

CHAPTER VII

COSMIC PHENOMENA

Lesson Four

SOME time ago I received the following revelations: *When you recognize the value of your thought, your thought becomes more potent than when you think aimlessly. Similarly, when you think of your thought as doing a certain positive thing, or producing a positive result, your thought becomes more effective than when you think without any definite, conscious valuation.*

When you give a certain meaning to an idea, you can easily photograph it on your mind. A meaning makes an idea definite.

If you should ask me from whom I receive these revelations, I should not be able to give you a definite answer. Sometimes I receive inspirational ideas without conscious mental contact with any higher entities. Of course, I admit there must be a subjective contact somewhere with someone—who it may be, depends upon the particular state of my mind. There is not a moment when we are not in mental contact with some being on the same vibratory plane as ourselves. *Mind is radio-active. It acts like a radio. Our every thought operates on a certain wave-length, in ac-*

cordance with its quality, and is picked up by those who are in tune with us and are on the same vibratory plane as ourselves.

We are using the term vibration in a scientific sense in order to explain certain phenomena. In reality, it is all a matter of consciousness. The theory that one person can hurt another by mere thought has been exploded. It is always necessary that you come in contact with another mind, either through conscious recognition or through a subconscious receptive state, before it becomes possible for you to pick up that mind's thought vibration. Even then, there is a margin left you in which to accept or reject any thought you may pick up without your conscious volition. *The thought that you do not desire to entertain, you can command to depart in the name of the Lord, and it will depart, if you can imagine and believe that it is departing.* Another thing we should keep in mind is that a negative thought operates on a low-frequency wave-length. It has not an extended reach, and its force is easily deflected. The mind of a physically conscious man naturally functions at the physical rate of vibration, which is very low. His negative or destructive thought, born of the mortal concept, is still less potent; it usually rebounds. But a positive thought, when given a conscious meaning and purpose, is highly productive of good. Its range of vibration is far reaching. On becoming conscious that these

thoughts are everywhere in the ether, one can easily pick them up.

All throughout the universe, positive constructive thoughts are being broadcast from the master minds. There are more highly evolved planets throughout the length and breadth of this universe than there are people on this earth. The highly organized minds that are the inhabitants of those globes are constantly broadcasting happy, constructive thoughts. If you are earthbound—bound by the mere physical aspect of this earth—you should lift up your mental eye and see the celestial hosts in their heavenly abodes. Imagine and believe that you are receiving great, constructive thoughts, and you can tune in with these celestial hosts and receive their broadcasts. The cosmic ether is filled with these radio messages. But from force of habit we are constantly tuning in with the darker region of human mentality. When you do not give your thought and imagination a positive meaning and purpose, they do not become potent and effective. *It is your divine prerogative to use your thought constructively and to come to function in the sphere of master minds.*

Suppose I broadcast to you—whoever you may be—the cosmic thought that I love you; can you receive it in a spiritual sense? Do you feel happy and energized by the thought that someone from the cosmic highway is sending you a greeting? If you do, you

have broken through the shell of materiality—your soul has found its wings, an ethereal sense of cosmic vastness. The limitation that was causing you so much trouble, the flesh that was pinching you so hard with defeat and disappointment—these have vanished. If you can receive my greeting, you can receive also the greetings of souls more advanced than myself in the cosmic light. Those lighted abodes are scattered throughout the vast expanse of space—you can see them spreading before your mental eye like so many lighted homes in a city at night. Perhaps you do not know how wonderfully you have been made. You are endowed with the power to bring the whole universe to the nearest point that you can imagine and desire. This power is your *creative imagination*.

In my ethereal world—the world of the Ever-Present God—when I say to my ideal person, "Come to me", he comes. Of course, I imagine that he is coming, and I feel the thrill and glory of his coming, and he comes. The reason that I imagine his coming, instead of imagining his presence right before me, is that it gives me a thrill of expectation. Apart from this, there is no specific value in such an imagining. When I see him across the cosmic ether as real as any living thing, he sees me, too. When I picture him in a certain pose and position, he responds to my picture. A glance for a glance, and a smile for a smile,

and love for love—all are an even exchange in the cosmic ether. Then when I say to him—"Come and sit by me and tell me stories of immortal adventure and romance about the land of the Everlasting"—he tells me those stories. The themes of some of the stories are woven entirely in a celestial fabric.

At this point, my friend, you are likely to ask me: "Does your ideal person ever appear in the flesh?" He does! When the hour strikes on the high tower of the Lord's temple in the human soul, he appears in the flesh. Even Christ, the Anointed One, who was visioned and communed with in the cosmic ether by many saints and seers, had to appear in the flesh. *Human demands and needs are never denied. Providence itself cannot deny them.* There is this provision in God's creative plan.

