

Fred Burry's Journal...

A Monthly Periodical of
Advanced Thought

NOVEMBER 1901

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Fred W. Burry, 799 Euclid Ave.,
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Flashes

Your own mental conceptions are of peculiar value. So that you do not need to be even seeking advice or example before you act.

Steady endeavor, with periodical intervals of rest, is the natural order—the order that leads to attainment, that creates harmony.

A few moments quiet reflection and meditation at times act as a nerve tonic, and give immediate increased vigor to the mind and body.

We know that sleep is strengthening ; in the same way, all reposeful states of the mind are bases for the harmonious action of the Life vibrations. Concentration or Balance means power.

This Journal is for a periodical practical counsel to you. You can hardly have a better mental treatment than suggestions that are a stimulus to you, rousing your own ever-present infinite energies into more active and harmonious expression.

It is well that we have our periodical trials ; the arouse our latent forces—waking us up, body and soul.



It is of great value to you to be reminded (such as through the columns of this Journal) of the power contained in right thinking, concentration, attention.



It may not be the next step that will bring you what you desire ; but each step opens out new paths. The march onward is the one thing needful ; progress is freedom.



It matters not what things look like, or how uninviting they may seem, the trusted Will shall mould circumstances. The mind is master, and shall control.



The sunshine of a lofty ideal displaces every dragging-down thought of worry, suspicion, fear. All so-called evil is darkness, every shadow of which vanishes before the Light of Ideals.



It is easy to criticize and find fault with others—to see outside imperfections ; but a broad mind will recognize the fact that Life is a school—and all is growth—and that even faults and imperfections are good and necessary in the Cosmic Scheme. We learn by mistakes ; and we learn other things by success. Our character is rounded out by a succession of varied experiences.

A change of thought, letting your mind enter new channels, will give you added interest in life. One can have broad ideas, and still practice concentration ; there can be variation without diffusion.

Though you have failed (apparently) many times—you may make these failures to be positive steps in your progress, by now utilizing the lessons contained in them, and venturing forth again—and yet again.

Simplicity is real wealth ; for there is then a lack of ostentation, and consequently more harmony. But simplicity is not necessarily anything approaching barrenness. To simplify means to have things for use, to have order and system—to be true and exact.

Who is sincere? Who is absolutely open with others? The conventions of the age force people to be insincere and deceitful ; there are so few who will dare face the light of Truth. Only a recognition that all is good will gradually mould sincerity of character.

Shut them off ! Those thoughts of care and worry—they must be given no quarter. Turn your mind towards the bright sunshine of Reality—for All is Good. Refuse to be dragged down by shadows. It is possible that the power to thus order your thoughts may not express itself in any great measure at once ; still, without any tense effort, continue to fix your mind on positive ideas, and concentration will become a natural habit.

Success is gained by calm, cool procedure,—following out ideas as soon as they are born—grasping opportunities. Will-power to be most effective, must be directed by a well-poised and peaceful mind.



Commence to day (if you have not already done so) to take your own advice in preference to others', to act out your own Ideas, to be truly self-reliant. Such an attitude will give you mental and physical vigor, and will place you in a position of Success.



If there is anything in these pages that gives you inspiration or encouragement, that suggests in some way a field of action for you,—what is written is of practical worth indeed, of more value than a whole library of mere theoretical philosophy.



Education is the greatest blessing life can offer us. Not mere conventional schooling, but the experiences which enlighten the mind from every point of view—of practical worth, both for the ordinary every-day affairs, as well as the higher things of life.



It is best to be definite—to take some stand—as long as you realize that every plank is a step, as long as you are prepared to move on when the time comes. Existence is a transitory process; growth and change are essential to the individual life. Nothing is discarded however; the past has left some indelible stamp on our Character, to be improved upon by new experience.

Your stand of fearlessness will not only help to make you stronger, mentally and physically ; it will be an example of encouragement for others. An example has a powerful bearing on the actions of others. And nothing is so contagious as a fearless spirit.

