attachment must be so thoroughly centered on the ideals you seek to attain that nothing can cause you to swerve from the purpose. Watch your thoughts, aspirations, desires and attachments, and see if you can be turned aside from the path you have chosen. If you swerve at all, swing back at once. Put earnestness and energy into everything you do. The pathway of progress is often obstructed by apathy. You may receive an impulse of a high and pure quality, but unless you put physical and mental energy into your work, it will lack the essential element of the practical. This state of apathy which so many are living in, not only obstructs the currents of in-



spiration in themselves, but the magnetism of apathy which flows from them paralyzes the atoms of energy in other organisms, and thus hinders the progress of the race.

The great powers of nature which advance upon the field of human life, advance with so much mildness in their force that you will apprehend gradually that they have taken possession of you; and you will discover, as time goes on, that these forces have flowed into your bosom with hope where there was despair, delight where there was grief, fullness where there was loss. In the conviction of power that comes upon us we feel that this over abundance of moral, intellectual and corporeal vigor which we radiate is to be distributed among the organic forms of men and women that have less of it; we perceive also that we should know all that can be known about the laws and forces of our being, that he may make this knowledge useful; for we find that in all knowledge there is power to serve, and succor and release.

The man who would make the highest attainment must become identified with the world's progressive movement and give himself freely for the good of the race. The rightful answerings to all important problems will not be found in lofty contemplation and abstract knowledge, but among the common things of life itself. The man who would become wise must accept the responsibilities of his position and keep in sympathetic touch with humanity. Every man owes to the world the duty to serve according to the measure of his best ability. And he who bends his powers to lifting the load and sharing the burdens of the many, will unite his forces with the central power of the universe.

There are those who have drawn themselves away from the life movement of the race, and plunged into the abyss of abstraction with an eagerness to gain for themselves the riches that lie hidden there, and to wrap themselves in the robe of proud intellectualism, without respect to the burden of sorrow that enthralls mankind. But the possession of true knowledge draws man nearer to man, and identifies those who think with those who toil. It becomes the office of the truly wise to consecrate their gifts to the useful serv-



ice of all, and to infuse the light of their wisdom into the minds of the unawakened.

The man of true power is he who invokes the living streams of life, which descend from the hills of universal nature, and compels them to flow through the barren plains and waste places of earth, as well as through peaceful and fertile valleys where golden harvests wave. Let us not dam up the currents of energy that inflow to us, for in the great reservoir of nature is the essence of all power; and while reaching up with one hand to receive the gifts that are bountifully bestowed, let us ever extend the other to those in the darkness, that they, too, may become conscious of the deeper realities and receive a foregleam of the higher destiny that awaits them. If we close up the avenues of our mind through which flow the magnetic streams from the mysterious deeps, the waters of life will become stagnant within us. If our life be truly in touch with the omnipotent supply, there need be no fear of exhausting our forces; the streams that branch out from the clear fountain of wisdom will ever enlarge as they flow; the currents will grow deeper and broader as they blend with other streams from the same sources of life, finally forming the wide and deep rivers which carry the burden of many a frail bark, whose white sails would never have been unfurled to the breeze and the heavens but for the brooklets that flow from perennial sources back there in the mountains.



## CHAPTER V.

## ENTERING THE INNER WORLD OF THOUGHT.

Banish fear and invoke the spirit of courage to give you strength in the hour of trial. Fear is the canker worm of happiness. It steals away man's better judgment and makes him cringe and crawl. There is nothing to fear. The worst that can happen is death; and death we have no reason to fear when we learn that the mind is free in its omniscience. The real self is an inseparable part of that life which extends from the everlasting to the everlasting. To this self there is no disease or misfortune, no pain or sorrow. It is untouched by the wreck of matter and the crash of worlds. Beyond the cloudland and shadows is the real self, which cannot be affected by anything we do or leave undone. Place your reliance there.

Enter the silence and come face to face with the Infinite Power. There you will find the sanctuary where the divine and human blend. There you will find a refuge from the world's tumult and will gain strength to go forth with a living power which will drive from you all that is morbid or weak. Then you will realize that you already dwell in eternity, in the real, and that the dazzling dream you have had of the future, in some mystical world beyond the skies, may be realized here and now. Then every sense will become alive to the beauties and realities of the eternal present. Then you will know that every tree and plant and flower, the ocean and the vaulted heaven, as well as every human being, live in the radiance of Divine Love, Truth and Goodness. And when you feel this to be true, there is no limit to the power you may draw to you for the accomplishment of the things desired.

The symbol of the serpent has an important place in the magical lore of Egypt, and in the sacerdotal mysteries of all oriental lands. It was also used as a sacred emblem by the primitive races of America and is a prominent figure among



the surviving works of the Mound Builders. The serpent has been used as a symbol to represent many things, and among others it has always represented life. The serpent in the form of a circle, holding its tail in its mouth, represents the beginning and end of all things. In Egypt the Astral Light is represented by the serpent. Mystics always see in the serpent a symbol of the great first cause. The serpent represents the spirit and the highest vibrations. Also just the opposite, matter ever changing, throwing off the old and taking on the new. The change is always of the outward form only, while the inner remains the same.

When you fully understand the operation of the creative force in its dual manifestation—the positive and negative, electric and magnetic, centrifugal and centripetal, symbolized in the male and female—and the primal cause of this manifestation, the mysterious and all-potent magnet which resides in the invisible focal center of every form, you will begin to awaken to a realization of the occult significance of the elixir of life. The same force that went into the physical operation to generate your body, must be transmuted. Then there will be perfect control over self and consequent illumination. Life force must be transmuted; if not it becomes a dead weight. Let the fire kindle, but bring it up into the highest. As the upward, spiritual growth increases, we stand on reason and intellect; and reaching up, seek the Divine.

Light comes from two sources: First, the physical sun, but back of that is the real sun, whose rays you perceive in the astral light. That comes out of the universal; and the moment it touches you, it becomes individualized, and for the time being ceases to be universal. The solar fluid is the light, and as long as it is held in the individual it is not free. Developed souls attract this solar light. The Universal Light is ever existent, and is the cause of the astral light. The Infinite dwells in the Universal Light, which is inaccessible, and from which the astral light proceeds. In the ordinary solar light we see objective things; but in the astral light we see the causes of everything that exists.

Everyone who grows truly into the spiritual has a revelation as by fire, an experience of intense light. When we find the divine within us, it is a consuming fire, which



always burns upward, never outward. Frequently the awakening comes through great sorrow, though not always. You will know when you have been born again, because the fires of your mind and life will always burn upward. Your attachments will not be to people as they were. You will not desire things as you did; but all desires and aspirations will go upward to the source from whence they came. All running after wealth, fame, beauty, marriage, is in reality a blind search for the divine. You feel there is something lacking, something that would increase your happiness, and you fondly imagine it is to be found on the material plane. Everything culminates however in the one great love, the love of the ideal, the love of truth. Think of truth, long for it, speak of it and you will know it.

The perpetuity of our individual selfhood is maintained by an eternal process of living and dying, assimilating and consuming, building and destroying. The outer dies daily and the inner becomes manifest. The secret of eternal youth is found in equipoise, the wise balance between growth and decay. At the central point, in the inmost sanctuary of the soul, is enthroned the divine self in which exists the potentiality of all that the universe contains; and every soul that has been awakened yearns to manifest the power which it feels within.

When you are disturbed by the apparent failure of your efforts to accomplish certain results, whether for health, for success in some special work or for harmony with environment, sit quietly at the same time for thirty minutes every day. Relax your whole being and ask for guidance from the inner voice. At first the impressions may be vague and confused with the distracted thoughts of your overwrought mind. By persistent effort and holding with steadfast faith in a guiding power, peace will come; harmony will be established between the inner and outer self, and the human soul will be restored to normal condition.

