

Fred Burry's Journal

OF NEW THOUGHT

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IDEALISM

FREDERIC W. BURRY

Idealism, or Mental Science, is the philosophy that teaches ALL IS MIND. Everything in the objective universe is a formulated thought. Life is exactly as we have made it, and our environment is the outcome of our own ideals. Nature progresses ever upwards in the order of evolution; but the "evolution" of the new science is one of mental forces, and not of dead matter. There is no dead matter. Every little atom thinks and is so much embodied intelligence. There is only a difference of degree between the clod of earth and the brain of an Emerson. The latter evolved out of the former, and the clod possesses in latency the powers of the philosophers brain.

Our existence is made up of a multitude of experiences. This forms our character, which is our personality. The difference between the lowest form of life and a Jesus Christ is simply the difference of experience. Life has been called a school, and this is certainly what it is. Experience is our teacher; and we learn in many ways. Even our sorrows, our sins, and our failures, all have their lessons if we but recognise them.

All is mind. This statement will appear strange to a person who looks at the subject superficially. Man's body, the clothes that he wears, the earth on which he lives, and the suns and stars in the heavens, are all so much Mind. What is mind? It is that which thinks; that which recognizes something. Mind is not merely a few cubic inches of matter lying in the skull of a man. Look at a man's body, and a careful survey will bring you to the conclusion that every atom of it thinks. For instance, a musician is able to let his fingers fly over the keyboard, and unconsciously play melodies. How is this? It is because his fingers are so to speak so much brain force, and think for him. Man's body is a vast brain structure, having its throne in the head, but by no means confined there. Man then, first and last, is a thinker.

To think is to recognise. But there are different grades of recognition, and this makes the distinction between one form of life and another. Everything in the Universe is what it recognises itself to be. I AM THAT I AM. I WILL BE WHAT I WILL TO BE. The Will of Man is supreme. In the lower creation, the will which is the same power as the human will, is not self-conscious—the animals have no consciousness of the power within them. Recognition of the fact that the Will is all powerful makes man the master of the Universe. This is Idealism. As a man thinketh in his heart, so is he. But we can never will that which we do not desire. Therefore desire is the mainspring of action. Social life to day is the outcome of past ideals of the race. It is what we have desired it to be. It is exactly suited to the present; and we have no right to shirk the responsibilities it offers us, and complain of Fate being against us.

Our so-called troubles are the best things that could happen. To overcome them is to enlarge our character and make our personality stronger. Unhappy is the man who has few obstacles in his path. To one fully conscious of the value of overcoming, there is a distinct pleasure in surmounting difficulties.

All is good; and there is no evil. To many this may seem a startling announcement, but

it is true, nevertheless. This is another way of affirming the omnipresence of God, for "God" in Mental Science is not a person, but a principle—the Principle of Being. It is another word for Life. God is the Eternal Energy or Force of the Universe. Behind every atom of matter—in every sentient creature, lies Deity. In the heart of each man sits enthroned the King of Heaven; and the body is the Holy Temple of the Divine Spirit. God is Infinite, and the infinite is indivisible, it would therefore be incorrect to say that each man expresses or enshrines a portion of God, but rather that every person is the manifestation—the image of God. Man is dual in his nature. Subjectively the "I" is God divine, for there is but one Power, one universal Will; but objectively Man is the Expression of Deity, the Image of God; in other words, he embodies, as much of Life or God, as he recognises.

There are many metaphysicians who dislike the term "God." This is because that word has been used to express a false idea of Life—an idea that represented the Creative principle as outside of man, centred in a personal divinity, whereas the higher conception of Mental Science shows God to be a Force or Energy within man.

