

# Fred Burry's Journal . . .

A Monthly Periodical of  
Advanced Thought . . . .

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FEBRUARY 1901

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# Fred Burry's Journal

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*Fred W. Burry, 799 Euclid Ave.,  
Toronto, Canada.*

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Advanced Thought

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## *Flashes*

All the gold in the world would never tempt me to change places with the average man of money. If I can't show something better than the life of the usual society man, I want to keep forever poor.

Life, more Life, is the whole theme of Mental Science. Not that Death is some enemy to fight; for it is but a shadow, having no intrinsic power, to be swallowed up in victory, now that we have reached a stage of consciousness divine.

Is it not cruel to see those pinched faces round the corner from Millionaires' Row? And yet look at some of the millionaires, themselves; if their faces are not pinched, they are bloated. And all extremes lead to the same end,—general distress and wretchedness.

Expression is the need of the hour. Out into the world objective, let your thoughts be expressed. Clothe your Ideals with the garments of tangible Material; work them out at once, or else they will fly away from you, towards others who will recognize the need of expression.

Believe in your aspirations, your ambitions. There is nothing in the Universe conspiring to hurt you, as Religion has taught you for so long. There is nothing throughout all the realms of Nature which shall not be subject to Man, when he rises to a perception of his own native possibilities.

Ah, those "results;" how anxious we are about them! Why don't we think, and realize that when the causes are once set in motion, the results are certain, by a law of automatic action? We are the destined masters of our affairs. The trusted will is the motive power of assured desired results.

I have just about stopped echoing other people's utterances. Now and then I may "quote" something from the Bible or some other work, but the "canonical" custom of continually repeating dried up old axioms, or "appealing" to ancient and modern "authorities," doesn't suit me at all.

"I can't!" Shun those words, and set to work to do the "impossible." Remember you are infinite, and that you have an unlimited storehouse of forces within you. "Hereditary weaknesses" are delusions. You are born from an Eternal parentage, even the same Force that rules the suns and stars.

Only a change of mental character can restore a sick person to health. Such a change may come unconsciously, by means of external agencies; for the body and mind are one. But for a complete renewal of physical conditions, there must be a conscious change, an entire reorganization of thoughts and habits.

I know there are people who say: "Success is of the devil." I have heard those words from the pul-

pit. What then are we living for,—to be continual failures? Success is the goal of life; and we are sure to reach this goal, sure of overcoming every obstacle, if we keep on with our work, and not, like cowards, give up at every little thing.

It is better to risk something and take chances, than to be timorously over-careful. The moment you make some bold step, you will notice many circumstances arrange themselves around you, all in your interests; ways and means are opened, which before were unknown to you. We only need to make ourselves receptive,—for Life is all-bountiful.

Curiosity is a thief of Time. How much precious time do you waste during the day in mere idle curiosity? Centre your thoughts on your affairs of import. You will find plenty to take up your attention in useful matters, without wasting your mental energy over every passing incident. Still, keep your eyes open; for there are many things worthy of notice.

Can you not look further than the needs of the hour? Supposing at the present moment you are in some trying conditions;—can you not use them to the advantage of future days? Always keep before you the educational aspects of every experience; the recognition of Life as a school, is a foundation on which you may rear beautiful and lofty structures.

Though after continual effort, there seems little to show but a series of "mistakes,"—still work away; form different plans; every failure is a useful lesson, most surely guiding the way to masterpieces of workmanship. Only the everyday trivialities pass through without mistakes. In the early stages of masterworks there are times of "trial." And the end is

worth it all.

• •

America is the land of great promise. Its present wealth and prosperity are as nothing compared to its vast hidden resources, which can never be developed until men learn to cooperate with others for the extension of Humanity's interests. Let this nation recognize its natural kinship, and view itself as one family; then America shall be a field of a wondrous Existence.

There are a few points to remember which lead to success. The first is Concentration,—the very foundation of success. Then comes the spirit of Venture. Then the courage to Change, for everything must pass and give place to newer conceptions. The goal of success is not a stationary condition but the recognition of Mastery, which is ours through a series of achievements.