If you believe in prayer and will pray with absolute faith that the Divine Power will solve your problem, you will find immediate peace and will be guided and directed in ways of health and happiness.

Learn to live in the moment. The troubles and uncertainties of life contract your being to a mere point, to a



mere moment. Numberless wants, like a shoreless ocean, bring despair to look at them. Concentrate your whole life on the undoubted duty of the moment, and, as for the future, fall asleep on the bosom of the Infinite.

Prayer will never be made effective in our lives until we feel the need of it and for the Infinite. The best things in life come to us when we surrender our will to the Infinite. Prayer or affirmation, made in perfect faith for guidance should take the place of fretful pleadings. We should live continually in the spirit of prayer and aspiration for something higher and better than we have realized.- We should cultivate the mood of trust by recalling the past when the way seemed dark and uncertain, but things worked out for our highest good.

Things work by natural law. Primitive man thought everything not understood was the work of magic. Phenomena which some call miracles are the result of subtle and higher laws which the mind cannot understand. We cannot set aside or change natural laws, but we can utilize and combine forces controlled by law and produce results which the forces by themselves would not accomplish.

We are very slow to recognize our own weakness, our own faults, as long as we can lay the blame upon another. Men in general lay all the blame of their misfortune on their fellow men; or that failing, say it is fate. We determine our own fate. None else has the blame. The wind is blowing all the time; those vessels whose sails are unfurled, go forward on their way. Those which have their sails furled do not catch the wind. Universal Mind is open to everyone, at all times, in all places, under all conditions, unfailing, unswerving. Upon us depends how we use it. Upon us depends how we work it out. When you find yourself suffering, blame yourself, and try to do better. Stand up, be bold, be strong. Take the whole responsibility on your shoulders; know that you are the creator of your own destiny.

The ever living spirit within is constantly pointing us to a deeper realization of the perfect principle of being and leading us into closer and more vital relations with the Infinite Life. The voice within is the conscious ever living spirit telling us that there is only One Life of the Universe,



and in this pure and all-pervading presence we live and move and have our being. As we draw nearer to the source of life we will hear for ourselves the "voice of the spirit." We will have more faith in the divineness of the world and of man, and realize that we will never be left guideless in the dark or unled by the eternal light. Then, truly, prayer will be no longer expressed in words, but will be as a yearning so great that, like deep music, there can be no words wherewith to measure it, but only the breathless unspoken speech of the soul in conscious touch with the Infinite.

With that old insatiable passion of the soul, we long for the joys of life, so soon taken from us; long for the divine call to youth and love; long for the inspiration and zeal that brooks no interference and heeds no obstacles; but it comes to us again only as a vague wandering voice, the call of the unknown, the promise of the unfulfilled. We thirst for that invisible mystery whose voice floats above the shadows of the world, and we would drink again at the fountain of high beliefs and unwavering faith.

#### THE PRAYER OF THE MYSTIC.

Laid on Thine altar, O my Lord Divine,  
Accept my gift this day for truth's sweet sake.  
I have no jewels to adorn Thy shrine,  
Nor any world famed sacrifice to make.

But here I bring within my trembling hand  
This will of mine—a thing that seemeth small;  
But only Thou, sweet Lord, canst understand  
How, when I yield Thee this, I yield mine all.

Hidden therein, Thy searching eye canst see  
Struggles of passion, visions of delight,  
Fond hopes, longings infinite.  
It hath been wet with tears and dimmed with sighs,  
Till strength and love and beauty it hath none.

Now take, O Father, ere my courage fail,  
And merge it so in Thy sweet will,  
That e'en if in some desperate hour



My cry prevail and Thou give back my gift,  
It may have been so changed, so purified,  
So fair have grown, so one with Thee,  
So filled with peace divine, I may not know it  
As my own, but gaining back my gift  
May find it Thine.

Nothing is lasting—nothing is permanent; there is birth and death, and there is pain and passing joy. Everywhere there is a deep unrest, and a craving which cannot be satisfied. Nothing in the world can give permanent satisfaction except the finding of truth. But he would reach the goal where truth abides, must first learn to destroy the separate self. For truth leads to the kingdom of happiness, where separateness is forgotten and each knows himself to be one with all that lives. The path of separateness leads to sorrow and pain, and to those fleeting joys which men call life.

He that would reach the kingdom of happiness where truth abides must learn to sacrifice self and to follow the inner voice, the intuition, which is the only guide. If you would do great things—if you would create greatly and live nobly, you must enter the kingdom of truth. And to do that you must find yourself; and until you have found yourself, there can be no peace, no tranquility, no contentment, but innumerable terrors driving you to your goal. The voice of truth is ever calling, ever insistent, and the more earnestly you listen to that voice, the greater will be your nobility, the greater your strength. When once you drink at the fountain of wisdom, it will keep you eternally young and joyous, because you will know all, and the sense of separateness, which is the destroyer of truth, will be annihilated.

Imagination in its application to reason is genius. Imagination is actually as the eye of the soul, and it is therein that forms are delineated and preserved. By its means we behold the reflections of the invisible world. It is the mirror of visions and the apparatus of magical life. Thereby we cure disease and ward off death from the living, because this faculty exalts the will and gives it power over the universal agent. Imagination gives wings to contagion. It has a mighty power, and it is very important that you understand this fact. The imagination must be trained and



exalted to image only the highest. The understanding and will of man have great power and capacity when submerged in the Divine Will, and the imagination is a faculty to be used by them. What we call imagination is the inherent faculty of the soul to assimilate to itself the images and reflections contained in the astral light. The soul has the power to do this, and this is the *modus operandi* of all visions.

All forms correspond to ideas, and there is no idea without its proper and individual form. Imagination will bring you into most intimate relationship with the invisible realm of cause. It will take you beyond the confines of the physical and connect you with the infinite storehouse of wisdom and power. The physical eyesight is necessarily limited in its range. But imagination opens the door to the inner world of thought. It reveals to the quickened vision the truth and beauty of the universe. The imagination recognizes no possible barriers. It annihilates space and time. It peoples the mental world with bright creations of fancy, where it roams at will.

The one who has faith in himself, in his star or his destiny, will attain to a greater relative success than the one who rejects the finer impulses and is governed mainly by the crude physical senses. Every great achievement is the result of a keen perception, a vivid imagination and unwavering faith. The one who gains a great success, first sees with "the mind's eye" the possibility of attaining his ideals, desires and plans. He has faith in the invisible world of element and power. He makes use of his will to control and direct the superior thought forces and agencies which respond to his positive command. One who has a belief and trust in his ventures will assume greater responsibilities than the man who hesitates through doubt, uncertainty and fear. And having faith in himself, man will attract greater confidence and courage with every step of advancement. Every abstacle conquered stimulates the imagination and awakens new life and power.

To attract things desired, to rise above adversity and subdue opposing influences, you must have the power to center your mind and direct your thoughts with unwavering confidence. You must be able to overlook all barriers and im-



agine yourself as attaining the goal. You must have the faith and confidence of youth, with the wisdom and strength of age. With the imagination you may explore the world of ideas and attract the thought you need. Knowing that you are one with the Supreme, you may reach out into the unknown, and by the magic of sincere desire call to you the things you seek.

Deep in the human consciousness is enthroned the self that is independent of space and time. That self is an inseparable part of the Infinite. It is the sanctuary where the divine and human blend. Entering there with earnest desire and nobility of purpose, you may invoke the power which will aid you to realize your yearnings. The threshold of this inner realm is carefully guarded, and none shall enter except through worthiness and effort.