The earthbound man tries to take everything by violence. He has not the patience to wait for an objective demonstration, because he lacks the vision of subjective reality and subjective contact and communion. Always the earth has received every form of physical manifestation that man has been able to conceive of. So, *if you can conceive of an ideal as being real and can make your subjective contact with him, you will meet him some day in the objective, provided you have a strong desire and need for him.* When your mental contact and association are perfect, vital, and real, you have already made the dem-

onstration. The rest is merely a matter of course. The reason we do not so easily demonstrate our ideal person, thing, or condition, is that we do not give a definite meaning and purpose to what we do and what we want.

We know from experience that the vital presence of a person vitalizes us. He gives forth an intangible something which cannot be seen, but can be felt. By whatever name you call this emanation, one thing is certain—it is some kind of substance; there is body to it. Like motion-mass-energy or the radioactive light, this human emanation can be weighed. It remains for the scientists to invent an instrument for that purpose. When we receive something vital from an imaginary person, we gain that which is substantial. It soon becomes a part of our electromagnetic vital force. Anything that energizes us is a substance; what kind of substance, does not matter. From its effect we know that it exists. An exchange of this substance goes on constantly between persons of similar mento-physical affinity. Either one gives and another receives, or both give and receive. Is physical proximity always necessary for this exchange? No, not always. If an imaginary ideal person can give us the same kind of vitality as can a real person, it is evident that we must have contacted a real person; that we must be receiving a real substance. That is the reason that, *when we*

contact Christ and feel His vital presence on the same vibratory plane, we receive a certain vital substance. We know that we have received it, because we have become vitalized.

We have said before that all objects are radiant because they are made up of radio-active forces. Therefore, they must be constantly giving forth a substance, which may be called energy. The vegetable and animal kingdoms are not an exception to this rule. Of course, even in the lowest form of organic life there is a natural selection in this exchange of energy. It is this exchange that keeps up the vitality and creative function of the life-form. Therefore, we always find the life-form in a group where the group instinct governs its life-activity. Furthermore, every life-form has its decided likes and dislikes. Its nature is so true and so tuned up to certain exact rates of vibration that it scarcely ever makes a mistake when left to itself. I have seen vegetables and animals display antipathy toward a person. They cannot easily overcome their inherent prejudices. Of course, the average animal-man displays prejudices toward beings and things he cannot understand. This has nothing to do with his vibratory affinity. Most of our prejudices are based upon our early education and our fear complex. In the universal field of vibration and electro-magnetic attraction, no arbitrary selection exists; there the law of nature is paramount

and supreme. The entire organic creation is subject to this law. It suffers when this law of exchange is broken, no matter what the excuse for breaking it.

On the human plane, this selection becomes exclusive in one sense and universal in another. On the human plane alone can man change his vibration from a lower rate to a higher without breaking the continuity. When he vibrates with the higher, he cannot vibrate with the lower. In this sense he becomes selective or exclusive. On the other hand, as he raises his vibration to the highest cosmic vibration, he embraces all. Sometimes it takes a long, long time for certain human beings to come to the awakening of their higher nature, and to conform to their natural spiritual affinities. But in the vegetable and animal kingdoms, where things are more or less fixed, affinities are almost automatic. I know that certain pine trees are very happy to see me, or to make contact with me. You are likely to ask how I know it. I know it by my mental and physical reactions. Somehow, without my conscious effort they vitalize me and make me very happy. In other words, their emanation agrees with me. Such things are almost mutual. I find that certain plants also are responsive to my vibration. They thrive if I visit them occasionally.

The phenomenon I am recording here is not mere guess work or a superstitious belief. It can be ex-

plained scientifically. The radio-active energy of one kind of plant helps another kind of plant to grow and thrive. It is partly a scientific fact. Whether or not this radio-active force radiates any chemical elements, I do not know. I am simply stating the result, or the effect that one plant produces upon another. If a plant can radiate a substance to help build up or to sap the vitality of another plant, such radiation must be much more possible in the human kingdom where mind is more individualized and is organized with volition and discrimination. It is my experience that trees and plants are very vital, emotionally. I would say that, because they are close to the earth, their feminine or mother nature receives more development than their male nature. They are more willing to give freely of what they have than are we in the human kingdom. Our contact with trees and plants is made through love; that is, through our giving nature. Therefore, when we manifest love toward them, they reciprocate abundantly.

Trees and plants are very grateful for the bit of care you bestow upon them. If you are in the habit of visiting them, they not only come to expect you, but are also very glad to see you. At your approach they become alive and vital. This is not mere sentimental bosh or a poetic metaphor; it is a living fact. We have already stated that no organic life can function without a mind. Therefore, a tree has a mind; of

course, this mind is not a thinking mind; it is a feeling mind. Feeling is the nature of all emotion. If a tree does not like something, it expresses its disapproval emotionally, and it manifests some definite symptom of that disapproval. For instance, if you give a plant too much of any one element through the soil, it will register its disapproval in its physical appearance; that is how you can tell what is wrong with it. In the case of a tree, the whole absorbing system is involved in its sub-mind. So when your presence does not emanate the kind of vibration a plant or tree likes, it sends out a vigorous protest. It is an established fact that certain plants and trees do not like certain kinds of ray vibrations, and that they do like certain other kinds and absorb them. Since vibration is substance in motion, a favorable vibration feeds us; an unfavorable one disorganizes us.