To control one's thoughts is to have mastery over the forces which are creating and remoulding our physical structure. Thus Will-power is all there is to mental healing. This is the Faith that shall make whole—Faith in one's Infinite Life and Power.

The intellect reflects, cognizes things in a relative order. Behind such reflections, the Eternal Light of Infinite Perfection forever shines, and our Consciousness eventually rises to a comprehension of and oneness with this Absolute Life.

The opposite to Faith is Fear. Fear is Doubt. And Faith in the true sense is no blind irrational confession. It is Concentration—a balance of one's thoughts. Where there is composure of the mind, Wisdom unlocks her treasures and discloses to view the Truth, and more Truth.

We live in a world of thought. We make ourselves happy or miserable, according to the way we think. Dismiss again and again all thoughts of fear and failure, and you will by marked degrees grow into a habit of positive, creative thinking,—and so the world around you will be changed, transformed.

The creators of the world, men who have placed themselves in the vanguard of the race, are men who have faced Danger, who have been brave and bold. A mental attitude of Courage is the first step to attainment. The world evolves by conquest, rising by overcoming Fear, which is simply Ignorance.



The affirmation that finds immediate expression in action, is the word of power ; it may be all right and proper to rest at times in the mere thought of power, but there are times when the Idea calls for action, when Opportunity points out a practical field of endeavor.



You may as well refuse to entertain those negative thoughts. You then will feel happier. Happiness leads to strength,—and thus one is able to do more. You see the value in right thinking? Neither are you to try too hard to rid yourself of undesirable thoughts. A faithful resolution will begin to dissolve old habits and create new ones. Our life is made up of habits, and these take time to grow.



There is nothing to judge. There is nothing wrong. Let your mind be at peace. In time you shall be able to look back and discern in the heterogeneous orders of Existence, the multitudes of forms, of passions, of desires—the dark shadows—the whole cosmic utterance,—you shall see where every word, every thought even, has done something valuable in the Wondrous Structure of Individual Life.

An undue importance attached to trifles prevents a person from making much headway in any line. One can look after the necessary minute details, while still refusing to be limited or circumscribed by them. This is the day when Expansion must reign. Broad, elastic views are demanded—since Truth is forever opening out.



A strong mind grows itself away from the ordinary trifles, which too often take up people's attention. Such a mind refuses to be over-concerned about the affairs of the world. Indifferent (to a degree) to the course of circumstances, not over-particular about the run of events, the strong mind rises into greater heights of mastery. And the sincere mind is a strong mind.

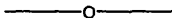


The ordinary human consciousness has cognizance of only the most narrow limits. There is a consciousness higher than this, that encompasses all—a universal consciousness. The vision then expands, so that matter loses its denseness, and things once opaque become transparent. The ordinary laws of three dimensions are transcended, and space and time become servants. The prison-shells of the body and environment are transformed into useful media for expression; one rises above materials (not discarding them.) And how shall this consciousness be attained? Only through sacrifice. By immolating one after another all phases of selfishness, we rise step by step at last into the Life Celestial; we give up a limited idea of self, and attain a larger View.

Not until you are prepared to judge not, to never condemn, will you be capable of facing the Light of Eternal Brightness. Not until your actions show forth a recognition that all is good, can you attain the Consciousness Celestial. The Vision of God, so long desired by the religious, is the enthronement of Self—it is the Vision of Self, the Vision of All. As long as your eyes behold evil,—there are shadows between you and the Light. Neither are you to close your eyes to the lower things of life. You are to broaden your conception, to see good in all things, to recognize a purpose in every condition whatsoever.



When you set out to accomplish a certain thing, you at once start vibrations into action which are creative; so that one brave step forward is often all that is necessary to open an easy path of activity. It seems at times that we have to break through many strands of old habits before we overcome Fear. And how often has it been proved that our fears were all groundless, that what we had been worrying over was nothing at all. We can at least now face some of our fears, since Reason declares they are empty and mean nothing but Ignorance; in thus boldly venturing we shall ATTAIN.