By freeing yourself from the shadow of doubt and fear, by having faith in the wisdom and justice of the Infinite Law, by keeping ever before you the light of high ideals, you may rise superior to every influence of adversity, conquer the instincts of heredity, prolong life and reach the goal of every worthy ambition.

There are times when our thoughts reach beyond the ordinary plane of material existence and enter a realm of enchantment. We have all felt the influence of a superior force surging within us. We felt the possibility of achieving greatness. Then the pressure of duty and necessity called us back to the commonplace, the vision faded and the power ebbed. This inspirational function may be developed and encouraged by training the imagination. It would be well to frequently recall the visions you have had during the past inspirational moments when faith and love gave courage and confidence. Think of your past successes and failures, think of your joys and sorrows, and study the cause of past pleasure and pain. Every experience of life, whether of happiness or sorrow, whether of loss or gain, has been the result of forces you have consciously or unconsciously attracted and used. Having reviewed the past, study your relation to the present. Measure yourself and see where you are tending. And do not forget that by your thoughts and acts you are weaving the web of your destiny. This analysis of the inner world of mind will give you a



glimpse of the future and enable you to direct the course of your life to the haven of success and happiness.

To preserve yourself from bad influences, the first condition is to forbid any over-excitement to the imagination. Get yourself above fears and vague desires; believe in supreme goodness and wisdom. To attain serenity you must believe in the harmony of natural laws. This faith will prevent you from anticipating evil and being vexed by things which you cannot avoid. What appears irregular to us is often the result of forces which we cannot control until we understand the cause, and then we will know that those things which seemed adverse were for our ultimate good.

If we practice this we shall find the great secret of resignation. Never disturb yourself by the apprehension of evil, for what you may call evil which may overtake you, will never be stronger than the power you will have given you for protection. Never surrender yourself wholly to pleasure. While pleasure exists for us, we are not made for it. Let us be humble, and never imagine that we are great because we possess a great knowledge, or have profound thoughts. Always remember that a single dewdrop reflects all the glories of a beautiful day, yet nothing thereof belongs to it, and it is thus with our souls; the sun drinks the dew, and the Infinite can absorb all of our intelligence and genius. All we have is loaned to us.

Never be overcome by human attachments. Love becomes a glory when it is universal. Never leave the performance of your own duties to Providence. The treasures of earth are embarrassments and never satisfy their owner. The vulture of Prometheus returns unceasingly to enlarge the void in the heart of man who is chained to the rock of power; for the more he is elevated above others the more lonely he is, and Divine Wisdom presses with an infinite weight on the isolation of pride. Keep yourself humble, and never lose your child heart. Do your duty for the present, and fear nothing for the future. Be happy when happiness offers itself, as if you had but one day to live, provided you find happiness in the satisfaction of legitimate desires. If you wish to have no apprehension for the morrow, do not forget today, as good actions are the seeds of future happiness. Obey the law, forestall duty, but never



endure slavery. We may be silent in the face of oppression, but never swerve from our highest idea of right and truth. Have respect for everyone's honest conviction. Break not forcibly the yoke of any soul that rejoices in its folly. The light shines for all men; but all have the right to open or shut their eyes as may please them. Ever keep in mind that the passive nature of the soul is the only means whereby the active spirit of divinity can manifest itself, and upon this depends the unfoldment.

Let fear be unknown to the heart. You may pass through troublous times, but fear not. The heart must not falter nor the courage fail because of anything that threatens. Be strong, but be quiet, calm, self-possessed. Live not in the realm of sense, but in the realm of soul, of spirit, and the Infinite will lead you safely through all adverse experiences to the goal of gladness and peace.



## CHAPTER VI.

## ATTAINING INDIVIDUAL SUPREMACY.

When man learns his own inherent nature he gains power to open his prison doors and escapes from his bondage, like the free bird of heaven, which he really is. First he learns that he can rise above the body and its passions into a pure mental and moral life; it is then that he learns that the body cannot hold him a prisoner, and he unlocks the door and steps out into the sunshine of his true life. Man is a god who is united, through his carnal tendencies, to an animal nature. The god who dwells within him endows him with wisdom, the animal endows him with force. As man carries with him this divine consciousness it is his task to raise himself above his animal tendencies, and overcome them by the help of the divine principle within, a task which the animal cannot achieve.

If each developed within himself the powers of his own soul, instead of drifting about aimlessly, or ignorantly plunging into dangerous practices, knowledge might safely be accumulated and the evolution of the soul accelerated. We crowd the currents in space with the offspring of our fancies, desires, impulses and passions; and these increasing in number act on us with ever increasing force, until our mental life becomes dominated by these forms held in our magnetic atmosphere, gradually debasing the man who indulges in selfish and low thoughts, until the mind becomes less susceptible to the pure rays of the Divine Ego; while the generous, helpful, elevating thoughts gather around the man who gives birth to such thoughts, and he finds himself surrounded by influences of a high order.

When the spiritual man has gained control of the psychic, intellectual and animal man, he is called a master, and all the qualities of these different realms are his servants.

When the desire to pursue the study of the occult or hidden forces of nature is awakened it marks a stage of de-



velopment, and will not be silenced; the student is driven to search, and can find no rest except in the highest and inmost recesses of his own soul. The master in the sanctuary of the soul is the Higher Self, the Divine Spirit, whose consciousness is based upon and derived from the mind, which is called the human soul. It is this human personal soul that suffers, and is in danger of being dragged down by the lower animal soul. It is only when animal desire has been entirely conquered and brought into subjection, that the master self can vibrate in conscious harmony with both poles of the human entity. Then the man of matter, purified, and the ever pure spiritual soul—which is called the vehicle of the spirit—becomes merged into and one with the Divine Ego.

Sow kindly thoughts and acts and you will reap their fruition. Sow with seeds of merit the fields of future harvests. Accept the experiences of life cheerfully. Follow the wheel of duty to all mankind; give light and comfort to all who seek; and see that there is purity of heart and sincere desire for truth, with no taint of selfishness. Seek truth for the love of it, and not for any personal benefit that may arise. The chains forged around the Ego by illusion are only to be melted in the fire of universal love.

Train yourself to cease desiring the changeable. Desire only the eternal. Stop seeking for knowledge and seek for wisdom. Think less and feel more. When you find the center where feeling is, you will find the source of all human power. The center is a sun which will illuminate your mind. To find this center you must practice concentration and meditation; and there must be purity of purpose and desire. Your surroundings should be quiet and congenial, and if possible you must have a place where you can be alone.

Every center of force in the body has a different vibration. By the suffering of the outer the inner is set free. Intensity of feeling and intensity of purpose will help to liberate you. The mind should be brought into a state of supremacy so you will not be affected by anything that occurs. Even the thought of death should have no power to affect you. This supremacy of mind once attained, peace will come, never to depart. You will rise into a new atmosphere, and there can never again be darkness. You should be master of all emo-



tions. You must not cling to anything which hinders the divine consciousness from being manifested. Your mind can never be inspired until you have risen above the effects of lower thought.

