

SELF-CULTURE JOURNAL.

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Prayer

Quoted from Several Authors

By M. W. Chapman

Prayer is the soul's sincere desire, uttered or unexpressed.

The motion of a hidden fire that trembles in the breast.

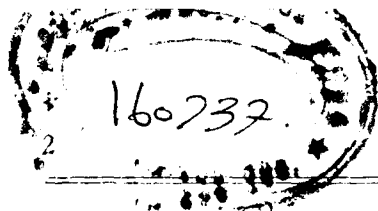
Prayer is the peace of our spirit, the stillness of our thoughts, the evenness of recollection.

The seat of meditation, the rest of our cares, and the calm of our tempest.

Prayer is the issue of a quiet mind, of untroubled thoughts.

It is the daughter of Charity and the sister of Meekness.

We should pray with as much earnestness as those who expect everything from God.



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We should act with as much energy as those who expect everything from themselves.

When we pray for any virtue, we should cultivate the virtue as well as pray for it.

The form of your prayer should be the rule of your life.

Every good and holy desire, though it lack the form, hath in itself the substance and force of a prayer with God.

Prayer is not eloquence, but earnestness.

In the morning, prayer is the key that opens to us the treasures of God's mercies and blessings.

In the evening, it is the key that shuts us up under his protection and safeguard.

God looks not at the oratory of your prayers, how elegant they may be; nor at the geometry of your prayers, how long they may be; nor at the arithmetic of your prayers, how many they may be; nor at the logic of your prayers, how methodical they may be; but the sincerity of them He looks at.

Ignorance is the only sin; knowledge the only salvation.

High aims and lofty purposes are the wings of the soul aiding it to mount to heaven.

Never leave that until tomorrow which you can do today.

It is not good to speak evil of all whom we know to be bad; it is worse to be bad; it is worse to judge evil of any who may prove good. To speak ill upon knowledge shows a want of charity; to speak ill upon suspicion shows a want of honesty.—A. Warwick.

A Spiritual medium is attuned to spirit influence with God's power—similar to tuning in to a radio wavelength.

SELF-CULTURE.

3.

Mental Growth (Selected by M. W. Chapman)

Question. What is mind?

Answer. Mind is the sum of our processes of knowing our feelings of pleasure and pain, and our voluntary doings.

Q. Who so defines mind?

A. Sully, in Outlines of Psychology.

Q. If this explanation is true is it not important that mind be cultivated in many ways, that it may be used to the best advantage for good results?

A. It is the duty of individuals of the world to try to grow minds which will safely direct to noble actions.

Q. How should we begin?

A. We should first of all try to have good dispositions, wholesome desires, inclinations, thoughts and feelings.

Q. Why is this important?

A. These are the natural results of good health and are steps by which we may advance safely in the path of progress, secure mental growth, and attain mental excellence.

Q. Does mind mean spirit?

A. Mind is used to define the intellect chiefly. It is changed and improved when broadened by wisdom, toleration and sense of justice. It is unreliable when clouded by ignorance.

Q. Can you think of any faculty which must be strengthened by cultivation so our minds can make what we learn practical?

A. Yes; one is memory. We must bear in mind what we have worked to learn. We must be ready, by remembering, to put our wisdom and common sense into everyday use.

Q. Do you think of anything else which will help on good results?

A. Yes, we should be able to "make up our minds" as to what is the best thing to do when we are about to act. We must learn to decide promptly and courageously.

Q. You would not act on a onesided look at the situation and needs, would you?

A. Oh no, we would look quickly back, now, and ahead.

Q. Can people act wisely and with decision when unexpected things occur, and there is no time to wait?

A. To know the laws of nature and to be ready to meet changes, accidents, or great good or bad fortune with stability and mental poise, is the benefit of mental culture, and the golden harmonious fruit of strong and harmonious mental growth.

Q. What traits are foes to mental growth?

A. Self-conceit, intolerance, low-mindedness, envy and wasting strength to pay back wrongs.

Q. What promotes mental progress and strength?

A. Hunger for truth. To be tolerant, broad-minded, meek, ready to learn and courageous to live our convictions.

* * * *

Memory Gems

A perfectly just and sound mind is a rare and invaluable gift. But it is still more unusual to see such a mind unbiased in all its actings.