THIS JOURNAL FOR ONE YEAR AND THE TWELVE
ESSAYS,—ALL FOR ONE DOLLAR.

The Higher Education

There have been some remarkable changes in popular thought during the last few years ; new ideas which at first had a scant recognition, limited to a handful of earnest students, are now upheld by many thousands. And though, to be sure, the general mass of humanity still remains dead to any very advanced ideas, yet we can see the leaven working, and we know the day of general rising, a world-wide resurrection, is not far off.

It is a singular thing, this prejudice and unwillingness to change an opinion, that one notices in varying degrees everywhere. Even among professed liberal thinkers the same mark of bigotry in some form is to be seen. Our schools of thought are permeated with narrowness ; our organizations are simply mental bastiles.

Occasionally, a writer comes forth with a book that seems to be fairly free from mental bias ; and this all-round individual is a veritable savior of mankind.

The lack of sincerity noted everywhere, the barriers placed on all sides of life, the artificial conventions of the world,—these are the cause of mental bondage. But the bonds are being broken ; here and there, one appears who reaches out farther than the rest, who dares enunciate the Truth in clearer language ; and such a bold example is an inspiration and encouragement to others.

Fear keeps people back. Not only are men afraid to act, but they are afraid to think; their forces are kept in check because the habit of Fear forbids expression of them. One bold utterance, however, is an igniting flame that fires the long-repressed energies into action, and thus again and again, as history shows, has a single individual been the motive force for national and world-wide action.

Great indeed is the power that we may have over others; an earnest, courageous example, is an influence of universal extent, for the law of Attraction is unerring; the same Life palpitates in the bodies of all men.

Who are you, then who would keep back the waves of Life's expression; who having perhaps seen the smallest vision of Truth, arrogantly declares that there is nothing else to see—that YOUR view is the only view?

Modern schools of thought must widen their scope if they would live. The time has gone by for childish notions to be exalted as infallible definitions. There must be elasticity and expansion of thought, a breadth of view.

In this what you may call the Higher Education shall consist. Change of mind is essential to growth. Change is life itself; in the mental as well as the physical realm.

One's willingness to grow, with the mind ever receptive to the Ideas that are born from the seeds of daily Experience, is a sufficient ground for a wide education. Original thought is of more worth than

the blind following of precedent. Experimentation, observation, concentrated research,—herein is found the path to wisdom.

It is a glorious thing to have an unbiassed mind. And you cannot have this free and open mind unless you are prepared to affirm that all is good. Now don't take this assertion as itself a narrow statement. Is it not most reasonable, that where there is condemnation a barrier is placed across the mental vision? But, all is good; evil is good. All experiences in life have a necessary part to fill. A sinner is as valuable a citizen of the universe as the saint. Failure is as important as Success. Death is a part of Life's economy. Darkness is the good servant of Light. All is absolutely good.

Therefore, there is nothing to fear, nothing to worry over. Neither are you to make pious distinctions between things. You must recognize the Infinite Equality. Don't you know that what is wrong for one person may be all right for another? Cease your heart-burnings, then. Purge yourself of the folly of distinctions; of this and that, of all the make-believes which imprison your consciousness. All is Right. There can be no Wrong.

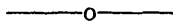
Having once satisfied yourself of the All-goodness, you are then better able to raise yourself and others. You may then endeavor to manifest your Ideals, to rise from out of the mere roots of existence into the blossom of positive existence. You may then be a master of Life, for you stand near the Centre of Universal Consciousness. Time and conditions

become servants in your hands by this dominion of Concentration.

And so education to be of much value is not a mere surface intellectual perception of qualities ; it is a Life, a Consciousness, that opens out from day to day in continual progression. It is not a mere thinking of the head, but an all-pervading Recognition, extending from one's spiritual or soul Centre in a limitless radiation.



