

# *Pathways to Financial Freedom®*

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*Conversations with Napoleon Hill and James Allen*

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‘Spoken words  
leave impressions,  
printed words  
leave tracks.’

- Napoleon Hill



*Napoleon Hill*

# *Napoleon Hill*

## **Personal Info**

Napoleon Hill was born in 1883 in a one-room cabin on the Pound River in Wise County, Virginia. He began his writing career at age 13 as a “mountain reporter” for small town newspapers and went on to become America’s most beloved motivational author. Hill passed away in November 1970 after a long and successful career writing, teaching, and lecturing about the principles of success. His work stands as a monument to individual achievement and is the cornerstone of modern motivation. His book, *Think and Grow Rich*, is the all time bestseller in the field. Hill established the Foundation as a nonprofit educational institution whose mission is to perpetuate his philosophy of leadership, self-motivation, and individual achievement.



# Success Scroll

## 1



Scroll One

### Definiteness of Purpose

Definiteness of Purpose  
is the starting point of all achievement.

Don't be like a ship at sea without a rudder,  
powerless and directionless.

Decide what you want, find out how to get it,  
and then take daily action toward achieving your goal.

You will get exactly and only  
what you ask and work for.

Make up your mind today what it is you want and then  
start today to go after it! Do it now!

*Successful people move on their own initiative,  
but they know where they are going before they start.*

Whatever the mind can conceive and believe, the mind can achieve.



## Mastermind Alliance

No two minds ever come together without a third invisible force, which may be likened to a "third mind."

*No man can become a permanent success without taking others along with him.*

Amphibian





# Success Scroll

## 3



Scroll Three

### Applied Faith

Faith is a state of mind which may develop by conditioning your mind to receive Infinite Intelligence. Applied faith is the adaptation of the power received from Infinite Intelligence to a definite major purpose.

Both poverty and riches are the offspring of thought. When faith is added to thought, the subconscious mind instantly picks up the vibration, translates it into its spiritual equivalent, and transmits it to Infinite Intelligence. Faith is the only agency through which the cosmic force of Infinite Intelligence can be harnessed and used.

*You can do it if you believe you can.*

Whatever the mind can conceive and believe, the mind can achieve.



# Success Scroll

## 4



Scroll Four

### Going the Extra Mile

Render more and better service than that for which you are paid, and sooner or later you will receive compound interest on compound interest from your investment. For it is inevitable that every seed of useful service you sow will multiply itself and come back to you in overwhelming abundance.

Put your mind to work. Access your ability and energy.

Who could use your help? How can you help?

It doesn't take money . . . all it takes is ingenuity and a strong desire to be of genuine service. Helping others to solve their problems will help you to solve your own.

*The most successful people are those who serve the greatest number of people.*

Whatever the mind can conceive and believe, the mind can achieve.



## Pleasing Personality

Believe in yourself – first and foremost!  
What you believe yourself to be, you are.  
The attitudes you transmit to others will tell more about  
yourself than the words you say or how you look.  
Enthusiasm comes from within.  
It is a PMA characteristic.  
You can generate enthusiasm by your thoughts,  
feelings and emotions.

*It is essential that you develop a Pleasing Personality – pleasing to yourself and others.*

Napoleon Hill





### Personal Initiative

It is the power that assures completion  
of anything one begins.

Personal initiative is self-motivation.

*Today's employer usually is yesterday's employee  
who found opportunity waiting for him  
at the end of the second mile.*

Thompsonville





# Success Scroll

## 7



Scroll Seven

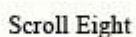
### Positive Mental Attitude

Your mental attitude is the medium by which you can balance your life and your relationship to people and circumstances – to attract what you desire.

We are all born equal in the sense that we all have equal access to the Great Principle: The right to control our thoughts and mental attitude. A positive Mental Attitude is the greatest of life's riches . . . it is through this attitude that anything worthwhile is achieved.

