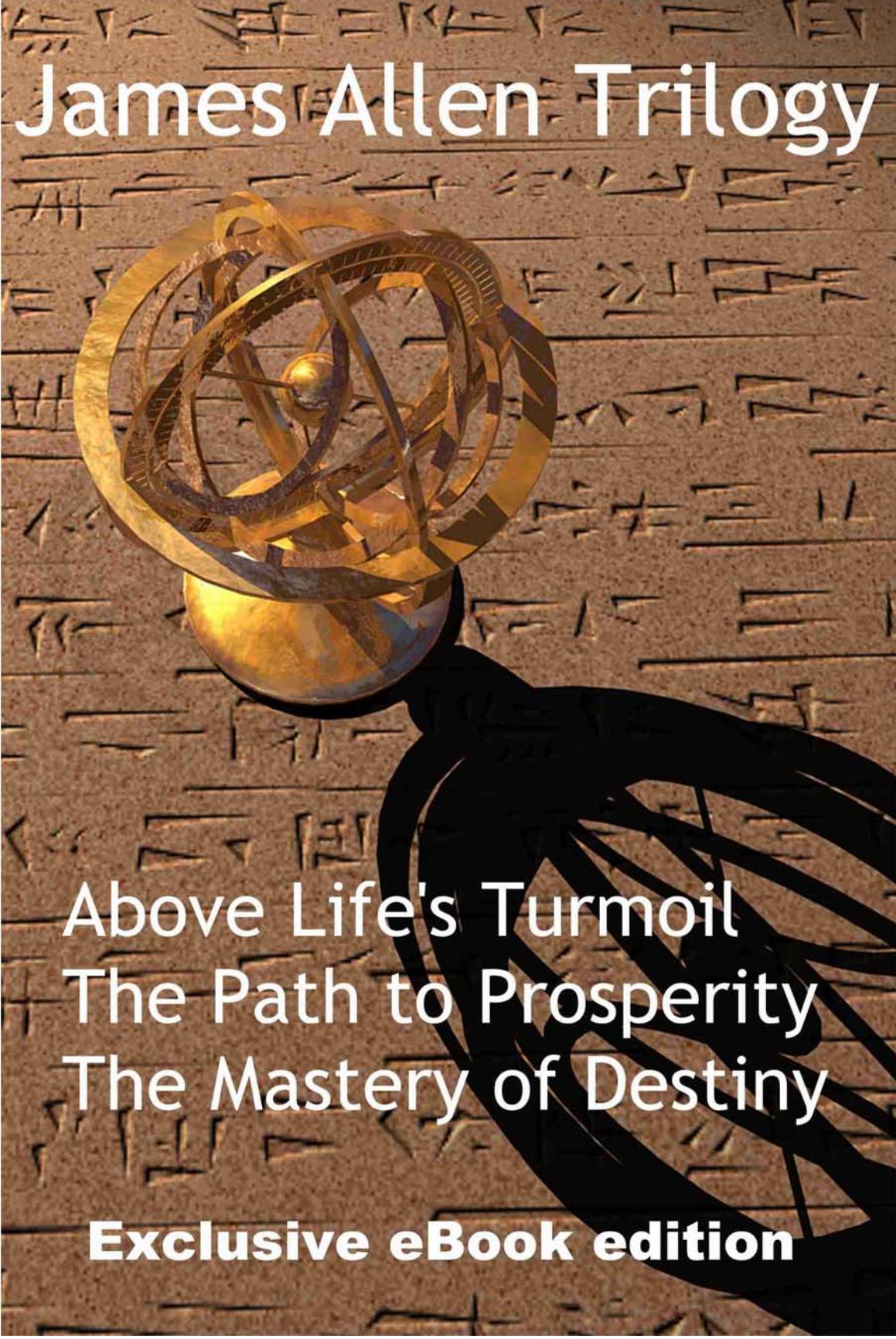


# James Allen Trilogy



Above Life's Turmoil  
The Path to Prosperity  
The Mastery of Destiny

**Exclusive eBook edition**

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**The James Allen Trilogy**  
**Above Life's Turmoil**  
**The Mastery of Destiny**  
**The Path to Prosperity**

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## FOREWORD

I looked around upon the world, and saw that it was shadowed by sorrow and scorched by the fierce fires of suffering. And I looked for the cause. I looked around, but could not find it. I looked in books, but could not find it. I looked within, and found there both the cause and the self-made nature of that cause. I looked again, and deeper, and found the remedy. I found one Law, the Law of Love; one Life, the Life of adjustment to that Law; one Truth, the Truth of a conquered mind and a quiet and obedient heart. And I dreamed of writing a book which should help men and women, whether rich or poor, learned or unlearned, worldly or unworldly, to find within themselves the source of all success, all happiness, all accomplishment, all truth. And the dream remained with me, and at last became substantial; and now I send it forth into the world on its mission of healing and blessedness, knowing that it cannot fail to reach the homes and hearts of those who are waiting and ready to receive it.

*JAMES ALLEN  
Ilfracombe, England*

# **ABOVE LIFE'S TURMOIL**

## True Happiness

To maintain an unchangeable sweetness of disposition, to think only thoughts that are pure and gentle, and to be happy under all circumstances, such blessed conditions and such beauty of character and life should be the aim of all, and particularly so of those who wish to lessen the misery of the world. If anyone has failed to lift himself above ungentleness, impurity, and unhappiness, he is greatly deluded if he imagines he can make the world happier by the propagation of any theory or theology. He who is daily living in harshness, impurity, or unhappiness is day by day adding to the sum of the world's misery; whereas he who continually lives in goodwill, and does not depart from happiness, is day by day increasing the sum of the world's happiness, and this independently of any religious beliefs which these may or may not hold.

He who has not learned how to be gentle, or giving, loving and happy, has learned very little, great though his book-learning and profound his acquaintance which the letter of Scripture may be, for it is in the process of *becoming* gentle, pure, and happy that the deep, real and enduring lessons of life are learned. Unbroken sweetness of conduct in the face of all outward antagonism is the infallible indication of a self-conquered soul, the witness of wisdom, and the proof of the possession of Truth.

A sweet and happy soul is the ripened fruit of experience and wisdom, and it sheds abroad the invisible yet powerful aroma of its influence, gladdening the hearts of others, and purifying the world. And all who will, and who have not yet commenced, may begin *this day*, if they will so resolve, to live sweetly and happily, as becomes the dignity of a true manhood or womanhood. Do not say that your surroundings are against you. A man's surroundings are never against him; they are there to aid him, and all those outward occurrences over which you lose sweetness and peace of mind are the very conditions necessary to your development, and it is only by meeting and overcoming them that you can learn, and grow, and ripen. The fault is in yourself.

Pure happiness is the rightful and healthy condition of the soul, and all may possess it if they will live purely and unselfish.

*"Have goodwill to all that lives,  
letting unkindness die,  
And greed and wrath, so that your lives be made  
Like soft airs passing by."*

Is this too difficult for you? Then unrest and unhappiness will continue to dwell with you. Your belief and aspiration and resolve are all that are necessary to make it easy, to render it in the near future a thing accomplished, a blessed state realized.

Despondency, irritability, anxiety and complaining, condemning and grumbling, all these are thought cankers, mind diseases; they are the indications of a wrong mental condition, and those who suffer from them would do well to remedy their thinking and conduct. It is true there is much sin and misery in the world, so that all our love and compassion are needed, but our misery is not needed; there is already too much of that. No, it is our cheerfulness and happiness that are needed for there is too little of that. We can give nothing better to the world than beauty of life and character; without this, all other things are vain; this is pre-eminently excellent; it is enduring, real, and not to be overthrown, and it includes all joy and blessedness.

Cease to dwell pessimistically upon the wrongs around you; dwell no more in complaints about, and revolt against, the evil in others, and commence to live free from all wrong and evil yourself. Peace of mind, pure religion, and true reform lie this way. If you would have others true, be true; if you would have the world emancipated from misery and sin, emancipate yourself; if you would have your home and your surroundings happy, be happy. You can transform everything around you if you will transform yourself.

*"Don't bewail and bemoan,  
Don't waste yourself in rejection, nor bark against the bad,  
but chant the beauties of the good."*

And this you will naturally and spontaneously do as you realize the good in yourself.

## The Immortal Man

Immortality is here and now, and is not a speculative something beyond the grave. It is a lucid state of consciousness in which the sensations of the body, the varying and unrestful states of mind, and the circumstances and events of life are seen to be of a fleeting and therefore of an illusory character.

Immortality does not belong to time, and will never be found in time; it belongs to Eternity; and just as time is here and now, so is Eternity here and now, and a man may find that Eternity and establish in it, if he will overcome the self that derives its life from the unsatisfying and perishable things of time.

Whilst a man remains immersed in sensation, desire, and the passing events of his day-by-day existence, and regards those sensations, desires, and passing events as of the essence of himself, he can have no knowledge of immortality. The thing which such a man desires, and which he mistakes for immortality, is *persistence*; that is, a continuous succession of sensations and events in time. Living in, loving and clinging to, the things which stimulate and minister to his immediate gratification, and realizing no state of consciousness above and independent of this, he thirsts for its continuance, and strives to banish the thought that he will at last have to part from those earthly luxuries and delights to which he has become enslaved, and which he regards as being inseparable from himself.

Persistence is the antithesis of immortality; and to be absorbed in it is spiritual death. Its very nature is change, impermanence. It is a continual living and dying.

The death of the body can never bestow upon a man immortality. Spirits are not different from men, and live their little feverish life of broken consciousness, and are still immersed in change and mortality. The mortal man, he who thirsts for the persistence of his pleasure-loving personality is still mortal after death, and only lives another life with a beginning and an end without memory of the past, or knowledge of the future.

The immortal man is he who has detached himself from the things of time by having ascended into that state of consciousness that is fixed and unvariable, and is not affected by passing events and sensations. Human life consists of an ever-moving procession of events, and in this procession the mortal man is immersed, and he is carried along with it; and being so carried along, he has no knowledge of what is behind and before him. The immortal man is he who has stepped out of this procession, and he stands by unmoved and watches it; and from his fixed place he sees both the before, the behind and the middle of the moving thing called life. No longer identifying himself with the sensations and fluctuations of the personality, or with the outward changes that make up the life in time, he has become the passionless spectator of his own destiny and of the destinies of the men and nations.

The mortal man, also, is one who is caught in a dream, and he neither knows that he was formerly awake, nor that he will wake again; he is a dreamer without knowledge, nothing more. The immortal man is as one who has awakened out of his dream, and he knows that his dream was not an enduring reality, but a passing illusion. He is a man with knowledge, the knowledge of both states - that of persistence, and that of immortality - and is in full possession of himself.

The mortal man lives in the time or world state of consciousness which begins and ends; the immortal man lives in the cosmic or heaven state of consciousness, in which there is neither beginning nor end, but an eternal now. Such a man remains poised and steadfast under all changes, and the death of his body will not in any way interrupt the eternal consciousness in which he abides. Of such a one it is said, "He shall not taste of death", because he has stepped out of the stream of mortality, and established himself in the abode of Truth. Bodies, personalities, nations, and worlds pass away, but Truth remains, and its glory is undimmed by time. The immortal man, then, is he who has conquered himself; who no longer identifies himself with the self-seeking forces of the personality, but who has trained himself to direct those forces with the hand of a master, and so has brought them into harmony with the causal energy and source of all things.

The fret and fever of life has ceased, doubt and fear are cast out, and death is not for him who has realized the fadeless splendor of that life of Truth by adjusting heart and mind to the eternal and unchangeable verities.

## The Overcoming of Self

Many people have very confused and erroneous ideas concerning the terms "*the overcoming of self*", "*the eradication of desire*", and "*the annihilation of the personality*." Some (particularly the intellectual who are prone to theories) regard it as a metaphysical theory altogether apart from life and conduct; while others conclude that it is the crushing out of all life, energy and action, and the attempt to idealize stagnation and death. These errors and confusions, arising as they do in the minds of individuals, can only be removed by the individuals themselves; but perhaps it may make their removal a little less difficult (for those who are seeking Truth) by presenting the matter in another way.

The doctrine of the overcoming or annihilation of self is simplicity itself; indeed, so simple, practical, and close at hand is it that a child of five, whose mind has not yet become clouded with theories, theological schemes and speculative philosophies, would be far more likely to comprehend it than many older people who have lost their hold upon simple and beautiful truths by the adoption of complicated theories.

The annihilation of self consists in weeding out and destroying all those elements in the soul that lead to division, strife, suffering, disease and sorrow. It does not mean the destruction of any good and beautiful and peace-producing quality. For instance, when a man is tempted to irritability or anger, and by a great effort overcomes the selfish tendency, casts it from him, and acts from the spirit of patience and love, in that moment of self-conquest he practices the annihilation of self. Every noble man practices it in part, though he may deny it in his words, and he who carries out this practice to its completion, eradicating every selfish tendency until only the divinely beautiful qualities remain, he is said to have annihilated the personality (all the personal elements) and to have arrived at Truth.

The self that is to be annihilated is composed of the following ten worthless and sorrow-producing elements:

Lust  
Hatred  
Avarice  
Self-indulgence  
Self-seeking  
Vanity  
Pride  
Doubt  
Dark belief  
Delusion

It is the total abandonment, the complete annihilation of these ten elements, for they comprise the body of desire. On the other hand it teaches the cultivation, practice, and preservation of the following ten divine qualities:

Purity  
Patience  
Humility  
Self-sacrifice  
Self-reliance  
Fearlessness  
Knowledge  
Wisdom  
Compassion  
Love

These comprise the Body of Truth, and to live entirely in them is to be a doer and knower of the Truth, is to be an embodiment of Truth. The combination of the ten elements is called **Self or the Personality**; the combination of the ten qualities produces what is called Truth; the Impersonal; the abiding, real and immortal Man.

It will thus be seen that it is not the destruction of any noble, true, and enduring quality that is taught, but only the destruction of those things that are ignoble, false and evanescent. Neither is this overcoming of self the deprivation of gladness, happiness and joy, but rather is it the constant possession of these things by living in the joy-begetting qualities. It is the abandonment of the *lust* for enjoyment, but not of enjoyment itself; the destruction of the *thirst*

for pleasure, but not of pleasure itself; the annihilation of the *selfish longing* for love, and power, and possessions themselves. It is the preservation of all those things which draw and bind men together in unity and concord, and, far from idealizing stagnation and death, urges men to the practice of those qualities which lead to the highest, noblest, most effective, and enduring action. He whose actions proceed from some or all of the ten elements wastes his energies upon negations, and does not preserve his soul; but he whose actions proceed from some or all of the ten qualities, he truly and wisely acts and so preserves his soul.

He who lives largely in the ten earthly elements, and who is blind and deaf to the spiritual verities, will find no attraction in the doctrine of self-surrender, for it will appear to him as the complete extinction of his being; but he who is endeavoring to live in the ten heavenly qualities will see the glory and beauty of the doctrine, and will know it as the foundation of Life Eternal. He will also see that when men apprehend and practice it, industry, commerce, government, and every worldly activity will be purified; and action, purpose and intelligence, instead of being destroyed, will be intensified and enlarged, freed from strife and pain.

## The Uses of Temptation

The soul, in its journey towards perfection, passes through three distinct stages. The first is the *animal* stage, in which the man is content to live, in the gratification of his senses, unawakened to the knowledge of sin, or of his divine inheritance, and altogether unconscious of the spiritual possibilities within himself.

The second is the *dual* stage, in which the mind is continually oscillating between its animal and divine tendencies having become awakened to the consciousness of both. It is during this stage that temptation plays its part in the progress of the soul. It is a stage of continual fighting, of falling and rising, of sinning and repenting, for the man, still loving, and reluctant to leave, the gratifications in which he has so long lived, yet also aspires to the purity and excellence of the spiritual state, and he is continually mortified by an undecided choice.

Urged on by the divine life within him, this stage becomes at last one of deep anguish and suffering, and then the soul is ushered into the third stage, that of *knowledge*, in which the man rises above both sin and temptation, and enters into peace.

Temptation, like contentment in sin, is not a lasting condition, as the majority of people suppose; it is a passing phase, an experience through which the soul must pass. Whether a man will pass through that condition in this present life, and realize holiness and heavenly rest here and now, will depend entirely upon the strength of his intellectual and spiritual exertions, and upon the intensity and ardor with which he searches for Truth.

Temptation, with all its attendant torments can be overcome here and now, but it can only be overcome by knowledge. It is a condition of darkness or of semi-darkness. The fully enlightened soul is proof against all temptation. When a man fully understands the source, nature, and meaning of temptation, in that hour he will conquer it, and will rest from his long travail; but whilst he remains in ignorance, attention to religious observances, and much praying and reading of Scripture will fail to bring him peace.

If a man goes out to conquer an enemy, knowing nothing of his enemy's strength, tactics, or place of ambush, he will not only ignominiously fail, but will speedily fall into the hands of the enemy. He who would overcome his enemy the tempter, must discover his stronghold and place of concealment, and must also find out the unguarded gates in his own fortress where his enemy effects so easy an entrance. This necessitates continual meditation, ceaseless watchfulness, and constant and rigid introspection that lays bare, before the spiritual eyes of the tempted one, the vain and selfish motives of his soul. This is the holy warfare of the saints; it is the fight upon which every soul enters when it awakens out of its long sleep of animal indulgence.

Men fail to conquer, and the fight is indefinitely prolonged, because they labor, almost universally, under two delusions: first, that all temptations come from without; and second, that they are tempted because of their goodness. Whilst a man is held in bondage by these two delusions, he will make no progress; when he has shaken them off, he will pass on rapidly from victory to victory, and will taste of spiritual joy and rest.

Two searching truths must take the place of these two delusions, and those truths are: first, that *all temptation comes from within*; and second, that *a man is tempted because of the evil that is within him*. The idea that God, a devil, evil spirits, or outward objects are the source of temptation must be dispelled.

The source and cause of all temptation is in the *inward desire*; that being purified or eliminated, outward objects and extraneous powers are utterly powerless to move the soul to sin or to temptation. The outward object is merely the *occasion* of the temptation, *never the cause*; this is in the desire of the one tempted. If the cause existed in the object, all men would be tempted alike, temptation could never be overcome, and men would be hopelessly doomed to endless torment; but seated, as it is, in his own desires, he has the remedy in his own hands, and can become victorious over all temptation by purifying those desires. A man is tempted because there are within him certain desires or states of mind that he has come to regard as unholy. The desires may lie asleep for a long time, and the man may think that he has got rid of them, when

suddenly, on the presentation of an outward object, the sleeping desire wakes up and thirsts of immediate gratification; and this is the state of temptation.

The good in a man is never tempted. Goodness destroys temptation. It is the evil in a man that is aroused and tempted. The measure of a man's temptations is the exact register of his own unholiness. As a man purifies his heart, temptation ceases, for when a certain unlawful desire has been taken out of the heart, the object which formerly appealed to it can no longer do so, but becomes dead and powerless, for there is nothing left in the heart that can respond to it. The honest man cannot be tempted to steal, let the occasion be ever so opportune; the man of purified appetites cannot be tempted to gluttony and drunkenness, though the viands and wines be the most luscious; he of an enlightened understanding, whose mind is calm in the strength of inward virtue, can never be tempted to anger, irritability or revenge, and the wiles and charms of the wanton fall upon the purified heart as empty meaningless shadows.

Temptation shows a man just where he is sinful and ignorant, and is a means of urging him on to higher altitudes of knowledge and purity. Without temptation the soul cannot grow and become strong, there could be no wisdom, no real virtue; and though there would be lethargy and death, there could be no peace and no fullness of life. When temptation is understood and conquered, perfection is assured, and such perfection may become any man's who is willing to cast every selfish and impure desire by which he is possessed, into the sacrificial fire of knowledge. Let men, therefore, search diligently for Truth, realizing that whilst they are subject to temptation, they have not comprehended Truth, and have much to learn.

Ye who are tempted know, then, that ye are tempted of yourselves. "For every man is tempted when he is drawn away of his own lusts," says the Apostle James. You are tempted because you are clinging to the animal within you and are unwilling to let go; because you are living in the false mortal self which is ever devoid of all true knowledge, knowing nothing, seeking nothing, but its own immediate gratification, ignorant of every Truth, and of every

divine Principle. Clinging to that self, you continually suffer the pains of three separate torments; the torment of desire, the torment of repletion, and the torment of remorse.

In that false self, lies the germ of every suffering, the blight of every hope, the substance of every grief. When you are ready to give it up; when you are willing to have laid bare before you all its selfishness, impurity, and ignorance, and to confess its darkness to the uttermost, then will you enter upon the life of self-knowledge and self-mastery; you will become conscious of the divine nature within you which, seeking no gratification, abides in a region of perpetual joy and peace where suffering cannot come and where temptation can find no foothold. Establishing yourself, day by day, more and more firmly in that inward Divinity, the time will at last come when you will be able to say with Him whom millions worship, few understand and fewer still follow, "The Prince of this world cometh and hath nothing in me."

## The Man of Integrity

There are times in the life of every man who takes his stand on high moral principles when his faith in, and knowledge of, those principles is tested to the uttermost, and the way in which he comes out of the fiery trial decides as to whether he has sufficient strength to live as a man of Truth, and join the company of the free, or shall still remain a slave and a hireling to the cruel taskmaster, Self.

Such times of trial generally assume the form of a temptation to do a wrong thing and continue in comfort and prosperity, or to stand by what is right and accept poverty and failure; and so powerful is the trial that, to the tempted one, it plainly appears on the face of things as though, if he chooses the wrong, his material success will be assured for the remainder of his life, but if he does what is right, he will be ruined for ever.

Frequently the man at once quails and gives way before this appalling prospect which the Path of Righteousness seems to hold out for him, but should he prove sufficiently strong to withstand this onslaught of temptation, then the inward seducer the spirit of self, assumes the grab of an Angel of Light, and whispers, "Think of your wife and children; think of those who are dependent upon you; will you bring them down to disgrace and starvation?"

Strong indeed and pure must be the man who can come triumphant out of such a trial, but he who does so, enters at once a higher realm of life, where his spiritual eyes are opened to see beautiful things; and then poverty and ruin which seemed inevitable do not come, but a more abiding success comes, and a peaceful heart and a quiet conscience. But he who fails does not obtain the promised prosperity, and his heart is restless and his conscience troubled.

The right-doer cannot ultimately fail, the wrong-doer cannot ultimately succeed, for justice is at the heart of things - because the Great Law is good- that the man of integrity is superior to fear, and failure, and poverty, and shame, and disgrace.

The man who, fearing the loss of present pleasures or material comforts, denies the Truth within him, can be injured, and robbed, and degraded, and trampled upon, because he has first injured, robbed and degraded, and trampled upon his own nobler self; but the man of steadfast virtue, of unblemished integrity, cannot be subject to such conditions, because he has denied the craven self within him and has taken refuge in Truth. It is not the scourge and the chains that make a man a slave, but the fact that he *is* a slave.

Slander, accusation, and malice cannot affect the righteous man, nor call from him any bitter response, nor does he need to go about to defend himself and prove his innocence. His innocence and integrity alone are a sufficient answer to all that hatred may attempt against him. Nor can he ever be subdued by the forces of darkness, having subdued all those forces within himself; but he turns all evil things to good account - out of darkness he brings light, out of hatred love, out of dishonor honor; and slanders, envies, and misrepresentations only serve to make more bright the jewel of Truth within him, and to glorify his high and holy destiny.

Let the man of integrity rejoice and be glad when he is severely tried; let him be thankful that he has been given an opportunity of proving his loyalty to the noble principles which he has espoused; and let him think: "Now is the hour of holy opportunity! Now is the day of triumph for Truth! Though I lose the whole world I will not desert the right!" So thinking, he will return good for evil, and will think compassionately of the wrongdoer.

The slanderer, the backbiter, and the wrong-doer may seem to succeed for a time, but the Law of Justice prevails; the man of integrity may seem to fail for a time, but he is invincible, and in none of the worlds, visible or invisible, can there be forged a weapon that shall prevail against him.

## Discrimination

There is one quality that is pre-eminently necessary to spiritual development, the quality of discrimination.

A man's spiritual progress will be painfully slow and uncertain until there opens within him the eye of discrimination, for without this testing, proving, searching quality, he will but grope in the dark, will be unable to distinguish the real from the unreal, the shadow from the substance, and will so confuse the false with the true as to mistake the inward promptings of his animal nature for those of the spirit of Truth.

A blind man left in a strange place may go grope his way in darkness, but not without much confusion and many painful falls and bruising. Without discrimination a man is mentally blind, and his life is a painful groping in darkness, a confusion in which vice and virtue are indistinguishable one from the other, where facts are confounded with truths; opinions with principles, and where ideas, events, men, and things appear to be out of all relation to each other.

A man's mind and life should be free from confusion. He should be prepared to meet every mental, material and spiritual difficulty, and should not be inextricably caught (as many are) in the meshes of doubt, indecision and uncertainty when troubles and so-called misfortunes come along. He should be fortified against every emergency that can come against him; but such mental preparedness and strength cannot be attained in any degree without discrimination, and discrimination can only be developed by bringing into play and constantly exercising the analytical faculty.

Mind, like muscle, is developed by use, and the assiduous exercise of the mind in any given direction will develop, in that direction, mental capacity and power. The merely critical faculty is developed and strengthened by continuously comparing and analyzing the ideas and opinions of others. But discrimination is something more and greater than criticism; it is a spiritual quality from which the cruelty and egotism that so frequently accompany

criticism are eliminated, and by virtue of which a man sees things as they are, and not as he would like them to be.

Discrimination, being a spiritual quality, can only be developed by spiritual methods, namely, by questioning, examining, and analyzing one's own ideas, opinions, and conduct. The critical, fault-finding faculty must be withdrawn from its merciless application to the opinions and conduct of others, and must be applied, with undiminished severity, to oneself. A man must be prepared to question his every opinion, his every thought, and his every line of conduct, and rigorously and logically test them; only in this way can the discrimination that destroys confusion will be developed.

Before a man can enter upon such mental exercise, he must make himself of a *teachable* spirit. This does not mean that he must allow himself to be led by others; it means that he must be prepared to yield up any cherished thoughts to which he clings, if it will not bear the penetrating light of reason, if it shrivels up before the pure flames of searching aspirations. The man who says, "I am right!" and who refuses to question his position in order to discover whether he is right, will continue to follow the line of his passions and prejudices, and will not acquire discrimination. The man who humbly asks, "Am I right?" and then proceeds to test and prove his position by earnest thought and the love of Truth, will always be able to discover the true and to distinguish it from the false, and he will acquire the priceless possession of discrimination.

The man who is afraid to think searchingly upon his opinions, and to reason critically upon his position, will have to develop moral courage before he can acquire discrimination.

A man must be true to himself, fearless with himself, before he can perceive the Pure Principles of Truth, before he can receive the all-revealing Light of Truth.

The more Truth is inquired of, the brighter it shines; it cannot suffer under examination and analysis. The more error is questioned, the darker it grows; it cannot survive the entrance of pure and searching thought. To "prove all things" is to find the good and throw the evil.

He who reasons and meditates learns to discriminate; he who discriminates discovers the eternally True.

Confusion, suffering and spiritual darkness follow the thoughtless. Harmony, blessedness and the Light of Truth attend upon the thoughtful. Passion and prejudice are blind, and cannot discriminate: they are still crucifying *the Christ* and releasing *Barabbas*.

## Belief, The Basis of Action

Belief is an important word in the teachings of the wise, and it figures prominently in all religions. According to Jesus, a certain kind of belief is necessary to salvation or regeneration, and Buddha definitely taught that *right belief* is the first and most essential step in the Way of Truth, as without right belief there cannot be right conduct, and he who has not learned how to rightly govern and conduct himself, has not yet comprehended the simplest rudiments of Truth.