Unromantic enough is the routine of ordinary life to-day. Men's natural affections are pushed back into a sea of oblivion, their aspirations crushed by the false system which is to-day called Life. The continual battle for supremacy, the selfish desire to rise at the cost of others' interests, is the cause of our discordant civilization. There is not enough Love ; and Love alone is Life.



We are learning the true meaning of materials ; we are understanding their place as media for expression—not to be accumulated but used and passed on ; we are recognizing that change is life ; that new births—always casting aside shells and masks—an unfolding of that which lies within, continual evolution, continual exfoliation, continual expression—is Life.

Awakening

After the ordinary pleasures of the world have been exhausted, after the chimeras and illusions of what is called Life have been sought after and disclosed their inadequacy to satisfy, Man returns within, finding in Self alone, the goal of complete Satisfaction.

This return to Self is no imprisoning subjective consciousness, or ascetic denial of the outer world. On the contrary, it is a central point of vantage from whence the place and office of external conditions are more clearly understood: it is the point of Mastery and Dominion.

Knowledge is not only power but it is joy. The Truth makes us free—and glad. In Consciousness is contained our Salvation.

And it is by rounds of varied Experience we attain this key to all emancipation: experience both bitter and sweet. Though for awhile there may be clouds between the soul and the goal which for all the soul's labors shall be a just compensation,—these are but shadows of Ignorance, and will pass away; the End and Purpose is forever Good,—it is harmony celestial.

All the transitory delights of life are but inversions or reflections of the inner realities of Life. What are they, these passing amusements, which arouse one's interest for a short while, but fade away, or lose their

attraction for us so soon? Their value is in the Experience they give: they awaken the soul into renewed activity: by the many paths of Sensation we reach the broad Way of Consciousness.

It is all an Awakening—an Unfoldment.



As yet, our highest ideals are far from being completely manifested. We are laying plans for large results, and we must be prepared to wait until they grow. But the pleasure of watching our developments is sweet, and we feel ourselves privileged to be in the vanguard of a new and better life.

Courage is the road to power. The best teacher is one who rouses his pupil by encouraging him, praising every effort to excel, pointing out the student's individual possibilities. He knows that the desire, the aspiration, is the first step to success; he knows that all that is necessary after this first and basic step is the concentrated endeavor which shall impel him to higher and higher points of perfection.

America, with all her marvellously developed resources, is yet in its period of infancy. This is the land of great promise, and during this century, which has opened with such bursts of prosperity, and such prospects of success for all who will avail themselves of them, this new world is going to be a sun of dazzling splendor, around which other nations, other worlds, will revolve.

Science and Art

Science signifies a collection of certain principles. It is the basis of a theory. When these principles are carried out into action we call the same Art. An artist is a worker. Art is applied Force or Energy. In a popular sense, however, we give the name of Artist to one whose works are particularly pleasing or beautiful—for Beauty is the signature of skill or excellence, the badge of Genius.

Art is Expression. And since all expression is born of the mind, it is clear that mental concentration or thought-control, is an important and basic step towards any achievement. In the whole realm of Expression, the various fields of Action, the entire province of every Art,—Concentration leads the Way, guiding to the desired point of Mastery.

Music, Painting, Sculpture, and other distinctively products of the Imagination we endow with the gracious title of "Fine" Arts. Naturally, all men yield their worship to the creations of the Ideal; instinctively they recognize (though dimly) the Infinite Perfection that transcends materials, but which discloses itself again and again through the medium of the magic hand of Genius.

There are some men who would tell us that Life is nought but an incessant construction and reconstruction of matter by unintelligent forces; that there is no discernible Purpose in Existence; and that there never can be any Knowledge beyond what is gained

by the measurement of atoms and their related activities. But such a dense philosophy is being ever overthrown when the fires of Genius break through the shadows of racial habit, and manifest for awhile the potencies concealed in Man. Nothing so disproves the materialistic theory or doctrine of Deadness as the Expression of inherent Living Energy.