Jesus taught this. He said, "the Father within me doeth the works." This is Mental Science. The Father, the Eternal Energy, the great I AM doeth the works. Religion has for two thousand years obscured the teaching of one of the most profound metaphysicians that ever existed. Instead of following out the principles of Jesus, Christians have exalted the personality of that man, and spent their time in emotional adoration. Jesus did not want this. He always denied possessing any personal authority, or special goodness, and taught his followers that it was through the Principle of Life, or the "Father" within him, that he was able to do these mighty works. He also told the people that greater things than even he accomplished were within the province of man's power. And the Holy Spirit he said, would guide us unto all truth. This is exactly the position of Mental Scientists. We do not run to any authority outside of ourselves, but we recognise that each man is a Temple of the Holy (whole) Spirit, who guides us into all truth. This divine Spirit is the "I" of every man. There is only one force in the Universe; it is the I AM; and it finds its highest expression in man. Jesus was divine—but all men are potentially what he was actually. No man doeth anything of himself; the race moves together but there are some "I's" who boldly come forward, proclaiming man's divinity, daring to formulate more lofty ideals of life, and these men make up the vanguard of the human race; these are the heroes of history. Jesus was one of them, perhaps the greatest one that has lived so far; but he whose power was so tremendous said, greater works than these may we do.

There is no absolute perfection in life. We do not want it. It seems to me that perfection is synonymous with putrefaction. It implies that there can be no further progress. This is not my ideal. My ideal is to climb higher, ever higher up the golden ladder of existence. I shall make mistakes in my ascent, but these errors are the very things that teach me. The race is evolving a more noble ideal. The past was good, but we have grown beyond it. We the "dreamers" of this age believe that our highest ideals may be realized on this earth.

We not only believe, but know that man has power over sickness, poverty and death. And the power resides in the Mind. The Mind is the storehouse of Energy. It is the Kingdom of Heaven, which as Jesus said was "within". The King sits on his throne there. His name is I AM. There is nothing sacrilegious in thus asserting the Human and Divine Will to be one. To recognize ourselves as one with God gives us the power of overcoming environment.

Our ideals have been low and we have reaped exactly what we sowed. Thought is the sower, our ideals are the seeds, and the fruits we gather are our experiences. If you are not satisfied with your present life, it is a sign that you are ready for Mental Science. If you are contented, these words are not for you. Live your life in your own way. If you wish to be a mere animal, be one. There is nothing evil in such an existence, it is simply a low ideal. A good animal nature is something to be cultivated. There are many individuals who live a happy contented existence, living to a good old age—ah! but they die—and how much have they profited? But they knew of nothing higher. They neither desired nor sought a better life. Truth only comes to the seeker. Seek and ye shall find.

HAPPINESS IS CONTAGIOUS

AMY GOLDING

One of the mistakes of life, is to put aside as foolish, and not worth investigating, the subjects that are brought to our notice, which are not easily understood; by so doing we often deprive ourselves of much pleasure and helpful knowledge.

Many ridicule the science of Mind Healing without stopping to think of the feeling of illness, and inability to physical exertion, attending some tidings, or the lack of tidings, that was to inform us of the welfare of some loved and absent one. If we have not experienced it ourselves, we have witnessed its effects on others, or have imagination enough to grasp the possibility of the mind ill at ease, being able to deplete the vitality, and if long continued to cause death.

Any science that will teach us how to gain a mastery over evil thoughts, which must yield evil results physically, is well worth time and effort to investigate. With our minds at ease and contented, the trifles which now upset us, will have no power to annoy.

Happiness and misery are contagious; viewed from that light, we owe it to humanity to do all in our power to seem, and be happy; that we may transmit our condition to all with whom we come in contact. It will, of course, require much patience, and perseverance on our part, to overcome old doubts and beliefs; but that is what our reasoning faculties are for, to measure and weigh the intellectual problems that life sets before us; to refuse or neglect to do so is both a loss to ourselves, and equivalent to an acknowledgment of our intellectual inferiority.

We are always chasing after pleasure, going long distances, spending—I might truthfully say, wasting—much valuable time and money seeking the happiness which lies within easy reach of all who are willing to seek it in the right spirit.

Some people are habitually seeking trouble, perverting every little circumstance.

HOW TO GET WELL!

A METHOD OF SELF TREATMENT

thing to cry over ; by so doing they not only make themselves thoroughly miserable, but unfortunately succeed in making every one around them miserable also; and then they wonder why people shun them, why no one seems to care for them. "Every heart knows its own bitterness." Then why should we expect others to carry our woes, too?

The common instinct of self preservation teaches all of us to flee from what disagrees with us, and after a few hours spent with a person suffering with chronic "blues"—what a blessed relief to get into the brighter atmosphere of happy natures. All generous minds love the happy natures ; then why not try to be ourselves happy, that others may see and learn to love the good that is in us, in greater or less degree, according as we let ourselves think and act.