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Is Truth so fragile that it needs bolstering up with creeds and organizations? Is the Spirit of Life so incapable of governing this world, that churches and other similar human institutions are needed as auxiliaries? Be no longer deceived by such notions as these. Cast away the rags of superstition and all prejudice. Change those old beliefs for new and more vital ones;—and be free.

Neither be unscrupulous, nor worry over trifles. You can do no wrong in the long run. All experiences tend towards the education, and thus the upliftment of mankind. Your actions should be guided by the thought: "Would I have others act in this way to me?" There are many who make themselves miserable by being over-scrupulous. Love all men,—and then you can never hurt them.

Examine into your work of a day; enter into the details, and see how much time you can economize in the future. Half some people's time is spent over some unnecessary task, or frittered away in pastimes which do not even amuse. Strange that men and women should be so short-sighted as to fail to see the opportunities slip by, which would lead the way to real life and solid enjoyment.

Anything that tends to create Fear, is false. Duty is a word that is often coupled with Fear. I owe no one an allegiance of Fear. I no longer give any credit to the medical or the religious schools, for they have been reared by Fear. The teachings of Mental Science alone place one beyond all fear,—I know of no other schools of thought, which do not tend to weaken character, by some sort of terrorizing doctrine.

Above all else, affirm your Strength. Those mighty currents of energy which make up your personality! Can you any longer believe the trash of "materialism," which gives man no power, since it limits him to the conception of a mere vaporous machine? With tremendous yet methodical and deliberate activity, the marvelous vibrations of the Infinite Energy, Your own Life-forces,—are here, fashioning all spheres of Existence.

The scientists of to-day find they have to discard many of the teachings of the old schools. They have to work in new ways, making entirely new experiments, since many of the old "discoveries" have not uncovered anything. The cause of the ignorance of our fathers is found in their adherence to dogma and doctrines. New views are required all the time. Truth is many sided. Our recognition must ever deepen;—this is the only growth.

Can you not do some original work,—follow your own ideals and promptings, instead of others' advice,—rise above mere examples, precedent, what has been done in the past? True, there are historic records of many conquests and vast accomplishments, yet remember that each was an original creation. Be original! Certainly you may gather suggestions outside, but you must finally give heed to your own Intuition, if you would express the spirit of genius.

Continual thinking that certain organs are weak, tends to make them so; thinking they are strong, or rather thinking your self strong, causes greater physical vigor. If our thoughts are in real earnest, we do not stop at thinking,—we follow the lines of exercise, diet, and other measures, which Reason may suggest. Make affirmations of strength; not only in thoughts and words,—but let your actions be living affirmations, let your life be positive, your personality an incarnate Yes.

If you are at the present time what you would call "poor," you have an excellent opportunity to learn the true value of money. Just take a glance at the wealthy classes as a whole; they do not enjoy life; existence to them is a bore; they lack appreciation,—which is necessary to happiness; they are blind to the value of life's good things. Learn the true worth of money first, learn to be in all conditions yourself the master,—then proceed to work, and draw upon the bank of the Infinite Opulence.

It is not worth your while to worry over others' impositions. Don't be too easy. Be just to yourself; even if you do have to give offense. Never mind about "giving the other cheek," and all that kind of talk, (which may be right enough within limits!)



There are times when you need to quietly drop some of your old acquaintances ; that is when they expect too much. For myself I find I have plenty to keep me busy returning kindnesses from my friends, without even thinking about idle and therefore helpless people.

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This Journal is addressed to seekers after Truth, alone. I am not trying to change anyone's opinions ; I am simply giving advice and suggestions, which if followed will lead to more life and happiness. Neither am I asking anyone to follow blindly. I want others to think for themselves,—to read and listen, but to form their own conclusions. For very often it is possible to get ideas even from statements themselves quite incomplete. If there is only a germ of Truth in these pages, take that little seed and make the most of it ;—let it grow.

Take a glance over the last Century ; and see what progress we have made in that period. And remember that this progress has often been made with fear, and that many of our most valuable inventions were apparently just stumbled upon. What shall we accomplish during this new Century, now that we are no longer so much in the dark, but with the light of Science can act with less tentative experiment ? And each one may have a share in giving to the world some new creation. There are so many different fields for expression ; and they are all of great value to the race.