Men are mediums of this Immortal Energy. This is the Force that is the "I" of each man. All that is required for its distinct manifestation is Trust or Faith—Recognition. As it has been said, Genius is great patience: and what is this but Faith?

The man with an Idea has in his possession the key to a master-work: but he must use it. That there are not more geniuses in the world is because so few will grasp their opportunities,—taking the positive hand of mastery, moulding their circumstances and USING them. For Success or Achievement there is required a faithful recognition of the forces within—in a word, Self-reliance.

With this Self-trust there must be concentration. All activities radiate from a Centre. This is the Solar or Vibratory principle that belongs to all things in Nature. And the Mind may be compared to the Sun, projecting its thoughts or rays. In such a store-house of Force, conserved in a measure, its energies utilized with proper economy, truly one holds creative power—and all that is necessary is Unfoldment.

It is by living out every day, by acting in line with our ideals, that we manifest the best in us. The most potent affirmation is indeed the Action prompted by

courage and earnestness. In a seuse, one does not have to think so much as to BE.

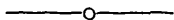
At any rate, there is no occasion for any strained thinking or worry : the faith that shows itself in a somewhat indifferent spirit is a concentrated condition of the mind that leads more quickly to results. Yes, concentration is not "thinking hard"; on the contrary, it is composure.

Instead of violently striving to drive out certain thoughts or overcome an undesirable habit, more can be accomplished by a quiet affirmative attitude : which shows itself in a gradually more balanced Activity.

Our feelings, our desires, our sensations, are palpitating vibrations of Living Energy : our Emotions are Forces, and our Thoughts may guide them into due Expression : our Ideas are for service,—to give birth to the Energy within.



Be alert and wide awake to every intuitive and suggestive thought, looking with no mere casual glance, but deeply, into the heart of all circumstances and experiences that contain a kernel of truth for you.



Recognize, O masters and students of art, that you are in possession of the key to glorious realms of life and action, and you will then accomplish more in your chosen spheres, giving to the world that real beauty which is tangible, useful as well as ornamental—the complement of infinite power.

Basic Doctrines of Mental Science

BY HUGH O. PENTECOST

I. ALL IS ONE.

There is but one Reality. Matter, Mind, Spirit, thoughts, things are but manifestations of the one Reality. What the Reality is no one knows. We know only forms, appearances. Matter exists, Mind exists, but only as expressions of the one Reality.

II. ALL IS GOOD.

All things work together for good. Some things are better than others, but all things are good. Sickness, poverty, war, casualties, death work together for good the same as health, wealth, peace, security and life.

III. ALL IS POWER.

Weakness is but a slight or lesser degree of power. The one Reality is Power, and this power is available for our every need. All that we need is to know how to call it to our use, and to appropriate it.

IV. ALL IS WISDOM.

The universe is the expression of Perfect Wisdom, therefore there never was and never will be a mistake. What we call mistakes are unsuccessful efforts to reach perfection, by means of which unsuccessful efforts we learn. That which teaches me cannot be a mistake.

V. ALL IS LOVE.

The universe is the expression of Perfect Love. Perfect Power, Perfect Wisdom, and Perfect Love constitute a combination against which there can be no opposition. Almighty Power renders opposition impossible, Perfect Wisdom permits nothing but harmony, Infinite Love devises nothing but Good.

VI. DESIRE IS THE ONLY MOTIVE.

The universe and all it contains moves, acts, only from desire. Will, in the sense of volition is merely a servant of Desire. We will to do nothing except what we desire. When we speak of a person with a strong will, we mean that the said person has a strong desire. It is easy to will to do what we wish to do. The desire to eat goes before the movement of the body towards food. We will to eat because we wish to eat.