Our whole lives are made up of habits ; then why not form the habit of being cheerful? What better medicine than sunshine and mirth? Why should we allow our spiritual natures to become mouldy and mildewed, figuratively speaking, by persistently shutting out the sunshine of gladness? Like the ostrich who hides its head in the sand and believes itself unseen, because it sees nothing, the average human being shuts eyes and ears to causes for happiness, and as a consequence are as truly miserable as their worst enemy could wish them to be.

Come weal or woe ; on, on we go!
A mighty, hurrying throng,
Why not be gay, and cheer the way
With joy, and mirth, and song?

The Country of the Future

"There is a country called THE FUTURE which is very beautiful ; and very happy are its inhabitants.

"There every one does as he or she pleases, for few please to do hurtful things.

"The land is very fertile, and each one uses as much as he is able ; and there is abundance to spare.

"The houses are many and scattered over the country. Most of them are small, and but few of them alike in size or appearance.

"Of dress there is much variety, for people dress to please themselves, to suit their occupations, their tastes and their physiques. There is no distinctive male or female dress. No one desires to know of what sex strangers are. People do not dress to hide their bodies, for they are not ashamed of being men or women.

"Great privacy prevails in the homes. Persons are not offended if their friends do not wish to entertain them every time they call. There no one can be insulted and few are injured. But every one is very sensitive lest some other should construe any of his or her actions to mean a restraint upon others' harmless actions.

"Parents never demand obedience of their children ; they reason with them ; they tell them their experience and leave them free to act, so that children are very self-possessed and self-restrained. The most intelligent parents are sometimes much troubled because they have to restrain their offspring while very young ; and so they make use of every means in their power to make the time of restraint as short as possible.

"Everyone consciously seeks his or her happiness, and nearly everyone finds it in his or her peculiar way. No one blames another for not going his or her way. No one blames another for not having the same colored eyes as he or she has.

"In that country they like or dislike qualities. Essentials of persons or things please or displease them ; neither age nor relationship, nor position is a factor in their judgments.

"They are not a moral people ; they are under no obligations to each other, but they are a healthy people, a happy people, a wealthy people and also a peaceful people.

All this is the Country of the Future—the dwelling of rational beings.—From "L'Enfant Terrible"

If you are sick you may be whole. This is the glorious message of Mental Science. It does not matter even if doctors have pronounced you incurable ; we do not recognise any disease to be incurable. For instance, diseases like consumption, heart trouble, cancer all yield to mental treatment.

What is disease? It is as its name implies, a lack of harmony in the physical system. Instead of the normal condition of ease there is dis-ease. Disease is not an entity ; it is a negation, the absence of health or wholeness. This is what Scientists mean when they tell you that disease is an illusion. It is an illusion in the sense that it has no more power that what our minds have given it.

It is a fact admitted now by most people that the mind is positive to the body ; that if a person has happy thoughts, his body will express harmony, while on the contrary, a diseased mind means a diseased body. There are no end of different complaints that mankind suffers from, each having a fine high-sounding title given it by our learned doctors of medicine. All these different troubles may be traced to one cause ; directly or indirectly, disease is always the out come of wrong thinking.

It is not merely the patients own thoughts that injure him, but he is affected by the thoughts of others ; for each individuals brain is connected by invisible links to the brains of his fellows. We are influenced by race beliefs, and many of these beliefs are poisonous in their nature ; they enter our subconscious mind, and unless we are strong and positive, they carry on their deadly work. The subconscious mind is that part of our being which receives thoughts of others, unconsciously to ourselves, and acts independently of outer consciousness. It has been likened to a great reservoir, which retains our past experiences ; and it is undoubtedly the architect of our body.

Look at one person who is transported with joy, at the receipt of good news ; and observe the dejected condition of another who has received what he considers bad news, and then tell me that mind does not control matter. But you say that it is only in part that mind is master. I challenge anyone to show me one single instance where disease is not traceable, directly or indirectly, to wrong thought. Law is universal, and if mind controls the body partially, it controls it entirely. But even if you only believe its power to be limited ; that you recognize the power of the mind at all, will assist you, and as you find your health being restored you will have more confidence in mental power.