Belief as laid down by the Great Teachers, is not belief in any particular school, philosophy, or religion, but consists of *an altitude of mind determining the whole course of one's life*. Belief and conduct are, therefore inseparable, for the one determines the other.

Belief is the basis of all action, and, this being so, the belief that dominates the hearts or mind is shown in the life. Every man acts, thinks, lives in exact accordance with the belief which is rooted in his innermost being, and such is the mathematical nature of the laws which govern mind that it is absolutely impossible for anyone to believe in two opposing conditions at the same time. For instance, it is impossible to believe in justice and injustice, hatred and love, peace and strife, self and truth. Every man believes in one or the other of these opposites, *never in both*, and the daily conduct of every man indicates the nature of his belief. The man who believes in justice, who regards it as an eternal and indestructible Principle, never boils over with righteous indignation, does not grow cynical and pessimistic over the inequalities of life, and remains calm and untroubled through all trials and difficulties. It is impossible for him to act otherwise, for he believes that justice reigns, and that, therefore, all that is called injustice is fleeting and illusory.

The man who is continually getting enraged over the injustice of his fellow men, who talks about himself being badly treated, or who mourns over the lack of justice in the world around him, shows by his conduct, his attitude of mind, that he believes in injustice. However he may protest to the contrary, in his inmost heart he believes that confusion and chaos are dominant in the universe, the

result being that he dwells in misery and unrest, and his conduct is faulty.

Again, he who believes in love, in its stability and power, *practices it under all circumstances*, never deviates from it, and bestows it alike upon enemies as upon friends. He who slanders and condemns, who speaks disparagingly of others, or regards them with contempt, believes not in love, but hatred; all his actions prove it, even though with tongue or pen he may eulogize love.

The believer in peace is known by his peaceful conduct. It is impossible for him to engage in strife. If attacked he does not retaliate, for he has seen the majesty of the angel of peace, and he can no longer pay homage to the demon of strife. The stirrer-up of strife, the lover of argument, he who rushes into self-defense upon any or every provocation, believes in strife, and will have naught to do with peace.

Further, he who believes in Truth renounces himself - that is, he refuses to center his life in those passions, desires, and characteristics which crave only their own gratification, and by thus renouncing he becomes steadfastly fixed in Truth, and lives a wise, beautiful, and blameless life. The believer in self is known by his daily indulgences, gratifications, and vanities, and by the disappointments, sorrows, and mortifications that he continually suffers.

The believer in Truth does not suffer, for he has given up that self that is the cause of such suffering.

It will be seen by the foregoing that every man believes either in permanent and eternal Principles directing human life towards law and harmony, or in the negation of those Principles, with the resultant chaos in human affairs and in his own life.

Belief in the divine Principles of Justice, Compassion, Love, constitutes the *right belief* laid down by Buddha as being the basis of *right conduct*, and also the *belief unto salvation* as emphasized in the Christian Scriptures, for he who so believes cannot do otherwise than build his whole life upon these Principles, and so purifies his heart, and perfects his life.

Belief in the negation of this divine principle constitutes what is called in all religions *unbelief* and this unbelief is manifested as a sinful, troubled, and imperfect life.

Where there is Right Belief there is a blameless and perfect life; where there is false belief there is sin, there is sorrow, the mind and life are improperly governed, and there is affliction and unrest. "By their fruits ye shall know them."

There is much talk about, "belief in Jesus," but what does belief in Jesus mean? It means belief in his words, in the Principles he enunciated - and lived, in his commandments and in his exemplary life of perfection. He who declares belief in Jesus, and yet is all the time living in his lusts and indulgences, or in the spirit of hatred and condemnation, is self-deceived. He believes not in Jesus. He believes in his own animal self. As a faithful servant delights in carrying out the commands of his master, so he who believes in Jesus carries out his commandments, and so is saved from sin. The supreme test of belief in Jesus is this: *Do I keep his commandments?* And this test is applied by St. John himself in the following words: "He that saith "I know him (Jesus)", and *keepeth not His Commandments*, is a liar, and the truth is not in him. But whosoever keepeth his word, in him verily is the word of God perfected."

It will be found after a rigid and impartial analysis, that *belief* lies at the root of all human conduct. Every thought, every act, every habit, is the direct outcome of a certain fixed belief, and one's conduct alters only as one's belief are modified. What we cling to, in that we believe; what we practice, in that we believe. When our belief in a thing ceases, we can no longer cling to or practice it; it falls away from us as a garment out-worn. Men cling to their lusts, and lies, and vanities, because they believe in them, believe there is gain and happiness in them. When they transfer their belief to the divine qualities of purity and humility, those sins trouble them no more.

Men are saved from error by belief in the supremacy of Truth. They are saved from sin by belief in Holiness or Perfection. They are saved from evil by belief in Good, for every belief is manifested in

the life. It is not necessary to inquire as to a man's theological belief, for that is of little or no account, for what can it avail a man to believe that Jesus died for him, or that Jesus is God, or that he is "justified by faith," if he continues to live in his lower, sinful nature? All that is necessary to ask is this: "How does a man live?" "How does he conduct himself under trying circumstances?" The answer to these questions will show whether a man believes in the power of evil or in the power of Good.

He who believes in the power of Good, lives a good, spiritual, or godly life, for Goodness is God, yea, verily is God Himself, and he will soon leave behind him all sins and sorrows who believes, with steadfast and unwavering faith, in the Supreme Good.

## The Belief That Saves

It has been said that a man's whole life and character is the outcome of his *belief*, and also that his *belief* has nothing whatever to do with his life. *Both statements are true.* The confusion and contradiction of these two statements are only apparent, and are quickly dispelled when it is remembered that there are *two entirely distinct kinds of beliefs*, namely, **Head-belief** and **Heart-belief**.

Head, or intellectual belief, is not fundamental and causative, but it is superficial and consequent, and that it has no power in the molding of a man's character, the most superficial observer may easily see. Take, for instance, half a dozen men from any creed. They not only hold the same theological belief, but confess the same articles of faith in every particular, and yet their characters are vastly different. One will be just as noble as another is ignoble; one will be mild and gentle, another coarse and irascible; one will be honest, another dishonest; one will indulge certain habits which another will rigidly abjure, and so on, plainly indicating that theological belief is not an influential factor in a man's life.

A man's theological belief is merely his intellectual opinion or view of the universe, God, The Bible, etc., and behind and underneath this head-belief there lies, deeply rooted in his innermost being, the hidden, silent, *secret belief of his heart*, and it is this belief which molds and makes his whole life. It is this that makes those six men who, whilst holding the same theology, are yet so vastly at variance in their deeds- *they differ in the vital belief of the heart.*

What, then, is this heart-belief? *It is that which a man loves and clings to and fosters in his soul;* for he thus loves and clings to and fosters in his heart, because he *believes* in them, and believing in them and loving them, he practices them; thus is his life the effect of his *belief*, but it has no relation to the particular creed which comprises his intellectual belief. One man clings to impure and immoral things because he believes in them; another does not cling to them because he has ceased to believe in them. A man cannot cling to anything unless he believes in it; belief always precedes action, therefore a man's deeds and life are the fruits of his belief.

The Priest and the Levite who passed by the injured and helpless man, held, no doubt, very strongly to the theological doctrines of their fathers - that was their intellectual belief - but in their hearts they did not believe in mercy, and so lived and acted accordingly. The good Samaritan may or may not have had any theological beliefs nor was it necessary that he should have; but in his heart he believed in mercy, and acted accordingly.

Strictly speaking, there are only two beliefs that vitally affect the life, and they are, **belief in good** and **belief in evil**.

He who believes in all those things that are good, will love them, and live in them; he who believes in those things that are impure and selfish, will love them, and cling to them. The tree is known by its fruits.

A man's beliefs about God, Jesus, and the Bible are one thing; his life, as bound up in his actions, is another; therefore a man's theological belief is of no consequence; but the thoughts which he harbors, his attitude of mind towards others, and his actions, these, and these only, determine and demonstrate whether the belief of a man's heart is fixed in the false or true.

## Thought And Action

As the fruit is to the tree and the water to the spring, so is action to thought. It does not come into manifestation suddenly and without a cause. It is the result of a long and silent growth; the end of a hidden process which has long been gathering force. The fruit of the tree and the water gushing from the rock are both the effect of a combination of natural processes in air and earth which have long worked together in secret to produce the phenomenon; and the beautiful acts of enlightenment and the dark deeds of sin are both the ripened effects of trains of thought which have long been harbored in the mind.

The sudden falling, when greatly tempted, into some grievous sin by one who was believed, and who probably believed himself, to stand firm, is seen neither to be a sudden nor a causeless thing when the hidden process of thought which led up to it are revealed. The falling was merely the end, the outworking, the finished result of what commenced in the mind probably years before. The man had allowed a wrong thought to enter his mind; and a second and a third time he had welcomed it, and allowed it to nestle in his heart. Gradually he became accustomed to it, and cherished, and fondled, and tended it; and so it grew, until at last it attained such strength and force that it attracted to itself the opportunity that enabled it to burst forth and ripen into act. As falls the stately building whose foundations have been gradually undermined by the action of water, so at last falls the strong man who allows corrupt thoughts to creep into his mind and secretly undermine his character.

When it is seen that all sin and temptation are the natural outcome of the thoughts of the individual, the way to overcome sin and temptation becomes plain, and its achievement a near possibility, and, sooner or later, a certain reality; for if a man will admit, cherish, and brood upon thoughts that are pure and good, those thoughts, just as surely as the impure, will grow and gather force, and will at last attract to themselves the opportunities which will enable them to ripen into act.

"There is nothing hidden that shall not be revealed," and every thought that is harbored in the mind must, by virtue of the

impelling force which is inherent in the universe, at last blossom into act good or bad according to its nature. The divine Teacher and the sensualist are both the product of their own thoughts, and have become what they are as the result of the seeds of thought which they have implanted, are allowed to fall, into the garden of the heart, and have afterwards watered, tended, and cultivated.

Let no man think he can, overcome sin and temptation by wrestling with opportunity; he can only overcome them by purifying his thoughts; and if he will, day by day, in the silence of his soul, and in the performance of his duties, strenuously overcome all erroneous inclination, and put in its place thoughts that are true and that will endure the light, opportunity to do evil will give place to opportunity for accomplishing good, for a man can only attract that to him which is in harmony with his nature, and no temptation can gravitate to a man unless there is that in his heart which is capable of responding to it.

Guard well your thoughts, reader, for what you really are in your secret thoughts today, be it good or evil, you will, sooner or later, *become* in actual deed. He who unwearily guards the portals of his mind against the intrusion of sinful thoughts, and occupies himself with loving thoughts, with pure, strong, and beautiful thoughts, will, when the season of their ripening comes, bring forth the fruits of gentle and holy deeds, and no temptation that can come against him shall find him unarmed or unprepared.

## Your Mental Attitude

As a being of thought, your dominant mental attitude will determine your condition in life. It will also be the gauge of your knowledge and the measures of your attainment. The so-called limitations of your nature are the boundary lines of your thoughts; they are self-erected fences, and can be drawn to a narrower circle, extended to a wider, or be allowed to remain.

You are the thinker of your thoughts and as such you are the maker of yourself and condition. Thought is causal and creative, and appears in your character and life in the form of results. There are no accidents in your life. Both its harmonies and antagonisms are the responsive echoes of your thoughts. A man thinks, and his life appears.

If your dominant mental attitude is peaceable and lovable, bliss and blessedness will follow you; if it be resistant and hateful, trouble and distress will cloud your pathway. Out of ill-will will come grief and disaster; out of goodwill, healing and reparation.

You imagine your circumstances as being separate from yourself, but they are intimately related to your thought world. Nothing appears without an adequate cause. Everything that happens is just. Nothing is fated, everything is formed.

As you think, you travel; as you love, you attract. You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you. You cannot escape the result of your thoughts, but you can endure and learn, can accept and be glad.

You will always come to the place where your *love* (your most abiding and intense thought) can receive its measure of gratification. If your love be base, you will come to a base place; if it be beautiful, you will come to a beautiful place.

You can alter your thoughts, and so alter your condition. Strive to perceive the vastness and grandeur of your responsibility. You are powerful, not powerless. You are as powerful to obey as you

are to disobey; as strong to be pure as to be impure; as ready for wisdom as for ignorance. You can learn what you will, can remain as ignorant as you choose. If you love knowledge you will obtain it; if you love wisdom you will secure it; if you love purity you will realize it. All things await your acceptance, and you choose by the thoughts that you entertain.

A man remains ignorant because he loves ignorance, and chooses ignorant thoughts; a man becomes wise because he loves wisdom and chooses wise thoughts. No man is hindered by another; he is only hindered by himself. No man suffers because of another; he suffers only because of himself. By the noble gateway of pure thought you can enter the highest Heaven; by the ignoble doorway of impure thought you can descend into the lowest hell.

Your mental attitude towards others will faithfully react upon yourself, and will manifest itself in every relation of your life. Every impure and selfish thought that you send out comes back to you in your circumstances in some form of suffering; every pure and unselfish thought returns to you in some form of blessedness. Your circumstances are *effects* of which the cause is inward and invisible. As the father-mother of your thoughts you are the maker of your state and condition. When you know yourself, you will perceive, that every event in your life is weighed in the faultless balance of equity. When you understand the law within your mind you will cease to regard yourself as the impotent and blind tool of circumstances, and will become the strong and seeing master.

## Sowing And Reaping

Go into the fields and country lanes in the spring time, and you will see farmers and gardeners busy sowing seeds in the newly prepared soil. If you were to ask any one of those gardeners or farmers what kind of produce he expected from the seed he was sowing, he would doubtless regard you as foolish, and would tell you that he does not "expect" at all, that it is a matter of common knowledge that his produce will be of the kind which he is sowing, and that he is sowing wheat, or barley, or turnips, as the case may be, in order to reproduce that particular kind.

Every fact and process in Nature contains a moral lesson for the wise man. There is no law in the world of Nature around us that is not to be found operating with the same mathematical certainty in the mind of man and in human life. All the parables of Jesus are illustrative of this truth, and are drawn from the simple facts of Nature. There is a process of seed-sowing in the mind and life a spiritual sowing which leads to a harvest according to the kind of seed sown. Thoughts, words, and acts are seeds sown, and, by the inviolable law of things, they produce after their kind.

The man who thinks hateful thoughts brings hatred upon himself. The man who thinks loving thoughts is loved. The man whose thoughts, words and acts are sincere, is surrounded by sincere friends; the insincere man is surrounded by insincere friends. The man who sows wrong thoughts and deeds, and prays that God will bless him, is in the position of a farmer who, having sown tares, asks God to bring forth for him a harvest of wheat.

*"That which ye sow, ye reap; see yonder fields  
The sesamum was sesamum, the corn was corn;  
The silence and the darkness knew;  
So is a man's fate born."*

*"He cometh reaper of the things he sowed."*

He who would be blest, let him scatter blessings. He who would be happy, let him consider the happiness of others.

Then there is another side to this seed sowing. The farmer must scatter all his seed upon the land, and then leave it to the elements. Were he to covetously hoard his seed, he would lose both it and his produce, for his seed would perish. It perishes when he sows it, but in perishing it brings forth a great abundance. So in life, we get by giving; we grow rich by scattering. The man who says he is in possession of knowledge that he cannot give out because the world is incapable of receiving it, either does not possess such knowledge, or, if he does, will soon be deprived of it - if he is not already so deprived. To hoard is to lose; to exclusively retain is to be dispossessed.

Even the man who would increase his material wealth must be willing to part with (invest) what little capital he has, and then wait for the increase. So long as he retains his hold on his precious money, he will not only remain poor, but will be growing poorer everyday. He will, after all, lose the thing he loves, and will lose it without increase. But if he wisely lets it go; if, like the farmer, he scatters his seeds of gold, then he can faithfully wait for, and reasonably expect, the increase.

Men are asking God to give them peace and purity, and righteousness and blessedness, but are not obtaining these things; and why not? Because they are not practicing them, not sowing them. I once heard a preacher pray very earnestly for forgiveness, and shortly afterwards, in the course of his sermon, he called upon his congregation to "show no mercy to the enemies of the church." Such self-delusion is pitiful, and men have yet to learn that the way to obtain peace and blessedness is to scatter peaceful and blessed thoughts, words, and deeds.

Men believe that they can sow the seeds of strife, impurity, and unbrotherliness, and then gather in a rich harvest of peace, purity and concord by merely asking for it. What more pathetic sight than to see an irritable and quarrelsome man praying for peace. Men reap that which they sow, and any man can reap all blessedness now and at once, if he will put aside selfishness, and sow broadcast the seeds of kindness, gentleness, and love.

If a man is troubled, perplexed, sorrowful, or unhappy, let him ask:

"What mental seeds have I been sowing?"

"What seeds am I sowing?"

"What have I done for others?"

"What is my attitude towards others?"

"What seeds of trouble and sorrow and unhappiness have I sown that I should thus reap these bitter weeds?"

Let him seek within and find, and having found, let him abandon all the seeds of self, and sow, henceforth, only the seeds of Truth.

Let him learn of the farmer the simple truths of wisdom.

## The Reign Of Law

The little party gods have had their day. The arbitrary gods, creatures of human caprice and ignorance, are falling into disrepute. Men have quarreled over and defended them until they have grown weary of the strife, and now, everywhere, they are relinquishing and breaking up these helpless idols of their long worship.

The god of revenge, hatred and jealousy, who gloats over the downfall of his enemies; the partial god who gratifies all our narrow and selfish desires; the god who saves only the creatures of his particular special creed; the god of exclusiveness and favoritism; such were the gods (miscalled by us God) of our soul's infancy, gods base and foolish as ourselves, the fabrications of our selfish self. And we relinquished our petty gods with bitter tears and misgivings, and broke our idols with bleeding hands. But in so doing we did not lose sight of God; nay we drew nearer to the great, silent Heart of Love. Destroying the idols of self, we began to comprehend somewhat of the Power which cannot be destroyed, and entered into a wider knowledge of the God of Love, of Peace, of Joy; the God in whom revenge and partiality cannot exist; the God of Light, from whose presence the darkness of fear and doubt and selfishness cannot choose but flee.

We have reached one of those epochs in the world's progress which witnesses the passing of the false gods; the gods of human selfishness and human illusion. The new-old revelation of one universal impersonal Truth has again dawned upon the world, and its searching light has carried consternation to the perishable gods who take shelter under the shadow of self.

Men have lost faith in a god who can be cajoled, who rules arbitrarily and capriciously, subverting the whole order of things to gratify the wishes of his worshippers, and are turning, with a new light in their eyes and a new joy in their hearts, to the **God of Law**.

And to Him they turn, not for personal happiness and gratification, but for knowledge, for understanding, for wisdom, for liberation from the bondage of self. And thus turning, they do not

seek in vain, nor are they sent away empty and discomfited. They find within themselves the *reign of Law*, that every thought, every impulse, every act and word brings about a result in exact accordance with its own nature; that thoughts of love bring about beautiful and blissful conditions, that hateful thoughts bring about distorted and painful conditions, that thoughts and acts good and evil are weighed in the faultless balance of the Supreme Law, and receive their equal measure of blessedness on the one hand, and misery on the other. And thus finding they enter a new Path, the Path of *Obedience to the Law*. Entering that Path they no longer accuse, no longer doubt, no longer fret and despond, for they know that God is right, the universal laws are right, the cosmos is right, and that they themselves are wrong, if wrong there is, and that their salvation depends upon themselves, upon their own efforts, upon their personal acceptance of that which is good and deliberate rejection of that which is evil. No longer merely hearers, they become doers of the Word, and they acquire knowledge, they receive understanding, they grow in wisdom, and they enter into the glorious life of liberation from the bondage of self.

"The Law of the Lord is perfect, enlightening the eyes." Imperfection lies in man's ignorance, in man's blind folly. Perfection, which is knowledge of the Perfect Law, is ready for all who earnestly seek it; it belongs to the order of things; it is yours and mine now if we will only put self-seeking on one side, and adopt the life of self-obliteration.

The knowledge of Truth, with its unspeakable joy, its calmness and quiet strength, is not for those who persist in clinging to their "rights," defending their "interests," and fighting for their "opinions"; whose works are imbued with the personal "I," and who build upon the shifting sands of selfishness and egotism. It is for those who renounce these causes of strife, these sources of pain and sorrow; and they are, indeed, Children of Truth, disciples of the Master, worshippers of the most High.

The Children of Truth are in the world today; they are thinking, acting, writing, speaking; yea, even prophets are amongst us, and their influence is pervading the whole earth. An undercurrent of holy joy is gathering force in the world, so that men

and women are moved with new aspirations and hopes, and even those who neither see nor hear, feel within themselves strange yearnings after a better and fuller life.

The Law reigns, and it reigns in men's hearts and lives; and they have come to understand the reign of Law who have sought out the Tabernacle of the true God by the fair pathway of unselfishness.

God does not alter for man, for this would mean that the perfect must become imperfect; man must alter for God, and this implies that the imperfect must become perfect. The Law cannot be broken for man, otherwise confusion would ensue; man must obey the Law; this is in accordance with harmony, order, justice.

There is no more painful bondage than to be at the mercy of one's inclinations; no greater liberty than utmost obedience to the Law of Being. And the Law is that the heart shall be purified, the mind regenerated, and the whole being brought in subjection to Love till self is dead and Love is all in all, for the reign of Law is the reign of Love. And Love waits for all, rejecting none. Love may be claimed and entered into now, for it is the heritage of all.

Ah, beautiful Truth! To know that now man may accept his divine heritage, and enter the Kingdom of Heaven!

Oh, pitiful error! To know that man rejects it because of love of self!

Obedience to the Law means the destruction of sin and self, and the realization of unclouded joy and undying peace.

Clinging to one's selfish inclinations means the drawing about one's soul clouds of pain and sorrow which darken the light of Truth; the shutting out of oneself from all real blessedness; for "whatsoever a man sows that shall he also reap."

Verily the Law reigneth, and reigneth forever, and Justice and Love are its eternal ministers.

## The Supreme Justice

The material universe is maintained and preserved by the equilibrium of its forces.

The moral universe is sustained and protected by the perfect balance of its equivalents.

As in the physical world Nature abhors a vacuum, so in the spiritual world disharmony is annulled.

Underlying the disturbances and destructions of Nature, and behind the mutability of its forms, there abides the eternal and perfect mathematical symmetry; and at the heart of life, behind all its pain, uncertainty, and unrest, there abide the eternal harmony, the unbroken peace, and inviolable Justice.

Is there, then, no injustice in the universe? There is injustice, and there is not. It depends upon the kind of life and the state of consciousness from which a man looks out upon the world and judges. The man who lives in his passions sees injustice everywhere; the man who has overcome his passions, sees the operations of Justice in every department of human life. Injustice is the confused, feverish dream of passion, real enough to those who are dreaming it; Justice is the permanent reality in life, gloriously visible to those who have wakened out of the painful nightmare of self.

The Divine Order cannot be perceived until passion and self are transcended; the Faultless Justice cannot be apprehended until all sense of injury and wrong is consumed in the pure flames of all-embracing Love.

The man who thinks, "I have been slighted, I have been injured, I have been insulted, I have been treated unjustly," cannot know what Justice is; blinded by self, he cannot perceive the pure Principles of Truth, and brooding upon his wrongs, he lives in continual misery.

In the region of passion there is a ceaseless conflict of forces causing suffering to all who are involved in them. There is action

and reaction, deed and consequence, cause and effect; and within and above all is the Divine Justice regulating the play of forces with the utmost mathematical accuracy, balancing cause and effect with the finest precision. But this Justice is not perceived - cannot be perceived - by those who are engaged in the conflict; before this can be done, the fierce warfare of passion must be left behind.

The world of passion is the abode of schisms, quarrellings, wars, lawsuits, accusations, condemnations, impurities, weaknesses, follies, hatreds, revenges, and resentments. How can a man perceive Justice or understand Truth who is even partly involved in the fierce play of its blinding elements? As well expect a man caught in the flames of a burning building to sit down and reason out the cause of the fire.

In this realm of passion, men see injustice in the actions of others because, seeing only immediate appearances, they regard every act as standing by itself, undetached from cause and consequence. Having no knowledge of cause and effect in the moral sphere, men do not see the exacting and balancing process which is momentarily proceeding, nor do they ever regard their own actions as unjust, but only the actions of others. A boy beats a defenseless animal, then a man beats the defenseless boy for his cruelty, then a stronger man attacks the man for his cruelty to the boy. Each believes the other to be unjust and cruel, and himself to be just and humane; and doubtless most of all would the boy justify his conduct toward the animal as altogether necessary. Thus does ignorance keep alive hatred and strife; thus do men blindly inflict suffering upon themselves, living in passion and resentment, and not finding the true way in life. Hatred is met with hatred, passion with passion, strife with strife. The man who kills is himself killed; the thief who lives by depriving others is himself deprived; the beast that preys on others is hunted and killed; the accuser is accused, the condemner is condemned, the denouncer is persecuted.

Passion also has its active and passive sides. Fool and fraud, oppressor and slave, aggressor and retaliator, the charlatan and the superstitious, complement each other, and come together by the operation of the Law of Justice. Men unconsciously cooperate in the mutual production of affliction; "the blind lead the blind, and both

fall together into the ditch." Pain, grief, sorrow, and misery are the fruits of which passion is the flower.

Where the passion-bound soul sees only injustice, the good man, he who has conquered passion, sees cause and effect, sees the Supreme Justice. It is impossible for such a man to regard himself as treated unjustly, because he has ceased to see injustice. He knows that no one can injure or cheat him, having ceased to injure or cheat himself. However passionately or ignorantly men may act towards him, it cannot possibly cause him any pain, for he knows that whatever comes to him (it may be abuse and persecution) can only come as the effect of what he himself has formerly sent out. He therefore regards all things as good, rejoices in all things, loves his enemies and blesses them that curse him, regarding them as the blind but beneficent instruments by which he is enabled to pay his moral debts to the Great Law.

The good man, having put away all resentment, retaliation, self-seeking, and egotism, has arrived at a state of equilibrium, and has thereby become identified with the Eternal and Universal Equilibrium. Having lifted himself above the blind forces of passion, he understands those forces, contemplates them with a calm penetrating insight, like the solitary dweller upon a mountain who looks down upon the conflict of the storms beneath his feet. For him, injustice has ceased, and he sees ignorance and suffering on the one hand and enlightenment and bliss on the other. He sees that not only do the fool and the slave need his sympathy, but that the fraud and the oppressor are equally in need of it, and so his compassion is extended towards all.

The Supreme Justice and the Supreme Love are one. Cause and effect cannot be avoided; consequences cannot be escaped.

While a man is given to hatred, resentment, anger and condemnation, he is subject to injustice as the dreamer to his dream, and cannot do otherwise than see injustice; but he who has overcome those fiery and binding elements, knows that unerring Justice presides over all, that in reality there is no such thing as injustice in the whole of the universe.

## The Use Of Reason

We have heard it said that reason is a blind guide, and that it draws men away from Truth rather than leads them to it. If this were true, it were better to remain, or to become, unreasonable, and to persuade others so to do. We have found, however, that the diligent cultivation of the divine faculty of reason brings about calmness and mental poise, and enables one to meet cheerfully the problems and difficulties of life.

It is true there is a higher light than reason; even that of the Spirit of Truth itself, but without the aid of reason, Truth cannot be apprehended. They who refuse to trim the lamp of reason will never, whilst they so refuse, perceive the light of Truth, for the light of reason is a reflection of that Light.