• •

Concentration is the whole thing. This is the Balance, the Centre,—Harmony. Keep calm. Cultivate repose. Be not like the tempest on the ocean, but rather as the placid stream ;—not inactive, but allowing the currents of Life to flow through you, unobstructed by any ignorant perverseness. This is the attitude for the ordinary occasion. And yet, there

are times when it may be necessary for some wave of energy to sweep through you. Only, always be master, and direct your forces,—the great mental currents which make up your character and all your environments.

It is very seldom I come across an individual who is free of prejudices. If it is not one thing, it is another which causes vexation. I do not see why my friends should be so put out, because I don't happen to think the same as they do. Neither is it only the religious section which is like this; there are any number of so-called liberals just the same. When shall men and women emancipate themselves? Oh for a spirit of not only tolerance, but a recognition of truth and goodness in all things! For all is true and good, because all is real,—only often but very limitedly expressed.

We make our plans; yet they are not carried out. Circumstances "over which we have no control" come our way, and force us to change our plans. We seem carried along by an inexorable fate. Have we no power over our destiny? Not unless we recognize the Oneness of Life, and order our actions accordingly. Only then have we free wills. Only by cooperating with Nature's laws can our desires be manifested. Therefore, all power lies in Concentration,—living at the Centre, viewing Self in others,—and eventually rising to a cosmic Consciousness, an all-absorbing consciousness of Universal Love.



## *Sacrifice All for Truth!*

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It is the dead of night; and my spirit moves me at this unconventional time to write.

Experiences of strange and various character have led me from one form of creed to another, from one school of thought to a more "advanced" one, from theory to theory,—never settled, always changing. And these apparently erratic changes in "convictions" have been my salvation.

How I bless the day I said good-bye to Church and Dogma! From that date I can trace my health—not only of LAND, but of body. The accepted Christian teachings are the cause of many of the physical afflictions of men and women.

The Christian Religion places one in a condition of fear. This means paralysis. It may be urged that Christ's teachings and the Bible's are contrary to those of the professed ministers. This is all very well, and no doubt the records of the Bible may be interpreted in a way very different to the orthodox acceptance. But with all due allowance for this, even the very fact of placing a man or a book in a position of unique authority is going to make one crouch in "reverence,"—in other words **TO FEAR!**

The rags of the old religious notions cling to one so, even for years after we have donned the garments of Truth. We change timorously. We are careful of reading "dangerous" literature. We humbug people, acting the part of hypocrites,—we tell Lies because we are afraid of offending our friends' feelings; we pretend to believe superstitious rubbish, which is not only idiotic in its very nature, but actually cripples the person in every way, who clings to it. Religion is a chain of iron which binds in terrible earnest.

The Faith of our Fathers is the "Faith" which has kept back the evolution of the race. It has FORCED men to remain ignorant ; it has thrown a dark shadow over the earth.

For centuries the Light of Truth has struggled for Recognition in the minds of men,—but the Church has all along tried to stamp this Light out. She has failed ! Though her weapons have been numerous, her efforts unflinching,—Science has conquered ;—the Consciousness of Man has widened ; his mind has become to some extent cleared of the darkness. The Sun now shines !

But there are still many clouds before the Sun,—the Light of Truth. The children of the earth hold tenaciously to fragments of former beliefs,—stray remnants which keep them from manifesting outwardly a more glorious image of the One Life.

At one time the Church of Rome had complete control of the minds of men. Then various Protestant sects had a turn in bottling up the forces of Reason. The Authority was taken from a Pope, who was with all his denseness, a living being,—and given to the Bible, a mere book. More people have been killed over passages in that book than would make up a large nation. The Christian Religion and the Bible are drenched with blood.

Allowing that there are good words in the book,—yet a large portion of the Bible is a record of horrors perpetrated by ignorant half-civilized races. I cannot understand how professedly "advanced" thinkers can tie themselves so much to this book. Its errors are stamped on its pages. It is all very well to praise some of the men recorded therein ; in fact there are many of those men's teachings, which if put in practice would redeem the world from all misery. But never mind the mere words :—PRACTICE, PRACTICE.