—Cecill.

* * * *

A truly strong and sound mind is the mind that can equally embrace great things and small.—Johnson.

* * * *

The great business of man is to improve his mind and govern his manners; all other projects and pursuits, whether in our power to compass or not, only amusements.—Pliny.

Spiritual Thoughts.

God is in nature.

God is also apart from nature.

The so-called "supernatural" is inconceivable.

Spiritualism teaches; theologians wrangle.

Spirits guide us; God's power sustains.

The proper name for heaven (the one destiny for all) is sphere of progress.

Spiritualism appeals to the reasoning mind of intelligence and intellect.

Spiritualism is the electrical transformer of hope into the power of realization.

A spiritual medium solves the "riddle of the universe" for herself first, and then for the general public—eternal life for all is the solution.

A larger measure of heavenly-mindedness (spirituality) in each individual will make the world a fit place to live in.

A true interpretation of power in nature brings a cognition of divinity. Souls in darkness are dormant but not dead.

The master key to mediumship (where one talks with the so-called dead) is spiritual concentration.

Rectitude and righteousness are characteristics of our spirit relatives who now come to us, tonight; and as we can rely implicitly on those who express those God-like qualities always, there is no chance for any fear or apprehension.

And this power of spirit loved ones to help and to guide us is not a controlling or directing force, but it is one of co-operation, to be accepted or dispensed with at pleasure. So banish all thoughts of fear or apprehension of evil when co-operating with well-disposed and enlightened spirits.

In mediumship, one becomes attuned (like a radio) to the influence of good spirits. The whole procedure of self-unfoldment, ending in mediumship, is spiritual. One must be earnest and sincere with gentle mental application, but in a passive condition. The nearest I can describe the spiritual attitude (for mediumship) is to feel that one has left the mortal body and is now living in the spirit world in rapture and harmony.

This means just getting rid of material conditions, Reader, just try this thought when entering the silence, daily, with relaxation, not tension, and with easy concentration—and become "a medium in your own home."

The Divine Law

By G. H. Goodman

We are controlled by divine law. The God of whom we are a part is the great force of the universe, and in this power no evil can exist.

Without the possibility of successful contradiction, I say each individual has within her self or himself this unseen power. All great forces are made known to man by small illustrations first.

This force may and does exist sometimes for years before it is demonstrated to us personally; it is the knowledge of this power which brings us peace, content and comfort, knowing this divine law of whom and what we are and our true position in the universe, and we are placed here for a good purpose and by the study of divine law and patience, we find peace, rest, hope and courage. This will be the result for those who sincerely seek to know this law, that life is eternal and never dies, the unity of man with God, and that all are one.

I once watched the unfolding of two flowers. Both of them belonged to the rose family. The one was cultivated and much care taken of it; the other one grew unnoticed in the corner of the yard. It was small and dwarfed, but day by day its petals opened to the sun and at last both roses were unfolded. The one was perfect in beauty and color and called forth much admiration from every one.

But the little dwarfed one was passed by unnoticed, till one day, by its fragrance being wafted to me on the breeze, it arrested my attention, and on gathering the two flowers I found the one which had been cultivated with such care had no perfume. But the small dwarfed one exhaled its fragrance everywhere.

So we find it in our life work, day by day, that it is not always the cultured and learned who send the strongest vibration, it is those who have the

pure free soul, who live near that divine law, that have the greatest peace and joy. The less selfish we are the faster we will progress in this new thought and power that is within us—the sooner the I within which is a part of the God within us will be felt and understood by all, for if we have a disordered mind we must perchance see disorder, for to such a mind there is nothing good or beautiful. Why? Because they close the window of the soul and will not let God's beautiful sunshine in. Our heavenly Father has made all things beautiful if we will but look above this material being and see the beauties of the soul life.

Each time we lay down self we have gained a victory in so doing, live nearer the divine law. We may not succeed in the first attempt of knowing ourselves conqueror over self, but perseverance will lead us into the light.

For all life evolves from within and so brings us into relation with the divine harmonies.

What is the result? The Spiritual forces are felt, the soul has unfolded and enduring happiness comes. Other joys are elusive at the best. To feel one's self filled with this divine law and love it, love God, giving for the uplifting of humanity, then shall we know the meaning of oneness.