Reason is a purely abstract quality, and comes midway between the animal and divine consciousness in man, and leads, if rightly employed, from the darkness of one to the Light of the other. It is true that reason may be enlisted in the service of the lower, self-seeking nature, but this is only a result of its partial and imperfect exercise. A fuller development of reason leads away from the selfish nature, and ultimately allies the soul with the highest, the divine.

"Come, now, and let us reason together, saith the Lord; though your sins be as scarlet, they shall be as white as snow."

Many men and women pass through untold sufferings, and at last die in their sins, *because they refuse to reason*; because they cling to those dark delusions which even a faint glimmer of the light of reason would dispel; and all must use their reason freely, fully, and faithfully, who would exchange the scarlet robe of sin and suffering for the white garment of blamelessness and peace.

Reason leads away from passion and selfishness into the quiet ways of sweet persuasion and gentle forgiveness, and he will never be led astray, nor will he follow blind guides, who faithfully adheres to the Apostolic injunction, "Prove all things, and hold fast to that which is good." They, therefore, who despise the light of reason, despise the Light of Truth.

Large numbers of people are possessed of the strange delusion that reason is somehow intimately connected with the denial of the existence of God. This is probably due to the fact that those who try to prove that there is no God usually profess to take their stand upon reason, while those who try to prove the reverse generally profess to take their stand on faith. Such argumentative combatants, however, are frequently governed more by prejudice than either reason or faith, their object being not to find Truth, but to defend and confirm a preconceived opinion.

Reason is concerned, not with ephemeral opinions, but with the established truth of things, and he who is possessed of the faculty of reason in its purity and excellence can never be enslaved by prejudice, and will put from him all preconceived opinions as worthless. He will neither attempt to prove nor disprove, but after balancing extremes and bringing together all apparent contradictions, he will carefully and dispassionately weigh and consider them, and so arrive at Truth.

Reason is, in reality, associated with all that is pure and gentle, moderate and just. It is said of a violent man that he is "unreasonable," of a kind and considerate man that he is "reasonable," and of an insane man that he has "lost his reason." Thus it is seen that the word is used, even to a great extent unconsciously, though none the less truly, in a very comprehensive sense, and though reason is not actually love and thoughtfulness and gentleness and sanity, it leads to and is intimately connected with these divine qualities, and cannot, except for purposes of analysis, be dissociated from them.

Reason represents all that is high and noble in man. It distinguishes him from the brute that blindly follows its animal inclinations, and just in the degree that man disobeys the voice of reason and follows his inclinations does he become brutish.

The following definition of "reason" from Nuttall's Dictionary will give some idea of the comprehensiveness of the word:

*The cause, ground, principle, or motive of anything said or done; efficient cause; final cause; the faculty of intelligence in man; especially the faculty by which we arrive at necessary truth.*

It will thus be seen that "reason" is a term, the breadth of which is almost sufficient to embrace even Truth itself, and Archbishop Trench tells us in his celebrated work *On the Study of Words* that the terms Reason and Word "are indeed so essentially one and the same that the Greek language has one word for them both," so that the Word of God is the Reason of God; and one of the renderings of Lao-tze's "Tao" is Reason, so that in the Chinese translation of our New Testament, St. John's Gospel runs; "In the beginning was the Tao."

To the undeveloped and uncharitable mind all words have narrow applications, but as a man enlarges his sympathies and broadens his intelligence, words become filled with rich meanings and assume comprehensive proportions. Let us therefore cease from foolish quarrellings about words, and, like reasonable beings, search for principles and practice those things that make for unity and peace.

## Self-Discipline

A man does not live until he begins to discipline himself; he merely exists. Like an animal he gratifies his desires and pursues his inclinations just where they may lead him. He is happy, as a beast is happy, because he is not conscious of what he is depriving himself; he suffers as the beast suffers, because he does not know the way out of suffering. He does not intelligently reflect upon life, and lives in a series of sensations, longings, and confused memories that are unrelated to any central idea or principle. A man whose inner life is so ungoverned and chaotic must necessarily manifest this confusion in the visible conditions of his outer life in the world; and though for a time, running with the stream of his desires, he may draw to himself a more or less large share of the outer necessities and comforts of life, he never achieves any real success nor accomplishes any real good, and sooner or later worldly failure and disaster are inevitable, as the direct result of the inward failure to properly adjust and regulate those mental forces which make the outer life.

Before a man can accomplish anything of an enduring nature in the world he must first of all acquire some measure of success in the management of his own mind. This is as mathematical a truism as that two and two are four, for, "out of the heart are the issues of life." If a man cannot govern the forces within himself, he cannot hold a firm hand upon the outer activities that form his visible life. On the other hand, as a man succeeds, in governing himself he rises to higher and higher levels of power and usefulness and success in the world.

The only difference between the life of the beast and that of the undisciplined man is that the man has a wider variety of desires, and experiences a greater intensity of suffering. It may be said of such a man that he is dead, being truly dead to self-control, chastity, fortitude, and all the nobler qualities that constitute life. In the consciousness of such a man the crucified Christ lies entombed, awaiting that resurrection which shall revivify the mortal sufferer, and wake him up to a knowledge of the realities of his existence.

With the practice of self-discipline a man begins to live, for he then commences to rise above the inward confusion and to adjust his conduct to a steadfast center within himself. He ceases to follow where inclination leads him, reins in the steed of his desires, and lives in accordance with the dictates of reason and wisdom. Hitherto his life has been without purpose or meaning, but now he begins to consciously mold his own destiny; he is "clothed and in his right mind."

In the process of self-discipline there are three stages namely:

1. Control
2. Purification
3. Relinquishment

A man begins to discipline himself by controlling those passions that have hitherto controlled him; he resists temptation and guards himself against all those tendencies to selfish gratifications which are so easy and natural, and which have formerly dominated him. He brings his appetite into subjection, and begins to eat as a reasonable and responsible being, practicing moderation and thoughtfulness in the selection of his food, with the object of making his body a pure instrument through which he may live and act as becomes a man, and no longer degrading that body by pandering to gustatory pleasure. He puts a check upon his tongue, his temper, and, in fact, his every animal desire and tendency, and this he does by referring all his acts to a fixed center within himself. It is a process of living from within outward, instead of, as formerly, from without inward. He conceives of an ideal, and, enshrining that ideal in the sacred recesses of his heart, he regulates his conduct in accordance with its exaction and demands.

There is a philosophical hypothesis that at the heart of every atom and every aggregation of atoms in the universe there is a *motionless center* that is the sustaining source of all the universal activities. Be this as it may, there is certainly in the heart of every man and woman a selfless center without which the outer man could not be, and the ignoring of which leads to suffering and confusion. This selfless center that takes the form, in the mind, of an ideal of unselfishness and spotless purity, the attainment of

which is desirable, is man's eternal refuge from the storms of passion and all the conflicting elements of his lower nature. It is the Rock of Ages, the Christ within, the divine and immortal in all men.

As a man practices self-control he approximates more and more to this inward reality, and is less and less swayed by passion and grief, pleasure and pain, and lives a steadfast and virtuous life, manifesting manly strength and fortitude. The restraining of the passions, however, is merely the initial stage in self-discipline, and is immediately followed by the process of Purification. By this a man so purifies himself as to take passion out of the heart and mind altogether; not merely restraining it when it rises within him, but preventing it from rising altogether. By merely restraining his passions a man can never arrive at peace, can never actualize his ideal; he must purify those passions.

It is in the purification of his lower nature that a man becomes strong, standing firmly upon the ideal center within, and rendering all temptations powerless and ineffectual. This purification is effected by thoughtful care, earnest meditation, and holy aspiration; and as success is achieved, confusion of mind and life pass away, and calmness of mind and spiritualized conduct ensure.

True strength and power and usefulness are born of self-purification, for the lower animal forces are not lost, but are transmuted into intellectual and spiritual energy. The pure life (Pure in thought and deed) is a life of conservation of energy; the impure life (even should the impurity not extent beyond thought) is a life of dissipation of energy. The pure man is more capable, and therefore more fit to succeed in his plans and to accomplish his purposes than the impure. Where the impure man fails, the pure man will step in and be victorious, because he directs his energies with a calmer mind and a greater definiteness and strength of purpose.

With the growth in purity; all the elements which constitute a strong and virtuous manhood are developed in an increasing degree of power, and as a man brings his lower nature into subjection, and makes his passions do his bidding, just so much will he mold the outer circumstances of his life, and influence others for good.

The third stage of self-discipline, that of Relinquishment, is a process of letting the lower desires and all impure and unworthy thoughts drop out of the mind, and also refusing to give them any admittance, leaving them to perish. As a man grows purer, he perceives that all evil is powerless, unless it receives his encouragement, and so he ignores it, and lets it pass out of his life. It is by pursuing this aspect of self-discipline that a man enters into and realizes the divine life, and manifests those qualities that are distinctly divine, such as wisdom, patience, non-resistance, compassion, and love. It is here, also, where a man becomes consciously immortal, rising above all the fluctuations and uncertainties of life, and living in and intelligent and unchangeable peace.

By self-discipline a man attains to every degree of virtue and holiness, and finally becomes a purified son of God, realizing his oneness with the central heart of all things.

Without self-discipline a man drifts lower and lower, approximating more and more nearly to the beast, until at last he grovels, a lost creature, in the mire of his own befoulement. By self-discipline a man rises higher and higher, approximating more and more nearly to the divine, until at last he stands erect in his divine dignity, a saved soul, glorified by the radiance of his purity. Let a man discipline himself, and he will live; let a man cease to discipline himself, and he will perish. As a tree grows in beauty, health, and fruitfulness by being carefully pruned and tended, so a man grows in grace and beauty of life by cutting away all the branches of evil from his mind, and as he tends and develops the good by constant and unfailing effort.

As a man by practice acquires proficiency in his craft, so the earnest man acquires proficiency in goodness and wisdom. Men shrink from self-discipline because in its early stages it is painful and repellent, and the yielding to desire is, at first, sweet and inviting; but the end of desire is darkness and unrest, whereas the fruits of discipline are immortality and peace.

## Resolution

Resolution is the directing and impelling force in individual progress. Without it no substantial work can be accomplished. Not until a man brings resolution to bear upon his life does he consciously and rapidly develop, for a life without resolution is a life without aims, and a life without aims is a drifting and unstable thing.

Resolution may of course be linked to downward tendencies, but it is more usually the companion of noble aims and lofty ideals, and I am dealing with it in this its highest use and application.

When a man makes a resolution, it means that he is dissatisfied with his condition, and is commencing to take himself in hand with a view to producing a better piece of workmanship out of the mental materials of which his character and life are composed, and in so far as he is true to his resolution he will succeed in accomplishing his purpose.

The vows of the saintly once are holy resolutions directed toward some victory over self, and the beautiful achievements of holy men and the glorious conquests of the Divine Teachers were rendered possible and actual by the pursuit of unswerving resolution.

To arrive at the fixed determination to walk a higher path than heretofore, although it reveals the great difficulties that have to be surmounted, it yet makes possible the treading of that path, and illuminates its dark places with the golden halo of success.

The true resolution is the crisis of long thought, protracted struggle, or fervent but unsatisfied aspiration. It is no light thing, no whimsical impulse or vague desire, but a solemn and irrevocable determination not to rest nor cease from effort until the high purpose that is held in view is fully accomplished.

Half-hearted and premature resolution is no resolution at all, and is shattered at the first difficulty.

A man should be slow to form a resolution. He should searchingly examine his position and take into consideration every circumstance and difficulty connected with his decision, and should be fully prepared to meet them. He should be sure that he completely understands the nature of his resolution, that his mind is finally made up, and that he is without fear and doubt in the matter. With the mind thus prepared, the resolution that is formed will not be departed from, and by the aid of it a man will, in due time, accomplish his strong purpose.

Hasty resolutions are futile.

The mind must be fortified to endure.

Immediately the resolution to walk a higher path is made, temptation and trial begin. Men have found that no sooner have they decided to lead a truer and nobler life than they have been overwhelmed with such a torrent of new temptations and difficulties as make their position almost unendurable, and many men, because of this, relinquish their resolution.

But these temptations and trials are a necessary part of the work of regeneration upon which the man has decided and must be hailed as friends and met with courage if the resolution is to do its work. For what is the real nature of a resolution? Is it not the sudden checking of a particular stream of conduct, and the endeavor to open up an entirely new channel? Think of an engineer who decides to turn the course of a powerfully running stream or river in another direction. He must first cut his new channel, and must take every precaution to avoid failure in the carrying out of his undertaking. But when he comes to the all-important task of directing the stream into its new channel, then the flowing force, that for ages has steadily pursued its accustomed course, becomes refractory, and all the patience and care and skill of the engineer will be required for the successful completion of the work. It is even so with the man who determines to turn his course of conduct in another and higher direction. Having prepared his mind, which is the cutting of a new channel, he then proceeds to the work of redirecting his mental forces - which have hitherto flowed on uninterruptedly - into the new course. Immediately after this is

attempted, the arrested energy begins to assert itself in the form of powerful temptations and trials hitherto unknown and unencountered. And this is exactly as it should be; it is the law; and the same law that is in the water is in the mind. No man can improve upon the established law of things, but he can learn to understand the law instead of complaining, and wishing things were different. The man who understands all that is involved in the regeneration of his mind will "glory in tribulations," knowing that only by passing through them can he gain strength, obtain purity of heart, and arrive at peace. And as the engineer at last (perhaps after many mistakes and failures) succeeds in getting the stream to flow on peacefully in the broader and better channel, and the turbulence of the water is spent, and all dams can be removed, so the man of resolution at last succeeds in directing his thoughts and acts into the better and nobler way to which he aspires, and temptations and trials give place to steadfast strength and settled peace.

He whose life is not in harmony with his conscience and who is anxious to remedy his mind and conduct in a particular direction, let him first mature his purpose by earnest thought and self-examination, and having arrived at a final conclusion, let him frame his resolution, and having done so let him not swerve from it, let him remain true to his decision under all circumstances, and he cannot fail to achieve his good purpose; for the Great Law ever shields and protects him who, no matter how deep his sins, or how great and many his failures and mistakes, has, deep in his heart, resolved upon the finding of a better way, and every obstacle must at last give way before a matured and unshaken resolution.

### The Glorious Conquest

Truth can only be apprehended by the conquest of self.

Blessedness can only be arrived at by overcoming the lower nature.

The way of Truth is barred by a man's self. The only enemies that can actually hinder him are his own passions and delusions.

Until a man realizes this, and commences to cleanse his heart, he has not found the Path that leads to knowledge and peace. Until passion is transcended, Truth remains unknown. This is the Divine Law. A man cannot keep his passions and have Truth as well. Error is not slain until selfishness is dead.

The overcoming of self is no mystical theory, but a very real and practical thing. It is a process that must be pursued daily and hourly, with unswerving faith and undaunted resolution if any measure of success is to be achieved.

The process is one of orderly growth, having its sequential stages, like the growth of a tree; and as fruit can only be produced by carefully and patiently training the tree even so the pure and satisfying fruits of holiness can only be obtained by faithfully and patiently training the mind in the growth of right thought and conduct.

There are five steps in the overcoming of passion (which includes all bad habits and particular forms of wrong-doing) that I will call:

1. Repression
2. Endurance
3. Elimination
4. Understanding
5. Victory

When men fail to overcome their sins, it is because they try to begin at the wrong end. They want to have the stage of Victory without passing through the previous four stages. They are in the position of a gardener who wants to produce good fruit without training and attending to his trees.

*Repression* consists in checking and controlling the wrong act (such as an outburst of temper, a hasty or unkind word, a selfish indulgence etc.), and not allowing it to take actual form. This is equivalent to the gardener nipping off the useless buds and branches from his tree. It is a necessary process, but a painful one. The tree bleeds while undergoing the process, and the gardener knows that it must not be taxed too severely. The heart also bleeds

when it refuses to return passion for passion, when it ceases to defend and justify itself. It is the process of "mortifying the members" of which St. Paul speaks.

But this repression is only the beginning of self-conquest. When it is made an end in itself, and there is no object of finally purifying the heart, that is a stage of hypocrisy; a hiding of one's true nature, and striving to appear better in the eyes of others than one really is. In that case it is an evil, but when adopted as the first stage toward complete purification, it is good. Its practice leads to the second stage of *Endurance*, or forbearance, in which one silently endures the pain that arises in the mind when it is brought in contact with certain actions and attitudes of other minds toward one. As success is attained in this stage, the striver comes to see that all his pain actually arises in his own weaknesses, and not in the wrong attitudes of others toward him, these latter being merely the means by which his sins are brought to the surface and revealed to him. He thus gradually exonerates all others from blame in his falls and lapses of conduct, and accuses only himself, and so learns to love those who thus unconsciously reveal to him his sins and shortcomings.

Having passed through these two stages of self-crucifixion, the disciple enters the third, that of *Elimination*, in which the wrong thought which lay behind the wrong act is cast from the mind immediately as it appears. At this stage, conscious strength and holy joy begin to take the place of pain, and the mind having become comparatively calm, the striver is enabled to gain a deeper insight into the complexities of his mind, and thus to understand the inception, growth, and outworking of sin. This is the stage of *Understanding*.

Perfection in understanding leads to the final conquest of self, a conquest so complete that the sin can no more rise in the mind even as a thought or impression; for when the knowledge of sin is complete; when it is known in its totality, from its inception as a seed in the mind to its ripened outgrowth as act and consequence, then it can no more be allowed a place in life, but it is abandoned for ever. Then the mind is at peace. The wrong acts of others no longer arouse wrong and pain in the mind of the disciple. He is glad

and calm and wise. He is filled with Love, and blessedness abides with him. And this is Victory!

## Contentment In Activity

The confounding of a positive spiritual virtue or principle with a negative animal vice is common amongst writers even of what is called the "Advance Thought School," and much valuable energy is frequently expended in criticizing and condemning, where a little calm reasoning would have revealed a greater light, and led to the exercise of a broader charity.

The other day I came across a vigorous attack upon the teaching of "Love," wherein the writer condemned such teaching as weakly, foolish, and hypocritical. Needless to say, that which he was condemning as "Love," was merely weak sentimentality and hypocrisy.

Another writer in condemning "meekness" does not know that what he calls meekness is only cowardice, while another who attacks "chastity" as "a snare," is really confusing painful and hypocritical restraint with the virtue of chastity. And just lately I received a long letter from a correspondent who took great pains to show me that "contentment" is a vice, and is the source of innumerable evils.

That which my correspondent called "contentment" is, of course *animal indifference*. The spirit of indifference is incompatible with progress, whereas the spirit of contentment may, and does, attend the highest form of activity, the truest advancement and development. Indolence is the twin sister of indifference, but cheerful and ready action is the friend of contentment.

Contentment is a virtue that becomes lofty and spiritual in its later developments, as the mind is trained to perceive and the heart to receive the guidance, in all things, of a merciful law.

To be contented does not mean to forego effort; it means to *free effort from anxiety*; it does not mean to be satisfied with sin and ignorance and folly, but to rest happily in duty done, work accomplished.

A man may be said to be content to lead a groveling life, to remain in sin and in debt, but such a man's true state is one of

indifference to his duty, his obligations, and the just claims of his fellow men. He cannot truly be said to possess the virtue of contentment; he does not experience the pure and abiding joy which is the accompaniment of active contentment; so far as his true nature is concerned he is a sleeping soul, and sooner or later will be awakened by intense suffering, having passed through which he will find that true contentment which is the outcome of honest effort and true living.

There are three things with which a man should be content:

1. With whatever happens.
2. With his friendships and possessions.
3. With his pure thoughts.

Contented with whatever happens, he will escape grief; with his friends and possessions, he will avoid anxiety and wretchedness; and with his pure thoughts, he will never go back to suffer and grovel in impurities.

There are three things with which a man should not be content:

1. With his opinions.
2. With his character.
3. With his spiritual condition.

Not content with his opinions, he will continually increase in intelligence; not content with his character, he will ceaselessly grow in strength and virtue; and not content with his spiritual condition, he will, everyday, enter into a larger wisdom and fuller blessedness. In a word, a man should be contented, but not indifferent to his development as a responsible and spiritual being.

The truly contented man works energetically and faithfully, and accepts all results with an untroubled spirit, trusting, at first, that all is well, but afterwards, with the growth of enlightenment, *knowing* that results exactly correspond with efforts. Whatsoever material possessions come to him, come not by greed and anxiety and strife, but by right thought, wise action, and pure exertion.

## The Temple Of Brotherhood

Universal Brotherhood is the supreme Ideal of Humanity, and towards that Ideal the world is slowly but surely moving.

Today, as never before, numbers of earnest men and women are striving to make this Ideal tangible and real; Fraternities are springing up on every hand, and Press and Pulpit, the world over, are preaching the Brotherhood of Man.

The unselfish elements in all such efforts cannot fail to have their effect upon the race, and are with certainty urging it towards the goal of its noblest aspirations; but the ideal state has not yet manifested through any outward organization, and societies formed for the purpose of propagating Brotherhood are continually being shattered to pieces by internal dissension.

The Brotherhood for which Humanity sighs is withheld from actuality by Humanity itself; nay, more, it is frustrated even by men who work zealously for it is a desirable possibility; and this because the purely *spiritual* nature of Brotherhood is not perceived, and the principles involved, as well as the individual course of conduct necessary to perfect unity, are not comprehended.

Brotherhood as a human organization cannot exist so long as any degree of self-seeking reigns in the hearts of men and women who band themselves together for any purpose, as such self-seeking must eventually rend the Seamless Coat of loving unity. But although organized Brotherhood has so far largely failed, any man may realize Brotherhood in its perfection, and know it in all its beauty and completion, if he will make himself of a wise, pure, and loving spirit, removing from his mind every element of strife, and learning to practice those divine qualities without which Brotherhood is but a mere theory, opinion, or illusive dream.

For Brotherhood is at first spiritual, and its outer manifestation in the world must follow as a natural sequence.

As a spiritual reality it must be discovered by each man for himself, and in the only place where spiritual realities can be found

- *within himself*, and it rests with each whether he shall choose or refuse it.

There are four chief tendencies in the human mind that are destructive of Brotherhood, and which bar the way to its comprehension, namely:

- Pride
- Self-love
- Hatred
- Condemnation

Where these are there can be no Brotherhood; in whatsoever heart these hold sway, discord rules, and Brotherhood is not realized, for these tendencies are, in their very nature, dark and selfish and always make for disruption and destruction. From these four things proceeds that serpent brood of false actions and conditions which poison the heart of man, and fill the world with suffering and sorrow.

Out of the spirit of *pride* proceed envy, resentment, and opinionativeness. Pride envies the position, influence, or goodness of others; it thinks, "I am more deserving than this man or this woman"; it also continually finds occasion for resenting the actions of others, and says, "I have been snubbed," "I have been insulted," and thinking altogether of his own excellence, it sees no excellence in others.

From the spirit of *self-love* proceed egotism, lust for power, and disparagement and contempt. Self-love worships the personality in which it moves; it is lost in the adoration and glorification of that "I", that "self" which has no real existence, but is a dark dream and a delusion. It desires preeminence over others, and thinks, "I am great," "I am more important than others"; it also disparages others, and bestows upon them contempt, seeing no beauty in them, being lost in the contemplation of its own beauty.

From the spirit of *hatred* proceed slander, cruelty, reviling, and anger. It strives to overcome evil by adding evil to it. It says, "This man has spoken of me ill, I will speak still more ill of him and thus teach him a lesson." It mistakes cruelty for kindness, and causes its

possessor to revile a reproving friend. It feeds the flames of anger with bitter and rebellious thoughts.

From the spirit of *condemnation* proceed accusation, false pity, and false judgment. It feeds itself on the contemplation of evil, and cannot see the good. It has eyes for evil only, and finds it in almost every thing and every person. It sets up an arbitrary standard of right and wrong by which to judge others, and it thinks, "This man does not do as I would have him do, he is therefore evil, and I will denounce him." So blind is the spirit of condemnation that whilst rendering its possessor incapable of judging himself, it causes him to set himself up as the judge of all the earth.

From the four tendencies enumerated, no element of brotherliness can proceed. They are deadly mental poisons, and he who allows them to rankle in his mind, cannot apprehend the peaceful principles on which Brotherhood rests.

Then there are chiefly four divine qualities that are productive of Brotherhood; which are, as it were, the foundation stones on which it rests, namely:

- Humility
- Self-surrender
- Love
- Compassion

Where these are, there Brotherhood is active. In whatsoever heart these qualities are dominant, there Brotherhood is an established reality, for they are, in their very nature, unselfish and are filled with the revealing Light of Truth. There is no darkness in them, and where they are, so powerful is their light, that the dark tendencies cannot remain, but are dissolved and dissipated.

Out of these four qualities proceed all those angelic actions and conditions that make for unity and bring gladness to the heart of man and to the world.

From the spirit of *Humility* proceed meekness and peacefulness; from *Self-surrender* come patience, wisdom, and true

judgment; from *Love* spring kindness, joy, and harmony; and from *Compassion* proceed gentleness and forgiveness.

He who has brought himself into harmony with these four qualities is divinely enlightened; he sees whence the actions of men proceed and whither they tend, and therefore can no longer live in the exercise of the dark tendencies. He has realized Brotherhood in its completion as freedom from malice; from envy, from bitterness, from contention, from condemnation. All men are his brothers, those who live in the dark tendencies, as well as those who live in the enlightened qualities, for he knows that when they have perceived the glory and beauty of the Light of Truth, the dark tendencies will be dispelled from their minds. He has but one attitude of mind towards all, that of goodwill.

Of the four dark tendencies are born ill will and strife; of the four divine qualities are born goodwill and peace.

Living in the four tendencies a man is a strife-producer. Living in the four qualities a man is a peacemaker.

Involved in the darkness of the selfish tendencies, men believe that they can fight for peace, kill to make alive, slay injury by injuring, restore love by hatred, unity by contention, kindness by cruelty, and establish brotherhood by erecting their own opinions (which they themselves will, in the course of time, abandon as worthless) as objects of universal adoration.

The wished-for Temple of Brotherhood will be erected in the world when its four foundation stones of Humility, Self-surrender, Love, and Compassion are firmly laid in the hearts of men, for Brotherhood consists, first of all, in the abandonment of self by the individual, and its after-effects is unity between man and man.

Theories and schemes for propagating Brotherhood are many, but Brotherhood itself is one and unchangeable and consists in the complete cessation from egotism and strife, and in practicing goodwill and peace; for Brotherhood is a practice and not a theory. Self-surrender and Goodwill are its guardian angels, and peace is its habitation.

Where two are determined to maintain an opposing opinion, the clinging to self and ill will are there, and Brotherhood is absent.

Where two are prepared to sympathize with each other, to see no evil in each other, to serve and not to attack each other; the Love of Truth and Goodwill are there, and Brotherhood is present.

All strife, divisions, and wars inhere in the proud, unyielding self; all peace, unity, and concord inhere in the Principles which the yielding up of self reveals.

Brotherhood is only practiced and known by him whose heart is at peace with all the world.

## Pleasant Pastures Of Peace

He who aspires to the bettering of himself and humanity should ceaselessly strive to arrive at the exercise of that blessed attitude of mind by which he is enabled to put himself, mentally and sympathetically in the place of others, and so, instead of harshly and falsely judging them, and thereby making himself unhappy without adding to the happiness of those others, he will enter into their experience, will understand their particular frame of mind, and will feel for them and sympathize with them.

One of the great obstacles to the attainment of such an attitude of mind is, prejudice, and until this is removed it is impossible to act toward others as we would wish others to act toward us.

Prejudice is destructive of kindness, sympathy, love and true judgment, and the strength of a man's prejudice will be the measure of his harshness and unkindness toward others, for prejudice and cruelty are inseparable.