It is our regular experience that the people we meet affect us positively, or negatively, or indifferently; but when we come to function spiritually, we not only raise our vibration, but also form new spiritual affinities. In the spiritual field of consciousness we can meet all on an equal footing, but we cannot force all to respond to our higher feeling and emotion. So we seek response only from those who are spiritually conscious. On the spiritual plane, though we all may not have the same degree of conscious-

ness, we can nevertheless contact one another in the Ever-Present God, where all vibrations are equalized. The substance that we receive through spiritual contact with the higher order of spiritual beings increases our creative potency. In other words, it makes us receptive to higher creative thoughts and ideas. When we give a specific meaning and purpose to this contact, the substance that we receive becomes highly productive. That which we believe we are receiving, the same we receive. We can extract divine energy even from the rocks by giving our thought a specific meaning. *By thinking that we are drawing divine energy, which is all-pervading, we can draw it from any source or medium.*

Any means and methods that we may employ are used only for the purpose of stimulating our mind or of forming a clear picture of the thing that we desire to draw. For instance, the intaking of our breath suggests a drawing process. So, instead of giving it the meaning that we are drawing a vital force through our nostrils, we can form the mental picture that we are absorbing the Cosmic Energy with our entire mento-physical body. I am not recommending this method, I am simply explaining how a method can be evolved and employed for the purpose of stimulating a person mentally and making him receptive. We have already accepted the fact that the Cosmic Energy is all-pervading; so it will

be easy to imagine Its presence throughout our body and mind. By speaking directly to this Energy, we can vitalize our mind and form the vision of absorbing It. This seems to bring about a more direct contact with the Cosmic Creative Energy than any other method we may adopt.

In the practical application of this method, I first imagine that this All-Pervading Cosmic Energy—the active Creative Principle of God—is permeating my entire being. Then I speak to It, saying: "Creative Principle of God, be active in my mind, making my mind active." Next I imagine the Cosmic Energy as responding: "Yes, I am making your mind active." I speak again, saying: "My entire being is absorbing You, and You are vitalizing it." Then I imagine the response: "Yes, I am vitalizing you, dwelling in every fibre of your being. Now, go and do your creative work."

The above method is the simplest one I know for receiving benefits from the Cosmic Energy through direct contact. When I employ this method I begin instantaneously to feel the quickening activity of this Energy in my body and mind. By this means I have also been able to vitalize my every vital organ, improving its function. By imagining the vital Creative Principle as operating in my organ, I give my mind a positive and definite agency to depend upon. It makes my mind very receptive.

By means of our mental acceptance we can manifest and manipulate all forms of energy in this universe. All the different grades of energy that have descended from the primal Cosmic Creative Energy are ever present in that Cosmic Energy. In other words, they are as all-pervading as the Cosmic Energy. So, we can conceive of them as being in our body and mind in either a bound or a free state. In a bound state they need to be vitalized, or they need a new electro-magnetic charge. That purpose can easily be served by absorbing the Cosmic Creative Energy. *The realization of the Cosmic Creative Energy not only keeps our consciousness nearer to God, but it also gives us a universal sense of our supply.*

Our every thought is not only impressive in its nature, but also progressive. When you think a thought, that thought impresses your mind; at the same time its vibration begins to spread. But a thought that is motivated is more intensive and highly projective in ethereal space than the unmotivated kind. In the plane of consciousness, however, this projective power may be regarded as a myth. Instead of sending a thought to a person and imagining it as speeding to its destination through space, you can imagine the person as right before you and convey that thought by speaking to him directly. This simple operation gives your mind greater concentration and intensity. In such a transference of

thought in the plane of consciousness, space is eliminated. But we must realize that our thought in such a case rebounds more quickly than the thought that is projected through our space concept. Therefore, a negative thought used in this manner will rebound with a very quick negative effect against us; and a positive thought, even though failing to accomplish the desired result, will rebound just as quickly with a beneficial effect. When you deliver your positive thought directly to a person, in the presence of the All-Pervading God, that person is likely to receive it more quickly than otherwise, because on the Absolute Spiritual Plane all vibrations are more or less equalized. On the Absolute Spiritual Plane of God you may transfer your positive thought to a person in the following manner: "I am sending you this thought for your good. In the name of the Omnipresent God, in Whom you dwell, I beseech you to receive it." Then, to make your mind intensive and reciprocal, you should vision that the person is listening to you and receiving your thought. And then imagine him as responding thus: "I am accepting your thought and claiming my own spiritual heritage."