*Keep your mind on the things you want and off the things you don't want. Remember the old proverb:  
"Be very careful what you set your heart on,  
for you will surely achieve it."*

Whatever the mind can conceive and believe, the mind can achieve.



## Enthusiasm

Enthusiasm is a state of mind.  
It inspires action and is the most contagious of all emotions.

Enthusiasm is a combination of mental and physical energy which is seldom found in an ailing body. It thrives best where sound physical health abounds. Sound health begins with the development and maintenance of health consciousness, just as economic success begins with prosperity consciousness.

*To be enthusiastic – act enthusiastically!*

Whatever the mind can conceive and believe, the mind can achieve.

Angela Williams



# Success Scroll

## 9



Scroll Nine

### Self-Discipline

Self-discipline, or self-control, means taking possession of your own mind.

The power of thought is the only thing over which any human being has complete unquestionable control.

We have the power of self-determination, the ability to choose what our thoughts and actions will be. If you direct your thought and control your emotions, you will ordain your destiny.

Take charge of your life. You are what you think!

*Direct your thoughts,  
control your emotions  
and ordain your destiny!*

Whatever the mind can conceive and believe, the mind can achieve.





# Success Scroll

## 10



Scroll Ten

### Accurate Thinking

Accurate thought involves two fundamentals.

First, you must separate facts from mere information.

Second, you must separate facts into two classes –  
the important and the unimportant.

Only by so doing can you think clearly and accurately.

Accurate thinkers permit no one to do their thinking  
for them. Gather information and listen to the opinions  
of others, but reserve for yourself the privilege of  
making decisions.

*Truth will be truth, regardless of a closed mind,  
ignorance or the refusal to believe.*

Whatever the mind can conceive and believe, the mind can achieve.





# Success Scroll

## 11



Scroll Eleven

### Controlled Attention

Controlled attention is the act of coordinating all the faculties of the mind and directing their combined power to a given end. It is an act which can be achieved only by the strictest sort of self-discipline.

Learn to fix your attention on a given subject, at will,  
for whatever length of time you choose.  
You will have learned the secret to power and plenty!  
This is concentration.

*Keep your mind on the things you want  
and off the things you don't want!*

Whatever the mind can conceive and believe, the mind can achieve.



# Success Scroll

## 12



Scroll Twelve

### Teamwork

Teamwork is the willing cooperation and coordination of effort to achieve a common goal. Teamwork is sharing a part of what you have – a part that is good – with others!

Teamwork differs from the Mastermind principle in that it is based on coordination of effort without necessarily embracing the principle of Definiteness of Purpose or the principle of absolute harmony, both of which are essential to a Mastermind Alliance.

*Harmonious cooperation is a priceless asset which you can acquire in proportion to your giving.*

Whatever the mind can conceive and believe, the mind can achieve.



# Success Scroll

## 13



Scroll Thirteen

### Adversity and Defeat

Every adversity you meet carries with it a seed of equivalent or greater benefit. Realize this statement, and believe in it.

Close the door of your mind on all the failures and circumstances of your past so your mind can operate in a  
Positive Mental Attitude.

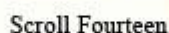
Every problem has a solution – only you have to find it!

If you develop an “I don’t believe in defeat attitude,” you will learn that there is no such thing as defeat – until you accept it as such! If you can look at problems as temporary setbacks and stepping-stones to success, you will come to believe that the only limitations you have are the ones in your own mind.

*Remember: every defeat, every disappointment and every adversity carries with it the seed of an equivalent or greater benefit.*

Whatever the mind can conceive and believe, the mind can achieve.





## Creative Vision

Creative vision is a quality of mind belonging only to men and women who follow the habit of going the extra mile, for it recognizes no such thing as the regularity of working hours, is not concerned with monetary compensation, and its highest aim is to do the impossible.

Creative vision is definitely and closely related to that state of mind known as faith, and it is significant that those who have demonstrated the greatest amount of creative vision are known to have been men with a great capacity for faith. This is both logical and understandable when we recognize that faith is the means of approach to Infinite Intelligence, the source of all knowledge and all facts, both great and small.