The following affirmation should be repeated daily as long as you feel it helps you:

*I will hold steadfast to high ideals. I will use every power and faculty of body and mind to establish the environment which will enable me to fulfill my highest destiny. I will recognize no obstacle, no possible barrier which may stand in the way. Though present realization may fail, I will be patient through every trial. I will hold with unwavering confidence to the desires of my heart. My will is unyielding. My command is law. I will cringe before none. I am a child of the Infinite. It is my birthright to have every blessing. From this day I shall manifest health, happiness and prosperity. All my yearnings for the good and true shall be realized. Wisdom guides me. Love enfolds me. Peace dwells in my heart.*

Much is said about atonement, which is unification with the Infinite. This should be the aim and object of all men, as it is of all true religion. To become reunited with the center is to enter the real, and to become divine. This process of regeneration and unification is taught in all the religions of the East; and although the whole Christian religion is based upon this truth, it is nevertheless misunderstood by modern Christians, who expect to obtain salvation rather through the merit of another than by their own exertion. To understand the process of regeneration and unification requires an understanding of the real nature of man, and his relation to nature. What is nature but the external coating of an internal creative power? The whole of nature can be nothing else but a thought of the Infinite, having been thrown into objectivity and grown into forms according to the law of evolution. All that is of a phenomenal nature is transient and impermanent, in contra-distinction to the real and permanent, and refers to form and outward appearance, and it must be recognized as illusion. You should look well to the foundation principles.

In the present condition of the universe we have a fortunate and unfortunate prana, a happy and unhappy mind.



In considering these two to be four, the number of the principles of the human constitution may be raised from five to seven. The unhappy intelligences of the one plane ally themselves with the unhappy ones of the other, and the happy ones with the happy. Thus we have in the human constitution an arrangement of principles something like the following:

First, the gross body. Second, the unhappy prana. Third, the unhappy mind. Fourth, the happy prana. Fifth, the happy mind. Sixth, the soul. Seventh, the spirit.

Both sets of these powers, the blessed and the unhappy, work upon the same plane; but the blessed manifestations tend gradually towards a state of being in which the downward tendencies of the mind die out, and the mind remains merged in the soul. This is what you are seeking; but the state is not reached until the higher powers are induced in the mind by purification and high aspirations. As the mind becomes strengthened by prayer and meditation, it acquires divine powers, while the unhappy tendencies die out. The second and third principles, unhappy prana and unhappy mind, are consumed by the fire of divine knowledge, and the state of what is called salvation in life is attained. Finally the fourth principle, the happy prana, becomes neutral, and the soul passes into a higher state, and still higher it may go, according to the intensity of its aspirations.

By the manifestation of Egoism on the mental plane, the soul is often deluded into regarding itself as a slave of the second and third principles, the unhappy prana and the unhappy mind; but this is not true, and as soon as the chord of Egoism is slackened to a certain extent, the awakening takes place, and the soul discovers it is a separate thing from the mind, and is the lord of the mind. Then instead of the soul being tossed by mental vibrations, the mind must vibrate in obedience to the desires of the soul. Is your soul tossed this way and that, in obedience to the vibrations of the mind? Measure yourself and see where you are drifting, for by your thoughts and acts you weave the web of your destiny. See to it that the mind comes to coincide with the soul, and that the soul remains free in its omniscience. Have you reached this stage?

*Oh Fatherhood! O Motherhood! Spirit of Divine Love,*



*the Two in One! Absorb me in the quenchless glory of Thy Immortality. Illuminate my being with the light, and let me evermore abide in Thee and find in Thee my soul's completeness.*

When you have reached the higher apathy, the mind has become polarized, so that if sent out by the soul into active life it remains unmoved under any or all conditions; but the mind cannot reach this condition without the polarity of the soul; this means fixedness of purpose. To be spiritually polarized, every thought, aspiration, desire and attachment must be so thoroughly centered on the fixed star of truth that nothing external can affect you, no experience of the outer man or outer world. Polarity includes duality of principle, Love and Wisdom, and the union of the two in one. Watch your thoughts, aspirations, desires and attachments, and see if your mind can be diverted from the center of truth. If you swerve at all, swing back at once.

When you retire for silent meditation you must try to forget that you are on this little planet we call the earth. Think of yourself as being at the center of the universe; here you will receive light and wisdom. The Infinite Spirit is Omnipresent. Its power surrounds every atom, pervades every entity; and there is no point throughout the realm of boundless space more central and more important than the sacred flame that rises from the altar of your inmost being. The energy that is written in the sky, that is penciled in the rose and sparkles in the stars, vibrates within your being and flows through every nerve. Throughout the æons to come you can approach no nearer the "great white throne" than now, for "the kingdom of heaven is within," and the flame that illumines your soul is kept burning by the fire of divine love.

The universal life principle forms an ocean, and in this ocean we float, like fish in the sea. When you possess the divine natural respiration, this new atmosphere will be more fully recognized, and it will fill every avenue of your life with fulness. This new breathing is the center of all the circumference of your life. Natural atmosphere affects the tissues irrespective of any moral qualities whatever; but the new breath wars against disease, expels the evils of heredity, calms the mind and preserves the life. To prove that you



have this inner breath, you must know from within that you have a sense of peace that you cannot have without it. This new respiration must be twofold; it must breathe you out to the Infinite, and breathe the Infinite into you. The awakened soul finds itself wanting to go back, like a child to its mother, to rest; and as you meet the inflowing breath of the Infinite and it unites with the spark within, you will never forget the joy; for when the breath within meets the breath from without, the divine marriage is celebrated, and the two are one, never to be separated.

Reason, at first rude and untaught, has become radiant and crowned with jeweled thoughts as beautiful and vast as the sky of stars. Affection, once narrow and selfish, has grown to a love and sympathy that is broad and true. Man's marvelous skill in the fine arts, his wondrous handicrafts, his magic power and mastery in every department of nature, together with his trained reason and the maturity of his heart and conscience, rightly place him on a height far up on the road of attainment.

One of the most potent principles operating to purify and elevate humanity is the influence of love. It is love that lightens the burdens of life and animates to ceaseless toil. Love lights the eyes with an unfading lustre and paints the cheeks with a magnetic glow. The spirit of love that throbs in every human heart enables man to see some ray of light in the mind of the most ignorant, some gleam of hope in the bosom of the most depraved. The man who is dominated by the spirit of love is like the magnet to fragments of steel; his thoughts are deep and pure; his words are like the music of a stream.

We look up into the heavens at night and behold the countless worlds moving with magical equilibrium through boundless space, held in their appointed place by the law of attraction, which is another name for love. We look about us and see in all nature a manifestation of the silent and ceaseless power of love, expressing itself in every blade of grass, giving symmetry and beauty to every tree and plant and flower.

In all animate creation below the race of human beings there is the guiding presence of an instinct whose monitions are unerringly followed by the untaught creatures of earth.



We see a manifestation of this presence in the active life of the bee as it gathers honey from flowers in distant fields and returns in a straight course to its native hive. We see this presence manifested in the migratory instinct of birds as they come and go with the changing seasons of the year. The carrier pigeon, when freed from captivity, rises and circles in the air and takes an undeviating flight to its native home.

There is a voice within which makes itself heard above the heated centers of commercial life, above the din and noise of the clashing streets. It is that wordless voice which whispers from the inmost depths of the heart's sanctuary; it is that all-pervading interior light which has lighted man's way through the passing centuries. To one who listens, it will make of life a song; to one who accepts this light as guide, his career will be a symphony. It is a faculty of perception in the mind which gives one a knowledge not taught by the academies, reveals truths unknown to scholastic systems, gives culture without the college, and endows the mind with wisdom and power. This silent voice, this inexpressible light, is the highest heritage of humanity. Those who persistently ignore it and refuse to cultivate it, grow tired of the years, grow tired of the world, grow old and die. Those who cherish the light and follow its monitions are continually renewed from the invisible sources and are given strength to go on with their work and their life, and to pass from victory to victory. Regarded faithfully, it reveals the secret of life and indicates destiny's crown. It continually whispers in subdued tones, "this is the way, come up higher." It is the one infallible oracle and trustworthy guide to ways of righteousness and peace. Let nothing on earth blind you to the interior light and take from you its leadings. What the world needs is to have this light increased; to inculcate the ideal, to manifest the harmonies of a nobler and better existence.