Should you feel the need of physical movements or physical exercises in order to stimulate your mind into dynamic action, you may then take a brisk walk, keeping in mind that you are being energized by the

Power of God; at the same time talk to yourself to that effect. Do not limit your movements with the idea that age or any other condition of your body demands it, or that exertion may affect your heart. Your heart is made up of Cosmic Energy. As long as you think spiritually and accept your body as being spiritual, you need have no fear of any physical reaction. After all, most of your physical reactions are of the kind that you anticipate. *You have no reason to anticipate a physical reaction from any form of physical exertion when you think and act spiritually, realizing also that your body is spiritual.* Of course, you are not supposed to over-do anything, that is, you should not do anything beyond your normal need for doing it. *Everything that you do in your spiritual concept of life in accordance with your need is in perfect accord with God's law.* Have no fear; act in accordance with your need in your spiritual concept. Keep the vision that your body is a bundle of spiritual energy and that it is more than flesh and blood. When you think of and imagine your body in that significance, your mind begins to vibrate with the spiritual elements, and your body receives the same kind of reaction. So, have no fear of your body's being weak. Do not entertain the thought that it will succumb through any physical exertion.

The super-energy that you occasionally manifest in an emergency proves the theory that your physical

endurance is equal to your mental endurance. Your strong desire to survive an almost inevitable doom may bring your mind in tune with the spiritual elements of your being, which is immortal. It may push your mind temporarily beyond the dead line of physical limitation. In this connection I shall tell you a story that has often been repeated by many people. During the fire that followed the San Francisco earthquake of 1906, the people rushed from every place to take shelter in Golden Gate Park. Among these was a hospital invalid who had been bedridden for several years and who was found wandering around without his crutches. He was moving about just like any normal person, but was worrying about those crutches. Some hours after he had left the hospital, he came upon a nurse and very excitedly asked her to try to get him a pair of crutches, as he had left his in the hospital. Thereupon the nurse wanted to know how he had managed to get to the park. He replied in a matter-of-fact tone that he had followed some of the inmates. The nurse, very much surprised, then said, "Well, if you've been able to walk this far without your crutches and get along without them all these hours, you certainly do not need any." Then for the first time the invalid became conscious of the fact that he could get along without his crutches and that he was cured.

Some people think it was his mind that cured him.

That is true. The question is likely to arise in your mind, "Why did not the other patients of the same hospital get a similar benefit from the shock or excitement?" The answer is not far to seek. The other patients did not quite forget themselves and their physical limitations. This man, in his excitement and strong desire to live, went beyond the dead-line of the physical concept of life, which holds so many people back from realizing their natural spiritual heritage. It is just on the other side of our physical concept and physical limitations that our spiritual heritage lies. Consciously or unconsciously, when our mind goes beyond that limitation we demonstrate our spiritual power. Then our whole physical system responds. We can go beyond this limitation by consciously training our minds to live in the spiritual concept of life, to accept spiritual impressions, and to act in accordance with those impressions. Sometimes it may be necessary to exert a little mental force in order to break down some self-created barrier. I do not mean mechanical effort—I mean an understanding action that will vitalize our minds. For instance, when the flesh claims inaction because of a negative condition that persists in staying with us, we must vigorously arouse ourselves by telling ourselves to evict that condition. It is our divine prerogative to claim our own spiritual heritage. No

excuse will justify the neglect to exercise our divine right.

Your every thought is photographed on your mind. The aggregate of these thoughts regulates your mental and physical condition. When you think a thought in your spiritual concept of life, that thought is likewise photographed in your consciousness. You can consciously photograph your spiritual thought by imagining that it is being photographed on your mind. When you accept and believe that an idea or a thought is being photographed, it is photographed. When you anticipate an evil effect from a certain condition, that, too, is photographed. That is the reason that you experience the evil effect. Sometimes a subconscious habit of anticipating an evil effect governs your experience. You can check and change that habit by telling yourself that you are a spiritual being and that everything you have is spiritual, at the same time realizing that that thought is being photographed on your mind. The obtaining of a spiritual result depends upon your willingness to accept your spiritual concept and to act in accordance with it. Reading over this wonderful thought gives me more inspiration in overcoming a negative habit than does any meaningless philosophical speculation. Every word that I have recorded concerning the spiritual concept of life and its dominion over the flesh concept, is truth, because

it is the word of God. Jesus said, ". . . thy word is truth."

By giving a definite meaning to an idea, you can photograph it on your mind and derive incalculable benefit from it. Once a rising motion-picture actress told me that she simply could not bear the taunting remarks of her director. She said he was too temperamental, though otherwise good and efficient. She wanted to know how she could rise above this situation. The thought came to my mind that, since she was accustomed to the word "picture," I ought to give her a method that would appeal to her; so I said, "Write on a piece of paper the sentence, 'You cannot disturb me' and imagine that your mind is taking a picture of it. After that always see that picture in your mind with an understanding of its meaning. See what happens!" In a few days she reported that she was completely dominating the situation. The director had not only apologized to her after one of his outbursts, but had also expressed the wish that he had her poise.