*The imagination is the workshop of the soul wherein are shaped all plans for individual achievement.*

Whatever the mind can conceive and believe, the mind can achieve.

Harold Hill





# Success Scroll

## 15



Scroll Fifteen

### Maintenance of Sound Health

Follow work with play, mental effort with physical, eating with fasting, seriousness with humor, and you will be on the road to sound health and happiness.

Don't try to cure a headache.

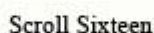
It's better to cure the thing that caused it.

Whatever you possess, material, mental or spiritual, you must use it or lose it.

You are a mind with a body! Since your brain controls your body, know that sound physical health is dependent upon a Positive Mental Attitude. Establish sound, well-balanced health habits in work, play, rest, nourishment and study, and develop and maintain positive thought habits. Remember, what your mind focuses upon, your mind brings into existence.

*If you think you're sick, you are.*

Whatever the mind can conceive and believe, the mind can achieve.



## Budgeting Time and Money

Effectiveness in human endeavor calls for the organized budgeting of time. For the average man the 24 hours of each day should be divided as follows:

8 hours for sleep, 8 hours for work,  
8 hours for recreation and spare time.

The successful person budgets time, income and expenditures, living within his means.

The failure squanders time and income with a contemptuous disregard for their value.

*Tell me how you use your spare time and how you spend your money, and I will tell you where and what you will be ten years from now.*

Whatever the mind can conceive and believe, the mind can achieve.

Amphibian



# Success Scroll

## 17



Scroll Seventeen

### Cosmic Habitforce

The orderliness of the world of natural laws gives evidence that they are under the control of a universal plan.

Man is the only living creature equipped with the power of choice through which he may establish his own thought and behavior patterns.

You have the power to break bad habits and to create good ones in their place – at will.

*You are where you are and what you are because of your established habits and thoughts and deeds.*

Whatever the mind can conceive and believe, the mind can achieve.



### **Develop Definiteness of Purpose**

- Success and progress towards achieving your goals in life begin with knowing where you are going.
- Any dominating idea, plan, or purpose held in your conscious mind through repeated effort and emotionalized by a burning desire for its realization is taken over by the subconscious and acted upon through whatever natural and logical means may be available.
- Your mental attitude gives power to everything you do. If your attitude is positive, your actions and thoughts further your ends? If your attitude is negative, you are constantly undermining your own efforts.
- The starting point of all human achievement is the development of a Definite Major Purpose.
- Without a definite major purpose, you are as helpless as a ship without a compass.

### **Establish a Mastermind Alliance**

- A mastermind alliance consists of two or more minds working actively together in perfect harmony toward a common definite objective.
- Through a mastermind alliance you can appropriate and use the full strength of the experience, training, and knowledge of others just as if they were your own.
- No individual has ever achieved success without the help and cooperation of others.
- The value of "gathering together those of a like mind" is self-evident.
- A group of brains coordinated in a spirit of harmony will provide more thought energy than a single brain, just as a group of electric batteries will provide more energy than a single battery,

### **Assemble an Attractive Personality**

- A Positive Mental Attitude is the right mental attitude in any given situation.
- Courtesy is your most profitable asset... and it is absolutely free!
- Emotions are nothing but reflections of your mental attitude, which you can organize, guide, and completely control.
- Your personality is your greatest asset or your greatest liability because it embraces everything you control ...your mind, body, and soul.
- To be happy, make someone else happy!





### **Use Applied Faith**

- Faith is awareness of, belief in, and harmonizing with the universal powers.
- Faith is a state of mind which must be active not passive, to be useful in achieving lasting success.
- Close the door to fear behind you and you will quickly see the door of faith open before you.
- Fear is nothing more than a state of mind, which is subject to your own direction and control.
- Faith will not bring you what you desire, but it will show you the way to go after it for yourself.