Call it what you will—intuition, intellect; conscience, wisdom, or the dictates of reason—words fail to describe its attributes. It is nevertheless a presence that is felt by all at times, and is never absent from the heart where hope dwells. Where pure life glows, where reason's torch burns brightest, where truth has its home, and love its shrine,



there the invisible presence abides; and no harm will come to those who walk in the shadow of its radiance; no fatality can lurk in their hearts, no misfortune attend their destiny; for the rays of this light will penetrate and purify the mind and heart, and its hidden fire will consume all dross.

If you have been given power, use it to help, not to discourage, your fellowman. If you have been given discernment of mind, use it not to belittle those of less favored growth. You must come in contact with every class and condition of society, every element and stratum of the inhabited world. Must feel as each feels; must see as each sees; must meet each upon his own level and build thereon for all mankind. The high and low, the rich and poor, the learned and unlearned, the good and bad, the refined and coarse, the master and slave—no living, breathing thing, but you must help to enlighten, to lift up, to heal. Guard well your footsteps. Keep a bridle upon your tongue that it draws no invidious comparisons; that it heaps not greater burdens upon the struggling fragments of divinity. Be careful, be watchful, be vigilant, to assist a weary-hearted brother, even though erring he may be. If you have been given light, blind not with your light the eyes of one who is in darkness groping for light; but directing a ray from your soul's effulgence, speed him a gentle "this way brother." Let the cause of the oppressed be your cause; the glad acclaim of the victor over self be your rejoicing. Let the goal of your wisdom be Omniscience; your longing for strength end in Omnipotence; the shrine of your subtle influence, Omnipresent—all animate creation, your brother; all inanimate receive benefit from your existence. So shall you honor your Creator, and fill your allotted place in the universe of life.

The key to all the joy that bursts upon the planet's new born cycle is placed in every hand, and those who seek will find. The great powers of nature which advance upon the field of human thought, advance with so much mildness in their force that you will apprehend gradually that they have taken possession of you, and you will discover, as time goes on, that these forces have flowed into your bosom with hope where there was despair, delight where there was grief, fullness where there was loss.



In every blade of grass, in every grain of sand, there are unseen potentialities that whisper of love and truth; but only the trained spiritual ear can hear the murmurings of the message from the world which wraps us around. Once in a while, when our spiritual perceptions are especially keen, we catch the refrain of those invisible choirs resounding through the sanctuaries of our souls. Time and again we decipher, through the mist, the flutter of those white wings of ecstatic dreams that waft the dreamer's soul to infinite peace.



## CHAPTER VII.

SELF-MASTERY THROUGH MEDITATION AND  
CONCENTRATION.

Sit in meditation for a few moments every day and wait in open spirit of receptiveness. Opening the receptive, passive side of your mental nature toward the invisible world of thought is in reality the true, the highest and most effective form of prayer. Within the passive, patient mind there is voiceless longing and tranquil waiting in full faith and silence to receive the help and guidance needed. The elements of power in the invisible world must be attracted and controlled through sympathy and insight and a magnetic will.

Banish from your mind every thought of material things. Concentrate upon the center of your body and strive mentally to find the position of the heart. At first you will discover only darkness and unyielding density; but if you persevere you will enjoy unspeakable happiness, for the soul will perceive what it never saw before, the radiance in which Divinity resides; a spiritual light within the heart and soul.

There is an earthly sun which is the cause of all heat, and all who are able to see may see this sun; and those who are blind and cannot see it may feel its heat. There is an Eternal Sun, which is the source of all Wisdom, and those whose spiritual senses have awakened will see that sun, and be conscious of its existence; but those who have not obtained spiritual consciousness may yet feel its power by an inner faculty which is called intuition.

What is meditation as compared with concentration? In real meditation you are not conscious of yourself at all. You become absorbed in the universal; but in concentration you are drawing in your rays so you are all there in the center. In meditation you can fix your mind on the state of consciousness expressed in AUM, and you will get back into



the Divine Center within yourself into the Absolute, which is always invisible and must remain so.

There are two kinds of meditation: concrete and abstract. You have unfolded your consciousness, your mind, your worldly knowledge, little by little, from the center, and must now begin to draw in yourself by concentration and meditation. It is not sleep, or drowsiness; but closing yourself into the center and being wide awake in that center. Take the unfolding of a rose as an illustration. How does it unfold? From the center, petal by petal. Suppose it wanted to close itself up in the form of a bud; it would have to draw itself in petal by petal, beginning at the center and wrapping all the other petals up close about it, until they are all gradually rolled up into the tiny bud from which they came. When you meditate, think of the rose and you will know how to get back to the creative center. The nearer you get to the center within, the nearer you will get to the great center of the Infinite. The moment you get back into the center you will have perfect peace. Nothing can touch you as long as you hold yourself actively and positively centered.

Let us try to cast off the needless ideals that cling to the imaginings of the physical sense mind, preparatory to entering the atmosphere and feeling the quickenings of the cause life, and become accustomed to the inviting radiations which flow from the source of all life. Let us make preparations to step over the threshold, leaving the outer world for a background to reflect a superior state of existence, never to return to the old haunts of vanity and vexation of mind; they have served their use. Let the soul be the dominant, which if followed without reserve will in time open our limited consciousness to the All Consciousness.

Before this can be attained every vestige of the outer man must have lost its claim to dominate the soul, and not until then shall we be able to inspire fully the spirit essence and transmute it into thoughts worthy of holding as a beacon light to hungry souls.

As we take a mental survey of the possibilities open to each individual, do you not see that it requires decision of character, first to lay aside all broken idols, all mistakes of the past committed ignorantly or otherwise? Have we not



learned a lesson from them? If so, they were a necessity to the soul's unfoldment. To have our present state of being attuned to obtain a consciousness of the Fountain of Life, pure as crystal, needs a decision on our part that cannot be swayed by other minds; and this condition cannot be maintained without giving time and attention to living and underlying principles. Whatever we desire to accomplish requires us to make a special effort, and the soul always rejoices when the victory is attained over the outward manifestations of life.

To arise at the dawn of day, placing yourself in an erect attitude of mind and body, with the thought active of waking out of darkness into spiritual light will open the eyes of the soul to unexpected visions, saying nothing of the holy calm in the mental atmosphere at that hour.

There is also great help derived from having your mind concentrated on your highest ideal of the Fountain of Life as the twilight shades come stealing on; the gentleness with which the light is blended with the shade will bring to you a deep spirit of adoration.

Never speak of yourself without listening to the inner voice to be convinced whether you are speaking from the soul or from the sensations. By so doing you will find that you are being introduced to your inner self; you will come into a consciousness of that self which does not need to be trained, but is already perfect and acts spontaneously. The physical condition is what we need to train, that it may become awakened from its mental dream.

On retiring at night, YOU, the spirit, may quicken the power of the mind by holding the suggestion that YOU never sleep, that while your body is taking the necessary rest for your present condition, YOU are in conscious touch with the universal realm of thought, and are gathering the knowledge you most desire, knowledge which will awaken you to your rightful inheritance, your eternal day. The method of ensphering yourself with the thought, "I AM SPIRIT," encloses you in a globe-like sphere of mental motion which enables you, after shutting out every thought of care and seeming duty, to sense the mighty vibratory energies, which if understood and used rightly, will drive out the physical sensations of discontent, selfishness, hate



and passion in all their varied forms. Let us unite as students of natural law to unfetter the bonds which hold the mind enslaved: let us become masters, not servants. It is not the law of being that is out of tune; but our own benighted intellect struggling with the five senses without a conscious link to the cause life.