Here is a mode of self-treatment :

Retire to a quiet secluded place and close your eyes ; as near as possible be quite reposed, physically and mentally. Try for awhile to exclude all thoughts from your mind ; but do not make any abnormal effort in reaching this condition of silence ; always be mentally in repose. Your mind is now at rest and sufficiently negative to receive impressions. After a little while, repeat mentally, several times any one, or all, of the following sentences. (Of course you need not use the same words unless you like ; the thought expressed in these sentences may be done in your own way).

I AM ONE WITH INFINITE LIFE.

I AM LIFE.

I AM FILLED WITH GOD.

I AM ONE WITH GOD.

I AM FILLED WITH THE LOVE OF GOD.

I AM LOVE.

ALL IS GOOD ; THERE IS NO EVIL.

ALL IS LIFE ; THERE IS NO DEATH.

GOD IS ALL.

GOD IS LOVE.

IF GOD IS ALL, AND I AM ONE WITH GOD, MY SICKNESS IS AN ILLUSION OF MY OWN CREATION ; THEREFORE I AM WELL.

MY BODY IS MY SERVANT ; I DEMAND THAT IT BE WHOLE.

MY WILL IS SUPREME.

I WILL BE WHOLE.

I AM FEARLESS AND FREE.

If you do not quite believe the truth of all the words you say, the mere repetition of such sentences will help you, if you only hope they will. New light will gradually open out to you ; you will grow by degrees in this divine science. The more you recognise the truth of the statements you mentally affirm, the sooner you will be well. But, persevere ; don't force the New Thought. Years of thinking on the old lines are not changed in a day. Do not be discouraged with an apparent failure. There are no failures, you simply have or have not succeeded. Success will come ; only persevere. Spend a short time—say, half an hour—in the silence, each day. It will be an intellectual and spiritual treat, and will also build you up in every way. Do not diagnose your case too closely. The Truth drives all diseases out of the system. There is only one thing we should be negative to—it is Truth

In my early days in the Science I used similar words as above, and found them very helpful to me ; but since my mind and body have become stronger, a simple calm recognition (not mere animal assertion) of the Will or the "I" is sufficient to keep equilibrium. Demand Health, you have a right to it ; it is your normal condition. Expect Health ; expect it to-day. The most horrible disease could be cured in a moment if we only had faith, or confidence enough. The secret of Jesus' miracles was in his recognition of oneness with the Father (or Life) within him. And the man with the least spark of life within him is as great as Jesus if he could only recognise it ; for all life is Infinite ; only in recognition is the Power. Above all, do not be anxious, and look for results. They will come in due time, in orderly sequence.

F. W. B.

THROWING BOUQUETS

"Stop throwing bouquets, and quit praising people so much," we heard a man say the other day ; it is ridiculous and sickening." We wonder why this man was opposed to having a bouquet thrown at him, or a word of praise spoken in his favor, until he added : "There is Mr——he is always being praised, but I don't like him, he is a——, I don't see what people want to be always praising him for anyway. Nobody ever praises me and I don't want them to either." And his face lengthened out like a telescope, with which you could see the faults of people a thousand miles away and fifty years back ; and we thought, he wants a great big bouquet himself, so we slung one at him, in the shape of some kind words, which he caught with ease, and as he enjoyed its beauty and fragrance, the aspect of his face changed, and nothing was reflected except goodwill towards all his neighbors.

No, don't let us stop saying kind words of our fellows ; don't let us quit throwing bouquets, but let them fly as long as the posies last. If we could have our way, every person should wear a bonnie boutonniere and every path be strewn with flowers. WATERTOWN TIMES.

The martyr cannot be dishonored. Every lash inflicted is a tongue of flame ; every prison a more illustrious abode ; every burned book or house enlightens the world ; every suppressed or expunged word reverberates through the earth from side to side. It is the whipper who is whipped, the tyrant who is undone.—Emerson.