VII. THERE CAN BE BUT ONE DESIRE, VIZ: THE DESIRE TO BE HAPPY.

In this we are not free agents. It is impossible to wish to be miserable. There is no one word that describes the single desire of the universe. Happiness is a good word if we give it a large meaning, including pleasure, comfort, peace of mind, blessedness. It is impossible to wish for anything but happiness, or to will to do anything except to promote our happiness, in the large sense here spoken of.

VIII. ONCE UNDERSTAND THAT OUR ONLY MOTIVE IS THE DESIRE FOR HAPPINESS AND LIFE BECOMES A PLEASURE.

The slavery called Duty is over, and we arise into the glorious freedom of doing whatever we do because it is a pleasure. The only reason why any one does his "duty" is because it is a pleasure, but if we take our pleasure from a "sense of duty" we are slaves, whereas if we do our "duty" because we enjoy it we are free.

IX. WITHOUT FREEDOM AND THE SENSE OF FREEDOM LIFE IS A DRUDGERY.

As a matter of fact every one not physically confined is free to do exactly as he pleases all the time, but few realize this, and consequently live in the sense of slavery, which is a kind of death.

X. THE ONE MOTIVE IS THE DISIRE FOR HAPPINESS, BUT PERMANENT HAPPINESS IS ONLY POSSIBLE BY LIVING FOR OTHERS.

It is better to give than to receive. It is said of Jesus that "for joy that was set before him he endured the cross." The only permanent joy is found on the cross. To live for others is a purely selfish performance. As soon as we discover how happy service for others makes us we become what is called "unselfish," but there is, as a matter of fact, no unselfishness. Numbers of people become self-righteous or make themselves miserable because they do not know that their "unselfishness" is purely selfish. When I know

that I do an "heroic" thing because I want to, I don't care to be praised for it.

XI. COURAGE IS THE CONDITION OF SUCCESS.

Courage comes from a profound belief in the first five doctrines here laid down. No one can do his best who is timid—afraid of his outside and of his inside; of his environment and of himself.

XII. PHYSICAL HEALTH IS PROMOTED BY HEALTHFUL AND HAPPY THINKING.

As a general proposition the body is an expression of the mind. If the mind is healthy the body will be healthy. "As a man thinketh in his heart so is he."



The only REAL force in the world is the force of human thought.

The human intellect is God's agent here, striving for a better life on earth, and succeeding only when it strives according to HIS laws.

That paper which stimulates good thought, which starts into life the millions of mental machines that must do the world's work AMOUNTS TO SOMETHING.

The paper which does not promote thought—ORIGINAL THOUGHT—amounts to nothing.—
New York Journal.

Underneath and After All

BY EDWARD CARPENTER IN *TOWARDS DEMOCRACY*

There is no peace except where I am, saith the Lord—

Though you have health—that which is called health—yet without me it is only the fair covering of disease.

Though you have love, yet if I be not between and around the lovers, is their love only torment and unrest ;

Though you have wealth and friends and home—all these shall come and go—there is nothing stable or secure, which shall not be taken away ;

But I alone remain—I do not change.

As space spreads everywhere, and all things move and change within it, but it moves not nor changes,

So I am the space within the soul, of which the space without is but a similitude and mental image ;

Comest thou to inhabit me, thou hast the entrance to all life—death shall no longer divide thee from whom thou lovest.

I am the sun that shines upon all creatures from within—gazest thou upon me thou shalt be filled with joy eternal.

Be not deceived. Soon this outer world shall drop off—thou shalt slough it away as a man sloughs his mortal body.

Learn even now to spread thy wings in that other world—the world of Equality—to swim in the ocean,

my child, of Me and my love.

[Ah! have I not taught thee by the semblances of this outer world, by its alienations and deaths and mortal sufferings—all for this?

For joy, ah! joy unutterable!]