We will present another method of unfolding the soul's consciousness. Directly after the morning meal, go by yourself and sit where the sun will shine upon your face from fifteen minutes to half an hour, with your mind concentrated on your highest ideal. If this is followed while the chemical action in the digestive function is faithfully performing its part in building thought, you will soon see the thought reflected upon the temple in which you dwell.

The meditative state is the highest state of existence. The animal has its happiness in the senses; but man, in his intellect and in spiritual contemplation. It is only to the one who has attained the contemplative state that the world really becomes beautiful. By the fixed habit of meditation and concentration, discerning powers can be developed. When the mind has overcome the material tendency to consider diverse objects and begins to be intent upon a single thing, it has attained meditation. By prolonged meditation you can gain the power to understand the mind of any sentient human being. The training of the soul consciousness begins with perception, continues with attention and ends with meditation.

Perception is at first from within outward; and then it is from the without inward. All external perception fixes your mind on gross matter. All internal perception attracts the Ego to the invisible world, the world of cause. The mind loosens its hold on the outer world. Spiritual perception indraws the consciousness and fixes it upon an immovable center, and through that the mind becomes illuminated.

### MEDITATION.

*I look upward. Life is richer, love is stronger, truth more beautiful, nature more wonderful, music sweeter, art diviner, than I have ever dreamed. An eternal unfolding is going on,*



*which shows infinite wisdom, order, foresight and beneficence. Present discord will glide into the harmony of the future. I am pressing toward the supreme ideal, which includes wholeness on every plane. I go into the silence and open my inner hearing to the "still small voice." The sanctuary of the soul is the holy of holies, the trysting place of the divine and human. I hereby bury my negation, weakness, fear, selfishness, and all doubt, under a mountain of positive, intense living truth. I am perfectly sound in mind and body. Nothing in the universe can hinder my progress. I am in loving relation to the universal order. I am peace in all my environment. I am love, and radiate it everywhere. Goodness is flowing into me. I walk in the spirit and in truth.*

Meditation enables the highest quality in every individual to hold communion with the highest quality in the universe.

Silence continually every desire except the one desire to achieve mastery over yourself. There are three transmutations. First, we must transmute the body into mind. Second, the mind into soul. Third, the soul into spirit. To transmute the body into mind, raise the vibrations by intense desire to know the truth. Sit in contemplation to raise the vibrations and rid yourself of all anger or wrong emotion. If there is one quality in your body that does not belong to the divine and you want to transmute it, you must apply the same process as when you apply heat to water to produce steam. Intensity of desire is represented by fire; the moment that is aflame in you, begin to desire truth. That is the aspiration of the mind first. That brings you a step higher, and helps you to transmute the body into mind. Take this on the physical plane where you live. You must begin there. Understand the laws controlling that plane and work up from that to the mind, to the soul, and into the spiritual. It is only step by step that you can gain the summit. Do not be discouraged if progress seems slow. If you become angry, you can by a purely mental process bring that up and conquer it. At first it may be a purely mental action; but the effort strengthens the will, and finally you can rise above the physical. Try to get the idea clearly fixed in your mind, that there is but One Life; there is but One Mind; there is but One Spirit. This thought will bring



you in direct communication with the creative forces. You must train yourself until you attain this universal consciousness.

The turning point in the history of the Ego is where it turns from one life and begins to live a new life, or when it distinguishes itself from the body of mere physical things and places its independence in a region where no mortal eye can penetrate. There is a vegetable man who responds to only a few of his possibilities. There is the animal man who knows mentally. And there is the divine man who turns to the universal.

If we seek rightly we shall have the answer; not in voice or sound, not in a visible light or guide, but in a calm revealing to the silent soul, when in a peaceful vacancy of self, where the soul only acts and is acted upon by spirit, and will say to each in spirit, "This is the way, walk ye in it."

This guidance is through intuition, which is a pillar of cloud by day and a pillar of fire by night, going before us to conduct our march to the realization of our supreme good.

We must seek to unlock divine truth from the inner consciousness, as it is all there, waiting to be freed from bondage and limitation of body to the demonstration of the mind's supremacy. Can you dwell upon this theme of infinity of power and love? Can you analyze it? Can you seek to understand it? Can you watch the lilies as they grow, or the birds as they fly and then contemplate this wondrous life-giving essence, pervading all and bestowing upon all the power to act its nature, without realizing that this power is your life, that it permeates each vital function of your being, without realizing your entire dependence upon this power for every breath you draw, for every act you perform? And ought not that breath be in harmony with the Divine breath and that act in perfect love?

If you desire to live in harmony and peace with the world, to be just and kind, to be progressive, prosperous and happy, keep yourself in sympathetic touch with the Universal Mind. Its hidden light will make your pathway clear to the realization of all that is true and good. Can you not realize the wonderful possibilities at your command, patiently awaiting recognition? Within your being are sym-



pathetic chords which should vibrate in response to all the symphonies of nature. If there are visions of beauty to which you are blind, and joyous harmonies you have not heard, and depths of feeling you have not fathomed, know this for a certainty, that as you open your mind and heart to the higher and better influences and place yourself in a childlike attitude to receive, you will draw nearer to the bright and beautiful unseen world, and the finer forces of that world will draw nearer to you.

Keep your mind in the thought of truth and purity, of health and vigor, and become as a magnet in the proper attitude of aspiration to attract the element of finer material. Every thought or desire to be better, more noble, more refined, every determination to rise above all that is selfish and sordid, arouses an element of strength which works in you and through you as a magnetic current of ever increasing power. You will gradually cut off the undesirable thought currents from inferior minds and will bring yourself in closer communication with the higher realm of thought and intelligence where all things needful will come to you. The mind should be trained persistently to shut out all morbid, depressing, fear currents of thought, and be ever receptive to the positive, inspiring thought currents coming from helpful sources.

Though the unwelcome duties of the hour may cause unrest, and the barren outlook of the future discourage, have faith in your power to triumph over all things which would wrest from your grasp the glorious heritage. Have faith in the harmony, the love and the goodness of the immutable laws which govern life and destiny and change. Though there are times when we ignore the monitions of the higher self and grope in the darkness where we hear but a faint echo of the voice of truth and catch only a gleam of the light, yet if we look more deeply and listen intently, there will come to our vision a glimpse of the beckoning ideal and a foregleam of nobler achievements. In the most trivial occurrences of daily existence there will come to those who have faith a whispering of the voice which calls out in the wilderness and leads through life's turmoils to the final awakening and deliverance.

Journeying with the swift-fleeting years toward that hori-



zon where the evening shadows forebode the coming night, the degree of man's happiness and worth will not be measured alone by the hoarded productions of wealth, and the broad lands he may claim, but by the treasures of knowledge and the stores of wisdom, by the strength and beauty of his mind, and by the purity and glory of the light which burns on the altar of the heart's sanctuary. To thirst for knowledge and yearn for the true and beautiful, to enrich the mind, to feast on the wonders of nature and the beauties of art, is to awaken in man a knowledge of his rightful inheritance and endow him with that priceless possession which fire cannot consume nor time obliterate. A noble character evolved from the imperishable principle of truth is the white flower of the mind, whose beauty and fragrance will fill the heart with peace and love.



## CHAPTER VIII.

## DIVINE REALIZATION.

Every soul is potentially divine. The goal is to manifest this divinity by controlling nature. Until we free ourselves from nature we are slaves. He who controls mind controls matter also. The internal nature is much more difficult to grapple with than the external, much more difficult to control. He who controls the internal nature controls the whole universe. There is but one victory worth the struggle, there is but one world to conquer; the victory over self, the world within.