And the desire of the soul will be satisfied. Much will depend upon our sincerity and depth of feeling for this development. Within each and everyone is this divine law waiting to be used. We are all created for a purpose and that for good, casting out all evil and living this divine law as did our Master when here on earth.

God created all things for usefulness and beauty. The flowers, the trees the grass as it springs forth from Mother Earth delights our senses and we see before us the handiwork of God. So will we see within ourselves His image and work if we will but search for this light.

Always be cheerful. A cheerful face is like sunshine after a storm. When the soul is filled with this divine love, we will be true to ourselves. We will no longer be carnal-minded. We shall be beyond all that binds or fetters the soul. Study this divine law of being, for it raises the weary soul and gives hope and light to humanity.

Meditation Through the Week

(Selected by M. W. Chapman)

SUNDAY

Happiness comes from striving,
doing, loving, achieving, conquering
always something positive and forceful.—Jordan.

MONDAY

Life is mostly froth and bubble;
Two things stand like stone:
Kindness in another's trouble,
Courage in your own. —Gordon.

TUESDAY

The things nearby, not things afar,
Not what we seem, but what we are:
These are the things that make or break,
That give the heart its joy or ache.
—Author unknown.

WEDNESDAY

Let us take invoice of ourselves,
then begin to build new habits of
life by the power of will and by
concentration.—A. P. Bird.

THURSDAY

To make the most of ourselves, to
awaken the powers which lie sleeping
within us, are duties which we owe ourselves, our
friends and to humanity.—A. P. Bird.

FRIDAY

To be "saved" is to become
one with nature; that is, in perfect
harmony with the laws of physical
and spiritual being.—Emma Rood Tuttle.

SATURDAY

Most of our miseries are in the mind,
and they come from dread, fear, timidity, delay,
lack of courage to begin.—G. Patterson.

* * *

Golden Thought

Ideas are the factors that lift civilization.—Vincent.

Good Parents should

Believe in the goodness of young folks;
Comment favorably upon the little victories of children;
Cultivate in children loyalty to little groups outside the family circle;
Try to think in terms of the child's sense of values;
Indulge in no harsh criticisms;
Rear children to lives of work and service;
Be constant in affection, not spasmodic;
Keep children young as long as possible;
Seek to develop the positive complex;
Seek to develop independent judgment and decision.
Dr. John W. Holland.

YOUNG PEOPLE WE LIKE

Young people of backbone,
 Young people who are unselfish.
 Young people who are teachable.
 Young people who can say "No."
 Young people who are not fidgety.
 Young people who don't know it all.
 Young people who are utterly frank.
 Young people who delight to "lift up."
 Young people who live in the sunshine.
 Young people who make home a heaven.
 Young people whose religious zeal grows.
 Young people who are never behind time.

All my experience of the world teaches me that in ninety-nine cases
 out of a hundred the safe and just side of a question is the generous
 and merciful side.—Mrs. Jameson.

All are born at the base of Mount Use.

Sometimes, when writing, my characters seem to be living beings, for
 I hear their spirit voices around me. More than that, they talk to each
 other.—Alexander Dumas.

Where has the Spirit Flown ?

By C. B. Scott

Where has the spirit flown
 Of each departed one ?
 Is it to yonder azure zone—
 Round the splendors of the sun ?

Or doth it sail the stormy air,
 When flaming lightnings rave—
 With restless ghosts and goblins, dare
 To breast the angry wave ?

Or float on summer's balmy breeze,
 At evening's twilight hour,
 When lovers stroll beneath the trees
 And feel the magic power ?

Or doth it grovel in the tomb
 Where the stark and pallid form
 Lies dank and mouldering in the gloom,
 'Mid orgies of the worm ?

Or still doth linger around the hearth
 Where the loved ones yet remain ?
 Or hath it sought a fancied birth
 Upon a foreign plane ?

Or flown unto the shining dome
 Where the Father reigns supreme
 And greets each wandering spirit home
 Where smiles eternal beam ?

Or doth return unto the source
 From whence all being came ?

Or subject to the laws perforce,
 Alike the human frame?
 To every sphere, both far and near,
 The spirits there are known;
 There, here, and there, and everywhere,
 Where fancy's dreams have flown.
 Not in realms above, nor under the sea,
 Are the spirits banished home;
 But where congeniality
 Invites, they go and come.
 Let each one shape through life their course
 That when the spirit's flown,
 Twill seek communion with the source
 Whence blessings all are won.