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EDITOR'S CHAIR

This is the first number of a new journal in the interests of Mental Science, a philosophy of life, that claims to show man the way out of the negative things that afflict the race, into an enjoyable life, here and now. My paper is not a large one, but the price is low, and as soon as the number of subscriptions warrant it, I will enlarge it. It is not in quantity of reading matter however, that one always gets the best value. Our large dailies would be all sufficient, if the size of a journal was the measure of its worth. Still, if my readers will do their part in endeavoring to extend this journal, I will soon get out a larger one.

This paper will be found original, and in many respects positively unique in current literature, for it is a follower of no particular school; it is unconventional and free. Progressive journals and books of this nature are the best educators that we can have.

"The true University of these days is a collection of books." Thus spoke Thomas Carlyle, one of the greatest thinkers of this century. Many are the complaints of people, that their parents did not give them a university education. They should really feel thankful that they escaped the influence of college life. A much better and broader education may be gained through the perusal and careful study of books. It is not that we directly learn anything from the writings of others, but they act as mirrors, reflecting our own subconscious ideas, bringing them to the surface.

There is no necessity to go to any school to learn anything. All knowledge is stored in each individual's brain, and may be brought to the front, if we but have the earnest desire of the heart. Desire is no mere passive wish, but the active principle of man's nature, and must cooperate with the intelligent will before results can follow. Truth of any nature will come to the seeker. Man may be his own tutor. This is called Intuition. It is a much more correct mode of learning than any other; for the source of all wisdom is within.

If we would only trust the ideals that come to us, time and again, how much greater our intellectual cognizance of truth would become. The mere fact of desiring to know about anything, opens up a means towards gaining the desired knowledge; As soon as one desires with all his heart and soul to know the truth, avenues are disclosed which show him the way to the path of wisdom. But it is necessary to take hold of these opportunities at once, without loss of time, and apply ourselves in every possible manner that may be suggested, to the task in hand. Failure is impossible to one who adopts this course.

Unfortunately people are too much taken up with the trifles of every day existence, to spend time in study. They much prefer someone else to think for them, or they are satisfied with the worn-out notions of a past generation.

Stagnation is death. New ideas mean renewed vitality, and these new thoughts are to be had without money or price—for the mere asking. Ask and ye shall receive. Whom shall we ask? Ask God. And who is God? God is the Spirit within man, the omnipresent wisdom which we may draw upon at will. The Spirit teaches us in the still small voice of the silence. The ideals that come to us, are gleams of knowledge from God himself. They are inspirations, just as much so, as anything in the bible we so much revere, yet, alas, so little understand.

Books help us immensely in our educatory course. But we often find that our own unexpressed thoughts are imprinted on the page before us. This should teach us to trust more in the intuitive knowledge that we have; to not be afraid to utter our inmost ideals.

A splendid source of instruction is found in the constant reading of good periodicals. We thus come in touch with current thought, which is far more valuable than even the great ideas of the past. We should not be satisfied with what has been said or done. The names of great thinkers should not haunt our vision as names that can never be replaced by others. No man that ever lived has ever reached the acme of perfection. There is always room for still greater excellence. Much indeed has been done in the past, but we must never measure our progress in the future by the standard of what has already been accomplished. To attempt to do so, would mean that we must stand still, which is death. Activity is necessary to life.

Mental Science is first of all a teaching philosophy. We must go to school, and if we are wise we will be both tutor and student. Carlyle's words ring in our ears. And what do they suggest? They suggest that we put ourselves in contact with the best thought of the age, and study it, using our own judgment as to what we accept or reject. This is easy to do, if we study alone, with our books and papers. It is not so easy in an ordinary academy. I am not disparaging the value of a college education, but a great deal of unnecessary instruction, such as that of dead languages, is given to the student, while the great problems of life are left entirely out, placed aside, without attempt at solution.

Originality is what is needed, and this comes through individual thinking, aided by the thoughts of others, which we may receive through books. In this day of free libraries and cheap literature, there is no excuse for a person lacking knowledge. All he needs to do is to spend time; to let other things go, if necessary, in order to attain the one thing that makes life worth living—wisdom. Our real education comes after our school days. These merely lay the foundations for the after life of solid experience, which is our real teacher.