There is no rationality in prejudice, and, immediately it is aroused in a man he ceases to act as a reasonable being, and gives way to rashness, anger, and injurious excitement. He does not consider his words nor regard the feelings and liberties of those against whom his prejudices are directed. He has, for the time being, forfeited his manhood, and has descended to the level of an irrational creature.

While a man is determined to cling to his preconceived opinions, mistaking them for Truth, and refuses to consider dispassionately the position of others, he cannot escape hatred nor arrive at blessedness.

The man who strives after gentleness, who aspires to act unselfishly toward others, will put away all his passionate prejudice and petty opinions, and will gradually acquire the power of thinking and feeling for others, of understanding their particular state of ignorance or knowledge, and thereby entering fully into their hearts and lives, sympathizing with them and seeing them as they are.

Such a man will not oppose himself to the prejudices of others by introducing his own, but will seek to allay prejudice by introducing sympathy and love, striving to bring out all that is good in men, encouraging the good by appealing to it, and discouraging the evil by ignoring it. He will realize the good in the unselfish efforts of others, though their outward methods may be very different from his own, and will so rid his heart of hatred, and will fit it with love and blessedness.

When a man is prone to harshly judge and condemn others, he should inquire how far he falls short himself; he should also reconsider those periods of suffering when he himself was misjudged and misunderstood, and, gathering wisdom and love from his own bitter experience, should studiously and self-sacrificingly refrain from piercing with anguish hearts that are as yet too weak to ignore, too immature and uninstructed to understand.

Sympathy is not required towards those who are purer and more enlightened than one's self, as the purer one lives above the necessity for it. In such a case reverence should be exercised, with a striving to lift one's self up to the purer level, and so enter into possession of the larger life. Nor can a man fully understand one who is wiser than himself, and before condemning, he should earnestly ask himself whether he is, after all, better than the man whom he has singled out as the object of his bitterness. If he is, let him bestow sympathy. If he is not, let him exercise reverence.

For thousands of years the sages have taught, both by precept and example, that evil is only overcome by good, yet still that lesson for the majority, remains unlearned. It is a lesson profound in its simplicity, and difficult to learn because men are blinded by the illusions of self. Men are still engaged in resenting, condemning, and fighting the evil in their own fellow-men, thereby increasing the delusion in their own hearts, and adding to the world's sum of misery and suffering. When they find out that their own resentment must be eradicated, and love put in its place, evil will perish for lack of sustenance.

Dislike, resentment, and condemnation are all forms of hatred, and evil cannot cease until these are taken out of the heart.

But the obliterating of injuries from the mind is merely one of the beginnings in wisdom. There is a still higher and better way. And that way is so to purify the heart and enlighten the mind that, far from having to forget injuries, there will be none to remember. For it is only pride and self that can be injured and wounded by the actions and attitudes of others; and he who takes pride and self out of his heart can never think the thought, "I have been injured by another" or "I have been wronged by another."

From a purified heart proceeds the right comprehension of things; and from the right comprehension of things proceeds the life that is peaceful, freed from bitterness and suffering, calm and wise. He who thinks, "This man has injured me," has not perceived the Truth in life; falls short of that enlightenment which disperses the erroneous idea of evil as a thing to be hatefully resented. He who is troubled and disturbed about the sins of others is far from Truth; he who is troubled and disturbed about his own sins is very near to the Gate of Wisdom. He in whose heart the flames of resentment burn, cannot know Peace nor understand Truth; he who will banish resentment from his heart, will know and understand.

He who has taken evil out of his own heart cannot resent or resist it in others, for he is enlightened as to its origin and nature, and knows it as a manifestation of the mistakes of ignorance. With the increase of enlightenment, sin becomes impossible. He who sins, does not understand; he who understands does not sin.

The pure man maintains his tenderness of his heart toward those who ignorantly imagine they can do him harm. The wrong attitude of others toward him does not trouble him; his heart is at rest in Compassion and Love.

Blessed is he who has no wrongs to remember, no injuries to forget; in whose pure heart no hateful thought about another can take root and flourish.

Let those who aim at the right life, who believe that they love Truth, cease to passionately oppose themselves to others, and let

them strive to calmly and wisely understand them, and in thus acting toward others they will be conquering themselves; and while sympathizing with others, their own souls will be fed with the heavenly dews of kindness, and their hearts be strengthened and refreshed in the Pleasant Pastures of Peace.

# THE MASTERY OF DESTINY

## DEEDS, CHARACTER, AND DESTINY

There is, and always has been, a widespread belief in Fate, or Destiny, that is, in an eternal and inscrutable Power which apportions definite ends to both individuals and nations. This belief has arisen from long observation of the facts of life. Men are conscious that there are certain occurrences which they cannot control, and are powerless to avert. Birth and death, for instance, are inevitable, and many of the incidents of life appear equally inevitable. Men strain every nerve for the attainment of certain ends, and gradually they become conscious of a Power which seems to be not of themselves, which frustrates their puny efforts, and laughs, as it were, at their fruitless striving and struggle. As men advance in life, they learn to submit, more or less, to this overruling Power which they do not understand, perceiving only its effects in themselves and the world around them, and they call it by various names, such as God, Providence, Fate, Destiny, etc.

Men of contemplation, such as poets and philosophers, step aside, as it were, to watch the movements of this mysterious Power as it seems to elevate its favorites on the one hand, and strike down its victims on the other, without reference to merit or demerit. The greatest poets, especially the dramatic poets, represent this Power in their works, as they have observed it in Nature. The Greek and Roman dramatists usually depict their heroes as having foreknowledge of their fate, and taking means to escape it; but by so doing they blindly involve themselves in a series of consequences which bring about the doom which they are trying to avert. Shakespeare's characters, on the other hand, are represented, as in Nature, with no foreknowledge (except in the form of presentiment) of their particular destiny. Thus, according to the poets, whether the man knows his fate or not, he cannot avert it, and every conscious or unconscious act of his is a step towards it.

Omar Khayyam's *MovingFinger* is a vivid expression of this idea of

Fate:

“The Moving Finger writes, and having writ,  
    Moves on: nor all thy Piety nor Wit  
        Shall lure it back to cancel half a line,  
            Nor all thy Tears wash out a Word of it.”

Thus, men in all nations and times have experienced in their lives the action of this invincible Power or Law, and in our nation today this experience has been crystallized in the terse proverb, “Man proposes, God disposes.”

But, contradictory as it may appear, there is *an* equally widespread belief in man’s responsibility as a free agent.

All moral teaching is an affirmation of man’s freedom to choose his course and mold his destiny: and man’s patient and untiring efforts in achieving his ends are declarations of consciousness of freedom and power. This dual experience of fate on the one hand, and freedom on the other, has given rise to the interminable controversy between the believers in Fatalism and the upholders of free will —a controversy which was recently revived under the term “Determinism *versus* Freewill.” Between apparently conflicting extremes there is always a “middle way” of balance, justice, or compensation which, while it includes both extremes, cannot be said to be either one or the other, and which brings both into harmony; and this middle way is the point of contact between two extremes. Truth cannot be a partisan, but, by its nature, is the Reconciler of extremes; and so, in the matter which we are considering, there is a “golden mean” which brings Fate and Free will into close relationship, wherein, indeed, it is seen that these two indisputable facts in human life, for such they are, are but two aspects of one central law, one unifying and all-embracing principle, namely, *the law of causation in its moral aspect*.

Moral causation necessitates both Fate and Free will, both individual responsibility and individual predestination, for the law of causes must also be the law of effects, and cause and effect must always be equal; the train of causation, both in matter and *mind*, must be eternally balanced, therefore eternally just, eternally

perfect. Thus every effect may be said to be a thing *preordained*, but the predetermining power is a cause, and not the fiat of an arbitrary will.

Man finds himself involved in the train of causation. His life is made up of causes and effects. It is both a sowing and a reaping. Each act of his is a cause which must be balanced by its effects. He chooses the cause (this is Free will), he cannot choose, alter, or avert the effect (this is Fate); thus Free will stands for the power to initiate causes, and destiny is involvement in effects. It is therefore true that man is predestined to certain ends, but he himself has (though he knows it not) issued the mandate; that good or evil thing from which there is no escape, he has, by his own deeds, brought about.

It may here be urged that man is not responsible for his deeds, that these are the effects of his character, and that he is not responsible for the character, good or bad, which was given him at his birth. If character was "given him" at birth, this would be true, and there would then be no moral law, and no need for moral teaching; but characters are not given ready made, they are evolved; they are, indeed, effects, the products of the moral law itself, that is—the products of deeds. Character result of an accumulation of deeds which have been piled up, so to speak, by the individual during his life.

Man is the doer of his own deeds; as such he is the maker of his own character; and as the doer of his deeds and the maker of his character, he is the molder and shaper of his destiny. He has the power to modify and alter his deeds, and every time he acts he modifies his character, and with the modification of his character for good or evil, he is predetermining for himself new destinies—destinies disastrous or beneficent in accordance with the nature of his deeds. Character is destiny itself; as a fixed combination of deeds, it bears within itself the results of those deeds. These results lie hidden as moral seeds in the dark recesses of the character, awaiting their season of germination, growth, and fruitage.

Those things which befall a man are the reflections of himself; that destiny which pursued him, which he was powerless to escape by effort, or avert by prayer, was the relentless ghoul of his own

wrong deeds demanding and enforcing restitution; those blessings and curses which come to him unbidden are the reverberating echoes of the sounds which he himself sent forth.

It is this knowledge of the Perfect Law working through and above all things; of the Perfect Justice operating in and adjusting all human affairs, that enables the good man to love his enemies, and to rise above all hatred, resentment, and complaining; for he knows that only his own can come to him, and that, though he be surrounded by persecutors, his enemies are but the blind instruments of a faultless retribution; and so he blames them not, but calmly receives his accounts, and patiently pays his moral debts.

But this is not all; he does not merely pay his debts; he takes care not to contract any further debts. He watches himself and makes his deeds faultless. While paying off evil accounts, he is laying up good accounts. By putting an end to his own sin, he is bringing evil and suffering to an end.

And now let us consider how the Law operates in particular instances in the outworking of destiny through deeds and character. First, we will look at this present life, for the present is the synthesis of the entire past; the net result of all that a man has ever thought and done is contained within him. It is noticeable that sometimes the good man fails and the unscrupulous man prospers—a fact which seems to put all moral maxims as to the good results of righteousness out of account—and because of this, many people deny the operation of any just law in human life, and even declare that it is chiefly the unjust that prosper. Nevertheless, the moral law exists, and is not altered or subverted by shallow conclusions. It should be remembered that man is a *changing, evolving being*. The good man was not always good; the bad man was not always bad. Even in this life, there was a time, in a large number of instances, when the man who is now just, was unjust; when he who is now kind, was cruel; when he who is now pure, was impure. Conversely, there was a time in this life, in a number of instances, when he who is now unjust, was just; when he who is now cruel, was kind; when he who is now impure, was pure. Thus, the good man who is overtaken with calamity today is reaping the

result of his former evil sowing; later he will reap the happy result of his present good sowing; while the bad man is now reaping the result of his former good sowing; later he will reap the result of his present sowing of bad.

Characteristics are fixed habits of mind, the results of deeds. An act repeated a large number of times becomes unconscious, or automatic—that is, it then seems to repeat itself without any effort on the part of the doer, so that it seems to him almost impossible not to do it, and then it has become a mental characteristic.

Here is a poor man out of work. He is honest, and is not a shirker. He wants work, and cannot get it. He tries hard, and continues to fail. Where is the justice in his lot? There was a time in this man's condition when he had plenty of work. He felt burdened with it; he shirked it, and longed for ease. He thought how delightful it would be to have nothing to do. He did not appreciate the blessedness of his lot. His desire for ease is now gratified, but the fruit for which he longed, and which he thought would taste so sweet, has turned to ashes in his mouth. The condition which he aimed for, namely, to have nothing to do, he has reached, and there he is compelled to remain till his lesson is thoroughly learned. And he is surely learning that habitual ease is degrading, that to have nothing to do is a condition of wretchedness, and that work is a noble and blessed thing. His former desires and deeds have brought him where he is; and now his present desire for work, his ceaseless searching and asking for it, will just as surely bring about its own beneficent result. No longer desiring idleness, his present condition will, as an effect, the cause of which is no longer propagated, soon pass away, and he will obtain employment; and if his whole mind is now set on work, and be desires it above all else, then when it comes he will be overwhelmed with it; it will flow in to him from all sides, and he will prosper in his industry. Then, if he does not understand the law of cause and effect in human life, he will wonder why work comes to him apparently unsought, while others who seek it strenuously fail to obtain it. Nothing comes unbidden; where the shadow is, there also is the substance. That which comes to the individual is the product of his own deeds. As cheerful industry leads to greater industry and increasing prosperity, and

labor shirked or undertaken discontentedly leads to a lesser degree of labor and decreasing prosperity, so with all the varied conditions of life as we see them —they are *the* destinies wrought by the thoughts and deeds of each particular individual. So also with the vast variety of characters—they are the ripening and ripened growth of the sowing of deeds.

As the individual reaps what he sows, so the nation, being a community of individuals, reaps also what it sows. Nations become great when their leaders are just men; they fall and fade when their just men pass away. Those who are in power set an example, good or bad, for the entire nation. Great will be the peace and prosperity of a nation when there shall arise within it a line of statesmen who, having first established themselves in a lofty integrity of character, shall direct the energies of the nation toward the culture of virtue and development of character, knowing that only through personal industry, integrity, and nobility can national prosperity proceed.

Still, above all, is the Great Law, calmly and with infallible justice meting out to mortals their fleeting destinies, tear-stained or smiling, the fabric of their hands. Life is a great school for the development of character, and all, through strife and struggle, vice and virtue, success and failure, are slowly but surely learning the lessons of wisdom.

## THE SCIENCE OF SELF-CONTROL

We live in a scientific age. Men of science are numbered by thousands, and they are ceaselessly searching, analyzing, and experimenting with a view to discovery and the increase of knowledge. The shelves of our libraries, both public and private, are heavy with their load of imposing volumes on scientific subjects, and the wonderful achievements of modern science are always before us—whether in our homes or in our streets, in country or town, on land or sea—there shall we have before us some marvelous device, some recent accomplishment of science, for adding to our comfort, increasing our speed, or saving the labor of our hands.

Yet, with all our vast store of scientific knowledge, and its startling and rapidly increasing results in the world of discovery and invention, there is, in this age, one branch of science which has so far fallen into decay as to have become almost forgotten; a science, nevertheless, which is of greater importance than all the other sciences combined, and without which all science would but subserve the ends of selfishness, and aid in man's destruction—I refer to the *Science of Self-control*.

Our modern scientists study the elements and forces which are outside themselves, with the object of controlling and utilizing them. The ancients studied the elements and forces which were within themselves, with a view to controlling and utilizing them, and the ancients produced such mighty Masters of knowledge in this direction, that to this day they are held in reverence as gods, and the vast religious organizations of the world are based upon their achievements.

Wonderful as are the forces in nature, they are vastly inferior to that combination of intelligent forces which comprise the mind of man, and which dominate and direct the blind mechanical forces of nature. Therefore, it follows that, to understand, control, and direct the inner forces of passion, desire, will, and intellect, is to be in

possession of the destinies of men and nations.

As in ordinary science, there are, in this divine science, degrees of attainment; and a man is great in knowledge, great in himself, and great in his influence on the world, in the measure that he is great in self-control.

He who understands and dominates the forces of external nature is the natural scientist; but he who understands and dominates the internal forces of the mind is the divine scientist; and the laws which operate in gaining a knowledge of external appearances, operate also in gaining a knowledge of internal varieties.

A man cannot become an accomplished scientist in a few weeks or months, nay, not even in a few years. But only after many years of painstaking investigation can he speak with authority, and be ranked among the masters of science. Likewise, a man cannot acquire self-control, and become possessed of the wisdom and peace giving knowledge which that self-control confers, but by many years of patient labor; a labor which is all the more arduous because it is silent, and both unrecognized and unappreciated by others; and he who would pursue this science successfully must learn to stand alone, and to toil unrewarded, as far as any outward emolument is concerned.

The natural scientist pursues, in acquiring his particular kind of knowledge, the following five orderly and sequential steps:

1. *Observation*: that is, he closely and persistently observes the facts of nature.

2. *Experiment*: Having become acquainted, by repeated observations, with certain facts, he experiments with those facts, with a view to the discovery of natural laws. He puts his facts through rigid processes of analysis, and so finds out what is useless and what of value; and he rejects the former and retains the latter.

3. *Classification*: Having accumulated and verified a mass of facts by numberless observations and experiments, he commences to classify those facts, to arrange them in orderly groups with the object of discovering some underlying law, some hidden and unifying principle, which governs, regulates, and binds together these facts.

4. *Deduction*: Thus he passes on to the fourth step of deduction.

From the facts and results which are before him, he discovers certain invariable modes of action, and thus reveals the hidden laws of things.

5. *Knowledge*: Having proven and established certain laws, it may be said of such a man that he *knows*. He is a scientist, a man of knowledge.

But the attainment of scientific knowledge is not the end, great as it is. Men do not attain knowledge for themselves alone, nor to keep it locked secretly in their hearts, like a beautiful jewel in a dark chest. The end of such knowledge is use, service, the increase of the comfort and happiness of the world. Thus, when a man has become a scientist, he gives the world the benefit of his knowledge, and unselfishly bestows upon mankind the results of all his labors. Thus, beyond knowledge, there is a further step of *Use*: that is, the right and unselfish use of the knowledge acquired; the application of knowledge to invention for the common weal.

It will be noted that the five steps or processes enumerated follow in orderly succession, and that no man can become a scientist who omits any one of them. Without the first step of systematic observation, for instance, he could not even enter the realm of knowledge of nature's secrets. At first, the searcher for such knowledge has before him a universe of *things*: these things he does not understand; many of them, indeed, seem to be irreconcilably opposed one to the other, and there is apparent confusion; but by patiently and laboriously pursuing these five processes, he discovers the order, nature, and essences of things; perceives the central law or laws which bind them together in harmonious relationship, and so puts an end to confusion and ignorance.

As with the natural scientist, so with the divine scientist; he must pursue, with the same self-sacrificing diligence, five progressive steps in the attainment of self-knowledge, self-control. These five steps are the same as with the natural scientist, but *the process is reversed*, the mind, instead of being centered upon external things, is turned back upon itself, and the investigations are pursued in the realm of mind (of one's own mind) instead of in that of matter. At first, the searcher for divine knowledge is confronted with that mass of desires, passions, emotions, ideas, and intellects which

he calls himself, which is the basis of all his actions, and from which his life proceeds. This combination of invisible, yet powerful, forces appears confusedly; some of them stand, apparently, in direct conflict with each other, without any appearance or hope of reconciliation; his mind in its entirety, too, with his life which proceeds from that mind, does not seem to have any equitable relation to many other minds and lives about him, and altogether there is a condition of pain and confusion from which he would fain escape. Thus, he begins by keenly realizing his state of ignorance, for no one could acquire either natural or divine knowledge, if he were convinced that without study or labor he already possessed it. With such perception of one's ignorance, there comes the desire for knowledge, and the novice in self-control enters upon the ascending pathway, in which are the following five steps:

1. *Introspection.* This coincides with the *observation* of the natural scientist. The mental eye is turned like a searchlight upon the inner things of the mind, and its subtle and ever varying processes are observed and carefully noted. This stepping aside from selfish gratifications, from the excitements of worldly pleasures and ambitions, in order to observe, with the object of understanding, one's nature, is the beginning of self-control. Hitherto, the man has been blindly and impotently borne along by the impulses of his nature, the mere creature of things and circumstances, but now he puts a check upon his impulses and, instead of being controlled, begins to control.
2. *Self-analysis.* Having observed the tendencies of the mind, they are then closely examined, and are put through a rigid process of analysis. The evil tendencies (those that produce painful effects) are separated from the good tendencies (those that produce peaceful effects); and the various tendencies, with the particular actions they produce, and the definite results which invariably spring from these actions, are gradually grasped by the understanding, which is at last enabled to follow them in their swift and subtle interplay and profound ramifications. It is a process of *testing and proving*, and, for the searcher, a period of being tested and proved.

3. *Adjustment.* By this time, the practical student of things divine has clearly before him every tendency and aspect of his nature, down to the profoundest promptings of his mind, and the most subtle motives of his heart. There is not a spot or corner left, which he has not explored and illuminated with the light of self-examination. He is familiar with every weak and selfish point, every strong and virtuous quality. It is considered the height of wisdom to be able to see ourselves as others see us, but the practitioner of self-control goes far beyond this: he not only sees himself as others see him, he *sees himself as he is*. Thus, standing face to face with himself, not striving to hide away from any secret fault; no longer defending himself with pleasant flatteries; neither underrating nor overrating himself or his powers, and no more cursed with self-praise or self-pity, he sees the full magnitude of the task which lies before him; sees dearly ahead the heights of self-control, and knows what work he has to do to reach them. He is no longer in a state of confusion, but has gained a glimpse of the laws which operate in the world of thought, and he now begins to *adjust* his mind in accordance with those laws. This is a process of *weeding, sifting, cleansing*. As the farmer weeds, cleans, and prepares the ground for his crops, so the student removes the weeds of evil from his mind, cleanses and purifies it preparatory to sowing the seeds of righteous actions which shall produce the harvest of a well ordered life.

4. *Righteousness.* Having adjusted his thoughts and deeds to those minor laws which operate in mental activities in the production of pain and pleasure, unrest and peace, sorrow and bliss, he now perceives that there is involved in those laws one Great Central Law which, like the law of gravitation in the natural world, is supreme in the world of mind; a law to which all thoughts and deeds are subservient, and by which they are regulated and kept in their proper sphere. This is the law of Justice or Righteousness, which is universal and supreme. To this law he now conforms. Instead of thinking and acting blindly, as the nature is stimulated and appealed to by outward things, he subordinates his thoughts and deeds to this central principle. He no longer acts from self, *but does what is right—what is universally and eternally right*. He is no longer the abject slave of his nature and circumstances, he

is the master of his nature and circumstances. He is no longer carried hither and thither on the forces of his mind; he controls and guides those forces to the accomplishment of his purposes. Thus, having his nature in control and subjection, not thinking thoughts nor doing deeds which oppose the righteous law, and which, therefore, that law annuls with suffering and defeat, he rises above the dominion of sin and sorrow, ignorance and doubt, and is strong, calm, and peaceful.

5. *Pure Knowledge*. By thinking right and acting right, he proves, by experience, the existence of the divine law on which the mind is framed, and which is the guiding and unifying principle in all human affairs and events, whether individual or national. Thus, by perfecting himself in self-control, he acquires divine knowledge; he reaches the point where it may be said of him, as of the natural scientist, that he *knows*. He has mastered the science of self-control, and has brought knowledge out of ignorance, order out of confusion. He has acquired that knowledge of self which includes knowledge of all men; that knowledge of one's own life which embraces knowledge of all lives—for all minds are the same in essence (differing only in degree), are framed upon the same law; and the same thoughts and acts, by whatsoever individual they are wrought, will always produce the same results.

But this divine and peace bestowing knowledge, as in the case of the natural scientist, is not gained for one's self alone; for if this were so, the aim of evolution would be frustrated, and it is not in the nature of things to fall short of ripening and accomplishment; and, indeed, he who thought to gain this knowledge solely for his own happiness would most surely fail. So, beyond the *fifth* step of Pure Knowledge, there is a still further one of *Wisdom*, which is the right application of the knowledge acquired; the pouring out upon the world, unselfishly and without stint, the result of one's labors, thus accelerating progress and uplifting humanity.

It may be said of men who have not gone back into their own nature to control and purify it, that they cannot clearly distinguish between good and evil, right and wrong. They reach after those things which they think will give them pleasure, and try to avoid

those things which they believe will cause them pain. The source of their actions is self, and they only discover right painfully and in a fragmentary way, by periodically passing through severe sufferings, and lashings of conscience. But he who practices self-control, passing through the five processes, which are five stages of growth, gains that knowledge which enables him to act from the moral law which sustains the universe. He knows good and evil, right and wrong, and, thus knowing them, lives in accordance with good and right. He no longer needs to consider what is pleasant or what is unpleasant, but does what is right; his nature is in harmony with his conscience, and there is no remorse; his mind is in unison with the Great Law, and there is no more suffering and sin; for him evil is ended, and good is all in all.

## CAUSE AND EFFECT IN HUMAN CONDUCT

It is an axiom with the scientists that every effect is related to a cause. Apply this to the realm of human conduct, and there is revealed the principle of *Justice*.

Every scientist knows (and now all men believe) that perfect harmony prevails throughout every portion of the physical universe, from the speck of dust to the greatest sun. Everywhere there is exquisite adjustment. In the sidereal universe, with its millions of suns rolling majestically through space and carrying with them their respective systems of revolving planets, its vast nebula, its seas of meteors, and its vast army of comets traveling through illimitable space with inconceivable velocity, perfect order prevails; and again, in the natural world, with its multitudinous aspects of life, and its infinite variety of forms, there are the clearly defined limits of specific laws, through the operation of which all confusion is avoided, and unity and harmony eternally obtain. If this universal harmony could be arbitrarily broken, even in one small particular, the universe would cease to be; there could be no cosmos, but only universal chaos. Nor can it be possible in such a universe of law that there should exist any personal power which is above, outside, and superior to, such law in the sense that it can defy it, or set it aside; for whatsoever beings exist, whether they be men or gods, they exist by virtue of such law; and the highest, best, and wisest among all beings would manifest his greater wisdom by his more complete obedience to that law which is wiser than wisdom, and than which nothing more perfect could be devised.

All things, whether visible or invisible, are subservient to, and fall within the scope of, this infinite and eternal law of *causation*. As all things seen obey it, so all things unseen —the thoughts and deeds of men, whether secret or open— cannot escape it.

“Do right, *it* recompenseth; do one wrong,  
The equal retribution must be made.”

Perfect justice upholds the universe; perfect justice regulates human life and conduct. All the varying conditions of life, as they obtain in the world today, are the result of this law reacting on human conduct. Man can (and does) choose what causes he shall set in operation, but he cannot change the nature of effects; he can decide what thoughts he shall think, and what deeds he shall do, but he has no power over the *results* of those thoughts and deeds; these are regulated by the overruling law.

Man has all power to act, but his power ends with the act committed. The result of the act cannot be altered, annulled, or escaped; it is irrevocable. Evil thoughts and deeds produce conditions of suffering; good thoughts and deeds determine conditions of blessedness. Thus man's power is limited to, and his blessedness or misery is determined by, *his own conduct*. To know this truth, renders life simple, *plain*, and unmistakable; all the crooked paths are straightened out, the heights of wisdom are revealed, and the open door to salvation from evil and suffering is perceived and entered.

Life may be likened to a sum in arithmetic. It is bewilderingly difficult and complex to the pupil who has not yet grasped the key to its correct solution, but once this is perceived and laid hold of, it becomes as astonishingly simple as it was formerly profoundly perplexing. Some idea of this relative simplicity and complexity of life may be grasped by fully recognizing and realizing the fact that, while there are scores, and perhaps hundreds, of ways in which a sum may be done wrong, *there is only one way by which it can be done right*, and that when that right way is found the pupil *knows it to be the right*; his perplexity vanishes, and he knows that he has mastered the problem.

It is true that the pupil, while doing his sum incorrectly, may (and frequently does) *think* he has done it correctly, but he is not sure; his perplexity is still there, and if he is an earnest and apt pupil, he will recognize his own error when it is pointed out by the teacher. So in life, men may think they are living rightly while they are continuing, through ignorance, to live wrongly; but the presence of doubt, perplexity, and unhappiness are sure indications that the

right way has not yet been found.