### **Go the Extra Mile**

- Strength and struggle go hand in hand.
- Render more and better service than you are paid for, and sooner or later you will receive compound interest from your investment.
- The end of the rainbow is at the end of the second mile.
- The quality of the service rendered, plus the quantity of service rendered, plus the mental attitude in which it is rendered, equals your compensation.
- The more you give, the more you get.

### **Control Your Attention**

- Keep your mind ON the things you want and OFF the things you don't want!
- It is much easier to focus your attention on something you believe will happen than on something you believe is unlikely.
- Controlled attention is the act of coordinating all the faculties of your mind and directing their combined power to a specific end.
- Positive and negative emotions cannot occupy your mind at the same time.
- Independence starts with self-dependence.

### **Inspire Teamwork**

- There is no record of any great contribution to civilization without the cooperation of others.
- Enthusiasm is contagious and teamwork is the inevitable result.
- A good football team relies more on harmonious coordination of effort than individual skill.
- Most people will respond more freely to a request than they will to an order.
- Helping others solve their problems will help you solve your own.



### **Learn From Adversity and Defeat**

- Everyone faces defeat. It may be a stepping-stone or a stumbling block, depending on the mental attitude with which it is faced.
- Failure and pain are one language through which nature speaks to every living creature.
- You are never a failure until you accept defeat as permanent and quit trying.
- Edison failed 10,000 times before perfecting the electric light bulb. Don't worry if you fail once.
- Every adversity, every failure, and every unpleasant experience carries with it the seed of an equivalent benefit which may prove to be a blessing in disguise.

### **Cultivate Creative Vision**

- Creative imagination has its base in the subconscious and is the medium through which you recognize new ideas and newly learned facts.
- Synthetic imagination springs from experience and reason; creative imagination springs from your commitment to your definite purpose.
- Imagination recognizes limitations. Creative vision sees no limitations.
- Your imaginative faculty will become weak through inaction. It can be revived through use.
- The man who dipped a chunk of ice cream in chocolate and called it "Eskimo Pie" made a fortune for the five seconds of imagination it took to create the idea!

### **Maintain Sound Health**

- To maintain a Positive Mental Attitude and develop a healthy mind and body, you must conquer fear and anxiety.
- Anything that affects your physical health also affects your mental health.
- A Positive Mental Attitude is the most important quality for sound mental and physical health.
- Exercise produces both physical and mental buoyancy. It clears sluggishness and dullness from body and mind.
- If you haven't the willpower to keep your physical body in repair, you lack the power of will to maintain a positive mental attitude in other important circumstances that control your life.



### **Budget Your Time and Money**

- Tell me how you use your time and how you spend your money, and I will tell you where and what you'll be ten years from now.
- Take regular inventory of yourself to learn how and where you are spending your time and money.
- The secret of getting things done is: DO IT NOW!
- Time is too precious to be wasted on arguments and discontent.
- Some mistakes can be corrected, but not the mistake of wasting time. When time is gone, it's gone forever.

### **Use of Cosmic Habitforce**

- It takes a habit to replace a habit.
- All of your successes and failures are results of habits you have formed.
- The orderliness of the world of natural laws gives evidence that they are under control of a universal plan.
- For every result there is a cause, and results are brought about through the use of cosmic habitforce.
- First you get a habit, then it gets you.

### **Create Personal Initiative**

- It is better to act on a plan that is still weak than to delay acting at all.
- Procrastination is the archenemy of personal initiative.
- Procrastinators are experts in creating alibis.
- Personal initiative is the inner power that starts all action.

### **Build a Positive Mental Attitude**

- A Positive Mental Attitude is the single most important principle of the science of success, without which you cannot get the maximum benefit from the other sixteen principles.
- Success attracts success and failure attracts more failure.
- Your mental attitude is the only thing over which you, and only you, have complete control.
- A Positive Mental Attitude attracts opportunities for success, while a Negative Mental Attitude repels opportunities and doesn't even take advantage of them when they do come along.
- A positive mind finds a way it can be done... a negative mind looks for all the ways it can't be done.