It is not your prayers to the empty clouds which are going to satisfy your desires. In you is that wonderful force, your Will; this alone has power to aid you. You have no other God. Yes, your own Human Will is your only God. And It will never forsake you whether you trust It or not. But, remember, that Trust reinforces the activity of this Divine Energy.

Your Will is not something encased in the limits of your flesh. It is one with all Wills. Your individuality is not imprisoned, thank goodness, in a few cubic feet of matter. You are infinite; you are attached to all; the whole Creation is a unit.

The panorama of worlds and their inhabitants forms the varied Expressions of One Life. Your interests are eternally my interests, as they are all others' interests.

When shall man cast aside the cloak of ignorance, which makes him view the shadows instead of the substance? When shall he DARE to trust the inner Light of his Reason, and be guided away from all Illusions? Only when having reached in the order of growth, a higher stage of Consciousness, he is willing to sacrifice all for Truth. Then with Love Celestial he acknowledges the Oneness of all things, and masterfully, but not arrogantly, asserts his Will, recognizing in his Will, all the Forces of Creation.



Courage is power. Fear is weakness. Courage is a confession of one's own creative energies, which comes by concentration and a firm resolve to Know. When we know how closely related we are to our highest concept of Power,—that we are this Power,—we are filled with trustful Courage, a faithful reliance on Self, which leads to all mastery.

## *Towards An Enlarged Life*

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A world gone mad? No, simply the great undercurrents of life rising to the surface; an exfoliation, a casting aside of shells and worn-out garments.

All unfoldments are attended with more or less stress of apparently chaotic action. With every change, there is vacillation, a wavering to and fro without any apparent goal in view. But the fluctuating period soon changes into an equilibrium,—the law of gravitation always finds a centre of polarity.

The world to-day is decidedly upset. War leads to war,—a seemingly eternal round of bloodshed goes hand in hand with the invention of marvellous new weapons and machines for killing people. One class has taken up slaughter as a science, while another class (the human machinery of the land) simply obey the former. It looks very much like a mad world.

But this earth is a vast living organism; we men are inhabitants of a kingdom of life, and advance we must. We must reach out, expand, evolve,—existence demands it. Literally indeed is it true, that might is right and that the fittest survive. "Move on, move on, or die," is the perpetual cry of Nature.

This necessity for action at all times has made history's pages to be records of strife, for man in his ignorant infancy was aggressive, imagining that his personal welfare could only come at the expense of his fellows'. The division of the world into distinct separate nations, and the subdivisions of classes, have created opposing factions, and necessarily a limited exclusive conception of personal "rights."

How often have wars in the past been the result of petty jealousies and absurdly selfish trivialities. One would think that the heart of the roughest barbarian

would be forced to value human life above mere extension of empire, and that the most callous of men would recognize flesh and blood as more precious than shining minerals.

The old story,—Greed ! Any measure becomes expedient to gain some little personal whim. Of course, this wretched, selfish, spirit is but the product of an immature mind. With the race's growth, there is more expansion of interest, for it becomes at once recognized how interlocked are all men's affairs, how impossible it is for one to move without all.

Yes, Humanity is a unit. Nature's law of attraction is a universal fact, acting throughout all realms of life, from the etheric globules, up through the gaseous, mineral, vegetable, animal, forms,—even to the great kingdom of man. This fact of eternal union, has been demonstrably proved by science, mental and material ; and the knowledge has given us renewed hope.

We know, now, that we must fall or rise together. And this consciousness of sympathetic relationship shows us how it rests with man himself as to the course of his future.

We know, now, that we can combine ; and with the assurance that such a cooperation of wills means the strengthening of the one great will of Man that finds a medium of expression in the individual, our results will be marvellous.

For it is only such a recognition of the divine character of man that is required for him to work all but miracles. With a confident mind, the wonderful forces of his nature give birth to Ideas, which contain in germinal form all means of racial redemption.