To conclude: if you desire education, adopt a systematic course of reading; study the problems of the day; learn to be progressive in your ideas; and your intellect will be strengthened, you will find your mind getting stronger; and as mind is the creator of all things, you will become a more perfect being in every respect. However do not allow yourself to be drawn into too much study, too long application to one subject at a time. Learn to think, but do not rush to extremes, and think too much. This would bring on mental indigestion. Learn to study in a calm reposeful manner, without any abnormal effort.

Learn to be original too, and have confidence in your own inherent ability to discover in the "within," nuggets of eternal truth. If you follow out the above suggestions you will receive your desired education—yes, greater than could be given you by all the schools in the world.
F. W. B.

LOVE IS LIFE

Love is the life, the one Creator
Of every object, large or small;
We know its power, and are its servants,
Obedient to its every call.

Love is the centre of all things,
The great and mighty key
That turns the lock of every heart,
On land or sea.

Love is the sunshine of all sorrows,
The only thing that repays birth;
Oh God, learn all hearts to pity those
That know not of Love's priceless worth.

Love is the crown which glorifies our home
Forever constant, ever true;
Like some firm rock, steadfast, unshaken;
In time of need 'twill cling to you.

Love is the life, the one Creator
Of every object, large or small;
It is the centre of all things;
For Love is God; and God is All.

GERTRUDE M. VAN DERLIP

BRING US FREEDOM

The century passes as a broken dream
That fades into the darkness ere the dawn!
The hopes it cherished and its griefs are gone
As spirit shadows on Time's silent stream!
The outcry and the anguish of it seem
Like echoes upon the dusk hills—like lights upon
The haunted borders of oblivion—
Pale will o'-wisps of a disordered scheme.

O thou New Age that comes! welcome thrice—
More welcome than the ever welcome birth
Of the expected love-child of our youth!
Bring us a nobler portion—nobler twice
Than ever yet was given unto earth!
Bring us our freedom—bring us love and truth.
—From the "Arena."

In the deep cave of the Heart, far down,
Running under the outer shows of the world and of
people
Under oceans, continents, under the fields and the roots
of the grasses and trees, under the little thoughts
and dreams of men,
Deep, far down,
Behold, in patience veiled, divine and wondrous things!"
EDWARD CARPENTER

Make yourself an honest man, and then you may be
sure there is one rascal less in the world.—Carlyle.

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Man's Omnipotence

"Greater things than these shall ye do," were the words of Jesus of Nazareth to the people who gazed on the wonderful "miracles" he so often worked. "I am with you always," he said again, meaning by "I" the Spirit, which dwelt within him, as in all men. Can we live as Christ did? Can we be perfect, as our Father in heaven is perfect? Can we do even greater things than Christ? Science now comes forward and shows us the possibility of doing these mighty works; which were no miracles, but governed by principles or laws of nature, unknown however to the average man. These laws are now known, and the mysteries of life may be understood by the masses. Only seek, and ye shall find.

Oh, what a glorious future opens out before us! Just think, each one. Every living human being is able to be a Christ. "Ye are one." It does not matter what particular cult or sect we adhere to, we have it within our power to heal the sick, and save suffering humanity from its negative conditions. This is the noblest act of worship we could give God; for God is Humanity. Inasmuch as ye have done it to the least of these, ye have done it unto God.

Could we but realize our own greatness and strength, our unity with the Oversoul, or godhead, we would have the attributes of God, and we would each become a god, and these potentialities lie latent in each man. Think of it! You are the child of God; all powerful, all good. Our Father created no evil; consequently we are not evil, but good, all good.

We read God's words, but they convey no meaning to us; if they did they would simply appall us, at first. We read that we may be perfect, even as our heavenly Father is perfect, and even greater works than those which Christ did, may we do. Let us then be up and doing either alone or in Societies. Let each person boldly say, "I AM, I am the child of the ONE. I have lived from all eternity in some form or other; and I shall live to all eternity. All things are possible to ME. I must go onward and upward; and since every failure retards my progress, I must make due propitiation for my shortcomings. To myself I stand or fall."

There is no death. There is no hereafter. We are as much in eternity now, as we ever shall be. We must be true to the Holy Spirit within us, and make our heaven (which is with us) Now, Now, Now. NOW is the accepted time.