If you want to dig a premature grave for yourself, literally and metaphorically, then become temperamental. That is the easiest way to lose friendship, success, health, and wealth. Once I witnessed how a wonderful salesman, magnetic and energetic, lost a sale. His one besetting fault was that he quickly resented any remark that was disagreeable to him. He

lost this sale because of his resentful retorts, and so I kindly said to him: "If you wish to receive any favors from a man, you should never assume an independent air or give back an insulting remark. It is not a question of who is right or wrong, but who is expecting the benefit. If you do not watch out, you will never make the grade and be a success." Of course, that was mere worldly advice. I wonder whether or not there was any spiritual element in that advice. Sometimes, by overlooking an insulting remark, we not only dominate a situation, but earn a lasting friendship as well.

Once a bank clerk was depreciating to us the president of his concern because the latter had reprimanded him for his negligence. I said to this clerk: "If you were as good as your president, you would be in his place. Considering your present state of mind, you will have to go a long way to arrive at that place. In the meantime impress your mind with the motto, 'He who stoops, shall conquer.'"

By photographing a simple motto on our mind and visioning it, we can overcome many of the shortcomings which are fatal to life's success. After all, a negative quality cannot produce a positive result. Success is a positive quality. Photograph the word *success* on your mind and vision it, and at the same time see yourself functioning at the place where you aspire to be, with all of the intimate details con-

nected with that position. Then you will be able to avoid meaningless drudgery, and to act intelligently. *To vision that you are functioning in a high place not only will increase your capacity to do more than you are doing now, but also will give you the proper sense of valuation of the place at which you desire to arrive.* If you lack the proper sense of valuation of the thing that you desire, you cannot actualize it. This sense of valuation brings your mind exactly in tune with your desired object. *By living in, believing in, and enjoying the idea of a thing, you make the thing real and you objectify it.*

When you give a definite value to a thought or an idea, it exerts a tremendous influence over you. Its effect is almost medicinal. If you can take a dose of health-idea in your mind and see it working up like a tonic, you will experience a quick reaction. Jesus said:

"The kingdom of heaven is like unto a grain of mustard seed, which a man took, and sowed in his field: Which indeed is the least of all seeds: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof."

Again Jesus said:

"The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened."

Plant in your consciousness the idea of faith with an understanding of all its implications and applications, and then see it as growing, and it will grow. It will infill your entire mind and body and motivate your life. Those who are novices in Truth can be vastly benefited by this simple method of regeneration. All of these methods are but stopping places to the great Cosmic Consciousness. "Seeing is believing" is partly true, but knowing is better than seeing.

We can also personify the idea of faith as entering into our being in the form of a holy flame, and residing in it. In time of need we can invoke its spirit to help tide us over a situation. This personified faith gives us something very definite and positive to fasten our mind upon. We can readily grasp any abstract quality that we make concrete; the personal touch and contact give us a sense of personal association that readily vitalizes our mind. The faith that we imagine has entered into every fibre of our being, not only becomes a reality, but also becomes a part of our very existence. Following is a form which may be adopted: Say, "Faith, come to me and enter into my mind as a Holy Flame, and occupy it. Keep my consciousness alive to the protecting power of the Almighty." Then imagine the personified faith giving response: "I have already come and I am entering into your mind like a Holy Flame and giving you a realization of the everlasting protection of

Providence. When you need me, just look within and I will do for you the things which you ask me to do."

Similarly, we can use the Cosmic Energy in a personal significance for the energizing of our body and mind. We can either absorb It, directly realizing Its All-Pervading Presence, or we can feel Its personified aspect dwelling in us and energizing our body and mind.

By thinking positively that a thing or condition is thus and so, we actually contact that thing or condition. If we can enjoy a thing mentally, it is as good as if we already had it. *We must not desire a thing without having a purpose in desiring it.* We must make it clear to our mind that we want a thing or a quality in order to be happy. Whether it be a house, or love, or physical or mental vitality, we must have a purpose in having it. As one sweetheart said to another in the romantic Orient, "If you are happy in loving me, then come. Do not expect happiness out of love, but just be happy in loving." Such a love not only makes you selfless, but also gives you a higher realization of love's meaning. How much surer you feel that you are entitled to all that God has prepared for you when you give the right meaning to your desires. If you strive to get a thing without having any purpose or use for it, you simply disorganize your mind with meaningless greed. By

encouraging greed, you create negative conditions. When you try to eat more than you need, you disorganize your whole physical system; in the same way you disorganize your mental system when you encourage desires for things beyond your normal need for them. When you are privileged to receive more, you are also privileged to give more. And this should be the true incentive for your enterprise and adventure in life. You should always remember that everything is for use, and not for misuse or abuse.