There are foolish and careless pupils who would like to pass a sum as correct before they have acquired a true knowledge of figures, but the eye and skill of the teacher quickly detect and expose the fallacy. So in life there can be no falsifying of results; the eye of the Great Law reveals and exposes. Twice five will make ten to all eternity, and no amount of ignorance, stupidity, or delusion can bring the result up to eleven.

If one looks superficially at a piece of cloth, he sees it as a piece of cloth, but if he goes further and inquires into its manufacture, and examines it closely and attentively, he sees that it is composed of a combination of individual threads, and that, while all the threads are interdependent, each thread pursues its own way throughout, never becoming confused with its sister thread. It is this entire absence of confusion between the particular threads which constitutes the finished work a *piece of cloth*; any inharmonious commingling of the thread would result in a bundle of *waste* or a useless *rag*.

Life is like a piece of cloth, and the threads of which it is composed are individual lives. The threads, while being interdependent, are not confounded one with the other. Each follows its own course. Each individual suffers and enjoys the consequences of his own deeds, and not of the deeds of another. The course of each is simple and definite; the whole forming a complicated, yet harmonious, combination of sequences. There are action and reaction, deed and consequence, cause and effect, and the counterbalancing reaction, consequence, and effect is always in exact ratio with the initiatory impulse.

A durable and satisfactory piece of cloth cannot be made from shoddy material, and the threads of selfish thoughts and bad deeds will not produce a useful and beautiful life —a life that will wear well, and bear close inspection. Each man makes or mars his own life; it is not made or marred by his neighbor, or by anything external to himself. Each thought he thinks, each deed he does, is another thread—shoddy or genuine—woven into the garment of his life; and as he makes the garment so must he wear it. He is not responsible for his neighbor's deeds; he is not the custodian of his

neighbor's actions; he is responsible only for his own deeds; he is the custodian of his own actions.

The "problem of evil" subsists in a man's own evil deeds, and it is solved when those deeds are purified. Says Rousseau:

"Man, seek no longer the origin of evil; thou thyself art its origin."

Effect can never be divorced from cause; it can never be of a different nature from cause. Emerson says:

"Justice is not postponed; a perfect equity adjusts the balance in all parts of life."

And there is a profound sense in which cause and effect are simultaneous, and form one perfect whole. Thus, upon the instant that a man thinks, say, a cruel thought, or does a cruel deed, that same instant he has *injured his own mind*; he is not the same *man* he was the previous instant; he is a little viler and a little more unhappy; and a number of such successive thoughts and deeds would produce a cruel and wretched man. The same thing applies to the contrary—the thinking of a kind thought, or doing a kind deed—an immediate nobility and happiness attend it; the man is better than he was before, and a number of such deeds would produce a great and blissful soul.

Thus individual human conduct determines, by the faultless law of cause and effect, individual merit or demerit, individual greatness or meanness, individual happiness or wretchedness. What a man thinks, that he does; what he does, that he is. If he is perplexed, unhappy, restless, or wretched, let him look to himself, for there and nowhere else is the source of all his trouble.

## TRAINING OF THE WILL

Without strength of mind, nothing worthy of accomplishment can be done, and the cultivation of that steadfastness and stability of character which is commonly called "willpower" is one of the foremost duties of man, for its possession is essentially necessary both to his temporal and eternal well being. Fixedness of purpose is at the root of all successful efforts, whether in things worldly or spiritual, and without it man cannot be otherwise than wretched, and dependent upon others for that support which should be found within himself.

The mystery which has been thrown around the subject of cultivation of the will by those who advertise to sell "occult advice" on the matter for so many dollars, should be avoided and dispelled, for nothing could be further removed from secrecy and mystery than the practical methods by which alone strength of will can be developed.

The true path of will cultivation is only to be found in the common everyday life of the individual, and so obvious and simple is it that the majority, looking for something complicated and mysterious, pass it by unnoticed.

A little logical thought will soon convince a man that he cannot be both weak and strong at the same time, that he cannot develop a stronger will while remaining a slave to weak indulgences, and that, therefore, the direct and only way to that greater strength is to assail and conquer his weaknesses. All the means for the cultivation of the will are already at hand in the mind and life of the individual; they reside in the weak side of his character, by attacking and vanquishing which the necessary strength of will be developed. He who has succeeded in grasping this simple, preliminary truth, will perceive that the whole science of will cultivation is embodied in the following seven rules:

1. Break off bad habits.
2. Form good habits.

3. Give scrupulous attention to the duty of the present moment.
4. Do vigorously, and at once, whatever has to be done.
5. Live by rule.
6. Control the tongue.
7. Control the mind.

Anyone who earnestly meditates upon, and diligently practices, the above rules, will not fail to develop that purity of purpose and power of will which will enable him to successfully cope with every difficulty, and pass triumphantly through every emergency.

It will be seen that the first step *is* the breaking away from bad habits. This is no easy task. It demands the putting forth of great efforts, or a succession of efforts, and it is by such efforts that the will can alone be invigorated and fortified. If one refuses to take the first step, he cannot increase in willpower, for by submitting to a bad habit, because of the immediate pleasure which it affords, one forfeits the right to rule over himself, and is so far a weak slave. He who thus avoids self-discipline, and looks about for some "occult secrets" for gaining willpower at the expenditure of little or no effort on his part, is deluding himself, and is weakening the willpower which he already possesses.

The increased strength of will which is gained by success in overcoming bad habits enables one to initiate good habits; for, while the conquering of a bad habit requires merely strength of purpose, the forming of a new one necessitates the *intelligent direction of purpose*. To do this, a man must be mentally active and energetic, and must keep a constant watch upon himself. As a man succeeds in perfecting himself in the second rule, it will not be very difficult for him to observe the third, that of giving scrupulous attention to the duty of the present moment. Thoroughness is a step in the development of the will which cannot be passed over. Slipshod work is an indication of weakness. Perfection should be aimed at, even in the smallest task. By not dividing the mind, but giving the whole attention to each separate task as it presents itself, singleness of purpose and intense concentration of mind are gradually gained — two mental powers which give weight and worth of character, and bring repose and joy to their possessor.

The fourth rule — that of doing vigorously, and at once, whatever

has to be done — is equally important. Idleness and a strong will cannot go together, and procrastination is a total barrier to the acquisition of purposeful action. *Nothing* should be “put off” until another time, not even for a few minutes. That which ought to be done now should be done now. This seems a little thing, but it is of far reaching importance. It leads to strength, success, and peace.

The man who is to manifest a cultivated will must also live by certain fixed rules. He must not blindly gratify his passions and impulses, but must school them to obedience. He should live according to principle, and not according to passion. He should decide what he will eat and drink and wear, and what he will not eat and drink and wear; how many meals per day he will have, and at what times he will have them; at what time he will go to bed, and at what time get up. He should make rules for the right government of his conduct in every department of his life, and should religiously adhere to them. To live loosely and indiscriminately, eating and drinking and sensually indulging at the beck and call of appetite and inclination, is to be a mere animal, and not a man with will and reason. The beast in man must be scourged and disciplined and brought into subjection, and this can only be done by training the mind and life on certain fixed rules of right conduct. The saint attains to holiness by not violating his vows, and the man who lives according to good and fixed rules, is strong to accomplish his purpose.

The sixth rule, that of controlling the tongue, must be practiced until one has perfect command of his speech, so that he utters nothing in peevishness, anger, irritability, or with evil intent. The man of strong will does not allow his tongue to run thoughtlessly and without check.

All these six rules, if faithfully practiced, will lead up to the seventh, which is the most important of them all — namely, rightly controlling the mind. Self-control is the most essential thing in life, yet least understood; but he who patiently practices the rules herein laid down, bringing them into requisition in all his ways and undertakings, will learn, by his own experience and efforts, how to control and train his mind, and to earn thereby the supreme crown of manhood — the crown of a perfectly poised will.

## THOROUGHNESS

Thoroughness consists in doing little things as though they were the greatest things in the world. That the little things of life are of primary importance, is a truth not generally understood, and the thought that little things can be neglected, thrown aside, or slurred over, is at the root of that lack of thoroughness which is so common, and which results in imperfect work and unhappy lives.

When one understands that the great things of the world and of life consist of a combination of small things, and that without this aggregation of small things the great things would be nonexistent, then he begins to pay careful attention to those things which he formerly regarded as insignificant. He thus acquires the quality of thoroughness, and becomes a man of usefulness and influence; for the possession or non-possession of this one quality may mean all the difference between a life of peace and power, and one of misery and weakness.

Every employer of labor knows how comparatively rare this quality is — how difficult it is to find men and women who will put thought and energy into their work, and do it completely and satisfactorily. Bad workmanship abounds. Skill and excellence are acquired by few. Thoughtlessness, carelessness, and laziness are such common vices that it should cease to appear strange that, in spite of "social reform," the ranks of the unemployed should continue to swell, for those who scamp their work today will, another day, in the hour of deep necessity, look and ask for work in vain.

The law of the survival of the fittest is not based on cruelty, it is based on justice: it is one aspect of that divine equity which everywhere prevails. Vice is "beaten with many stripes"; if it were not so, how could virtue be developed? The thoughtless and lazy cannot take precedence of, or stand equally with, the thoughtful and industrious. A friend of mine tells me that his father gave all his children the following piece of advice:

"Whatever your future work may be, put your whole mind upon it and do it thoroughly; you need then have no fear as to your welfare, for there are so many who are careless and negligent that the services of the thorough man are always in demand."

I know those who have, for years, tried almost in vain to secure competent workmanship in spheres which do not require exceptional skill, but which call chiefly for forethought, energy, and conscientious care. They have discharged one after another for negligence, laziness, incompetence, and persistent breaches of duty — not to mention other vices which have no bearing on this subject; yet the vast army of the unemployed continues to cry out against the laws, against society, and against Heaven.

The cause of this common lack of thoroughness is not far to seek; it lies in that thirst for pleasure which not only creates a distaste for steady labor, but renders one incapable of doing the best work, and of properly fulfilling one's duty. A short time ago, a case came under my observation (one of many such), of a poor woman who was given, at her earnest appeal, a responsible and lucrative position. She had been at her post only a few days when she began to talk of the "pleasure trips" she was going to have now she had come to that place. She was discharged at the end of a month for negligence and incompetence.

As two objects cannot occupy the same space at the same time, so the mind that is occupied with pleasure cannot also be concentrated upon the perfect performance of duty. Pleasure has its own place and time, but its consideration should not be allowed to enter the mind during those hours which should be devoted to duty. Those who, while engaged in their worldly task, are continually dwelling upon anticipated pleasures, cannot do otherwise than bungle through their work, or even neglect it when their pleasure seems to be at stake.

Thoroughness is completeness, perfection; it means doing a thing so well that there is nothing left to be desired; it means doing one's work, if not better than anyone else can do it, at least not worse than the best that others do. It means the exercise of much thought, the putting forth of great energy, the persistent application

of the mind to its task, the cultivation of patience, perseverance, and a high sense of duty. An ancient teacher said, "If anything has to be done, let a man do it, let him attack it vigorously"; and another teacher said, "Whatsoever thy hand findeth to do, do it with thy might."

He who lacks thoroughness in his worldly duties, will also lack the same quality in spiritual things. He will not improve his character; will be weak and half-hearted in his religion, and will not accomplish any good and useful end. The man who keeps one eye on worldly pleasure and the other on religion, and who thinks he can have the advantage of both conditions, will not be thorough either in his pleasure seeking or his religion, but will make a sorry business of both. It is better to be a wholesouled worldling than a half-hearted religionist; better to give the entire mind to a lower thing than half of it to a higher.

It is preferable to be thorough, even if it be in a bad or selfish direction, rather than inefficient and squeamish in good directions, for thoroughness leads more rapidly to the development of character and the acquisition of wisdom; it accelerates progress and unfoldment; and while it leads the bad to something better, it spurs the good to higher and ever higher heights of usefulness and power.

## MIND-BUILDING AND LIFE-BUILDING

Everything, both in nature and the works of man, is produced by a process of building. The rock is built up of atoms; the plant, the animal, and man are built up of cells; a house is built of bricks, and a book is built of letters. A world is composed of a large number of forms, and a city of a large number of houses. The arts, sciences, and institutions of a nation are built up by the efforts of individuals. The history of a nation is the building of its deeds.

The process of building necessitates the alternate process of breaking down. Old forms that have served their purpose are broken up, and the material of which they are composed enters into new combinations. There is reciprocal integration and disintegration. In all compounded bodies, old cells are ceaselessly being broken up, and new cells are formed to take their place. The works of man also require to be continually renewed until they have become old and useless, when they are torn down in order that some better purpose may be served. These two processes of breaking down and building up in Nature are called *death* and *life*; in the artificial works of man they are called *destruction* and *restoration*.

This dual process, which obtains universally in things visible, also obtains universally in things invisible. As a body is built of cells, and a house of bricks, so a man's mind is built of thoughts. The various characters of men are none other than compounds of thoughts of varying combinations. Herein we see the deep truth of the saying, "As a man thinketh in his heart, so is he." Individual characteristics are fixed *processes of thought*; that is, they are fixed in the sense that they have become such an integral part of the character that they can be only altered or removed by a protracted effort of the will, and by much self-discipline. Character is built in the same way as a tree or a house is built—namely, by the ceaseless addition of new material, and that material is *thought*. By the aid of millions of bricks a city is built; by the aid of millions of thoughts a mind, a character, is built.

Every man is a mind builder, whether he recognizes it or not.

Every man must perforce think, and every thought is another brick laid down in the edifice of mind. Such “brick laying” is done loosely and carelessly by a vast number of people, the result being unstable and tottering characters that are ready to go down under the first little gust of trouble or temptation. Some, also, put into the building of their minds large numbers of impure thoughts; these are so many rotten bricks that crumble away as fast as they are put in, leaving always an unfinished and unsightly building, and one which can afford no comfort and no shelter for its possessor. Debilitating thoughts about one’s health, enervating thoughts concerning unlawful pleasures, weakening thoughts of failure, and sickly thoughts of self-pity and self-praise are useless bricks with which no substantial mind temple can be raised.

Pure thoughts, wisely chosen and well placed, are so many durable bricks which will never crumble away, and from which a finished and beautiful building, and one which affords comfort and shelter for its possessor, can be rapidly erected. Bracing thoughts of strength, of confidence, of duty; inspiring thoughts of a large, free, unfettered, and unselfish life, are useful bricks with which a substantial mind temple can be raised; and the building of such a temple necessitates that old and useless habits of thought be broken down and destroyed.

“Build thee more stately mansions, O my soul!  
As the swift seasons roll.”

Each man is the builder of himself. If he is the occupant of a jerry-built hovel of a mind that lets in the rains of many troubles, and through which blow the keen winds of oft-recurring disappointments, let him get to work to build a more noble mansion which will afford him better protection against those mental elements. Trying to weakly shift the responsibility for his jerry-building on to the devil, or his forefathers, or anything or anybody but himself, will neither add to his comfort, nor help him to build a better habitation.

When he wakes up to a sense of his responsibility, and an approximate estimate of his power, then he will commence to build

like a true workman, and will produce a symmetrical and finished character that will endure, and be cherished by posterity, and which, while affording a never failing protection for himself, will continue to give shelter to many a struggling one when he has passed away.

The whole visible universe is framed on a few mathematical principles. All the wonderful works of man in the material world have been brought about by the rigid observance of a few underlying principles; and all that there is to the making of a successful, happy, and beautiful life, is the knowledge and application of a few simple, root principles.

If a man is to erect a building that is to resist the fiercest storms, he must build it on a simple, mathematical principle, or law, such as the square or the circle; if he ignores this, his edifice will topple down even before it is finished.

Likewise, if a man is to build up a successful, strong, and exemplary life — a life that will stoutly resist the fiercest storms of adversity and temptation — it must be framed on a few simple, undeviating moral principles.

Four of these principles are *Justice*, *Rectitude*, *Sincerity*, and *Kindness*. These four ethical truths are to the making of a life what the four lines of a square are to the building of a house. If a man ignores them and thinks to obtain success and happiness and peace by injustice, trickery, and selfishness, he is in the position of a builder who imagines he can build a strong and durable habitation while ignoring the relative arrangement of mathematical lines, and he will, in the end, obtain only disappointment and failure.

He may, for a time, make money, which will delude him into believing that injustice and dishonesty pay well; but in reality his life is so weak and unstable that it is ready at any moment to fall; and when a critical period comes, as come it must, his affairs, his reputation, and his riches crumble to ruins, and he is buried in his own desolation.

It is totally impossible for a man to achieve a truly successful and happy life who ignores the four moral principles enumerated, whilst the man who scrupulously observes them in all his dealings can no

more fail of success and blessedness than the earth can fail of the light and warmth of the sun so long as it keeps to its lawful orbit; for he is working in harmony with the fundamental laws of the universe; he is building his life on a basis which cannot be altered or overthrown, and, therefore, all that he does will be so strong and durable, and all the parts of his life will be so coherent, harmonious, and firmly knit that it cannot possibly be brought to ruin.

In all the universal forms which are built up by the Great Invisible and unerring Power, it will be found that the observance of mathematical law is carried out with unfailing exactitude down to the most minute detail. The microscope reveals the fact that the infinitely small is as perfect as the infinitely great.

A snowflake is as perfect as a star. Likewise, in the erection of a building by man, the strictest attention must be paid to every detail.

A foundation must first be laid, and, although it is to be buried and hidden, it must receive the greatest care, and be made stronger than any other part of the building; then stone upon stone, brick upon brick is carefully laid with the aid of the plumb line, until at last the building stands complete in its durability, strength, and beauty.

Even so it is with the life of a man. He who would have a life secure and blessed, a life freed from the miseries and failures to which so many fall victims, must carry the practice of the moral principles into every detail of his life, into every momentary duty and trivial transaction. In every little thing he need be thorough and honest, neglecting nothing.

To neglect or misapply any little detail — be he commercial man, agriculturist, professional man, or artisan — is the same as neglecting a stone or a brick in a building, and it will be a source of weakness and trouble.

The majority of those who fail and come to grief do so through neglecting the apparently *insignificant* details.

It is a common error to suppose that little things can be passed by, and that the greater things are more important, and should receive all attention; but a cursory glance at the universe, as well as a little serious reflection on life, will teach the lesson that nothing

great can exist which is not made up of small details, and in the composition of which every detail is perfect.

He who adopts the four ethical principles as the law and base of his life, who raises the edifice of character upon them, who in his thoughts and words and actions does not wander from them, whose every duty and every passing transaction is performed in strict accordance with their exactions, such a man, laying down the hidden foundation of integrity of heart securely and strongly, cannot fail to raise up a structure which shall bring him honor; and he is building a temple in which he can repose in peace and blessedness — even the strong and beautiful Temple of his life.

## CULTIVATION OF CONCENTRATION

Concentration, or the bringing of the mind to a center and keeping it there, is vitally necessary to the accomplishment of any task. It is the father of *thoroughness* and the mother of *excellence*. As a faculty, it is not an end in itself, but is an aid to all faculties, all work. Not a purpose *in itself*, it is yet a power which serves all purposes. Like steam in mechanics, it is a dynamic force in the machinery of the mind and the functions of life.

The faculty is a common possession, though in its perfection it is rare — just as *will* and *reason* are common possessions, though a perfectly poised will and a comprehensive reason are rare possessions — and the mystery which some modern mystical writers have thrown around it is entirely superfluous. Every successful man, in whatever direction his success may lie, practices concentration, though he may know nothing about it as a subject of study; every time one becomes absorbed in a book or task, or is rapt in devotion or assiduous in duty, concentration, in a greater or lesser degree, is brought into play.

Many books purporting to give instructions on concentration make its practice *and* acquisition an end in itself. Than this, there is no surer nor swifter way to its destruction. The fixing of the eyes upon the tip of the nose, upon a doorknob, a picture, a mystical symbol, or the portrait of a saint; or the centering of the mind upon the navel, the pineal gland, or some imaginary point in space (I have seen all these methods seriously advised in works on this subject) with the object of acquiring concentration, is like trying to nourish the body by merely moving the jaw as in the act of eating, without taking food. Such methods prevent the end at which they aim. They lead towards dispersion and not concentration; towards weakness and imbecility rather than towards power and intelligence. I have met those who have squandered, by these practices, what measure of concentration they at first possessed, and have become the prey of a weak and wandering mind.

Concentration is an aid to the doing of something; it is not the doing of something in itself. A ladder has no divine knowledge, or the sweeping of a floor — without resorting to methods which have no practical bearing on life; for what is concentration but the bringing of a well controlled mind to the doing of that which has to be done?

He who does his work in an aimless, a hurried, or thoughtless manner, and resorts to his artificial “concentration methods” — to his doorknob, his picture, or nasal extremity — in order to gain that which he imagines to be some kind of mystical power — but which is a very ordinary and practical quality — though he may drift towards insanity (and I knew one man who became insane by these practices), he will not increase in steadiness of mind.

The great enemy of concentration — and therefore of all skill and power — is a wavering, wandering, undisciplined value in and of itself, but only in so far as it enables us to *reach* something which we could not otherwise reach. In like manner, concentration is that which enables the mind to accomplish with ease that which it would be otherwise impossible to accomplish; but of itself it is a dead thing, and not a living accomplishment.

Concentration is so interwoven with the uses of life that it cannot be separated from duty; and he who tries to acquire it *apart from his task, his duty*, will not only fail, but will diminish, and not increase, his mental control and executive capacity, and so render himself less and less fit to succeed in his undertakings.

A scattered and undisciplined army would be useless. To make it effective in action and swift in victory it must be solidly concentrated and masterfully directed. Scattered and diffused thoughts are weak and worthless. Thoughts marshaled, commanded, and directed upon a given point, are invincible; confusion, doubt, and difficulty give way before their masterly approach. Concentrated thought enters largely into all successes, and informs all victories.

There is no more secret about its acquirement than about any other acquisition, for it is governed by the underlying principle of all development, namely, *practice*. To be able to do a thing, you must begin to *do it*, and keep on doing it until the thing is mastered. This

principle prevails universally — in all arts, sciences, trades; in all learning, conduct, religion. To be able to paint, one must paint; to know how to use a tool skillfully, he must use the tool; to become learned, he must learn; to become wise, he must do wise things; and to successfully concentrate his mind, he must concentrate it. But the doing is not all — it *must be done with energy and intelligence.*

The beginning of concentration, then, is to go to your daily task and put your mind on it, bringing all your intelligence and mental energy to a focus upon that which has to be done; and every time the thoughts are found wandering aimlessly away, they should be brought promptly back to the thing in hand. Thus the “center” upon which you are to bring your mind to a point, is (not your pineal gland or a point in space), but the work which you are doing every day; and your object in thus concentrating is to be able to do your work with smooth rapidity and consummate skill; for until you can thus do your work, you have not gained any degree of control over the mind; you have not acquired the power of concentration.

This powerful focusing of one’s thought and energy and will upon the doing of things is difficult at first — as everything worth acquiring is difficult — but daily efforts, strenuously made and patiently followed up, will soon lead to such a measure of self-control as will enable one to bring a strong and penetrating mind to bear upon any work undertaken; a mind that will quickly comprehend all the details of the work, and dispose of them with accuracy and dispatch. He will thus, as his concentrative capacity increases, enlarge his usefulness in the scheme of things, and increase his value to the world, thus inviting nobler opportunities, and opening the door to higher duties; he will also experience the joy of a wider and fuller life.

In the process of concentration there are the four following stages:

1. Attention.
2. Contemplation.
3. Abstraction.
4. Activity in Repose.

At first the thoughts are arrested, and the mind is fixed upon the object of concentration, which is the task in hand—this is *attention*. The mind is then roused into vigorous thought concerning the way of proceeding with the task — this is *contemplation*. Protracted contemplation leads to a condition of mind in which the doors of the senses are all closed against the entrance of outside distractions, the thoughts being wrapped in, and solely and intensely centered upon, the work in hand — this is *abstraction*. The mind thus centered in profound cogitation reaches a state in which the maximum of work is accomplished with the minimum of friction — this is *activity in repose*.

*Attention* is the first stage in all successful work. They who lack it fail in everything. Such are the lazy, the thoughtless, the indifferent and incompetent. When attention is followed by an awakening of the mind to serious thought, then the second stage is reached. To ensure success in all ordinary, worldly undertakings, it is not necessary to go beyond these two stages. They are reached, in a greater or lesser degree, by all that large army of skilled and competent workers which carries out the work of the world in its manifold departments, and only a comparatively small number reach the third stage of *abstraction*; for when abstraction is reached, we have entered the sphere of genius. In the first two stages, the work and the mind are separate, and the work is done more or less laboriously, and with a degree of friction; but in the third stage, a marriage of the work with the mind takes place, there is a fusion, a union, and the two become one: then there is a superior efficiency with less labor and friction. In the perfection of the first two stages, the mind is objectively engaged, and is easily drawn from its center by external sights and sounds; but when the mind has attained perfection in abstraction, the *subjective* method of working is accomplished, as distinguished from the *objective*. The thinker is then oblivious to the outside world, but is vividly alive in his mental operations. If spoken to, he will not hear; and if plied with more vigorous appeals, he will bring back his mind to outside things as one coming out of a dream; indeed, this abstraction is a kind of waking dream, but its similarity to a dream ends with the subjective state: it does not obtain in the mental operations of that

state, in which, instead of the confusion of dreaming, there is perfect order, penetrating insight, and a wide range of comprehension. Whoever attains to perfection in abstraction will manifest genius in the particular work upon which his mind is centered. Inventors, artists, poets, scientists, philosophers, and all men of genius, are men of abstraction. They accomplish subjectively, and with ease, that which the objective workers — men who have not yet attained beyond the second stage in concentration — cannot accomplish with the most strenuous labor.

When the fourth stage — that of *activity in repose* — is attained, then concentration in its perfection is acquired. I am unable to find a single word which will fully express this dual condition of intense activity combined with steadiness, or rest, and have therefore employed the term “activity in repose.” The term appears contradictory, but the simple illustration of a spinning top will serve to explain the paradox. When a top spins at the maximum velocity, the friction is reduced to the minimum, and the top assumes that condition of perfect repose which is a sight so beautiful to the eye, and so captivating to the mind, of the schoolboy, who then says his top is “asleep.” The top is apparently motionless, but it is the rest, not of inertia, but of intense and perfectly balanced activity. So the mind that has acquired perfect concentration is, when engaged in that intense activity of thought which results in productive work of the highest kind, in a state of quiet poise and calm repose. Externally, there is no apparent activity, no disturbance, and the face of a man who has acquired this power will assume a more or less radiant calmness, and the face will be more sublimely calm when the mind is most intensely engaged in active thought.

Each stage of concentration has its particular power. Thus the first stage, when perfected, leads to usefulness; the second leads to skill, ability, talent; the third leads to originality and genius; while the fourth leads to mastery and power, and makes leaders and teachers of men.

In the development of concentration, also, as in all objects of growth, the following stages embody the preceding ones in their entirety. Thus in contemplation, attention is contained; in abstraction, both attention and contemplation are embodied; and

he who has reached the last stage, brings into play, in the act of contemplation, all the four stages.

He who has perfected himself in concentration is able, at any moment, to bring his thoughts to a point upon any matter, and to search into it with the strong light of an active comprehension. He can both take a thing up and lay it down with equal deliberation. He has learned how to use his thinking faculties to fixed purposes, and guide them towards definite ends. He is an intelligent doer of things, and not a weak wanderer amid chaotic thought.

Decision, energy, alertness, as well as deliberation, judgment, and gravity, accompany the habit of concentration; and that vigorous mental training which its cultivation involves, leads, through ever increasing usefulness and success in worldly occupations, towards that higher form of concentration called "meditation," in which the mind becomes divinely illumined, and acquires the heavenly knowledge.