ZINA

The World's Leaders

Who are the world's leaders? Men who have dared to trust themselves. Who and what was Jesus, Plato, Mohammed, Socrates, and our more recent Emerson? Were they not men who, looking within, caught a glimpse of the dignity and possibilities of every soul? But these men, these precursors of a time to come, did not exhaust truth. Forever and forever the vision widens, and forever and forever the expanding mind is brought face to face with loftier conceptions and grander ideals, for that which we call god is, as Augustine defines it, a circle whose center is everywhere, and whose circumference is nowhere. Man is the highest conscious expression of this binding power, but he fears to realize this truth. He trembles lest his presumption should be followed with annihilation of his individuality. He fails to see that his Ego contains all that he ever has or ever can know of the first cause. He does not realize the fact that to think of a thing is to become one with it in consciousness. Brother, sister, do you know what this something is which you call yourself? Do you not see that it is all you dream God to be? What is it that governs physical action? Is it not thought? Have you ever asked yourself what is that constitutes your control over the material kingdom and over a small number of elements as heat, light and electricity? Well,

I will tell you, it is your power to think. Your brain is the highest organic expression of the law of evolution. You stand at the apex of development, and did you but know it, all power and wisdom lies locked up in your organism. You are the last product of the law of growth. Did I say the last? Well, you are also the first, since your power to think and reason proves your primal inception to have preceded that of your less intelligent brothers, the ox, and the sheep. Every man is lord of all that he has at any time been, etc. but his consciousness is slow to recognize this fact. We live by recognition of the life principle within, and he most lives, who recognizes most. We have wasted our energy by careless thinking. We have dissipated the force that should have rendered us impregnable to all negative influences. "Trust thyself," says Emerson, "every heart vibrates to this iron string." Howbeit, not even Emerson caught the full significance of these words. He dreamed too, much, and willed too little for himself. We are apt to look upon men of genius as the world has so long looked upon Jesus. We minimize self in order to augment their fame. My soul ever longs to meet and converse with one who dares all things, and whose deepest convictions are born of a consciousness of his own inherent strength. I am tired of grief. It crushes and never satisfies. My friends talk of death, but they do not want it. They think that it is inevitable. They fail to see the unreasonableness of their position, and allow the contradiction to go unanswered. Let a man dare to trust himself fully and unreservedly for one month, and the world shall see the might of his deeply centralized thought. Brother, sister, if you would be free from the darkness that envelopes your life, know this truth—that the power which will free you resides deep down within you, and that this power only waits for recognition to come forth and make you a god. Do not expect to do all in one day, or if you do entertain this hope do not be discouraged if you fail. Life is not expressed in its fullness in a day, neither is man completed in the twinkling of an eye. We build the ladder by which we mount upward. I have had to learn this lesson by first traversing the dark valley, and I would save you the pain which it costs. Assert your freedom from day to day, and in a short time you will need no man to tell you how to be a king.

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Lectures on Mental Science

The series of lectures, given by myself, through the kindness of Mrs. Rombough, at her residence on Walton St., have been very successful; her parlors being crowded at each meeting.

The first of a new series of lectures was given Wednesday, 17 August, at Harmony Hall, Forum Building, cor. Gerrard and Yonge Sts. An excellent orchestra gave a large number of popular selections which were much appreciated by the audience. Much credit deserves to be given to the well-trained musicians of the evening; which were as follows: Messrs. Charles Eggett, Richard Stapells, and Gordon Sheriff, violinists; Mr. E. Byron, double bass; Mr. William Rooney, cornetist; Miss Josephine Young, pianist; Mr. Charles Bayley, conductor. Mr. Shortiss, the city's well known tenor, sang "Calvary," and the "Holy City," and Miss Fox, one of Toronto's soprano singers, rendered "Angel's Serenade," with violin obligato played by Mr. Eggett; she also sang "Sing Sweet Bird," which fairly delighted the audience. Perhaps the real "feature" of the musical programme was a cornet solo by young William Rooney, who played "The Lost Chord" with such excellence, that the audience were simply carried away. Miss Josephine Young's ability as an accompanist is so well known, that it goes without saying, that her playing was perfect.

The lectures will be continued every Wednesday at 8 p. m., with a musical programme each time; and they are free to the public.

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