If in the past, men have used crude and sordid means of accomplishing their ends, we can yet see how those means turned in the long run to the race's advancement.

Only, to-day with our ripened intelligence, it be-

comes imperative that we use gentler, while none the less strong, measures.

There are many things mightier than the sword. The press of the day, which strikes at the minds of men, stirring the millions of the earth with dynamic force, is truly the power unique, against which the mere brute forces of guns and arms stand as naught.

Who, then, shall say that peace and joy is not going to be ours, when men, (educated mainly by current periodical literature,) spend their time in developing themselves so that they may be able to bring out of Nature's hidden resources, new and still newer means for man's happiness and advancement?

This is the day for the thinker, the inventor. This is the age of genius. Remember, O man, that you are not a machine, but that you contain in yourself the seed-germs of a god; and when you recollect this, your world shall be changed from hell into heaven.

In your recognition is contained the Ideal which must express itself in objective reality.



A common fault with many New Thought writers is their lack of definiteness. They do not seem to touch you anywhere. In some far-away sort of abstruse language they talk to you, and you try to dive into the depths of their long words and sentences, wondering whether the Ignorance is on your side or their's. There are indeed very few who write plain common sense articles. It looks very much as though some of our editors try to cover up their ignorance or mental laziness with their fulsome talk and general gibberish. The country is flooded with literature, but very little of it is worth more than a casual glance, and most of it is not worth looking at, at all.



## *Fear Not*

BY HUGH O. PENTECOST.

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In most lives fear is the supreme tyrant. Hardly a day is passed by most persons without the discomfort, pain, or torture of fear. The rich fear poverty. The poor fear worse poverty. The healthy fear sickness. The sick fear death. The well fear death when they think of it. The wife and mother fears what would occur should the bread-winner die. The husband and father fears for wife and children. Most persons fear what people will say, and dare not be themselves. Some fear loss of work. Others fear work. At every flash of lightning some are afraid. Some fear ghosts, some fear God, and some are afraid of going to hell, though to observe the way they live one would not suspect it. The child fears the parent. The wife fears the husband. The husband fears the wife. The employed fears the employer. The employer fears the employed. The householder fears the burglar. The burglar fears the police. Most of us fear we know not what. Some fear their fears.

And yet there is nothing to be afraid of. God is love. He makes no mistakes, and allows none to be made. All is good. "God saw everything that he had made, and behold, it was very good," (Gen. 1:31). There is but one power in the universe, and that power is kind; kinder to us than we are to ourselves. Life is good. Death, if possible, is better. It is not an end, but a beginning. It is not a pit, but a door. I have planted a seed and discovered how death leads on to birth. A birth is a coming forth from a death. A death is a going on to a birth. There are deaths, but there is no death. We have died and been born

many times, and have yet many deaths and births to perform, and should not fear them. Riches are good. Poverty is good. In some cases riches or poverty seem to be a curse, to be feared, though I have never met any one who feared riches ; but the curse is only a seeming. Evil is but an appearance. Nothing but good is real. Evil is transient. Good is eternal. Sorrow is a blessing. It is good when our loved ones die ; for them and us. If it does not seem so, it is because we have fear instead of faith. Had it not been good they would have lived. "All things work together for good," not only to those who love God, but to those who do not, or think they do not. Sickness is unnecessary, but if it comes it is a blessing. The good is there for you, if you will. Sin is a blessing. It is a temporary mistake, but we learn through our mistakes what we should otherwise never know.

Most of the things we fear never occur. We have often feared death, but here we are. The illness did not turn out to be typhoid fever, or pneumonia, or consumption, or small-pox. After all our fears, it was only a cold. We did not become bankrupt ; help was nearer than we thought. The baby lived, though we feared it would not. Last year we thought that by this time we should be worse off than we are. If all were in the poor house who feared to be, poor houses would become great cities. You thought that when you had to move from your house into an apartment, and from that into a flat, and from six rooms into four, you would be miserable, but you have learned, or you will learn, that happiness comes of what you are, and not of what you have, or of where or in what degree of respectability you live. Nothing outside of yourself can injure you, and you cannot injure yourself for long.