All knowledge is within ourselves. The divine Ego is alone, so pure and perfect that it requires none else to make it happy, for it is happiness itself. It is peaceful, ever blessed, ever perfect. The misery that we suffer comes from ignorance, from not knowing the difference between the real and unreal. We appropriate the bad for what we think is good, and take that which is a dream for that which is real. The highest philosophy is based upon the fact that the soul is pure and perfect. Isolation is the goal; when that is attained, the soul realizes that it has always been alone, and that it requires no one to make it happy. As long as we require some one to make us happy we are slaves. When the soul finds that it does not require anything to complete itself, when it realizes that it depends on nothing in the universe, when the mixture of purity and impurity called mind has been made as pure as the soul itself, when mind reflects only the unqualified essence of purity, which is the soul, then freedom is attained.

A man who has attained certain powers through affirmations or through renunciations, still has desires; but the man who has attained to super-consciousness through concentration is alone free from all desires. The practice of concentration leads to discriminating powers, to clearness of



vision. The veil drops from the eyes; we see things as they are.

The higher attainment comes through discrimination, controlling the passions; purity, strength and suppression of excessive joy. We must discriminate, among other things, pure food from the impure. The materials which we receive through our food into our body-structure help to determine our mental constitution. The control of the grosser is absolutely necessary to enable one to arrive at the control of the finer. Discrimination in the choice of food is necessary for the attainment of the higher state of mental composition. We get the grossness of food by eating it; but the real life of it is extracted by the thoughts we have of it. Thus the body may be gradually changed by diet; not so much by quantity as by quality; for the will and mind impart much of any desired quality. One of the greatest mistakes of modern civilization is over-eating. The selfish, ravenous multitude is a standing mockery of nature, a painful, clamorous revolt against Divine Wisdom.

To restrain the internal organs of perception from going towards the objects of the senses, to control them and bring them under the guidance of the will is the central virtue in soul culture. Then comes the practice of self-restraint and self-denial. The immense possibilities of divine realization in the soul cannot be actualized without struggle on the part of the aspiring devotee.

Purity is absolutely the basic work, the bedrock upon which the whole building rests. Cleansing the external body and discriminating as to the food eaten is not so difficult; but without internal cleanliness and purity, these external observations are of little value. In the list of qualities conducive to purity there are enumerated, truthfulness, sincerity, doing good to others without any gain to one's self, not injuring others by thought, word or deed, not coveting others' goods, not thinking vain thoughts, and not brooding over injuries received from another. We must be strong, we must be healthy, we must be cheerful. It is the cheerful mind that is persevering. It is the strong mind that hews its way through difficulties. The cutting our way out of the rut of illusion is the work reserved only for great wills. Excessive mirth should be avoided. Excessive mirth



makes us unfit for serious thought. It also fritters away the energies of the mind. The stronger the will, the less the yielding to the sway of the emotions. Excessive hilarity is quite as objectionable as too much of sad seriousness. The mind should be kept in a steady, peaceful condition of harmonious equilibrium.

The great magical means of preserving the youth of the body is to prevent the soul from growing old. To believe in the good, to believe in happiness, to believe in friendship, to maintain the sentiments and thoughts that keep the heart aglow with the fire of enthusiasm and faith is to find eternal youth. The realities of life and nature surpass all the dreams of men, both in goodness and beauty. By changing the habits of thought you will assuredly change the habits of the body. Things which make us old are bitter thoughts and disappointments, unfavorable judgments on others, the fury of wounded pride, jealousy and hatred. Had we nothing in common with human vice we would not perceive them. We must learn to know, to dare, to will and to keep silent. Silence must be imposed upon our disgusts. If we study duty and live according to our highest ideals of right, the world's folly will have no power to harm us. It is not our duty to judge others. The Divine Law is absolutely just. Man must atone for his folly by suffering and enslavement. Let us not add greater burdens to struggling souls entangled in the net of ignorance and illusion. Let us suspect not evil of any one. If we look deep into the human consciousness we will find goodness and kindness. A sympathetic smile and a gentle word spoken in tones of kindness will change hatred to love. Wisdom preserves and prolongs life. Temperance, tranquility of soul, simplicity of character, faith in the true and beautiful, will not only make us happy, but will lengthen our existence and make us strong and healthy. It is by the acquisition of an inwardly upright mind and a just will, that man can make a complete conquest of his faculties and his future. To understand what is good is to desire it; and, in the order of justice, to desire is to perform. Men are judged according to their works. The things we do make us what we are to an extent so great that our bodies receive from our habits a modification and sometimes a complete change of appear-



ance. We can make ourselves confiding, loving, generous, when we sincerely wish to be so. The man who can govern himself is the ruler of all nature.

We are but trembling and fugitive mirrors, like a drop of water, and should nature break us, there would be no void in the universe. Do not believe in delusions. Divine realities being a thousand times more admirable than man's dreams, we must never be content to imagine that we can estimate and know. How should we define the Infinite? How explain what we cannot understand. Let us reason as we please on the necessity of adoration, but when we pronounce the name of the Indefinable, let us preserve silence. Let us bow and adore. The Infinite is nothing that we can see, handle, hear, taste, or describe. It is that which we should worship in the profound peace of the spirit, and in the heart's enthusiasm.

Allow no real existence to evil. It is devoid of any real nature. It does not exist in an absolute manner. That which we term evil is the shadow necessary to the manifestation of light. Metaphysical evil is error and physical evil is pain. As for physical pain, it is a preservative and antidote against the abuse of pleasure; it tests the patience of the wise, admonishes the thoughtless, and punishes the wicked. Hence it is a good rather than an evil.

Love good for the sake of goodness, knowledge for the sake of knowledge, the beautiful for beauty's sake, truth for the sake of truth. The Divine Light illuminates us all. To fulfill the good towards which it impels us and to avoid the evil against which it admonishes us—such is the sum of our duty to life.

The finest essences of human life are those that elude all philosophy and all language. We do not need to be told that a person is patient, or gentle, or genial. We see it forming the features, inspiring the actions, or repressing impatient activity. We know it without words and without analysis. There is a glorious truth in the economy of human suffering. The swiftly fleeting years rudely tear away the illusions of youth and the objective world from every true man of mature age. The hard experiences of life have a tendency, when viewed as they should be, to wean us from



the masquerade of this world, its toys, shows, ambitions and vanities.

In vain do men talk of happiness, who never subdued an impulse in obedience to a principle. He who never sacrificed a present to a future good, or a personal to a general one, cannot know true happiness. He can only speak of it as blind men do of color. The truly wise man becomes regenerated. In the humility of his inspiration he lives in constant contemplation and knowledge of the Infinite. Virtue is always pure, and he is virtue; charity is always pure, and he is charity; faith is always pure, and he is faith; goodness is always pure, and he is good; the Divine Essence is always pure, and he is a portion of the Divine Essence; the sun's ray is always pure, and his calm presence is like a ray of the sun, that vivifies all around it. He who looks bravely to the spiritual depths, leaving the outer superficial life, finds the only true happiness.

The majority of mankind never get beyond the crust of things, and never realize life's real aim and meaning. Seek for the spirit of truth by plunging into the glorious depths of your inmost being. Seek it by testing all experiences of the outer with the inner, and by utilizing the senses in order to understand the growth and meaning of individuality. Gradually, as you ask for understanding, the light of truth will grow bright within your temple, until it illuminates your whole being.

Never despair. The harp shall yet give out strains of celestial music. Live in the moment. The troubles and uncertainties of life contract your being to a mere point, to a mere moment. Never nurse depression; never be moved by fear. Be mindful of the smallest details of daily life. Deceitful are all abstractions. Very vain are most emotions. Words are mere idle wind. Take care of the little things you do; the great things will take care of themselves. Few men know the profound adjustment between speech and silence. Speech is a blight that can suck up the sea itself. Speech again, like the heavenly winds, causes the overflow of all noble ideas and sympathies.