## PRACTICE OF MEDITATION

When *aspiration* is united to *concentration*, the result is *meditation*. When a man intensely desires to reach and realize a higher, purer, and more radiant life than the merely worldly and pleasure loving life, he engages in *aspiration*; and when he earnestly concentrates his thoughts upon the finding of that life, he practices meditation.

Without intense aspiration, there can be no meditation. Lethargy and indifference are fatal to its practice. The more intense the nature of a man, the more readily will he find meditation, and the more successfully will he practice it. A fiery nature will most rapidly scale the heights of Truth in meditation, when its aspirations have become sufficiently awakened.

Concentration is necessary to worldly success: meditation is necessary to spiritual success. Worldly skill and knowledge are acquired by concentration: spiritual skill and knowledge are acquired by meditation. By concentration a man can scale the highest heights of genius, but he cannot scale the heavenly heights of Truth: to accomplish this, he must meditate. By concentration a man may acquire the wonderful comprehension and vast power of a Caesar; by meditation he may reach the divine wisdom and perfect peace of a Buddha. The perfection of concentration is *power*; the perfection of meditation is *wisdom*. By concentration, men acquire *skill* in the doing of the things of life—in science, art, trade, etc., —but by meditation, they acquire skill in *life* itself; in right living, enlightenment, wisdom, etc. Saints, sages, saviors—wise men and divine teachers—are the finished products of holy meditation.

The four stages in concentration are brought into play in meditation; the difference between the two powers being one of *direction*, and not of nature. Meditation is therefore *spiritual concentration*; the bringing of the mind to a focus in its search for the divine knowledge, the divine life; the intense dwelling, in thought, on Truth. Thus a man aspires to know and realize, above

all things else, the Truth; he then gives *attention* to conduct, to life, to self-purification: giving attention to these things, he passes into serious *contemplation* of the facts, problems, and mystery of life: thus contemplating, he comes to love Truth so fully and intensely as to become wholly absorbed in it, the mind is drawn away from its wanderings in a multitude of desires, and, solving one by one the problems of life, realizes that profound union with Truth which is the state of *abstraction*; and thus absorbed in Truth, there is that balance and poise of character, that divine *action in repose*, which is the abiding calm and peace of an emancipated and enlightened mind.

Meditation is more difficult to practice than concentration because it involves a much more severe self-discipline than that which obtains in concentration. A man can practice concentration without purifying his heart and life, whereas the process of purification is inseparable from meditation. The object of meditation is divine enlightenment, the attainment of Truth, and is therefore interwoven with practical purity and righteousness. Thus while, at first, the time spent in actual meditation is short — perhaps only half an hour in the early morning — the knowledge gained in that half hour of vivid aspiration and concentrated thought is embodied in practice during the whole day. In meditation, therefore, the entire life of a man is involved; and as he advances in its practice he becomes more and more fitted to perform the duties of life in the circumstances in which he may be placed, for he becomes stronger, holier, calmer, and wiser.

The principle of meditation is twofold, namely:

1. Purification of the heart by repetitive thought on pure things.
2. Attainment of divine knowledge by embodying such purity in practical life.

Man is a *thought being*, and his life and character are determined by the thoughts in which he habitually dwells. By practice, association, and habit, thoughts tend to repeat themselves with greater and greater ease and frequency; and so “fix” the character in a given direction by producing that automatic action which is called “habit.” By daily dwelling upon pure thoughts, the man of

meditation forms the habit of pure and enlightened thinking which leads to pure and enlightened actions and well performed duties. By the ceaseless repetition of pure thoughts, he at last becomes one with those thoughts, and is a purified being, manifesting his attainment in pure actions, in a serene and wise life.

The majority of men live in a series of conflicting desires, passions, emotions, and speculations, and there are restlessness, uncertainty, and sorrow; but when a man begins to train his mind in meditation, he gradually gains control over this inward conflict by bringing his thoughts to a focus upon a central principle. In this way the old habits of impure and erroneous thought and action are broken up, and the new habits of pure and enlightened thought and action are formed; the man becomes more and more reconciled to Truth, and there is increasing harmony and insight, a growing perfection and peace.

A powerful and lofty aspiration towards Truth is always accompanied with a keen sense of the sorrow and brevity and mystery of life, and until this condition of mind is reached, meditation is impossible. Merely musing, or whiling away the time in idle dreaming (habits to which the word meditation is frequently applied), are very far removed from meditation, in the lofty spiritual sense which we attach to that condition.

It is easy to mistake *reverie* for meditation. This is a fatal error which must be avoided by one striving to meditate. The two must not be confounded. Reverie is a loose dreaming into which a man falls; meditation is a strong, purposeful thinking into which a man rises. Reverie is easy and pleasurable; meditation is at first difficult and irksome. Reverie thrives in indolence and luxury; meditation arises from strenuousness and discipline. Reverie is first alluring, then sensuous, and then sensual. Meditation is first forbidding, then profitable, and then peaceful. Reverie is dangerous; it undermines self-control. Meditation is protective; it establishes self-control.

There are certain signs by which one can know whether he is engaging in reverie or meditation. The indications of reverie are:

1. A desire to avoid exertion.
2. A desire to experience the pleasures of dreaming.

3. An increasing distaste for one's worldly duties.
4. A desire to shirk one's worldly responsibilities.
5. Fear of consequences.
6. A wish to get money with as little effort as possible.
7. Lack of self-control.

The indications of meditation are:

1. Increase of both physical and mental energy.
2. A strenuous striving after wisdom.
3. A decrease of irksomeness in the performance of duty.
4. A fixed determination to faithfully fulfill all worldly responsibilities.
5. Freedom from fear.
6. Indifference to riches.
7. Possession of self-control.

There are certain times, places, and conditions in and under which it is impossible to meditate, others wherein it is difficult to meditate, and others wherein meditation is rendered more accessible; and these, which should be known and carefully observed, are as follows:

Times, Places, and Conditions in which Meditation is Impossible:

1. At, or immediately after, meals.
2. In places of pleasure.
3. In crowded places.
4. While walking rapidly.
5. While lying in bed in the morning.
6. While smoking.
7. While lying on a couch or bed for physical or mental relaxation.

Times, Places and Conditions in which Meditation is Difficult:

1. At night.
2. In a luxuriously furnished room.
3. While sitting on a soft, yielding seat.
4. While wearing gay clothing.
5. When in company.

6. When the body is weary.
7. If the body is given too much food.

Times, Places, and Conditions in which it is Best to Meditate:

1. Very early in the morning.
2. Immediately before meals.
3. In solitude.
4. In the open air or in a plainly furnished room.
5. While sitting on a hard seat.
6. When the body is strong and vigorous.
7. When the body is modestly and plainly clothed.

It will be seen by the foregoing instructions that ease, luxury, and indulgence (which induce reverie) render meditation difficult, and when strongly pronounced make it impossible; while strenuousness, discipline, and self-denial (which dispel reverie), make meditation comparatively easy. The body, too, should be neither overfed nor starved; neither in rags nor flauntingly clothed. It should not be tired, but should be at its highest point of energy and strength, as the holding of the mind to a concentrated train of subtle and lofty thought requires a high degree of both physical and mental energy.

Aspiration can often best be aroused, and the mind renewed in meditation, by the mental repetition of a lofty precept, a beautiful sentence or a verse of poetry. Indeed, the mind that is ready for meditation will instinctively adopt this practice. Mere mechanical repetition is worthless, and even a hindrance. The words repeated must be so applicable to one's own condition that they are dwelt upon lovingly and with concentrated devotion. In this way aspiration and concentration harmoniously combine to produce, without undue strain, the state of meditation. All the conditions above stated are of the utmost importance in the early stages of meditation, and should be carefully noted and duly observed by all who are striving to acquire the practice; and those who faithfully follow the instructions, and who strive and persevere, will not fail to gather in, in due season, the harvest of purity, wisdom, bliss, and peace; and will surely eat of the sweet fruits of holy meditation.

## THE POWER OF PURPOSE

Dispersion is weakness; concentration is power. Destruction is a scattering, preservation a uniting, process. Things are useful and thoughts are powerful in the measure that their parts are strongly and intelligently concentrated. Purpose is highly concentrated thought. All the mental energies are directed to the attainment of an object, and obstacles which intervene between the thinker and the object are, one after another, broken down and overcome. Purpose is the keystone in the temple of achievement. It binds and holds together in a complete whole that which would otherwise lie scattered and useless. Empty whims, ephemeral fancies, vague desires, and half-hearted resolutions have no place in purpose. In the sustained determination to accomplish there is an invincible power which swallows up all inferior considerations, and marches direct to victory.

All successful men are men of purpose. They hold fast to an idea, a project, a plan, and will not let it go; they cherish it, brood upon it, tend and develop it; and when assailed by difficulties, they refuse to be beguiled into surrender; indeed, the intensity of the purpose increases with the growing magnitude of the obstacles encountered.

The men who have molded the destinies of humanity have been men mighty of purpose. Like the *Roman* laying his road, they have followed along a well defined path, and have refused to swerve aside even when torture and death confronted them. The Great Leaders of the race are the mental roadmakers, and mankind follows in the intellectual and spiritual paths which they have carved out and beaten.

Great is the power of purpose. To know how great, let a man study it in the lives of those whose influence has shaped the ends of nations and directed the destinies of the world. In an Alexander, a Caesar, or a Napoleon, we see the power of purpose when it is directed in worldly and personal channels; in a Confucius, a Buddha, or a Christ, we perceive its vaster power when its course is

along heavenly and impersonal paths.

Purpose goes with intelligence. There are lesser and greater purposes according with degrees of intelligence. A great mind will always be great of purpose. A weak intelligence will be without purpose. A drifting mind argues a measure of undevelopment.

What can resist an unshakable purpose? What can stand against it or turn it aside? Inert matter yields to a living force, and circumstance succumbs to the power of purpose. Truly, the man of unlawful purpose will, in achieving his ends, destroy himself, but the man of good and lawful purpose cannot fail. It only needs that he daily renew the fire and energy of his fixed resolve, to consummate his object.

The weak man, who grieves because he is misunderstood, will not greatly achieve; the vain man, who steps aside from his resolve in order to please others and gain their approbation, will not highly achieve; the double minded man, who thinks to compromise his purpose, will fail.

The man of fixed purpose who, whether misunderstandings and foul accusations, or flatteries and fair promises, rain upon him, does not yield a fraction of his resolve, is the man of excellence and achievement; of success, greatness, power.

Hindrances stimulate the man of purpose; difficulties nerve him to renewed exertion; mistakes, losses, pains, do not subdue him; and failures are steps in the ladder of success, for he is ever conscious of the certainty of final achievement.

All things at last yield to the silent, irresistible, all conquering energy of purpose.

“Out of the night that covers me,  
Black as the pit from pole to pole,

I thank whatever gods may be

For my unconquerable soul.

In the fell clutch of circumstance  
I have not whined nor cried aloud;

Under the bludgeoning of chance  
My head is bloody but unbowed.

It matters not how strait the gate,

How charged with punishment the scroll;  
I *am* the master of my fate,  
I am the captain of my soul."

## THE JOY OF ACCOMPLISHMENT

Joy is always the accompaniment of a task successfully accomplished. An undertaking completed, or a piece of work done, always brings rest and satisfaction. "When a man has done his duty, he is light-hearted and happy," says Emerson; and no matter how insignificant the task may appear, the doing of it faithfully and with wholesouled energy always results in cheerfulness and peace of mind.

Of all miserable men, the shirker is the most miserable. Thinking to find ease and happiness in avoiding difficult duties and necessary tasks, which require the expenditure of labor and exertion, his mind is always uneasy and disturbed, he becomes burdened with an inward sense of shame, and forfeits manliness and self-respect. "He who will not work according to his faculty, let him perish according to his necessity," says Carlyle; and it is a moral law that the man who avoids duty, and does not work to the full extent of his capacity, does actually perish, first in his character and last in his body and circumstances. Life and action are synonymous, and immediately a man tries to escape exertion, either physical or mental, he has commenced to decay.

On the other hand, the energetic increase in life by the full exercise of their powers, by overcoming difficulties, and by bringing to completion tasks which coiled for the strenuous use of mind or muscle.

How happy is a child when a school lesson, long labored over, is mastered at last! The athlete, who has trained his body through long months or years of discipline and strain, is richly blessed in his increased health and strength; and is met with the rejoicings of his friends when he carries home the prize from the field of contest. After many years of ungrudging toil, the heart of the scholar is gladdened with the advantages and powers which learning bestows.

The business man, grappling incessantly with difficulties and drawbacks, is amply repaid in the happy assurance of well earned

success; and the horticulturist, vigorously contending with the stubborn soil, sits down at last to eat of the fruits of his labor.

Every successful accomplishment, even in worldly things, is repaid with its own measure of joy; and in spiritual things, the joy which supervenes upon the perfection of purpose is sure, deep and abiding. Great is the heartfelt joy (albeit ineffable) when, after innumerable and apparently unsuccessful attempts, some ingrained fault of character is at last cast out to trouble its erstwhile victim and the world no more. The striver after virtue — he who is engaged in the holy task of building up a noble character — tastes, at every step of conquest over self, a joy which does not again leave him, but which becomes an integral part of his spiritual nature.

All life is a struggle; both without and within there are conditions against which man must contend; his very existence is a series of efforts and accomplishments, and his right to remain among men as a useful unit of humanity depends upon the measure of his capacity for wrestling successfully with the elements of nature without, or with the enemies of virtue and truth within.

It is demanded of man that he shall continue to strive after better things, after greater perfection, after higher and still higher achievements; and in accordance with the measure of his obedience to this demand, does the angel of joy wait upon his footsteps and minister unto him; for he who is anxious to learn, eager to know, and who puts forth efforts to accomplish, finds the joy which eternally sings at the heart of the universe. First in little things, then in greater, and then in greater still, must man strive; until at last he is prepared to make the supreme effort, and strive for the accomplishment of Truth, succeeding in which, he will realize the eternal joy.

The price of life is effort; the acme of effort is accomplishment; the reward of accomplishment is joy. Blessed is the man who strives against his own selfishness; he will taste in its fullness the joy of accomplishment.

THE END

# THE PATH TO PROSPERITY

## THE LESSON OF EVIL

Unrest and pain and sorrow are the shadows of life. There is no heart in all the world that has not felt the sting of pain, no mind that has not been tossed upon the dark waters of trouble, no eye that has not wept the hot, blinding tears of unspeakable anguish. There is no household where the Great Destroyers, disease and death, have not entered, severing heart from heart, and casting over all the dark pall of sorrow. In the strong, and apparently indestructible meshes of evil all are more or less fast caught, and pain, unhappiness, and misfortune wait upon mankind.

With the object of escaping, or in some way mitigating this overshadowing gloom, men and women rush blindly into innumerable devices, pathways by which they fondly hope to enter into a happiness which will not pass away. Such are the drunkard and the harlot, who revel in sensual excitements; such is the exclusive aesthete, who shuts himself out from the sorrows of the world, and surrounds himself with enervating luxuries; such is he who thirsts for wealth or fame, and subordinates all things to the achievement of that object; and such are they who seek consolation in the performance of religious rites.

And to all the happiness sought seems to come, and the soul, for a time, is lulled into a sweet security, and an intoxicating forgetfulness of the existence of evil; but the day of disease comes at last, or some great sorrow, temptation, or misfortune breaks suddenly in on the unfortified soul, and the fabric of its fancied happiness is torn to shreds.

So over the head of every personal joy hangs the Damocletian sword of pain, ready, at any moment, to fall and crush the soul of him who is unprotected by knowledge.

The child cries to be a man or woman; the man and woman sigh for the lost felicity of childhood. The poor man chafes under the chains of poverty by which he is bound, and the rich man often lives in fear of poverty, or scours the world in search of an elusive shadow he calls happiness. Sometimes the soul feels that it has found a secure peace and happiness in adopting a certain religion, in embracing an intellectual philosophy, or in building up an intellectual or artistic ideal; but some overpowering temptation proves the religion to be inadequate or insufficient; the theoretical philosophy is found to be a useless prop; or in a moment, the idealistic statue upon which the devotee has for years been

laboring, is shattered into fragments at his feet.

Is there, then, no way of escape from pain and sorrow? Are there no means by which the bonds of evil may be broken? Is permanent happiness, secure prosperity, and abiding peace a foolish dream? No, there is a way, and I speak it with gladness, by which evil can be slain forever; there is a process by which disease, poverty, or any adverse condition or circumstance can be put on one side never to return; there is a method by which a permanent prosperity can be secured, free from all fear of the return of adversity, and there is a practice by which unbroken and unending peace and bliss can be partaken of and realized. And the beginning of the way which leads to this glorious realization is *the acquirement of a right understanding of the nature of evil*.

It is not sufficient to deny or ignore evil; it must be understood. It is not enough to pray to God to remove the evil; you must find out why it is there, and what lesson it has for you. It is of no avail to fret and fume and chafe at the chains which bind you; you must know why and how you are bound. Therefore, reader, you must get outside yourself, and must begin to examine and understand yourself. You must cease to be a disobedient child in the school of experience, and must begin to learn, with humility and patience, the lessons that are set for your edification and ultimate perfection; for evil, when rightly understood, is found to be, not an unlimited power or principle in the universe, but a passing phase of human experience, and it therefore becomes a teacher to those who are willing to learn. Evil is not an abstract something outside yourself; it is an experience in your own heart, and by patiently examining and rectifying your heart you will be gradually led into the discovery of the origin and nature of evil, which will necessarily be followed by its complete eradication.

All evil is corrective and remedial, and is therefore not permanent. It is rooted in ignorance, ignorance of the true nature and relation of things, and so long as we remain in that state of ignorance, we remain subject to evil. There is no evil in the universe which is not the result of ignorance, and which would not, if we were ready and willing to learn its lesson, lead us to higher wisdom, and then vanish away. But men remain in evil, and it does not pass away because men are not willing or prepared to learn the lesson which it came to teach them. I knew a child who, every night when its mother took it to bed, cried to be allowed to play with the candle; and one night, when the mother was off guard for a moment, the child took hold of the candle; the inevitable result followed, and the child never wished to play with the candle again. By its one foolish act it learned, and learned perfectly, the lesson of obedience, and entered into the knowledge that fire burns. And this incident is a

complete illustration of the nature, meaning, and ultimate result of all sin and evil. As the child suffered through its own ignorance of the real nature of fire, so older children suffer through their ignorance of the real nature of the things which they weep for and strive after, and which harm them when they are secured; the only difference being that in the latter case the ignorance and evil are more deeply-rooted and obscure.

Evil has always been symbolized by darkness, and Good by light, and hidden within the symbol is contained the perfect interpretation, the reality; for, just as light always floods the universe, and darkness is only a mere speck or shadow cast by a small body intercepting a few rays of the illimitable light, so the Light of the Supreme Good is the positive and life-giving power which floods the universe, and evil the insignificant shadow cast by the self that intercepts and shuts off the illuminating rays which strive for entrance. When night folds the world in its black impenetrable mantle, no matter how dense the darkness, it covers but the small space of half our little planet, while the whole universe is ablaze with living light, and every soul knows that it will awake in the light in the morning. Know, then, that when the dark night of sorrow, pain, or misfortune settles down upon your soul, and you stumble along with weary and uncertain steps, that you are merely intercepting your own personal desires between yourself and the boundless light of joy and bliss, and the dark shadow that covers you is cast by none and nothing but yourself. And just as the darkness without is but a negative shadow, an unreality which comes from nowhere, goes to nowhere, and has no abiding dwelling-place, so the darkness within is equally a negative shadow passing over the evolving and Light-born soul.

"But," I fancy I hear some one say, "why pass through the darkness of evil at all?" Because, by ignorance, you have chosen to do so, and because, by doing so, you may understand both good and evil, and may the more appreciate the light by having passed through the darkness. As evil is the direct outcome of ignorance, so, when the lessons of evil are fully learned, ignorance passes away, and wisdom takes its place. But as a disobedient Child refuses to learn its lessons at school, so it is possible to refuse to learn the lessons of experience, and thus to remain in continual darkness, and to suffer continually recurring punishments in the form of disease, disappointment, and sorrow. He, therefore, who would shake himself free of the evil which encompasses him, must be willing and ready to learn, and must be prepared to undergo that disciplinary process without which no grain of wisdom or abiding happiness and peace can be secured.

A man may shut himself up in a dark room, and deny that the

light exists, but it is everywhere without, and darkness exists only in his own little room. So you may shut out the light of Truth, or you may begin to pull down the walls of prejudice, self-seeking and error which you have built around yourself, and so let in the glorious and omnipresent Light.

By earnest self-examination strive to realize, and not merely hold as a theory, that evil is a passing phase, a self-created shadow; that all your pains, sorrows and misfortunes have come to you by a process of undeviating and absolutely perfect law; have come to you because you deserve and require them, and that by first enduring, and then understanding them, you may be made stronger, wiser, nobler. When you have fully entered into this realization, you will be in a position to mould your own circumstances, to transmute all evil into good, and to weave, with a master hand, the fabric of your destiny.

What of the night, O Watchman! I see'st thou yet  
The glimmering dawn upon the mountain heights,  
    The golden Herald of the Light of lights,  
        Are his fair feet upon the hilltops set?

Cometh be yet to chase away the gloom,  
    And with it all the demons of the Night?  
Strike yet his darting rays upon thy sight?  
Hear'st thou his voice, the sound of error's doom?

The Morning cometh, lover at the Light;  
E'en now he gilds with gold the mountain's brow,  
    Dimly I see the path whereon e'en now  
        His shining feet are set towards the Night.

Darkness shall pass away, and all the things  
That love the darkness, and that hate the Light  
    Shall disappear forever with the Night:  
Rejoice! for thus the speeding Herald sings.

## THE WORLD A REFLEX OF MENTAL STATES

What you are, so is your world. Everything in the universe is resolved into your own inward experience. It matters little what is without, for it is all a reflection of your own state of consciousness. It matters everything what you are within, for everything without will be mirrored and colored accordingly.

All that you positively know is contained in your own experience; all that you ever will know must pass through the gateway of experience, and so become part of yourself.

Your own thoughts, desires, and aspirations comprise your world, and, to you, all that there is in the universe of beauty and joy and bliss, or of ugliness and sorrow and pain, is contained within yourself. By your own thoughts you make or mar your life, your world, your universe. As you build within by the power of thought, so will your outward life and circumstances shape themselves accordingly. Whatsoever you harbor in the inmost chambers of your heart will, sooner or later, by the inevitable law of reaction, shape itself in your outward life. The soul that is impure, sordid and selfish, is gravitating with unerring precision towards misfortune and catastrophe; the soul that is pure, unselfish, and noble, is gravitating with equal precision towards happiness and prosperity. Every soul attracts its own, and nothing can possibly come to it that does not belong to it. To realize this is to recognize the universality of Divine Law. The incidents of every human life, which both make and mar, are drawn to it by the quality and power of its own inner thought-life. Every soul is a complex combination of gathered experiences and thoughts, and the body is but an improvised vehicle for its manifestation. What, therefore, your thoughts are, that is your real self; and the world around, both animate and inanimate, wears the aspect with which your thoughts clothe it. It therefore follows that if a man is happy, it is because he dwells in happy thoughts; if miserable, because he dwells in despondent and debilitating thoughts. Whether one be fearful or fearless, foolish or wise, troubled or serene, within that soul lies the cause of its own state or states, and never without. And now I seem to hear a chorus of voices exclaim, "But do you really mean to say that outward circumstances do not effect our minds?" I do not say that, but I say this, and know it to be an infallible truth, *that circumstances can only affect you in so far as you allow them to do so*. You are swayed by circumstances because you have not a right understanding of the nature, use, and power of thought. You

believe (and upon this little word *belief* hang all our sorrows and joys) that outward things have the power to make or mar your life; by so doing you submit to those outward things, confess that you are their slave, and they your unconditional master; by so doing, you invest them with a power which they do not, of themselves, possess, and you succumb, in reality, not to the mere circumstances, but to the gloom or gladness, the fear or hope, the strength or weakness, which your thought-sphere has thrown around them.

I knew two men who, at an early age, lost the hard-earned savings of years. One was very deeply troubled, and gave way to chagrin, worry, and despondency. The other, on reading in his morning paper that the bank in which his money was deposited had hopelessly failed, and that he had lost all, quietly and firmly remarked, "Well, it's gone, and trouble and worry won't bring it back, but hard work will." He went to work with renewed vigor, and rapidly became prosperous, while the former man, continuing to mourn the loss of his money, and to grumble at his "bad luck," remained the sport and tool of adverse circumstances, in reality of his own weak and slavish thoughts. The loss of money was a curse to the one because he clothed the event with dark and dreary thoughts; it was a blessing to the other, because he threw around it thoughts of strength, of hope, and renewed endeavor.

If circumstances had the power to bless or harm, they would bless and harm all men alike, but the fact that the same circumstance will be alike good and bad to different souls proves that the good or bad is not in the circumstance, but only in the mind of him that encounters it. When you begin to realize this you will begin to control your thoughts, to regulate and discipline your mind, and to rebuild the inward temple of your soul, eliminating all useless and superfluous material, and incorporating into your being thoughts alone of joy and serenity, of strength and life, of compassion and love, of beauty and immortality; and as you do this you will become joyful and serene, strong and healthy, compassionate and loving, and beautiful with the beauty of immortality.

And as we clothe events with the drapery of our own thoughts, so likewise do we clothe the objects of the visible world around us, and where one sees harmony and beauty, another sees revolting ugliness. An enthusiastic naturalist was one day roaming the country lanes in pursuit of his hobby, and during his rambles came upon a pool of brackish water near a farmyard. As he proceeded to fill a small bottle with the water for the purpose of examination under the microscope, he dilated, with more enthusiasm than discretion, to an uncultivated son of the plough who stood close by, upon the hidden and innumerable wonders contained in the pool, and concluded by saying, "Yes, my friend, within this pool is

contained a hundred, nay, a million universes, had we but the sense or the instrument by which we could apprehend them." And the unsophisticated one ponderously remarked, "I know the water be full o' tadpoles, but they be easy to catch."

Where the naturalist, his mind stored with the knowledge of natural facts, saw beauty, harmony, and hidden glory, the mind unenlightened upon those things saw only an offensive mud-puddle.

The wild flower which the casual wayfarer thoughtlessly tramples upon is, to the spiritual eye of the poet, an angelic messenger from the invisible. To the many, the ocean is but a dreary expanse of water on which ships sail and are sometimes wrecked; to the soul of the musician it is a living thing, and he hears, in all its changing moods, divine harmonies. Where the ordinary mind sees disaster and confusion, the mind of the philosopher sees the most perfect sequence of cause and effect, and where the materialist sees nothing but endless death, the mystic sees pulsating and eternal life.

And as we clothe both events and objects with our own thoughts, so likewise do we clothe the souls of others in the garments of our thoughts. The suspicious believe everybody to be suspicious; the liar feels secure in the thought that he is not so foolish as to believe that there is such a phenomenon as a strictly truthful person; the envious see envy in every soul; the miser thinks everybody is eager to get his money; he who has subordinated conscience in the making of his wealth, sleeps with a revolver under his pillow, wrapped in the delusion that the world is full of conscienceless people who are eager to rob him, and the abandoned sensualist looks upon the saint as a hypocrite. On the other hand, those who dwell in loving thoughts, see that in all which calls forth their love and sympathy; the trusting and honest are not troubled by suspicions; the good natured and charitable who rejoice at the good fortune of others scarcely know what envy means; and he who has realized the Divine within himself recognizes it in all beings, even in the beasts.