Him who is not detained by mortal adhesions, who walks in this world yet not of it—

Taking part in everything with equal mind, with free limbs and senses unentangled—

Giving all, accepting all, using all, enjoying all, asking nothing, shocked at nothing—

Whom love follows everywhere, but he follows not it—

Him all creatures worship—all men and women bless.

It is for this that the body exercises its tremendous attraction—that mortal love torments and tears asunder the successive generations of mankind—

That underneath and after of all the true men and women may appear—by long experience emancipated.



The secret of genius is in knowing how to get knowledge from within. Our senses give us some knowledge of external things, but when we really want to know we must get it from within.—Marion Mulford.

An Example and a Lesson

In last month's Journal, Mr. Pentecost had an article descriptive of Helen Wilmans' arrest and its significance in the Mental Science movement.

This arrest of one of the world's greatest teachers and healers is causing considerable talk, and the newspapers and periodicals are devoting much space to the same, also. Probably nothing draws so much notice to a strong personality as persecution or prosecution. By the VIA DOLOROSA, the Way of the Cross, is the world led up to great heights of victory and joy: and a handful of earnest souls have to fill a sort of vicarious office, laboring, toiling, maligned, maltreated,—for the great Mass.

Helen Wilmans has had a remarkable career in the past; (as she shall have a still more remarkable one in the Future.) After long years of privation and down-trodden existence she rose phoenix-like out of the flames of adversity into a place of mastery.

For the last dozen years or so, her energies have been centered on the work of complete emancipation for herself and others who will pay heed to her teachings: the collection of bold Utterance which she has endowed with the name of Mental Science is a philosophy that is LIFE, mental and physical.

And now, having reached a measure of Fame through the merits of her teachings and healing ministrations, she is arrested and charged with Fraud.

There is nothing to fear. Neither is there any one

to condemn. A man who will take a step towards the persecution of another is simply short-sighted. The narrowness of his vision is his only crime—in one word, Ignorance.

At once, when Helen Wilmans' arrest was made known, there came to the front an army of witnesses who were only too pleased to offer their testimony to the efficacy of Mrs. Wilmans' Healing powers; for they had been made whole.

Only those who have spent long days of sickness can fully appreciate the freedom brought by Mental Science. Most wonderful of all agencies—the Mind! Most glorious of all recognitions—the Will!

I am not a follower of Helen Wilmans: she seeks no followers. Having reached a lofty plane of consciousness, she would raise others to a level with herself, as indeed she would rise to the altitude of still others she might see higher up the Scale of Evolution.

Humanity is Equal in its one Absolute Principle of Life. Only there are some who have pressed forward or higher in the objective world of Expression.

Mental Science if it means anything at all, means Freedom. Even the term "Mental Science" should only be used in an etymological sense, as description of man's enlightenment—not as a label, like the words "Christian Science."

I am a Mental Scientist or a Freethinker, a Physical Culturist, Natural Lifest, a Concentrationist,—or any other suggestive name you like to give me. Call me what you like, so long as your title signifies a measure of the Truth.

There are schools and religions and sects and organizations all over this country—the land is full of them. And I am not so bigoted that I cannot discern good in more than one. This Journal comes more under the head of a Mental Science periodical than perhaps any other one name ; but as my readers know it is not the organ of any school : it is as it says on the cover, a periodical of Advanced Thought.

What is more liberal than “Advanced” Thought? This means Change, Growth, Progress, Freedom, in whatever shape it may be gained.

I have little use for those papers and books who seek (though in a sense unconsciously) to enchain the minds of their readers in any groove. Let us have wings : let us fly into the Air of Freedom. O glorious Freedom, thou transcendeth all other worth !