I have already stated that *that which you imagine and believe you are receiving, the same you receive. For the same reason, that which you imagine and believe you are losing, you lose.* If you keep thinking, no matter on what pretext, that you are losing your strength and becoming weaker and weaker, you will actually begin to lose your strength. From force of habit it is easy for you to form a vivid mental picture of a negative thought, and that is why you can materialize it so quickly. If you can form a clear picture of losing your energy, why can you not form a clear picture of gaining it? Since your physical body is in your mind, or is together with your mind, your mental state determines your physical state. When you are happy, exuberant, and thrilled, how your whole physical body becomes alive and vibrant! The Cosmic Creative Energy is everywhere; therefore you can certainly absorb It, and after absorbing It, you can

also discharge It by the help of imagination. Instead of imagining that you are drawing upon your limited supply, why can you not imagine that you are ilimitably both drawing and discharging this Cosmic Energy at one and the same time? Or, that It is flowing into you at the same time that It is flowing out? All that you need to do is to keep your vision of the flowing Cosmic Energy, together with your vital realization.

In thinking of your body, you may imagine and believe that it is an electrical mass. The more you do this, the more mental ascendancy you will obtain over it. This belief is not altogether hypothetical; it has a scientific basis. Not only the human body, but all objects are more or less charged electrical masses. This charge grows weaker and weaker through continual discharge. When it becomes sufficiently weak, an object falls apart. With our mind we can charge not only our own body, but also another body that has a certain degree of affinity or receptivity with ours. The Cosmic Energy, which gives life to an object, is all-pervading. This Energy, or Divine Creative Principle, we not only can absorb or draw, but can also discharge to another object. The vegetable and animal lives are most susceptible to it.

We can produce phenomenal results when, through practice, we gain a sufficient conviction of

our projective power and of the vitalizing property of the Cosmic Energy. I myself have been able to vitalize plants that had become weak. Once I revived a dying tree. I have allowed no chance for accident, but have carried out my experiments systematically in order to determine to what extent animal and plant lives are responsive to this projected Cosmic Energy. I have rarely failed to obtain good results with plants. With pet animals my success has depended upon the co-operation of the owners. With human beings, my success has been about fifty per cent (this is due to the fact that the human *mentality offers a certain amount of subconscious resistance*); but those who have co-operated with me have responded very quickly. From these experiments I have come to the conclusion that we can mentally draw and project any form of radio-active energy that we can conceive of.

You are likely to ask in this connection, "What is the necessity for projecting this creative substance to another organic life? Can we not obtain a similar result simply by realizing that that life is absorbing the All-Pervading Cosmic Energy?" Yes, we can, if our mind is sufficiently vital, our conviction deep, and the subject receptive. When quick action is needed to revive the strength of a person, we must adopt a means that will give quick results in vitalizing us and our patients. After all, in this method

one vitalized mind carries a vital substance to another mind that needs support and stimulation. This process being dynamic, it gives our mind quick and ready play in acting and reacting. Then again, if a person is limited to his personal concept of life, he is likely to respond readily to anything that comes nearer to that personal concept. Even a little blest handkerchief or similar token may stimulate the mind of a patient. Sometimes we are compelled to use an objective means to stimulate and stabilize a weaker mind. I once knew a bricklayer who had the habit of drinking heavily. After each one of his orgies, he would feel very remorseful. One day when I met him on the street, he said, "Mr. Mozumdar, I would give anything if I could overcome my bad habit of drinking." I asked him to come and see me. In the meantime, I thought about his case and tried to discover some means of stimulating his mind and at the same time developing his mental strength in time of temptation. All at once a voice said to me: "Draw a little figure on a piece of paper before him; then after folding it, tie it with a string and give it to him, with the instruction that whenever he is overcome by a strong desire for drink, he should hold this paper in his hand and think of you." So, when he came to see me I followed out the exact directions of the voice. When the man left my place, he was so happy and so confident of his cure that he

was literally walking on air. Since that time he has not touched a drop of liquor.

In this case my patient had something tangible to depend upon while thinking of my treatment. You will say that this man was cured through his faith. What is faith? Is it not a receptive state of mind? Sometimes one is compelled to use some definite means to inspire confidence in oneself and faith in one's patient. Yes, one may teach him the philosophy of truth when he has become strong in his faith because of the results he has obtained. When a man is weak and his whole mental system has become disorganized, he does not need your abstract philosophical truth—he needs something that will give him an immediate result. Like a hungry man, he needs tangible food for his famished mind.

When you inspire faith in a man, that man receives direct support from your mind. In other words, he finds something that reminds him of your help. And he strengthens his mind with the idea that he is not struggling alone, but that another person is with him and lending him substantial support and help.