Fear is a false prophet, a liar ; but, when yeilded to, it has this power : It can help to bring to pass what it

prophesies. "The thing which I greatly feared is come upon me," said Job. When Peter, walking on the water, began to be afraid, he began to sink. The woman who looked under her bed each night for twenty-five years expecting to find a burglar, at last found him. Her fear invited him. The power of good is so strong that if you have faith in it nothing can prevail against it. Mountains can easily be moved by it. It is so strong that even your fears cannot bring misfortunes upon you once in a hundred times trying, but, if you continue to entertain fear as a welcome and honored guest, by-and-by the thing you fear will come upon you, BECAUSE YOU FEAR IT.

Fear weakens the mind. He who fears that he will fail cannot succeed. He who fears hell is in hell. "Fear hath torment." Fear weakens the body. The coward trembles in his knees. The blood flees from his face. Hair has been known to turn gray in a few hours through fear. A man was blind-folded and pricked in the arm, heard water dripping in a basin, was told that it was his blood, that he was dying, and he died—of fear. In every epidemic fear invites the disease, so that it is an adage that fear kills more than the plague.

Why be dominated by this tyrant? Cast him out. Front him and he will flee from you. When Grant, at the head of his first regiment, went to meet a Southern colnel at the head of his regiment, he was afraid; but when he found the Southern camp deserted he realized that the other man was more afraid of him, and he never knew fear again. When Christian faced the lions in his path he found them chained. Do the thing you fear to do. Think the thought you fear to think. Be what you fear to be. All the lions you will ever meet are chained. There is no devil, no hell, no evil, except as you create them by your fears. There is but one power, and it is on your side; for

you, near you, about you, within you. Trust it. Trust yourself. Trust the universe. Trust God. All is good, everywhere, all the time. Have faith. And again I say unto you, have faith. And after that have faith.

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### DESERT THE SWEAT SHOPS!

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The smoke, dirt, closeness, foul air, long hours of tedious toilsome routine, unfair wages considering what is produced, the sense of servitude, the crushing of ambition and aspiration, the stamping out of self-respect, the tendency to rouse one's animal nature beyond its proper sphere of action, the fears and suspicions on all sides, the unintermittent slavery,—these are some of the things that should make men give up their employment, and enter into some work more in accord with their higher mental development.

This is not to say one should take a step without seeing some little way clear, (though even this should be done in some cases) but let the first step appear, which it will if you think and look around, then launch out into conditions better suited to your ideals. Say: I am my own master, and will henceforth cooperate with others, but never again place myself in the position of a slave.

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You will continue to be miserable as long as your interests are confined to your personal self, or even to your family and acquaintances. You must recognize your eternal relationship to all if you would have peace of mind; it is the "separation" idea that causes discomfort. Live for all!

## *The Cry of Want*

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From all parts of the earth, from all forms of life, ascends a cry of want,—the same cry that has been raised for countless centuries. It is the appeal of evolution, and begins with the first embryonic birth of consciousness in nature. It is the expression of the desire for growth and development,—the supplication for greater abundance of life.

There is dissatisfaction everywhere and always ; for as fast as one desire is satisfied, others present themselves.

This discontentment is the salvation of the race. In lower forms of life the cry of want is mostly limited to the narrow demands of material sustenance. When the physical hunger is satisfied, there is rest and content until the period of hunger comes again. The animals enjoy a certain half-conscious comfort that we know nothing of. For in the kingdom of Man, the needs of the stomach form but a part of his nature's demands. In him a new consciousness is unfolding which yearns for more substantial food, yearns for a very great variety of sustaining and renewing elements.

Every satisfied desire opens up other needs. We should not allow ourselves to be anxious or nervous when these new desires come to us. If it was possible to fly away to a haven of rest and contented inaction, we would in such a quarter soon have all sensation ended, and cease to exist.

So many of our reformers in their shallow way of coming to "conclusions," overlook the law of evolution with its necessary fluctuating waves and alternating periods, and talk about some future equally impossible and undesirable existence, where all would

be eternally smooth and even.