And men and women are confirmed in their mental outlook because of the fact that, by the law of cause and effect, they attract to themselves that which they send forth, and so come in contact with people similar to themselves. The old adage, "Birds of a feather flock together," has a deeper significance than is generally attached to it, for in the thought-world as in the world of matter, each clings to its kind.

"Do you wish for kindness? Be kind.  
Do you ask for truth? Be true.  
What you give of yourself you find;

Your world is a reflex of you."

If you are one of those who are praying for, and looking forward to, a happier world beyond the grave, here is a message of gladness for you, you may enter into and realize that happy world now; it fills the whole universe, and it is within you, waiting for you to find, acknowledge, and possess. Said one who knew the inner laws of Being, "When men shall say lo here, or lo there, go not after them; the kingdom of God is within you." What you have to do is to believe this, simply believe it with a mind unshadowed by doubt, and then meditate upon it till you understand it. You will then begin to purify and to build your inner world, and as you proceed, passing from revelation to revelation, from realization to realization, you will discover the utter powerlessness of outward things beside the magic potency of a self-governed soul.

If thou would'st right the world,  
And banish all its evils and its woes,  
    Make its wild places bloom,  
And its drear deserts blossom as the rose,  
    Then right thyself.

If thou would'st turn the world  
From its long, lone captivity in sin,  
    Restore all broken hearts,  
Slay grief, and let sweet consolation in,  
    Turn thou thyself.

If thou would'st cure the world  
Of its long sickness, end its grief and pain;  
    Bring in all-healing Joy,  
And give to the afflicted rest again,  
    Then cure thyself.

If thou would'st wake the world  
Out of its dream of death and dark'ning strife  
    Bring it to Love and Peace,  
And Light and brightness of immortal Life,  
    Wake thou thyself.

## THE WAY OUT OF UNDESIRABLE CONDITIONS

Having seen and realized that evil is but a passing shadow thrown, by the intercepting self, across the transcendent Form of the Eternal Good, and that the world is a mirror in which each sees a reflection of himself, we now ascend, by firm and easy steps, to that plane of perception whereon is seen and realized the *Vision of the Law*. With this realization comes the knowledge that everything is included in a ceaseless interaction of cause and effect, and that nothing can possibly be divorced from law. From the most trivial thought, word, or act of man, up to the groupings of the celestial bodies, law reigns supreme. No arbitrary condition can, even for one moment, exist, for such a condition would be a denial and an annihilation of law. Every condition of life is, therefore, bound up in an orderly and harmonious sequence, and the secret and cause of every condition is contained within itself. The law, "Whatsoever a man sows that shall he also reap," is inscribed in flaming letters upon the portal of Eternity, and none can deny it, none can cheat it, none can escape it. He who puts his hand in the fire must suffer the burning until such time as it has worked itself out, and neither curses nor prayers can avail to alter it. And precisely the same law governs the realm of mind. Hatred, anger, jealousy, envy, lust, covetousness, all these are fires which burn, and whoever even so much as touches them must suffer the torments of burning. All these conditions of mind are rightly called "evil," for they are the efforts of the soul to subvert, in its ignorance, the law, and they, therefore, lead to chaos and confusion within, and are sooner or later actualized in the outward circumstances as disease, failure, and misfortune, coupled with grief, pain, and despair. Whereas love, gentleness, goodwill, purity, are cooling airs which breathe peace upon the soul that woos them, and, being in harmony with the Eternal Law, they become actualized in the form of health, peaceful surroundings, and undeviating success and good fortune.

A thorough understanding of this Great Law which permeates the universe leads to the acquirement of that state of mind known as *obedience*. To know that justice, harmony, and love are supreme in the universe is likewise to know that all adverse and painful conditions are the result of our own disobedience to that Law. Such knowledge leads to strength and power, and it is upon such knowledge alone that a true life and an enduring success and happiness can be built. To be patient under all circumstances, and to accept all conditions as necessary factors in your training, is to rise superior to all painful conditions, and to overcome them with

an overcoming which is sure, and which leaves no fear of their return, for by the power of obedience to law they are utterly slain. Such an obedient one is working in harmony with the law, has, in fact, identified himself with the law, and whatsoever he conquers he conquers forever; whatsoever he builds can never be destroyed.

The cause of all power, as of all weakness, is within: the secret of all happiness as of all misery is likewise within. There is no progress apart from unfoldment within, and no sure foothold of prosperity or peace except by orderly advancement in knowledge.

You say you are chained by circumstances, you cry out for better opportunities, for a wider scope, for improved physical conditions, and perhaps you inwardly curse the fate that binds you hand and foot. It is for you that I write; it is to you that I speak. Listen, and let my words burn themselves into your heart, for that which I say to you is truth: *You may bring about that improved condition in your outward life which you desire, if you will unswervingly resolve to improve your inner life.* I know this pathway looks barren at its commencement (truth always does, it is only error and delusion which are at first inviting and fascinating), but if you undertake to walk it; if you perseveringly discipline your mind, eradicating your weaknesses, and allowing your soul-forces and spiritual powers to unfold themselves, you will be astonished at the magical changes which will be brought about in your outward life. As you proceed, golden opportunities will be strewn across your path, and the power and judgment to properly utilize them will spring up within you. Genial friends will come unbidden to you; sympathetic souls will be drawn to you as the needle is to the magnet; and books and all outward aids that you require will come to you unsought.

Perhaps the chains of poverty hang heavily upon you, and you are friendless and alone, and you long with an intense longing that your load may be lightened; but the load continues, and you seem to be enveloped in an ever-increasing darkness. Perhaps you complain, you bewail your lot; you blame your birth, your parents, your employer, or the unjust Powers who have bestowed upon you so undeservedly poverty and hardship, and upon another affluence and ease. Cease your complaining and fretting; none of these things which you blame are the cause of your poverty; the cause is within yourself, and where the cause is, there is the remedy. The very fact that you are a complainer, shows that you deserve your lot; shows that you lack that faith which is the ground of all effort and progress. There is no room for a complainer in a universe of law, and worry is soul-suicide. By your very attitude of mind you are strengthening the chains which bind you, and are drawing about you the darkness by which you are enveloped. Alter your outlook upon life, and your outward life will alter. Build yourself up in faith

and knowledge, and make yourself worthy of better surroundings and wider opportunities. Be sure, first of all, that you are making the best of what you have. Do not delude yourself into supposing that you can step into greater advantages whilst overlooking smaller ones, for if you could, the advantage would be impermanent and you would quickly fall back again in order to learn the lesson which you had neglected. As the child at school must master one standard before passing on to the next, so, before you can have that greater good which you so desire, must you, faithfully employ that which you already possess. The parable of the talents is a beautiful story illustrative of this truth, for does it not plainly show that if we misuse, neglect, or degrade that which we possess, be it ever so mean and insignificant, even that little will be taken from us, for, by our conduct we show that we are unworthy of it.

Perhaps you are living in a small cottage, and are surrounded by unhealthy and vicious influences. You desire a larger and more sanitary residence. Then you must fit yourself for such a residence by first of all making your cottage as far as possible a little paradise. Keep it spotlessly dean. Make it look as pretty and sweet as your limited means will allow. Cook your plain food with all care, and arrange your humble table as tastefully as you possibly can. If you cannot afford a carpet, let your rooms be carpeted with smiles and welcomes, fastened down with the nails of kind words driven in with the hammer of patience. Such a carpet will not fade in the sun, and constant use will never wear it away.

By so ennobling your present surroundings you will rise above them, and above the need of them, and at the right time you will pass on into the better house and surroundings which have all along been waiting for you, and which you have fitted yourself to occupy.

Perhaps you desire more time for thought and effort, and feel that your hours of labor are too hard and long. Then see to it that you are utilizing to the fullest possible extent what little spare time you have. It is useless to desire more time, if you are already wasting what little you have; for you would only grow more indolent and indifferent.

Even poverty and lack of time and leisure are not the evils that you imagine they are, and if they hinder you in your progress, it is because you have clothed them in your own weaknesses, and the evil that you see in them is really in yourself. Endeavor to fully and completely realize that in so far as you shape and mould your mind, you are the maker of your destiny, and as, by the transmuting power of self-discipline you realize this more and more, you will come to see that these so-called evils may be converted into blessings. You will then utilize your poverty for the cultivation of

patience, hope and courage; and your lack of time in the gaining of promptness of action and decision of mind, by seizing the precious moments as they present themselves for your acceptance. As in the rankest soil the most beautiful flowers are grown, so in the dark soil of poverty the choicest flowers of humanity have developed and bloomed. Where there are difficulties to cope with, and unsatisfactory conditions to overcome, there virtue most flourishes and manifests its glory.

It may be that you are in the employ of a tyrannous master or mistress, and you feel that you are harshly treated. Look upon this also as necessary to your training. Return your employer's unkindness with gentleness and forgiveness. Practice unceasingly patience and self-control. Turn the disadvantage to account by utilizing it for the gaining of mental and spiritual strength, and by your silent example and influence you will thus be teaching your employer, will be helping him to grow ashamed of his conduct, and will, at the same time, be lifting yourself up to that height of spiritual attainment by which you will be enabled to step into new and more congenial surroundings at the time when they are presented to you. Do not complain that you are a slave, but lift yourself up, by noble conduct, above the plane of slavery. Before complaining that you are a slave to another, be sure that you are not a slave to self. Look within; look searchingly, and have no mercy upon yourself. You will find there, perchance, slavish thoughts, slavish desires, and in your daily life and conduct slavish habits. Conquer these; cease to be a slave to self, and no man will have the power to enslave you. As you overcome self, you will overcome all adverse conditions, and every difficulty will fall before you.

Do not complain that you are oppressed by the rich. Are you sure that if you gained riches you would not be an oppressor yourself? Remember that there is the Eternal Law which is absolutely just, and that he who oppresses today must himself be oppressed tomorrow; and from this there is no way of escape. And perhaps you, yesterday were rich and an oppressor, and that you are now merely paying off the debt which you owe to the Great Law. Practice, therefore, fortitude and faith. Dwell constantly in mind upon the Eternal Justice, the Eternal Good. Endeavor to lift yourself above the personal and the transitory into the impersonal and permanent. Shake off the delusion that you are being injured or oppressed by another, and try to realize, by a profounder comprehension of your inner life, and the laws which govern that life, that you are only really injured by what is within you. There is no practice more degrading, debasing, and soul-destroying than that of *self-pity*. Cast it out from you. While such a canker is feeding upon your heart you can never expect to grow into a fuller life.

Cease from the condemnation of others, and begin to condemn yourself. Condone none of your acts, desires or thoughts that will not bear comparison with spotless purity, or endure the light of sinless good. By so doing you will be building your house upon the rock of the Eternal, and all that is required for your happiness and well being will come to you in its own time.

There is positively no way of permanently rising above poverty, or any undesirable condition, except by eradicating those selfish and negative conditions within, of which these are the reflection, and by virtue of which they continue. The way to true riches is to enrich the soul by the acquisition of virtue. Outside of real heart-virtue there is neither prosperity nor power, but only the appearances of these. I am aware that men make money who have acquired no measure of virtue, and have little desire to do so; but such money does not constitute true riches, and its possession is transitory and feverish. Here is David's testimony: "For I was envious at the foolish when I saw the prosperity of the wicked. . . . Their eyes stand out with fatness; they have more than heart could wish. . . . Verily I have cleansed my heart in vain, and washed my hands in innocence. . . . When I thought to know this it was too painful for me; until I went into the sanctuary of God, then understood I their end." The prosperity of the wicked was a great trial to David until he went into the sanctuary of God, and then he *knew their end*. You likewise may go into that sanctuary. It is within you. It is that state of consciousness which remains when all that is sordid, and personal, and impermanent is risen above, and universal and eternal principles are realized. That is the God state of consciousness; it is the sanctuary of the Most High. When, by long strife and self-discipline, you have succeeded in entering the door of that holy Temple, you will perceive, with unobstructed Vision, the end and fruit of all human thought and endeavor, both good and evil. You will then no longer relax your faith when you see the immoral man accumulating outward riches, for you will *know* that he must come again to poverty and degradation. The rich man who is barren of virtue is, in reality, poor, and as surely as the waters of the river are drifting to the ocean, so surely is he, in the midst of all his riches, drifting towards poverty and misfortune; and though he die rich, yet must he return to reap the bitter fruit of all his immorality. And though he become rich many times, yet as many times must he be thrown back into poverty, until, by long experience and suffering be conquers the poverty within. But the man who is outwardly poor, yet rich in virtue, is truly rich, and, in the midst of all his poverty, he is surely traveling towards prosperity; and abounding joy and bliss await his coming.

If you would become truly and permanently prosperous, you must

first become virtuous. It is therefore unwise to aim directly at prosperity, to make it the one object of life, to reach out greedily for it. To do this is to ultimately defeat yourself. But rather aim at self-perfection, make useful and unselfish service the object of your life, and ever reach out hands of faith towards the supreme and unalterable Good.

You say you desire wealth, not for your OWN sake, but in order to do good with it, and to bless others. If this is your *real* motive in desiring wealth, then wealth will come to you; for you are strong and unselfish indeed if, in the midst of riches, you are willing to look upon yourself as steward and not as owner. But examine well your motive, for in the majority of instances where money is desired for the admitted object of blessing others, the real underlying motive is a love of popularity, and a desire to pose as a philanthropist or reformer. If you are not doing good with what little you have, depend upon it the more money you got the more selfish you would become, and all the good you appeared to do with your money, if you attempted to do any, would be so much insinuating self-laudation. If your real desire is to do good, there is no need to wait for money before you do it; you can do it now, this very moment, and just where you are. If you are really so unselfish as you believe yourself to be, you will show it by sacrificing yourself for others now. No matter how poor you are, there is room for self-sacrifice, for did not the widow put her all into the treasury? The heart that truly desires to do good does not wait for money before doing it, but comes to the altar of sacrifice, and, leaving there the unworthy elements of self, goes out and breathes upon neighbor and stranger, friend and enemy alike, the breath of blessedness.

As the effect is related to the cause, so is prosperity and power related to the inward good, and poverty and weakness to the inward evil.

Money does not constitute true wealth, nor position, nor power, and to rely upon it alone is to stand upon a slippery place.

Your true wealth is your stock of *virtue*, and your true power the uses to which you put it. Rectify your heart, and you will rectify your life. Lust, hatred, anger, vanity, pride, covetousness, self-indulgence, self-seeking, obstinacy — all these are poverty and weakness; whereas, love, purity, gentleness, meekness, patience, compassion, generosity, self-forgetfulness, and self-renunciation — all these are wealth and power.

As the elements of poverty and weakness are overcome, an irresistible and all-conquering power is evolved from within, and he who succeeds in establishing himself in the highest virtue, brings the whole world to his feet.

But the rich, as well as the poor, have the undesirable conditions,

and are frequently farther removed from happiness than the poor. And here we see how happiness depends, not upon outward aids or possessions, but upon the inward life. Perhaps you are an employer, and you have endless trouble with those whom you employ, and when you do get good and faithful servants they quickly leave you. As a result you are beginning to lose, or have completely lost, your faith in human nature. You try to remedy matters by giving better wages, and by allowing certain liberties, yet matters remain unaltered. Let me advise you. The secret of all your trouble is not in your servants, *it is in yourself*; and if you look within, with a humble and sincere desire to discover and eradicate your error, you will, sooner or later, find the origin of all your unhappiness. It may be some selfish desire, or lurking suspicion, or unkind attitude of mind which sends out its poison upon those about you, and reacts upon yourself, even though you may not show it in your manner or speech. Think of your servants with kindness, consider their happiness and comfort, and never demand of them that extremity of service which you yourself would not care to perform were you in their place. Rare and beautiful is that humility of soul by which a servant entirely forgets himself in his master's good; but far rarer, and beautiful with a divine beauty, is that nobility of soul by which a man, forgetting his own happiness, seeks the happiness of those who are under his authority, and who depend upon him for their bodily sustenance. And such a man's happiness is increased tenfold, nor does he need to complain of those whom he employs. Said a well-known and extensive employer of labor, who never needs to dismiss an employee: "I have always had the happiest relations with my workpeople. If you ask me how it is to be accounted for, I can only say that it has been my aim from the first to do to them as I would wish to be done by." Herein lies the secret by which all desirable conditions are secured, and all that are undesirable are overcome. Do you say that you are lonely and unloved, and have not a friend in the world? Then, I pray you, for the sake of your own happiness, blame nobody but yourself. Be friendly towards others, and friends will soon flock round you. Make yourself pure and lovable, and you will be loved by all.

Whatever conditions are rendering your life burdensome, you may pass out of and beyond them by developing and utilizing within you the transforming power of self-purification and self-conquest. Be it the poverty which galls (and remember that the poverty upon which I have been dilating is that poverty which is a source of misery, and not that voluntary poverty which is the glory of emancipated souls), or the riches which burden, or the many misfortunes, griefs, and annoyances which form the dark background in the web of life, you may overcome them by overcoming the selfish elements within

which give them life.

It matters not that by the unfailing Law there are past thoughts and acts to work out and to atone for, as, by the same law, we are setting in motion, during every moment of our life, fresh thoughts and acts, and we have the power to make them good or ill. Nor does it follow that if a man (reaping what he has sown) must lose money or forfeit position, that he must also lose his fortitude or forfeit his uprightness, and it is in these that his wealth and power and happiness are to be found.

He who clings to self is his own enemy, and is surrounded by enemies. He who relinquishes self is his own savior, and is surrounded by friends like a protecting belt. Before the divine radiance of a pure heart all darkness vanishes and all clouds melt away, and he who has conquered self has conquered the universe. Come, then, out of your poverty; come out of your pain; come out of your troubles, and sighings, and complainings, and heartaches, and loneliness *by coming out of yourself*. Let the old tattered garment of your petty selfishness fall from you, and put on the new garment of universal Love. You will then realize the inward heaven, and it will be reflected in all your outward life.

He who sets his foot firmly upon the path of self-conquest, who walks, aided by the staff of Faith, the highway of self-sacrifice, will assuredly achieve the highest prosperity, and will reap abounding and enduring joy and bliss.

To them that seek the highest Good  
All things subserve the wisest ends;  
Naught comes as ill, and wisdom lends  
Wings to all shapes of evil brood.

The dark'ning sorrow veils a Star  
That waits to shine with gladsome light;  
Hell waits on heaven; and after night  
Comes golden glory from afar.

Defeats are steps by which we climb  
With purer aim to nobler ends;  
Loss leads to gain, and joy attends  
True footsteps up the hills of time.

Pain leads to paths of holy bliss,  
To thoughts and words and deeds divine;  
And clouds that gloom and rays that shine,  
Along life's upward highway kiss.

Misfortune does but cloud the way  
Whose end and summit in the sky  
Of bright success, sunkiss'd and high,  
Awaits our seeking and our stay.

The heavy pall of doubts and fears  
That clouds the Valley of our hopes,  
The shades with which the spirit copes,  
The bitter harvesting of tears,

The heartaches, miseries, and griefs,  
The bruising born of broken ties,  
All these are steps by which we rise  
To living ways of sound beliefs.

Love, pitying, watchful, runs to meet  
The Pilgrim from the Land of Fate;  
All glory and all good await  
The coming of obedient feet.

## THE SILENT POWER OF THOUGHT CONTROLLING AND DIRECTING ONE'S FORCES

The most powerful forces in the universe are the silent forces; and in accordance with the intensity of its power does a force become beneficent when rightly directed, and destructive when wrongly employed. This is common knowledge in regard to the mechanical forces, such as steam, electricity, etc., but few have yet learned to apply this knowledge to the realm of mind, where the thought-forces (most powerful of all) are continually being generated and sent forth as currents of salvation or destruction.

At this stage of his evolution, man has entered into the possession of these forces, and the whole trend of his present advancement is their complete subjugation. All the wisdom possible to man on this material earth is to be found only in complete self-mastery, and the command, "Love your enemies," resolves itself into an exhortation to enter here and now, into the possession of that sublime wisdom by taking hold of, mastering and transmuting, those mind forces to which man is now slavishly subject, and by which he is helplessly borne, like a straw on the stream, upon the currents of selfishness.

The Hebrew prophets, with their perfect knowledge of the Supreme Law, always related outward events to inward thought, and associated national disaster or success with the thoughts and desires that dominated the nation at the time. The knowledge of the causal power of thought is the basis of all their prophecies, as it is the basis of all real wisdom and power. National events are simply the working out of the psychic forces of the nation. Wars, plagues, and famines are the meeting and dashing of wrongly-directed thought-forces, the culminating points at which destruction steps in as the agent of the Law. It is foolish to ascribe war to the influence of one man, or to one body of men. It is the crowning horror of national selfishness.

It is the silent and conquering thought-forces which bring all things into manifestation. The universe grew out of thought. Matter in its last analysis is found to be merely objectivized thought. All man's accomplishments were first wrought out in thought, and then objectivized. The author, the inventor, the architect, first builds up his work in thought, and having perfected it in all its parts as a complete and harmonious whole upon the thought-plane, he then commences to materialize it, to bring it down to the material or sense-plane.

When the thought-forces are directed in harmony with the

overruling Law, they are up-building and preservative, but when subverted they become disintegrating and self-destructive.

To adjust all your thoughts to a perfect and unswerving faith in the omnipotence and supremacy of Good, is to cooperate with that Good, and to realize within yourself the solution and destruction of all evil. *Believe and ye shall live.* And here we have the true meaning of salvation; salvation from the darkness and negation of evil, by entering into, and realizing the living light of the Eternal Good.

Where there is fear, worry, anxiety, doubt, trouble, chagrin, or disappointment, there is ignorance and lack of faith. All these conditions of mind are the direct outcome of selfishness, and are based upon an inherent belief in the power and supremacy of evil; they therefore constitute practical atheism; and to live in, and become subject to, these negative and soul-destroying conditions of mind is the only real atheism.

It is salvation from such conditions that the race needs, and let no man boast of salvation whilst he is their helpless and obedient slave. To fear or to worry is as sinful as to curse, for how can one fear or worry if he intrinsically believes in the Eternal Justice, the Omnipotent Good, the Boundless Love? To fear, to worry, to doubt, is to deny, to disbelieve.

It is from such states of mind that all weakness and failure proceed, for they represent the annulling and disintegrating of the positive thought-forces which would otherwise speed to their object with power, and bring about their own beneficent results.

To overcome these negative conditions is to enter into a life of power, is to cease to be a slave, and to become a master, and there is only one way by which they can be overcome, and that is by *steady and persistent growth in inward knowledge.* To mentally deny evil is not sufficient; it must, by daily practice, be risen above and understood. To mentally affirm the good is inadequate; it must, by unswerving endeavor, be entered into and comprehended.

The intelligent practice of self-control, quickly leads to a knowledge of one's interior thought-forces, and, later on, to the acquisition of that power by which they are rightly employed and directed. In the measure that you master self, that you control your mental forces instead of being controlled by them, in just such measure will you master affairs and outward circumstances.

Show me a man under whose touch everything crumbles away, and who cannot retain success even when it is placed in his hands, and I will show you a man who dwells continually in those conditions of mind which are the very negation of power. To be forever wallowing in the bogs of doubt, to be drawn continually into the quicksands of fear, or blown ceaselessly about by the winds of anxiety, is to be a slave, and to live the life of a slave, even though

success and influence be forever knocking at your door seeking for admittance. Such a man, being without faith and without self-government, is incapable of the right government of his affairs, and is a slave to circumstances; in reality a slave to himself. Such are taught by affliction, and ultimately pass from weakness to strength by the stress of bitter experience.

Faith and purpose constitute the motive-power of life. There is nothing that a strong faith and an unflinching purpose may not accomplish. By the daily exercise of silent faith, the thought-forces are gathered together, and by the daily strengthening of silent purpose, those forces are directed towards the object of accomplishment.

Whatever your position in life may be, before you can hope to enter into any measure of success, usefulness, and power, you must learn how to focus your thought-forces by cultivating calmness and repose. It may be that you are a business man, and you are suddenly confronted with some overwhelming difficulty or probable disaster. You grow fearful and anxious, and are at your wit's end. To persist in such a state of mind would be fatal, for when anxiety steps in, correct judgment passes out. Now if you will take advantage of a quiet hour or two in the early morning or at night, and go away to some solitary spot, or to some room in your house where you know you will be absolutely free from intrusion, and, having seated yourself in an easy attitude, you forcibly direct your mind right away from the object of anxiety by dwelling upon something in your life that is pleasing and bliss-giving, a calm, reposeful strength will gradually steal into your mind, and your anxiety will pass away. Upon the instant that you find your mind reverting to the lower plane of worry bring it back again, and reestablish it on the plane of peace and strength. When this is fully accomplished, you may then concentrate your whole mind upon the solution of your difficulty, and what was intricate and insurmountable to you in your hour of anxiety will be made plain and easy, and you will see, with that clear vision and perfect judgment which belong only to a calm and untroubled mind, the right course to pursue and the proper end to be brought about. It may be that you will have to try day after day before you will be able to perfectly calm your mind, but if you persevere you will certainly accomplish it. And the course which is presented to you in that hour of calmness *must be carried out*. Doubtless when you are again involved in the business of the day, and worries again creep in and begin to dominate you, you will begin to think that the course is a wrong or foolish one, but do not heed such suggestions. Be guided absolutely and entirely by the vision of calmness, and not by the shadows of anxiety. The hour of calmness is the hour of

illumination and correct judgment. By such a course of mental discipline the scattered thought-forces are reunited, and directed, like the rays of the searchlight, upon the problem at issue, with the result that it gives way before them.

There is no difficulty, however great, but will yield before a calm and powerful concentration of thought, and no legitimate object but may be speedily actualized by the intelligent use and direction of one's soul-forces.

Not until you have gone deeply and searchingly into your inner nature, and have overcome many enemies that lurk there, can you have any approximate conception of the subtle power of thought, of its inseparable relation to outward and material things, or of its magical potency, when rightly poised and directed, in readjusting and transforming the life-conditions.

Every thought you think is a force sent out, and in accordance with its nature and intensity will it go out to seek a lodgment in minds receptive to it, and will react upon yourself for good or evil. There is ceaseless reciprocity between mind and mind, and a continual interchange of thought-forces. Selfish and disturbing thoughts are so many malignant and destructive forces, messengers of evil, sent out to stimulate and augment the evil in other minds, which in turn send them back upon you with added power. While thoughts that are calm, pure, and unselfish are so many angelic messengers sent out into the world with health, healing, and blessedness upon their wings, counteracting the evil forces; pouring the oil of joy upon the troubled waters of anxiety and sorrow, and restoring to broken hearts their heritage of immortality.

Think good thoughts, and they will quickly become actualized in your outward life in the form of good conditions. Control your soul-forces, and you will be able to shape your outward life as you will. The difference between a savior and a sinner is this: that the one has a perfect control of all the forces within him; the other is dominated and controlled by them.

There is absolutely no other way to true power and abiding peace, but by self-control, self-government, self-purification. To be at the mercy of your disposition is to be impotent, unhappy, and of little real use in the world. The conquest of your petty likes and dislikes, your capricious loves and hates, your fits of anger, suspicion, jealousy, and all the changing moods to which you are more or less helplessly subject, this is the task you have before you if you would weave into the web of life the golden threads of happiness and prosperity. In so far as you are enslaved by the changing moods within you, will you need to depend upon others and upon outward aids as you walk through life. If you would walk firmly and securely, and would accomplish any achievement, you must learn to rise

above and control all such disturbing and retarding vibrations. You must daily practice the habit of putting your mind at rest, "going into the silence," as it is commonly called. This is a method of replacing a troubled thought with one of peace, a thought of weakness with one of strength. Until you succeed in doing this you cannot hope to direct your mental forces upon the problems and pursuits of life with any appreciable measure of success. It is a process of diverting one's scattered forces into one powerful channel. Just as a useless marsh may be converted into a field of golden corn or a fruitful garden by draining and directing the scattered and harmful streams into one well-cut channel, so he who acquires calmness, and subdues and directs the thought-currents within himself, saves his soul, and fructifies his heart and life.