## **Control Your Enthusiasm**

- To be enthusiastic-act enthusiastically!
- Enthusiasm is to progress toward success as gasoline is to a car's engine. It is the fuel that drives things forward.
- Enthusiasm stimulates your subconscious mind. By feeding your conscious mind with enthusiasm, you impress upon your subconscious that your burning desire and your plan for attaining it are certain.
- Enthusiasm is a state of mind. It inspires action and is the most contagious of all emotions.
- Enthusiasm is more powerful than logic, reason, or rhetoric in getting your ideas across and in winning over others to your viewpoint.

## **Enforce Self-Discipline**

- Self-discipline is the process that ties together all your efforts of controlling your mind, your personal initiative, positive mental attitude and controlling your enthusiasm.
- Self-discipline makes you think before you act.
- The subconscious has access to all departments of the mind, but is not under the control of any.
- If you don't discipline yourself, you are sure to be disciplined by others.
- Without self-discipline, you are as dangerous as a car running downhill without brakes or steering wheel.

## **Think Accurately**

- Thoughts have power, are under your control, and can be used wisely or unwisely.
- Accurate thinkers accept no political, religious, or other type of thought, regardless of its source, until it is carefully analyzed.
- Accurate thinkers are the masters of their emotions.
- Accurate thought involves two fundamentals. First you must separate facts from information. Second you must separate facts into two classes? The important and unimportant.
- Accurate thinkers allow no one to do their thinking for them.





*James Allen*

# *"As a Man Thinketh"*

**James Allen**

## **FOREWORD**

This little volume (the result of meditation and experience) is not intended as an exhaustive treatise on the much-written-upon subject of the power of thought. It is suggestive rather than explanatory, its object being to stimulate men and women to the discovery and perception of the truth that-- "They themselves are makers of themselves" by virtue of the thoughts which they choose and encourage, that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness.

## **His Life**

James Allen was born in Leicester, England on November 28, 1864. When he was fifteen, the family business failed and his father left for America to find work. His father was murdered before he could send for the family and subsequently, James left school and worked for several British manufacturers until 1902. His literary career lasted only nine years until his death in 1912. "As A Man Thinketh" was his second book. In fact, it was only upon his wife's insistence that he published the book.

James Allen, is perhaps one of the greatest writers of this century. He portrays the Truth clearly, eloquently and with no misunderstanding. "As A Man Thinketh" is a timeless piece...



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### 1. THOUGHT AND CHARACTER

The aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts.

As the plant springs from, and could not be without, the seed, so every act of man springs from the hidden seeds of thought, and could not have appeared without them. This applies equally to those acts called "spontaneous" and "unpremeditated" as to those which are deliberately executed.

Act is the blossom of thought, and joy and suffering are its fruits; thus does a man garner in the sweet and bitter fruitage of his own husbandry.

"Thought in the mind hath made us.  
What we are by thought was wrought and built.  
If a man's mind hath evil thought,  
pain comes on him as comes the wheel the ox behind...  
... If one endure in purity of thought,  
joy follows him as his own shadow - sure."



## *... Thought and Character*

Man is a growth by law, and not a creation by artifice, and cause and effect are as absolute and undeviating in the hidden realm of thought as in the world of visible and material things. A noble and God-like character is not a thing of favour or chance, but is the natural result of continued effort in right thinking, the effect of long-cherished association with God-like thoughts. An ignoble and bestial character, by the same process, is the result of the continued harbouring of grovelling thoughts.

Man is made or unmade by himself. In the armoury of thought he forges the weapons by which he destroys himself. He also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace. By the right choice and true application of thought, man ascends to the divine perfection. By the abuse and wrong application of thought he descends below the level of the beast. Between these two extremes are all the grades of character, and man is their maker and master.