Where is the spirit of courage and aspiration, that such a goal of stagnation should be even considered worth living for? It is not perfection, or a changeless monotone, we should make the aim of existence. Rather should we see in every goal, simply the starting point of new endeavors. We should view Life as an endless Path, continually opening into wider and broader fields of Expression.

The rich man to-day with all his treasures—and they are real treasures—is just as discontented as his poorer neighbor. Wealth only seems to bring more responsibilities and anxieties. There are very few who have learnt to make the glorious resources of the earth serve them. The things which might bring happiness cause misery, since they are placed out of their proper position ;—they are allowed to be masters where they should be slaves.

Money is a good slave, but a terrible master. It must be used, and not allowed to rest idle, if we are to be truly benefitted with it. Those who have an accumulation of money which is not required for the satisfaction of their reasonable desires, should for their own sakes rid themselves of it ; an overplus becomes a burden.

The Natural Justice cannot be cheated. The disgraceful luxury of the rich, side by side with the filth and ignorance of the poor, is a blot on the Image of Man, which must and shall be wiped off.

And our charitable institutions,—insulting beggarly make-believes as many of them are ! These inventions, above all others created by a bare-faced plutocracy, stamp out every bit of self-respect.

Shall the Image of God, the Personality of Man, much longer be a target for the onslaughts of brute energies, and a weak vehicle of doubts and fears? O timid souls, know that you have the power to order

your own life; know that your demands mean there is a supply for you. Open your eyes; take what belongs to you, for your possessions are with you all the time.

We need not wait for those in authority to change matters. While we are waiting we should perish from want. We must do something individually for ourselves. We must devise new plans to get more satisfactory results. We must use our brains; for there is a storehouse of Supply, and the only way to find it is to THINK.

It is no use asking other people to be ever lifting you along; it is no use sitting down, waiting for God to put things in your mouth. Everything must be done by yourself. All the materials for use are here; just simply find them, and find out the best things to do with them.

There are many blamed for being selfish, who have only started to assert the spirit of justice. For long years they have allowed themselves to be imposed upon by inexcusably weak people, in this way getting themselves into all sorts of difficulties,—and now that they have changed their course, and rightly commenced to look more after their own personal needs, they are called selfish.

But the spirit of justice has made them stronger, and impervious to any attacks of others; they are no longer sensitive to every foolish and unfair request of their "friends." And yet they are if anything more truly generous than ever; they use the products of their hard work in a more rational way than before, that is all.

For the great streams of Life are one in their source and nature. United action,—a combined trust of Love and Intelligence, is the next move in the program of the world's events. As the consciousness of man widens, as he rises to the plane where all is known to

be One, he perceives the necessity for this cooperation, he knows that in uniting with others he is also doing the very best thing for himself.

The Cry of Want is all around us. For ten thousand different needs the desires of men call for satisfaction. And in each one's Mind is found the only source of all satisfaction; the Mind is the ocean of never-failing resources.



### *Ever Progressive Perfection*

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I have eternal confidence now in the Natural Order,—

I know it leads to goals of ever-progressive Perfection.

Fears and Doubts drop away from me,—they crumble,—

They fall aside,—they melt, as the radiations from the newly risen Sun dart their warm energies on me.

O welcome Sunshine, penetrate into the recesses of my soul, and make the hidden germs of life blossom forth; make the long pent-up forces of my being express themselves in the world without!

Faith creates!

See how in every realm the Natural Order finds a ready response to its law of progress and growth,—only apparently halting, or retarding its pace where (in the kingdom of man) it is met by fears and doubts.

Faith creates!

The Order of Creation is simply the unrolling,



the evolution, of eternally involved potencies ; nothing is produced where there is no seed-germ and receptive channel of expression.

Existence is in the interchange of forces ; the changes, waves, tides, seasons, comings and goings,—these make up the rounds of Existence.

But nothing is produced that was not already here in substance.

The Recognition, the Consciousness, gives birth to the Expression.

Life is so beautiful !

The air is sweet and fresh. The Sun is so life-giving.

The foods of the earth are delicious.

O rapturous Life ! O body of superb flesh and blood !