As you succeed in gaining mastery over your impulses and thoughts you will begin to feel, growing up within you, a new and silent power, and a settled feeling of composure and strength wilt remain with you. Your latent powers will begin to unfold themselves, and whereas formerly your efforts were weak and ineffectual, you will now be able to work with that calm confidence which commands success. And along with this new power and strength, there will be awakened within you that interior illumination known as "intuition," and you will walk no longer in darkness and speculation, but in light and certainty. With the development of this soul-vision, judgment and mental penetration will be incalculably increased, and there will evolve within you that prophetic vision by the aid of which you will be able to sense coming events, and to forecast, with remarkable accuracy, the result of your efforts. And in just the measure that you alter from within will your outlook upon life alter; and as you alter your mental attitude towards others they will alter in their attitude and conduct towards you. As you rise above the lower, debilitating, and destructive thought-forces, you will come in contact with the positive, strengthening, and upbuilding currents generated by strong, pure, and noble minds, your happiness will be immeasurably intensified, and you will begin to realize the joy, strength, and power, which are born only of self-mastery. And this joy, strength, and power will be continually radiating from you, and without *any* effort on your part, nay, though you are utterly unconscious of it, strong people will be drawn towards you, influence will be put into your hands, and in accordance with your altered thought-world will outward events shape themselves.

"A man's foes are they of his own household," and he who would be useful, strong, and happy, must cease to be a passive receptacle for the negative, beggarly, and impure streams of thought; and as a wise householder commands his servants and invites his guests, so

must he learn to command his desires, and to say, with authority, what thoughts he shall admit into the mansion of his soul. Even a very partial success in self-mastery adds greatly to one's power, and he who succeeds in perfecting this divine accomplishment, enters into the possession of undreamed-of wisdom and inward strength and peace, and realizes that all the forces of the universe aid and protect his footsteps who is master of his soul.

## THE SECRET OF HEALTH, SUCCESS, AND POWER

We all remember with what intense delight, as children, we listened to the never-tiring fairy tale. How eagerly we followed the fluctuating fortunes of the good boy or girl, ever protected, in the hour of crisis, from the evil machinations of the scheming witch, the cruel giant, or the wicked king. And our little hearts never faltered for the fate of the hero or heroine, nor did we doubt their ultimate triumph over all their enemies, for we knew that the fairies were infallible, and that they would never desert those who had consecrated themselves to the good and the true. And what unspeakable joy pulsated within us when the Fairy Queen, bringing all her magic to bear at the critical moment, scattered all the darkness and trouble, and granted them the complete satisfaction of all their hopes, and they were "happy ever after." With the accumulating years, and an ever increasing intimacy with the so-called "realities" of life, our beautiful fairy-world became obliterated, and its wonderful inhabitants were relegated, in the archives of memory, to the shadowy and unreal. And we thought we were wise and strong in thus leaving forever the land of childish dreams, but as we re-become little children in the wondrous world of wisdom, we shall return again to the inspiring dreams of childhood and find that they are, after all, realities.

The fairy-folk, so small and nearly always invisible, yet possessed of an all-conquering and magical power, who bestow upon the good, health, wealth, and happiness, along with all the gifts of nature in lavish profusion, start again into reality and become immortalized in the soul-realm of him who, by growth in wisdom, has entered into a knowledge of the power of thought, and the laws which govern the inner world of being. To him, the fairies live again as thought-people, thought-messengers, thought-powers in working harmony with the over-ruling Good. And they who, day by day, endeavor to harmonize their hearts with the heart of the Supreme Good, do in reality acquire true health, wealth, and happiness. There is no protection to compare with goodness, and by "goodness" I do not mean a mere outward conformity to the rules of morality; I mean pure thought, noble aspiration, unselfish love, and freedom from vainglory. To dwell continually in good thoughts, is to throw around oneself a psychic atmosphere of sweetness and power which leaves its impress upon all who come in contact with it.

As the rising sun puts to rout the helpless shadows, so are all the impotent forces of evil put to flight by the searching rays of positive thought which shine forth from a heart made strong in purity and faith.

Where there is sterling faith and uncompromising purity there is health, there is success, there is power. In such a one, disease, failure, and disaster can find no lodgment, for there is nothing on which they can feed.

Even physical conditions are largely determined by mental states, and to this truth the scientific world is rapidly being drawn. The old, materialistic belief that a man is what his body makes him, is rapidly passing away, and is being replaced by the inspiring belief that man is superior to his body, and that his body is what he makes it by the power of thought. Men everywhere are ceasing to believe that a man is despairing because he is dyspeptic, and are coming to understand that he is dyspeptic because he is despairing, and in the near future, the fact that all disease has its origin in the mind will become common knowledge.

There is no evil in the universe but has its root and origin in the mind, and sin, sickness, sorrow, and affliction do not, in reality, belong to the universal order, are not inherent in the nature of things, but are the direct outcome of our ignorance of the right relations of things.

According to tradition, there once lived, in India, a school of philosophers who led a life of such absolute purity and simplicity that they commonly reached the age of one hundred and fifty years, and to fall sick was looked upon by them as an unpardonable disgrace, for it was considered to indicate a violation of law.

The sooner we realize and acknowledge that sickness, far from being the arbitrary visitation of an offended God, or the test of an unwise Providence, is the result of our own error or sin, the sooner shall we enter upon the highway of health. Disease comes to those who attract it, to those whose mind and bodies are receptive to it, and flees from those whose strong, pure, and positive thought-sphere generates healing and life-giving currents.

If you are given to anger, worry, jealousy, greed, or any other inharmonious state of mind, and expect perfect physical health, you are expecting the impossible, for you are continually sowing the seeds of disease in your mind. Such conditions of mind are carefully shunned by the wise man, for he knows them to be far more dangerous than a bad drain or an infected house.

If you would be free from all physical aches and pains, and would enjoy perfect physical harmony, then put your mind in order, and harmonize your thoughts. Think joyful thoughts; think loving thoughts; let the elixir of goodwill course through your veins, and you will need no other medicine. Put away your jealousies, your suspicions, your worries, your hatreds, your selfish indulgences, and you will put away your dyspepsia, your biliousness, your nervousness and aching joints. If you will persist in clinging to

these debilitating and demoralizing habits of mind, then do not complain when your body is laid low with sickness.

The following story illustrates the close relation that exists between habits of mind and bodily conditions. A certain man was afflicted with a painful disease, and he tried one physician after another, but all to no purpose. He then visited towns which were famous for their curative waters, and after having bathed in them all, his disease was more painful than ever. One night he dreamed that a Presence came to him and said, "Brother, hast thou tried all the means of cure?" and he replied, "I have tried all." "Nay," said the Presence, "come with me, and I will show thee a healing bath which has escaped thy notice." The afflicted man followed, and the Presence led him to a clear pool of water, and said, "Plunge thyself in this water and thou shalt surely recover," and thereupon vanished. The man plunged into the water, and on coming out, lo! his disease had left him, and at the same moment he saw written above the pool the word "Renounce." Upon waking, the full meaning of his dream flashed across his mind, and looking within he discovered that he had, all along, been a victim to a sinful indulgence, and he vowed that he would renounce it forever. He carried out his vow, and from that day his affliction began to leave him, and in a short time he was completely restored to health.

Many people complain that they have broken down through over-work. In the majority of such cases the breakdown is more frequently the result of foolishly wasted energy. If you would secure health you must learn to work without friction. To become anxious or excited, or to worry over needless details is to invite a breakdown. Work, whether of brain or body, is beneficial and health-giving, and the man who can work with a steady and calm persistency, freed from all anxiety and worry, and with his mind utterly oblivious to all but the work he has in hand, will not only accomplish far more than the man who is always hurried and anxious, but he will retain his health, a boon which the other quickly forfeits.

True health and true success go together, for they are inseparably intertwined in the thought-realm. As mental harmony produces bodily health, so it also leads to a harmonious sequence in the actual working out of one's plans. Order your thoughts and you will order your life. Pour the oil of tranquility upon the turbulent waters of the passions and prejudices, and the tempests of misfortune, howsoever they may threaten, will be powerless to wreck the bark of your soul, as it threads its way across the ocean of life. And if that bark be piloted by a cheerful and never-failing faith its course will be doubly sure, and many perils will pass it by which would otherwise attack it. By the power of faith every enduring work is

accomplished. Faith in the Supreme; faith in the over-ruling Law; faith in your work, and in your power to accomplish that work -- here is the rock upon which you must build if you would achieve, if you would stand and not fall. To follow, under all circumstances, the highest promptings within you; to be always true to the divine self; to rely upon the inward Light, the inward Voice, and to pursue your purpose with a fearless and restful heart, believing that the future will yield unto you the need of every thought and effort; knowing that the laws of the universe can never fail, and that your own will come back to you with mathematical exactitude, this is faith and the living of faith. By the power of such a faith the dark waters of uncertainty are divided, every mountain of difficulty crumbles away, and the believing soul passes on unharmed. Strive, O reader to acquire, above everything, the priceless possession of this dauntless faith, for it is the talisman of happiness, of success, of peace, of power, of all that makes life great and superior to suffering. Build upon such a faith, and you build upon the Rock of the Eternal, and with the materials of the Eternal, and the structure that you erect will never be dissolved, for it will transcend all the accumulations of material luxuries and riches, the end of which is dust. Whether you are hurled into the depths of sorrow, or lifted upon the heights of joy, ever retain your hold upon this faith, ever return to it as your rock of refuge, and keep your feet firmly planted upon its immortal and immovable base. Centered in such a faith, you will become possessed of such a spiritual strength as will shatter, like so many toys of glass, all the forces of evil that are hurled against you, and you will achieve a success such as the mere striver after worldly gain can never know or even dream of. "If ye have faith, and doubt not, ye shall not only do this. . . but if ye shall say unto this mountain, be thou removed and be thou cast into the sea, it shall be done."

There are those today, men and women tabernacled in flesh and blood, who have realized this faith, who live in it and by it day by day, and who, having put it to the uttermost test, have entered into the possession of its glory and peace. Such have sent out the word of command, and the mountains of sorrow and disappointment, of mental weariness and physical pain have passed from them, and have been cast into the sea of oblivion.

If you will become possessed of this faith you will not need to trouble about your future success or failure, and success will come. You will not need to become anxious about results, but will work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.

I know a lady who has entered into many blissful satisfactions, and recently a friend remarked to her, "Oh, how fortunate you are!

You only have to wish for a thing, and it comes to you." And it did, indeed, appear so on the surface; but in reality all the blessedness that has entered into this woman's life is the direct outcome of the inward state of blessedness which she has, throughout life, been cultivating and training towards perfection. Mere wishing brings nothing but disappointment; it is living that tells. The foolish wish and grumble; the wise, work and wait. And this woman had worked; worked without and within, but especially within upon heart and soul; and with the invisible hands of the Spirit she had built up, with the precious stones of faith, hope, joy, devotion, and love, a fair temple of light, whose glorifying radiance was ever round about her. It beamed in her eye; it shone through her countenance; it vibrated in her voice; and all who came into her presence felt its captivating spell.

And as with her, so with you. Your success, your failure, your influence, your whole life you carry about with you, for your dominant trends of thought are the determining factors in your destiny. Send forth loving, stainless, and happy thoughts, and blessings will fall into your hands, and your table will be spread with the cloth of peace. Send forth hateful, impure, and unhappy thoughts, and curses will rain down upon you, and fear and unrest will wait upon your pillow. You are the unconditional maker of your fate, be that fate what it may. Every moment you are sending forth from you the influences which will make or mar your life. Let your heart grow large and loving and unselfish, and great and lasting will be your influence and success, even though you make little money. Confine it within the narrow limits of self-interest, and even though you become a millionaire your influence and success, at the final reckoning will be found to be utterly insignificant.

Cultivate, then, this pure and unselfish spirit, and combine with purity and faith, singleness of purpose, and you are evolving from within the elements, not only of abounding health and enduring success, but of greatness and power.

If your present position is distasteful to you, and your heart is not in your work, nevertheless perform your duties with scrupulous diligence, and whilst resting your mind in the idea that the better position and greater opportunities are waiting for you; ever keep an active mental outlook for budding possibilities, so that when the critical moment arrives, and the new channel presents itself, you will step into it with your mind fully prepared for the undertaking, and with that intelligence and foresight which is born of mental discipline.

Whatever your task may be, concentrate your whole mind upon it, throw into it all the energy of which you are capable. The faultless completion of small tasks leads inevitably to larger tasks. See to it

that you rise by steady climbing, and you will never fall. And herein lies the Secret of true power. Learn, by constant practice, how to husband your resources, and to concentrate them, at any moment, upon a given point. The foolish waste all their mental and spiritual energy in frivolity, foolish chatter, or selfish argument, not to mention wasteful physical excesses.

If you would acquire overcoming power you must cultivate poise and passivity. You must be able to stand alone. All power is associated with immovability. The mountain, the massive rock, the storm-tried oak, all speak to us of power, because of their combined solitary grandeur and defiant fixity; while the shifting sand, the yielding twig, and the waving reed speak to us of weakness, because they are movable and non-resistant, and are utterly useless when detached from their fellows. He is the man of power who, when all his fellows are swayed by some emotion or passion, remains calm and unmoved.

He only is fitted to command and control who has succeeded in commanding and controlling himself. The hysterical, the fearful, the thoughtless and frivolous, let such seek company, or they will fall for lack of support; but the calm, the fearless, the thoughtful, and grave, let such seek the solitude of the forest, the desert, and the mountain-top, and to their power more power will be added, and they will more and more successfully stem the psychic currents and whirlpools which engulf mankind.

Passion is not power; it is the abuse of power, the dispersion of power. Passion is like a furious storm which beats fiercely and wildly upon the embattled rock, whilst power is like the rock itself, which remains silent and unmoved through it all. That was a manifestation of true power when Martin Luther, wearied with the persuasions of his fearful friends, who were doubtful as to his safety should he go to Worms, replied, "If there were as many devils in Worms as there are tiles on the house tops I would go." And when Benjamin Disraeli broke down in his first Parliamentary speech, and brought upon himself the derision of the House, that was an exhibition of germinal power when he exclaimed, "The day will come when you will consider it an honor to listen to me."

When that young man, whom I knew, passing through continual reverses and misfortunes, was mocked by his friends and told to desist from further effort, and he replied, "The time is not far distant when you will marvel at my good fortune and success," he showed that he was possessed of that silent and irresistible power which has taken him over innumerable difficulties, and crowned his life with success.

If you have not this power, you may acquire it by practice, and the beginning of power is likewise the beginning of wisdom. You must

commence by overcoming those purposeless trivialities to which you have hitherto been a willing victim. Boisterous and uncontrolled laughter, slander and idle talk, and joking merely to raise a laugh, all these things must be put on one side as so much waste of valuable energy. St. Paul never showed his wonderful insight into the hidden laws of human progress to greater advantage than when he warned the Ephesians against "Foolish talking and jesting which is not convenient," for, to dwell habitually in such practices is to destroy all spiritual power and life. As you succeed in rendering yourself impervious to such mental dissipations you will begin to understand what true power is, and you will then commence to grapple with the more powerful desires and appetites which hold your soul in bondage, and bar the way to power, and your further progress will then be made clear.

Above all, be of single aim; have a legitimate and useful purpose, and devote yourself unreservedly to it. Let nothing draw you aside; remember that "The double-minded man is unstable in all his ways." Be eager to learn, but slow to beg. Have a thorough understanding of your work, and let it be your own; as you proceed, ever following the inward Guide, the infallible Voice, you will pass on from victory to victory, and will rise step by step to higher resting-places, and your ever-broadening outlook will gradually reveal to you the essential beauty and purpose of life. Self-purified, health will be yours; faith-protected, success will be yours; self-governed, power will be yours, and all that you do will prosper, for, ceasing to be a disjointed unit, self-enslaved, you will be in harmony with the Great Law, working no longer against, but with, the universal Life, the Eternal Good. And what health you gain it will remain with you what success you achieve will be beyond all human computation, and will never pass away; and what influence and power you wield will continue to increase throughout the ages, for it will be a part of that unchangeable Principle which supports the universe.

This, then, is the secret of health — a pure heart and a well-ordered mind; this is the secret of success — an unfaltering faith, and a wisely directed purpose; and to rein in, with unfaltering will, the dark steed of desire — this is the secret of power.

## THE SECRET OF ABOUNDING HAPPINESS

Great is the thirst for happiness, and equally great is the lack of happiness. The majority of the poor long for riches, believing that their possession would bring them supreme and lasting happiness. Many who are rich, having gratified every desire and whim, suffer from ennui and repletion, and are farther from the possession of happiness even than the very poor. If we reflect upon this state of things, it will ultimately lead us to a knowledge of the all-important truth that happiness is not derived from mere outward possessions, nor misery from the lack of them; for if this were so, we should find the poor always miserable, and the rich always happy, whereas the reverse is frequently the case. Some of the most wretched people whom I have known were those who were surrounded with riches and luxury, whilst some of the brightest and happiest people I have met were possessed of only the barest necessities of life. Many men who have accumulated riches have confessed that the selfish gratification which followed the acquisition of riches has robbed life of its sweetness, and that they were never so happy as when they were poor.

What, then, is happiness, and how is it to be secured? Is it a figment, a delusion, and is suffering alone perennial?

We shall find, after earnest observation and reflection, that all, except those who have entered the way of wisdom, believe that happiness is only to be obtained *by the gratification of desire*. It is this belief, rooted in the soil of ignorance, and continually watered by selfish cravings, that is the cause of all the misery in the world. And I do not limit the word *desire* to the grosser animal cravings; it extends to the higher psychic realm, where far more powerful, subtle, and insidious cravings hold in bondage the intellectual and refined, depriving them of all that beauty, harmony, and purity of soul whose expression is happiness.

Most people will admit that selfishness is the cause of all the unhappiness in the world, but they fall under the soul-destroying delusion that it is somebody else's selfishness, and not their own. When you are willing to admit that all your unhappiness is the result of your own selfishness you will not be far from the gates of Paradise; but so long as you are convinced that it is the selfishness of others that is robbing you of joy, so long will you remain a prisoner in your self created purgatory.

Happiness is that inward state of perfect satisfaction which is joy and peace, and from which all desire is eliminated. The satisfaction

which results from gratified desire is brief and illusionary, and is always followed by an increased demand for gratification. Desire is as insatiable as the ocean, and clamors louder and louder as its demands are attended to. It claims ever-increasing service from its deluded devotees, until at last they are struck down with physical or mental anguish, and are hurled into the purifying fires of suffering. Desire is the region of hell, and all torments are centered there. The giving up of desire is the realization of heaven, and all delights await the pilgrim there.

“I sent my soul through the invisible,  
Some letter of that after life to spell,  
And by and by my soul returned to me,  
And whispered, ‘I myself am heaven and hell.’”

Heaven and hell are inward states. Sink into self and all its gratifications, and you sink into hell; rise above self into that state of consciousness which is the utter denial and forgetfulness of self, and you enter heaven. Self is blind, without judgment, not possessed of true knowledge, and always leads to suffering. Correct perception, unbiased judgment, and true knowledge belong only to the divine state, and only in so far as you realize this divine consciousness can you know what real happiness is. So long as you persist in selfishly seeking for your own personal happiness, so long will happiness elude you, and you will be sowing the seeds of wretchedness. In so far as you succeed in losing yourself in the service of others, in that measure will happiness come to you, and you will reap a harvest of bliss.

It is in loving, not in being loved,  
The heart is blessed;  
It is in giving, not in seeking gifts,  
We find our quest  
Whatever be thy longing or thy need,  
That do thou give;  
So shall thy soul be fed, and thou indeed  
Shalt truly live.

Cling to self, and you cling to sorrow; relinquish self, and you enter into peace. To seek selfishly is not only to lose happiness, but even that which we believe to be the source of happiness. See how the glutton is continually looking about for a new delicacy

wherewith to stimulate his deadened appetite; and how, bloated, burdened, and diseased, scarcely any food at last is eaten with pleasure. Whereas, he who has mastered his appetite, and not only does not seek, but never thinks of gustatory pleasure, finds delight in the most frugal meal. The angel-form of happiness, which men, looking through the eyes of self, imagine they see in gratified desire, when clasped is always found to be the skeleton of misery. Truly, "He that seeketh his life shall lose it, and he that loseth his life shall find it."

Abiding happiness will come to you when, ceasing to selfishly cling, you are willing to give up. When you are willing to lose, unreservedly, that impermanent thing which is so dear to you and which, whether you cling to it or not, will one day be snatched from you, then you will find that that which seemed to you like a painful loss, turns out to be a supreme gain. To give up in order to gain, than this there is no greater delusion, nor no more prolific source of misery; but to be willing to yield up and to suffer loss, this is indeed the Way of Life.

How is it possible to find real happiness by centering ourselves in those things which, by their very nature, must pass away? Abiding and real happiness can only be found by centering ourselves in that which is permanent. Rise, therefore, above the clinging to and the craving for impermanent things, and you will then enter into a consciousness of the Eternal, and as, rising above self, and by growing more and more into the spirit of purity, self-sacrifice and universal Love, you become centered in that consciousness, you will realize that happiness which has no reaction, and which can never be taken from you.

The heart that has reached utter self-forgetfulness in its love for others has not only become possessed of the highest happiness, but has entered into immortality, for it has realized the Divine. Look back upon your life, and you will find that the moments of supremest happiness were those in which you uttered some word, or performed some act, of compassion or self-denying love.

Spiritually, happiness and harmony are synonymous. Harmony is one phase of the Great Law whose spiritual expression is love. All selfishness is discord, and to be selfish is to be out of harmony with the Divine order. As we realize that all-embracing love which is the negation of self, we put ourselves in harmony with the divine music, the universal song, and that ineffable melody which is true happiness becomes our own.

Men and women are rushing hither and thither in the blind search for happiness, and cannot find it; nor ever will until they recognize that happiness is already within them and round about them, filling the universe, and that they, in their selfish searching,

are shutting themselves out from it.

“I followed happiness to make her mine,  
Put towering oak and swinging ivy vine.  
She fled, I chased, o'er slanting hill and dale,  
O'er fields and meadows, in the purpling vale  
Pursuing rapidly o'er dashing stream,  
I scaled the dizzy cliffs where eagles scream;  
I traversed swiftly every land and sea,  
But always happiness eluded me.

Exhausted, fainting, I pursued no more,  
But sank to rest upon a barren shore.  
One came and asked for food, and one for alms;  
I placed the bread and gold in bony palms.  
One came for sympathy, and one for rest;  
I shared with every needy one my best;  
When, lo! sweet Happiness, with form divine,  
Stood by me, whispering softly, ‘I am thine.’”

These beautiful lines of Burleigh's express the secret of all-abounding happiness. Sacrifice the personal and transient, and you rise at once into the impersonal and permanent. Give up that narrow cramped self that seeks to render all things subservient to its own petty interests, and you will enter into the company of the angels, into the very heart and essence of universal Love. Forget yourself entirely in the sorrows of others and in ministering to others, and divine happiness will emancipate you from all sorrow and suffering. “Taking the first step with a good thought, the second with a good word, and the third with a good deed, I entered Paradise.” And you also may enter into Paradise by pursuing the same course. It is not beyond, it is here. It is realized only by the unselfish. It is known in its fullness only to the pure in heart.

If you have not realized this unbounded happiness you may begin to actualize it by ever holding before you the lofty ideal of unselfish love, and aspiring towards it. Aspiration or prayer is desire turned upward. It is the soul turning towards its Divine source, where alone permanent satisfaction can be found. By aspiration the destructive forces of desire are transmuted into divine and all-preserving energy. To aspire is to make an effort to shake off the trammels of desire; it is the prodigal made wise by loneliness and suffering, returning to his Father's Mansion.

As you rise above the sordid self; as you break, one after another, the chains that bind you, will you realize the joy of *giving*, as distinguished from the misery of grasping — giving of your substance; giving of your intellect; giving of the love and light that are growing within you. You will then understand that it is indeed “more blessed to give than to receive.” But the giving must be *of the heart* without any taint of self, without desire for reward. The gift of pure love is always attended with bliss. If, after you have given, you are wounded because you are not thanked or flattered, or your name put in the paper, know then that your gift was prompted by vanity and not by love, and you were merely giving in order to get; were not really giving, but grasping.

Lose yourself in the welfare of others; forget yourself in all that you do; this is the secret of abounding happiness. Ever be on the watch to guard against selfishness, and learn faithfully the divine lessons of inward sacrifice; so shall you climb the highest heights of happiness, and shall remain in the never-clouded sunshine of universal joy, clothed in the shining garment of immortality.

## THE REALIZATION OF PROSPERITY

It is granted only to the heart that abounds with integrity, trust, generosity and love to realize true prosperity. The heart that is not possessed of these qualities cannot know prosperity, for prosperity, like happiness, is not an outward possession, but an inward realization. The greedy man may become a millionaire, but he will always be wretched, and mean, and poor, and will even consider himself outwardly poor so long as there is a man in the world who is richer than himself, whilst the upright, the open-handed and loving will realize a full and rich prosperity, even though their outward possessions may be small. "He is poor who is dissatisfied; he is rich who is contented with what he has," and he is richer who is generous with what he has.

When we contemplate the fact that the universe is abounding in all good things, material as well as spiritual, and compare it with man's blind eagerness to secure a few gold coins, or a few acres of dirt, it is then that we realize how dark and ignorant selfishness is; it is then that we know that self-seeking is self-destruction.

Nature gives all, without reservation, and loses nothing; man, grasping all, loses everything.

If you would realize true prosperity do not settle down, as many have done, into the belief that if you do right everything will go wrong. Do not allow the word "competition" to shake your faith in the supremacy of righteousness. I care not what men may say about the "laws of competition," for do I not know the Unchangeable Law, which shall one day put them all to rout, and which puts them to rout even now in the heart and life of the righteous man? And knowing this Law I can contemplate all dishonesty with undisturbed repose, for I know where certain destruction awaits it.

Under all circumstances *do that which you believe to be right*, and trust the Law; trust the Divine Power that is immanent in the universe, and it will never desert you, and you will always be protected. By such a trust all your losses will be converted into gains, and all curses which threaten will be transmuted into blessings. Never let go of integrity, generosity, and love, for these, coupled with energy, will lift you into the truly prosperous state. Do not believe the world when it tells you that you must always attend to "number one" first, and to others afterwards. To do this is not to think of others at all, but only of one's own comforts. To those who practice this, the day will come when they will be deserted by all, and when they cry out in their loneliness and anguish there will be no one to hear and help them. To consider oneself before all others

is to cramp and warp and hinder every noble and divine impulse. Let your soul expand, let your heart reach out to others in loving and generous warmth, and great and lasting will be your joy, and all prosperity will come to you.

Those who have wandered from the highway of righteousness guard themselves against competition; those who always pursue the right need not to trouble about such defense. This is no empty statement. There are men today who, by the power of integrity and faith, have defied all competition, and who, without swerving in the least from their methods, when competed with, have risen steadily into prosperity, whilst those who tried to undermine them have fallen back defeated.

To possess those inward qualities which constitute *goodness* is to be armored against all the powers of evil, and to be doubly protected in every time of trial; and to build oneself up in those qualities is to build up a success which cannot be shaken, and to enter into a prosperity which will endure forever.

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