Every man is the born master of spiritual riches hid deep in himself. If you can only learn to gain and use what is



rightfully yours, you will live and die a prince among mankind. Know yourself and be yourself.

Shutting yourself up you cannot know your true self, nor by mixing in the thick of the world's noise and bargain. Intensely communing with nature, with circumstance, with the divine in all men, you will finally know yourself.

Devotedness, life-long, unflinching, entire, is the secret of success. However humble your work may be, fear not to be devoted to it. Bear every reverse, every discouragement, every trial. Let your devotedness be without reproach or question. Success comes late, by very slow approaches—sometimes after the worker has passed away. But he who practices and teaches devotedness, handles the lever that is sure to move the world.

As culture along the line of soul growth advances, mysterious but real correspondence is established, and the whole universe becomes the property of the thinking man. The life that is pulsing within us is ever moving towards the life universal, weaving its thousands of forms, building up new structure and fabric every hour. Growth is the law of nature. Harmonious growth and harmony of vibration result in health. Intense universal love set up in the heart sends out vibrations which cause waves of light, color and forces that heal and uplift; this is always true, and is a law; while emotions of hate, anger or revenge set up discordant vibrations which cause disease and death. Every natural manifestation of life is a necessary part of the one great chord.

“Love took up the harp of life and smote on all the chords  
with might,  
Smote the chord of self, which trembling passed in music  
out of sight.”

No unity is possible on any plane of consciousness without harmony in vibration. In order for two or more people to find pleasure in companionship, their minds must be attuned to the same desires and pursuits, or polarized to the same plane of life. The heart once attuned to unity of vibration on the higher spiritual plane, there can be no more descent into the coarser vibrations of the animal plane; and



until we become conscious of these higher rates of vibration we cannot possibly realize what joy and gladness thrills through the whole being, uplifting and transmuting all the lower centers of consciousness. The different planes or states of consciousness—physical, mental and spiritual—dwell one within the other. The center and source of all is the one light of divine love; and until all other states or centers are brought into harmony of vibration with this one center, there can be no rest or peace of soul.

The gross forms of matter which compose the physical plane are not the direct reflection of the one harmonious center. We may liken them to the broken rays of moonlight reflected from the troubled surface of muddy water; these reflections cannot be perfect, for if the water be clear and at rest, the reflection changes, and we see a nearer approach to the real ray of light. Each state of consciousness has its own rate of vibration. The rate on the lowest or physical plane is slower than that on the mental, where the more highly refined particles of matter respond readily to the vibratory waves. Science teaches that the medium or particles of matter which transmit sound are less flexible than those which transmit light. The one is called atmosphere; the other is called ether. What we call thought is also a mode of motion in ether; but the particles of matter used by thought are far more elastic than those used by light or sound.

Above and below the range of the ear and the eye are innumerable sounds and colors which make no impression on the physical organs yet unadapted by growth to record them. What shall we say of the rapidity of the transmission of thought as a mode of motion, governed, as is sound and light, by the power and force of the thought-wave, striking mind as light strikes the retina of the eye.

We may become conscious of the divine principle within, if we will. We are endowed with the capacity to feel, which is a more reliable sense than mere physical sight. We say we feel so and so, which means a vibratory motion has been set up in that part of the individual self which corresponds to some of the centers of the physical body. But behind thought and feeling is the power of will, and back of will is desire. We require no logical proof to enable us to believe



that will power exists; it is the very foundation of our existence. By the power of desire which governs the use of the will in man, he relates himself either to the kingdom of light or its opposite. Motive is that which moves to action, and motives set up vibrations in our sphere of life; therefore if we make ourselves, by desire and will, receptive to the higher rates of vibration, such forces will flow into us and be received even into the atomic structures of our bodies, lighting up and healing every cell and tissue, and raising all into harmonious vibrations. We must learn to master or become ruler over every emotion and every desire, bringing all into obedience to the law of universal love.

The principle of universal love, of obedience to divine law, if set up in the will and affections, will draw all the lower centers of consciousness up to its own rate of vibration. The presence in man of this divine principle will transmute all the baser qualities of his nature into the pure gold of spirituality and power by raising all rates of vibration in the different centers of consciousness to the spiritual plane, placing man into the rhythm of higher and still higher rates of vibration.

The real man, the Ego, is spirit; and on this plane it is harmonious, having but one center and one rate of vibration. In coming into consciousness of himself as an individual entity, man finds that he is endowed with states of consciousness which appear to be external, as something apart from the divine consciousness; thus he gradually creates different centers, each with its own rate of vibration, wandering farther and farther from the one center of rest.

It is no wonder that the human race is in such discordant vibration with nature, when for generations antagonistic and selfish thoughts have dominated the minds of the masses. If the animal nature in man dominates, it leads him into selfishness; but the man who has brought all the centers of his being to vibrate to the one center—the spiritual—is pure and unselfish.

Look to the divinity within for strength and light. Seek there and you will find. Follow the guidance that comes to you from the silent depths of your being. Listen to the voice of intuition. The one who cultivates and recognizes it has an infallible guide and ever-present and ceaseless



power for all the purposes and demands of life. All the best of life that has ever come to the race or to individuals has come through intuition, which is the voice of truth, existing potentially as a divine thought within the soul of man.

Consciousness is omnipresent. Matter, in every phase of existence, contains the potency of life. Energy, the actual nature of which is unknowable, is present in every conceivable form. It is impossible to create energy. All the power which we obtain is the result of chemical or alchemical changes which determine the polarity and grouping of cells. The real nature of the primary cell is the same whether reflecting light in the crystal, or intelligence in the human brain. It is the growth and transmutation in the organic world, of forces that belong equally to the apparently inorganic and unconscious plane, that constitutes the mystery and miracle of life.

Underneath the seemingly still surface of the plant or stone is an incessant interplay of atoms. There is nothing in the universe entirely destitute of life and motion, for all things are manifestations of the one life that pervades Infinity. In all things there is intelligence to a certain degree; but only in man does it develop into self-consciousness and reason. This ascending stream of life from mineral to man is unbroken. Nature is governed by the supreme law of continuity. Pervading all the different manifestations is the Supreme Power which imbues every particle with impulse and motion and the spirit of incessant change.

The universe is filled with subtle and mysterious things that appeal to the thoughtful. When we have followed the material path as far as we can, when the light begins to fail in the shadows, we know the things we have seen with mortal sight are but symbols which give the hint and foreboding of things unseen and eternal. The realm of cause underlies all phenomena. In every blade of grass, in every plant and flower, in every visible form is an in-dwelling power, an idea or thought of the Creative Mind, pictured on the canvas of substance. When we can realize this unity of thought with the Absolute, we will come into closer and more vital relations with the spirit of all life, substance and intelligence. There is only One Life of the Universe. In



this pure and all pervading presence we have our being. To come into an understanding of this sublime truth will free the mind from physical bondage and enable us to live in accord with divine principles.

Man, the highest manifestation of existence, who has conquered the earth, the sea and air, and enchained the lightnings, who converses with the stars, and traces comets as they illumine the trackless spaces of the universe and pass on to sparkle in the silent depths,—surely his existence is not purposeless in this universe of law; surely he is not left to wander aimlessly and alone over the earth, with no exalted purpose and hope to guide him!

The fixed star of truth is the eternal guide of man's existence, and its rays beckon from afar. Its light flashes from the illumined spaces toward which humanity moves, and it sheds refulgent rays upon all created things. It is the star of truth and life, the beckoning star of wisdom and love, set in the firmament of the Invisible Ideal where, like a jewel, it shall adorn the brow of a regenerated world.