Thomas Edison on Psychic Investigation

Great Inventor's Interviews Describe How
 He Worked on "Ghost Machine"
 For Talking to the Dead

"I have a theory of my own which would explain scientifically the existence in us of what is termed our subconscious minds. It is quite possible those Spiritualists who declare they receive communication from another world allow their subconscious minds to predominate over their ordinary, everyday minds, and permit themselves to become, in a sense, hypnotized into thinking that their imaginings are actualities; that what they imagine as occurring, while they are in this mental state, really has occurred.

"I am working on the theory that our personality exists after what we call life leaves our present material bodies. If our personality dies, what's the use of a hereafter? What would it amount to? It wouldn't mean anything to us as individuals. If there is a hereafter which is to do us any good we want our personality to survive, don't we?"

"If our personality survives, then it is logical and scientific to assume that it retains memory, intellect, and other faculties and knowledge that we acquire on the earth. Therefore, if personality exists, after what we call death, it is reasonable to conclude that those who leave this earth would like to communicate with those they have left here. Accordingly, the thing to do is to furnish the best conceivable means to make it easy for them to open up communication with us, and then see what happens.

"I am proceeding on the theory that the degree of material or physical power possessed by those in the next life must be extremely slight; and that, therefore, any instrument designed to be used to communicate with us must be super-delicate—as fine and responsive as human ingenuity can make it. For my part, I am inclined to believe our personality hereafter will be able to affect matter. If this reasoning be correct, then, if we can evolve an instrument so delicate as to be affected, or moved, or manipulated by our personality as it survives in the next life, such an instrument, when made available, ought to record something."

To another writer Edison said:

"I have been thinking for sometime of a machine or apparatus which could be operated by personalities which have passed on to another existence or sphere." "I don't claim that our personalities pass on to another existence or sphere. I don't claim anything because I don't know anything about the subject. For that matter, no human being knows. But I do claim it is possible to construct an apparatus which will be so delicate that if there are personalities in another existence or sphere who wish to get in touch with us in this existence or sphere, this apparatus will at least give them a better opportunity to express themselves than the

tilting tables and raps and ouija boards and mediums and the other crude methods now purported to be the only means of communication.

"I believe if we are to make any real progress in psychic investigation, we must do it with scientific apparatus and in a scientific manner, just as we do in medicine, electricity, chemistry and other fields.

"I propose to furnish psychic investigators with an apparatus which will give a scientific aspect in their work. This apparatus is in the nature of a valve. The slightest conceivable effort is made to exert many times its initial power for indicative purposes. It is similar to a modern power house, where a man, with his relatively puny one-eighth horse-power turns a valve which starts a 50,000 horsepower steam turbine. My apparatus is along those lines, in that the slightest effort which it intercepts will be magnified many times."

Edison had long before scouted the generally accepted theories of life and death. He believed life is an endless progression of tiny organisms called "entities," and is therefore indestructible. There is no such thing as death, in a scientific sense. He said:

"I believe our bodies are composed of myriads and myriads of infinitesimal entities, each in itself a unit of life, which band together to build a man."

The question has been raised, that if these life entities are so small, they cannot be large enough to include a collection of organs capable of carrying on the tasks which I am about to mention. Yet why not? There is no limit to the smallness of things, just as there is no limit as to largeness.

"Now we come to the matter of personality. After eighty-two remarkable surgical operations the medical world has conclusively proved that the seat of our personality is in that part of the brain known as the fold of Broca. Now it is reasonable to suppose

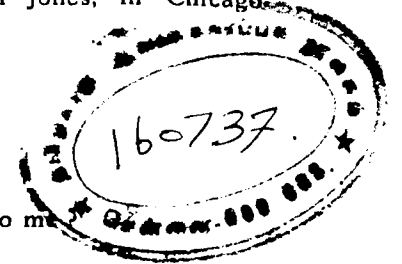
that the directing entities are located in that part of our bodies. These entities, as a close-knit ensemble, give us our mental impressions and our personality.

"The whole question is what happens to the master entities—those located in the fold of Broca.