Not long ago I had a very strange experience with a woman who was in a critical physical condition. Responding to her request for healing help, I told her that Jesus the Christ would keep watch over her at her bedside all through the day and night, and

that she had nothing to fear. She replied: "I do not know whether or not Jesus the Christ would remain here with me alone, because I am not worthy of Him. But if you would remain here, He might remain with you." I had to do a little quick thinking to satisfy the woman's plea. Suddenly the voice said to me, "Tell her that you will remain with her in spirit and keep watch over her with Christ. Give her your handkerchief and tell her that this is to remind her that you are keeping vigil with Christ." I did exactly as the voice directed, and the next morning when I returned to visit her, I found that she was sitting up in bed. Of course, in the meantime I had done a little metaphysical work. I had sent the Cosmic Ray, or rather the Cosmic Energy, to vitalize her mind. I used the means that I did in this case because I found that for some reason the woman's mind would not come to receive health from the Radiant Presence of Christ, nor be vitalized in that way; so I had to become a connecting link between her and Christ. And yet, of course, whatever I did was the work of Christ—that Highest Illumined Consciousness.

When a fakir does something to obtain a result for a patient, he does it either blindly or for the purpose of gaining a certain personal advantage. The result, in such a case, is obtained mostly through the co-operation of minds acting together in faith.

Co-operation between two minds may be almost subconscious. The Cosmic Energy that we may project to a needy person is of no value to that person unless he is receptive. The main problem with which we are confronted is, how to make a person receptive, or how to break his mental insulation. That problem must be solved by the individual practitioner, as each particular case is different.

Some time ago there came to see me a man with a mental malady who had sought healing through almost every kind of metaphysical treatment. It took me but a few minutes to discover that his case was impossible. Everything that I suggested he had tried before. As I was about to give up the case, believing it to be hopeless, an inspiration came to me that seemed to speak in this way: "Why do you not mystify him as to your method of treatment? He has received so many different versions and explanations of metaphysical truth that he has subconsciously lost all sense of the value of a metaphysical method."

So, after a few moments' silence, I shook my head knowingly, injecting the element of mystery. The man was very much mystified and impressed. It had both a thrilling and telling effect upon him. He was very curious to know what I had discovered about his case. He asked me point blank whether or not I had found out what was wrong with him. I replied, "Yes," adding that beyond that I would not

say a single word concerning his case—at least not for the present. I then gave him some instructions. "If you want to get well, then go home and do what I tell you to do", I said. "Every night before you retire, burn some incense, and also tie your big toes with strings. If your mind still wanders away, then tie the strings tighter. In a week, report to me."

When he left me his face was beaming, and he remarked enthusiastically, "Mr. Mozumdar, this is the first time since I have started to take the various metaphysical treatments that I feel confident I am going to be cured. You seem to know what is the matter with me."

I did not tell him that I knew as much about his case as any other healer who had treated him—or maybe a little less. But I did know one thing that the other healers had not known. It was this, that here was purely and simply a mental case, and that no amount of explanation of Truth would explain anything to him. All that the man needed was some sort of forced mental diversion, without any explanation of the why and the wherefore of the thing. The smell of incense and the strings tied to his toes did more to divert his mind than anything he could do through his own personal effort. The reason I told him to tie the strings tighter around his toes in case his mind did not behave, was that I wanted to cause a little pain in order to divert his mind. In the

meantime, I treated him metaphysically by talking directly to him in the All-Pervading Presence of God, and by imagining a corroborative answer as coming from him. Strange to say, in less than a week this man was free.

I am telling this story to show that we should not be dogmatic in the means and methods we adopt for making a person receptive. If you read your New Testament carefully, you will notice that Christ Jesus used various means and methods in inspiring faith and in reaching the consciousness of those afflicted. No matter what method you adopt, you must have an understanding of Truth to back you. As your patient begins to respond, gradually you can try to teach him the metaphysical mystery of Truth. *That Truth is that man is from God; that he is an ever-free spirit; that all conditions that he manifests exist only in his mind; and that whatever he accepts and believes, becomes a reality to him.* Truth alone can set him free from the snare of fear and the mortal concept of life.

Should you feel the need of transmitting Cosmic Energy in order to vitalize an organic life, the following method is effective: You can imagine that this Energy is steadily pouring like rain, or pouring like a solid stream of rays, and passing through the body of your subject and vitalizing it. In order to

make your mind dynamic in action, you can address this stream of rays, saying: "O Creative Power, vitalize, vitalize, energize and energize this life." Continue talking until your mind has accepted this positive action as real.

The question has been raised as to whether or not the human mind can control electronic and atomic forces. Our mind is controlling them every day, but we are not aware of it. The bound electronic energy that exists in an object is moving at a terrific speed. Our physical body is basically electronic energy. If you will follow the simple logic that electrons and protons make atoms, and atoms make molecules, and molecules make an object, you will be able to understand why an object is basically electronic energy. Now the question is—Can we change an object fundamentally, without affecting the electro-magnetic character of the electrons? No, we cannot. Without changing the core or center, we cannot change the constitutional nature of the surface, or rather the circumference. Then, how can we change the fundamental characteristics of our body without changing its electronic structure? We know from our experience that our physical body suffers a change under a strong emotional reaction. Therefore, it must be assumed that our mind does reach the electronic base of our body through our emo-

tions, and exerts a certain amount of influence over the electrons in order to set in motion a chemical reaction in our body.