Day after day the world spins round :

And each day it advances a step towards an ever progressive Perfection.

In Man is centred Nature's forces of conscious power.

His will is the supreme point of potential control.

Man—the master ! The world and all its forces, —the servant !

Love goes out from my soul in electric currents of good-will.

My heart sings for joy, as the vibrations of my being are touched and spring into renewed action, with the dawn of a clearer Recognition.

More Light ! Lighten up my pathway with your presence, O immeasurable Sun of Truth.

In great numbers the earth's children now ask for Light :

It is the cry of an expanded consciousness, rising from awakening souls.

It is the Desire for a more real life, a clearer vision.

The Order of Nature is now changing for man.

Man is putting on stronger, healthier, more completely wholesome and beautiful flesh.

His habits, his thoughts, are changing.

Everywhere and in everything,—Change, Change!

And so the Natural Order breaks upon man's consciousness as an order of Love, Harmony and Truth.

And so the recognition of the everlasting goodness and glory of Nature impels him on to new endeavors, and nobler creations.



### MAKE BOLDER EFFORTS!

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To continually make bolder efforts, more attempts, almost reckless plunges for better conditions, is sure to bring your desired results; and these results very soon begin to present themselves. You must not be afraid to venture, you must not be over-careful with your money;—if you want more you must give out more, since interchange is the law of life. Life becomes so interesting as soon as you take an attitude of brave confidence, looking above the trifles which take up the attention of the majority. Break down some of those unnatural limitations which only keep you poverty-stricken,—trust your desires; if you only trust and work, you will succeed;—you will in due time reach your highest ambitions.

## *For Health and Success*

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Sickness and Poverty are two things which have got to be surmounted, ere we can be happy. They are not evils which we should fear and antagonize, but negative conditions resulting from man's ignorance.

This is the age of Reason,—the age pre-eminently of mind-control. This is the age when all things obey the will of man,—when the trusted Word, the earnest Desire, the Recognition of the Mind's authority, lead to conditions of harmony.

All is Mind ! All is Vibration ! All is One !

Currents of Life are passing to and fro throughout the Universe. Streams of energy are interchanging, interpenetrating, interblending, throughout all realms of existence.

We are here to help one another : in loving cooperation is found peace and plenty.

I am now giving a systematic course of instruction by correspondence in Mental Science. I send each student a letter every day (except Sundays), embracing suggestions on health and self-culture, advice on business matters and the way to success, instructions in Concentration, and a complete educative talk on the various phases of Mental Science. I do all I can to place my students right on their feet, so that they may be secure and no longer weak and negative.

I reply to any questions that may be sent me from the Student.

I give each one an absent mental treatment every day.

This is all individual attention, and my method enables me to keep in the very closest touch with my Patients and Students,—which is the main thing.

Those who have availed themselves of this most

complete course of training are writing me all the time about their great progress and general upliftment. Here are extracts from a few recent letters :

"On Sunday I began to improve, and had a refreshing night's sleep, without coughing. In the morning I felt like another person. All the world seemed bright, and life was worth living. I went to work singing, and felt light, and have continued feeling so. I could not think what had made the change until your letter came. Then I said : Blessings on Fred Burry."

"Just insert a little note for me in your next Journal, strongly recommending these daily treatments and the instruction I get ; I wouldn't part with it for many times its cost. These constant suggestions serve to keep me on the alert. It is a good thing to have a constant reminder. You cannot put it too strong for me : it may lead someone who is enquiring the way, to adopt this method of study."

"I can say that I am much pleased and encouraged with your course of instruction as far as it has gone. I shall look forward with great pleasure from day to day in receiving your letters. I have to report by way of encouragement that in spite of the most outrageous weather, my throat feels better than it did some days since, so keep on your treatments of health while you are continuing those for success."

It is very cheering to get such letters as these : they are sufficient testimony to the value of my treatments and instruction.

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THE SECOND VOLUME WILL CONTAIN :

7. *Our Immortal Future.*
8. *The Temple of Delights.*
9. *The Great Conquest.*
10. *Beauty, The Image of Harmony.*
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