"Do they remain together as an ensemble, or do they break up and go about the universe seeking new tasks as individuals and not as a collective body? If they break up and set out as individual entities, then I fear that our personality does not survive. While the life entities live forever, thus giving us the eternal life which many of us hope for, this means little to you and me if, when we come to the stage known as death, our personality simply breaks up into separate units which soon combine with others to form new structures."—Francis Arthur Jones, in Chicago Herald and Examiner.

THINGS WORTH WHILE

Don't ask, "Has the world been a friend to me?"
But "Have I to the world been true?"
'Tis not what you get, but what you give
That makes life worth while to you;
'Tis the kind word spoken to the little child
As you wiped its tears away,
And the smile you brought to some care worn face
That really lights your day.
'Tis the hand you clasp with an honest grasp
That gives you a hearty thrill;
'Tis the good you pour into other lives
That comes back your own to fill.
'Tis the dregs you drain from another's cup
That makes your own seem sweet



And the hours you give to your brother's man
 That makes your life complete.
 'Tis the burdens you help another bear
 That makes your own seem light;
 'Tis the danger seen for another's feet
 That shows you the path to right;
 'Tis the good you do each passing day,
 With a heart sincere and true:
 For throw the world your very best—
 Its best will return to you.

—Mabel Brown Denison.

CREATURES OF HABIT

Get the habit of rising early,
 " retiring early,
 " eating slowly,
 " being punctual.
 " being grateful.
 " fearing nothing.
 " speaking kindly.
 " radiating sun-shine.
 " speaking correctly.
 " seeking the sun-shine daily.
 " pronouncing correctly.
 " closing doors gently.
 " neatness in appearance.
 " self-reliance.
 " a forgiving spirit.
 " being industrious.
 " apprehending no evil.
 " anticipating only good.

Get the habit of always being progressive.
 " promptness at meals.
 " daily physical exercise.
 " being accommodating.
 " being a good listener.
 " economy.

Select Thoughts.

The new born year, today is here,
 To bring us all good cheer;
 While joys appear with high hopes near
 We greet the new born year.

Eternity is composed of time as drops constitute the ocean.

Let me take the life book new
 With its leaves unspotted,
 And with nobler purpose write,
 Leaving it unblotted.

In any misunderstandings which you may experience as arising from
 your relations with others, remember the friendly Board of Arbitration—
 Love, Sincerity, Truth.

People, books and things are but the scaffoldings to hold us, while
 we carry the desired image of unfoldment:—or Self-Culture.

You can hear the voice of Intuition only when you are tranquil.

A laugh is worth a hundred groans on any market.

Uses are the causes of creation and the universe.

Accidents are but conductors of viaducts of laws that are just as full of the wisdom of Deity as the most delicious blessing that ever hugged your heart.

True education is learning the art of right living.—B. Lindstrom.

A perfectly just and sound mind is a rare and invaluable gift. But it is still more unusual to see such a mind unbiased in all its actings.
—Cecill.

All are born at the base of Mount Use.

The spiritual body is "matter" spiritualized, as the flower is the earth refined.

God is the cause; nature is the effect and man is the ultimate—a thought of God clothed in material vesture.

If we allow wisdom to guide us we shall inevitably be conducted into the presence of truth, contentment and peace.

—Andrew Jackson Davis,

Behold!—Here is thy magic staff, "Under all circumstances keep an even mind." Take it. Try it. Walk with it. Talk with it. Lean on it. Believe on it. Forever!—Bible.

METHODS OF SALVATION

Question. What do we want to be saved from?

Answer. From doing wrong—thinking wrong—all that makes us unhealthy and fretful, or would hurt ourselves or others.

Q. Give us three kinds of salvation.

A. Bodily, mental and spiritual salvation.

Q. What are some of the methods of bodily salvation?

A. Keeping clean, exercising, deep breathing, eating and drinking properly, learning how to walk and work easily,

Q. What should we remember in this direction?

A. That pure air saves from disease, water saves from dirt, fire saves from cold—earth products save from starvation, light saves from sickness.

Q. What are some of the methods of mental salvation?

A. Truth telling, good language, good reading, healthy playing, thinking with love, keeping from anger and hatred.

Q. What should we remember about this?

A. That books save from ignorance, science saves errors, Spiritualism saves from fear of death. Every good man and woman that helps truth, saves many from sorrow and wrong.