Our next question is: Of what is our mind constituted? By means of a simple chemical analysis we know of what our body is constituted. Since all of our physical conditions are mental, what relation does our mind bear to our body in its essential quality? If our mind has to play with electronic substance in order to bring about a physical change, is our mind basically of electronic substance of a kind that, through a biological evolution, is better organized than that of our body? That is the question. Mind so closely resembles the electrons in its functions and consequent reactions that we are almost tempted to believe that the electrons themselves must be of mind stuff, and that our mind, being activated by spirit, commands and controls a tremendous amount of electronic force. Then, can you not postulate that out of mind stuff, all things and organic bodies are made? It seems quite logical to imagine that our mind also is made up of the universal mind stuff, and that through a cosmic process it objectifies itself in the form of a physical body. By analysis and experience we know that the mould of the body is held together by the mind, and that for that reason certain mental impressions bring about certain

changes in the body; we further know that if these impressions did not bring about certain changes in the fundamental nature of our body, our body could not possibly change. It is because we know these things through analysis and experience that we can accept the Bible injunction without reservation, "Be ye transformed by the renewing of your mind." I venture to say that there must be some kind of mind even in rocks, or there would be no change in them. *No matter in what significance we accept our body in its relation to our mind, actual practice brings us to one conclusion, namely, that our body is in our mind and our mind is in our body, and that there is no line of demarcation between them.* One seems to be the extension of the other, and the difference that exists between them is due to the difference in their densities.

When we once take for granted the fact that our body is made up of mind stuff, how easy it is then to change our body by changing our mind! Mind stuff is a very flexible substance because it is electronic energy. *The mind that is highly organized with a spiritual force back of it can easily handle its own substance and bring about a certain change in the physical body.* The only things necessary for this are a spiritual conviction and an understanding and knowledge of the mode of operation. Now, suppos-

ing that we accept our body as a part of our mind, or as existing in our mind, shall we be able to change it by our mere thought? That will depend upon our ability to overcome our subconscious resistance. Because of our daily habits and a belief inherited from millions of years back, our mind has accepted the idea that our body is made up of solid substance, and that nothing mental can bring about any change in it. Of course, those with a philosophical trend of mind and a strong imagination may overcome this prejudice, and, within the bounds of race belief, may bring out certain changes in their body by direct thought. But the best method to use in accomplishing such a result is this: Imagine first, that the body is made up of the minutest electronic vibratory units which in their aggregate are flexible and can be moulded into any desired form with our mind; then imagine that you are moulding this flexible body into a definite shape; while engaged in the latter process talk to your mind to take an impression or a photograph of that form, and have a corroborative answer from your mind. If you can then move and act according to the vision of that form, sooner or later you will manifest it objectively.

In taking your physical exercise, if you can form the concept of your body as being an electronic mass, you can quickly mould it to your desired definite

shape. Anything that stimulates your mind enables you to form a clear picture of that which you desire. Most people who wish to reduce their surplus flesh have no definite picture in their mind, and therefore do not obtain any definite result. Speaking for myself, when I have the time and am away from people, I can shape my body very quickly to a desired form. I do not maintain that I have reached the acme of perfection in the ability to renew my body through the renewing of my mind. But one thing I often do—when I take a mental picture or photograph of a certain definite form of my body, I act according to that picture and as though it were a reality. I never try to see the outer manifestation; I know that will follow in accordance with my mental acceptance of its reality. In the meantime, I mentally discard my former form while I function in the new.

If Providence could bring this wonderful creation out of Itself, It certainly must hold the secret of the creative process of all beings and things. Then why not imagine that it is moulding your ever-vibrant body in accordance with your vision? To do this will keep your mind in touch with the Infinite Power and Wisdom that throughout Eternity never fail. Either imagine that the Infinite, Ever-Present God is moulding your ever-vibrant body in accordance with

your vision, and that you are talking to your mind to take an impression of that picture—

OR—

Imagine that the Ever-Present God, Who dwells in every fibre of your body, is absorbing and transmuting your body into His Divine Substance and moulding it in accordance with your vision; also, imagine that you are telling your mind to take a photograph of that new body.

Always act as an ever-free spirit. Make the Reality real to your consciousness; that is, realize that the Universal Principle that has created all beings and things and is sustaining the vast cosmos, is real, and that it is the Never-Failing, Operative Principle back of your body and mind.

It is more important to realize the Vital Presence of God as being real and ever-active than to make any number of mere assertions regarding God's existence.