Again and again, have I reiterated the statement in this Journal that All is Good. This sounds like a dogma. But it is only the expression of a Universal principle. Do you not see that unless all is good there would be no Universe,—there could be no Existence without an Infinite Principle in all and through all, which is all? All is good, because all is one. Mr. Pentecost has written some fine things on this subject in another part of this Journal. I doubt whether you can find any teachings which cover the ground more thoroughly than what Mr. Pentecost says in this Journal ; you may read much and take expensive courses of Instruction in Metaphysics or Self-Culture, etc., but the whole Philosophy of Life (which may if you like for the sake of definiteness

be called Mental Science) is summed up in the Twelve Statements of Hugh Pentecost's, which you will find on another page of this Journal. Live up to those Doctrines, and you will LIVE.

It is all right to read and read, and for that matter read lots and all sorts of things. It is good to read, and listen to lectures, because we are thus REMINDED. Dont go to extremes, however. Know when to read, and when not to read. Keep your mind reposeful.

In England, there is a society called the Brotherhood of Divine Shirkers. I have nothing to say for or against this "brotherhood": for I know little or nothing of it. But it seems that one of their doctrines is to "shirk" so-called "duties." For instance, they say, "don't read a periodical for a whole month and note the result: forego some "duty" each day." As near as I can remember, such are some of this extraordinary brotherhood's tenets.

Why go to such extremes? Why be inordinately active, or lazy and neglectful?

In America we are an active people. Action is in the air. It is catching. This is the land of Move and Push. And while no doubt in some quarters, there is a tendency to move too quick—to hustle—still concentrated Endeavor is what Life is for. So let us continue in our labors.

This is a rambling sort of article: I started with some remarks about Helen Wilmans and her arrest. And speaking of labor, brings her back to my mind: for if any woman has WORKED, it is H. W. And she promises more in the future. Her present experience

is only inflaming the great Energy within her ; and we may in the future look for strong developments in her work, of race emancipation.

It may be asked, what is the cause of Helen being such a noteworthy strong and successful Character. I will answer this question in a few words: it is because her mind is expansive: she has a WHOLE soul: and this has shown itself in various degrees of GENEROSITY. Helen Wilmans is, above all things, generous.

Generosity is Kindness. Generosity is Love. Generosity is Life. Generosity is Health. Generosity is Strength. Generosity is Success. Generosity is Expansion. Generosity is Power and Mastery and Freedom.

I will say but a few words more: I ask you to think over what I have here written, and see if you can't gather some practical suggestions. A living Example is the greatest Inspiration: a Man or a Woman is Nature's Sacred Book, a living Voice of greater worth than all books or archives of wisdom; great as they may be. Become Yourself such an Exemplar: take a keynote from any personality, great or small: for if you look into the eyes of any child of man, you will see the Infinite God of Creation.



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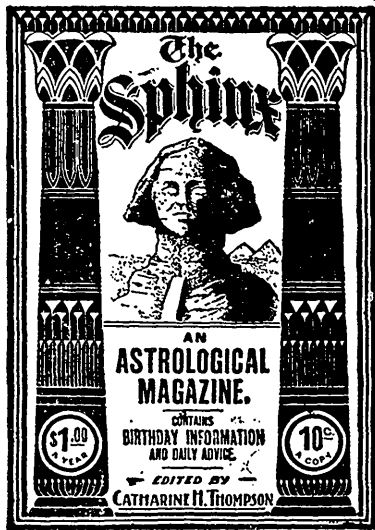
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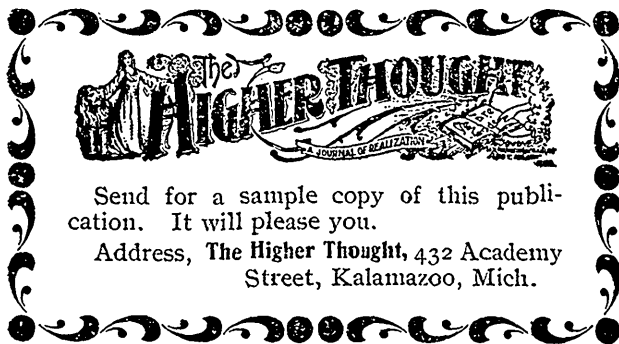
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