Q. What of spiritual salvation?

A. If we think good and noble thoughts, find the good in everyone, keep mind and body loving and healthy, the soul can make us free and true, and this is one way to spiritual salvation.

Q. Do we have to do this alone?

A. We shall find help from friends on earth, and in spirit land. We shall find true enjoyment and improve in many ways.

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Q. Do we have to do this alone?

A. We shall find help from friends on earth, and in spirit land. We shall find true enjoyment and improve in many ways.

Q. Will this do any good to others?

A. Certainly it will help to make earth laws better, people happier, and we shall find joy when we enter the home-land through the gate called death. (The Progressive Thinker.)

Twelve Things to Remember.

The value of time.
 The success of perseverance.
 The pleasure of working.
 The dignity of simplicity.
 The worth of character.
 The power of kindness.
 The influence of example.
 The obligation of duty.
 The wisdom of economy.
 The virtue of patience.
 The improvement of talent.
 The joy of originating.

The Reality of Survival

By Sir Oliver Lodge

Our material bodies wear out and have to be left behind; no material objects are permanent, they always decay sooner or later, but the soul of a thing is not in the material presentation.

The material side of a picture is canvas and pigment; nothing else would be detected by a microscope; but to such an examination there is no "picture"; the "soul" or meaning—the reality—has evaporated when the material object is contemplated in that analytical manner. So it is with our bodies; dissected they are muscle and blood-vessel and nerves—

a wonderful mechanism; but no such examination can detect the soul or mind.

Mind utilizes and dominates matter; it uses it for purposes of demonstration and achievement, employs it as a vehicle of manifestation, but it is a deadly mistake to identify thought and personality with any assemblage of atoms. The brain is a pulpy mass of matter, mysteriously contrived so as to react to thought, to receive and transmit impressions; but the brain does not think; it does not plan, nor see, nor hear. Only the mind does these mental things—the brain is its instrument. Without it, and its nervous and muscular coordination, we should be powerless to move matter, and therefore powerless to speak or convey our impressions or express our thoughts.

Our whole material body is an assemblage of atoms cunningly put together so as to make a structure of wonderful ingenuity and beauty of adaptation; every part is allotted to its proper function, and we live here and now by the co-operation and harmonious working of the whole. That is how we live here on earth, and how we make ourselves known to others who are in like case.

The particles which compose our body were collected together from vegetable and animal substance, and arranged by the indwelling or psychic entity which may be called life or soul, and which we do not pretend fully to understand. But therein lies the self, the character, the memory; not in the mechanism.

The ear does not hear; it is the instrument of hearing; in itself it is mechanism, as a telephone is mechanism.

The eye does not see any more than a photographic camera sees; it is we who see and hear by means of these receiving instruments. They get stimulated by vibrations, and strangely enough we can interpret those vibrations.

- Q. What can we call trying to be just to all ?
A. Steps to holiness and honor.
- Q. What can we call one form of justice ?
A. Trying to treat rightly (which is righteous) all. Seeking to cure trouble, by knowing what made it. We should pity the low, and try to make them better by our own knowledge and virtue.
- Q. What shall we do when we are truly honorable ?
A. Always speak the truth as we see it, without fear or malice; always keep our word, or give a reason for not doing so; pay as we go and live within our means. Never take advantage of the weak or ignorant. Keep the secrets of others, and many other ways.
- Q. Can children be honorable ?
A. Certainly; they can tell the truth, do noble deeds, pity and often help those less happy than themselves.
- Q. How should we treat those who want to strike, tease and hate ?
A. We should let them alone, if we can do no good; help them, if in distress. We should not treat them the same as they treat us, for then we should be as low as they.
- Q. What has this to do with Spiritualism ?
A. Spirits teach that everyone has some good in him; if we are honorable and true, we shall attract spirits who will help us, and help us to help others.
- Q. What say the Jewish Proverbs about honor ?
A. It is an honor for a man to cease from strife.
- Q. What does the poet Pope say ?
A. "Honor and shame from no condition rise;
Act well your part, there all the honor lies."
- Q. What says plato ?
A. "Honor is a divine good—no evil thing is honorable."
-