Of all the beautiful truths pertaining to the soul which have been restored and brought to light in this age, none is more gladdening or fruitful of divine promise and confidence than this--that man is the master of thought, the moulder of character, and the maker and shaper of condition, environment, and destiny.

As a being of power, intelligence, and love, and the lord of his own thoughts, man holds key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills.

Man is always the master, even in his weakest and most abandoned state. But in his weakness and degradation he is foolish master who misgoverns his "household." When he begins to reflect upon his condition and search diligently for the law upon which his being is established, he then becomes the wise master, directing his energies with intelligence and fashioning his thoughts to fruitful issues. Such is the conscious master, and man can only thus become by discovering within himself the laws of thought. This discovery is totally a matter of application, self-analysis and experience.

Only by much searching and mining are gold and diamonds obtained, and man can find every truth connected with his being, if he will dig deep into the mine of his soul. That he is the maker of his character, the moulder of his life, and the builder of his destiny, he may unerringly prove, if he will watch, control, and alter his thoughts, tracing their effects upon himself, upon others and upon his life and circumstances, linking cause and effect by patient practice and investigation. And utilizing his every experience, even the most trivial, everyday occurrence, as a means of obtaining that knowledge of himself which is understanding, wisdom, power. In this direction is the law of absolute that "He that seeketh findeth; and to him that knocketh it shall be opened." For only by patience, practice, and ceaseless importunity can a man enter the door of the temple of knowledge.





## 2. EFFECT OF THOUGHT ON CIRCUMSTANCES

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will bring forth. If no useful seeds are put into it, then an abundance of useless weed-seeds will fall therein, and will continue to produce their kind.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires so may a man tend the garden of his mind, weeding out all the wrong, useless and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master gardener of his soul, the director of his life. He also reveals, within himself, the flaws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind elements operate in the shaping of character, circumstances, and destiny.

Thought and character are one, and as character can only manifest and discover itself through environment and circumstance, the outer conditions of a person's life will always be found to be harmoniously related to his inner state. This does not mean that a man's circumstances at any given time are an indication of his entire character, but that those circumstances are so intimately connected with some vital thought-element within himself that, for the time being, they are indispensable to his development.

Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err. This is just as true of those who feel "out of harmony" with their surroundings as of those who are contented with them.

As a progressive and evolving being, man is where he is that he may learn that he may grow; and as he learns the spiritual lesson which any circumstance contains for him, it passes away and gives place to other circumstances.

Man is buffeted by circumstances so long as he believes himself to be the creature of outside conditions, but when he realizes that he is a creative power, and that he may command the hidden soil and seeds of his being out of which circumstances grow; he then becomes the rightful master of himself.

That circumstances grow out of thought every man knows who has for any length of time practiced self-control and self-purification, for he will have noticed that the alteration in his circumstances has been in exact ratio with his altered mental condition. So true is this that when a man earnestly applies himself to remedy the defects in his character, and makes swift and marked progress, he passes rapidly through a succession of vicissitudes.



## *... Effect of Thought on Circumstances*

The soul attracts that which it secretly harbours; that which it loves, and also that which it fears; it reaches the height of its cherished aspirations; it falls to the level of its unchastened desires and circumstances are the means by which the soul receives its own.

Every thought-seed sown or allowed to fall into the mind, and to take root there, produces its own, blossoming sooner or later into act, and bearing its own fruitage of opportunity and circumstance. Good thoughts bear good fruit, bad thoughts bad fruit.

The outer world of circumstances shapes itself to the inner world of thought, and both pleasant and unpleasant external conditions are factors which make for the ultimate good of the individual. As the reaper of his own harvest, man learns both of suffering and bliss.

Following the inmost desires, aspirations, thoughts, by which he allows himself to be dominated (pursuing the will-o'-the-wisps of impure imaginings or steadfastly walking the highway of strong and high endeavour), a man at last arrives at their fruition and fulfilment in the outer conditions of his life. The laws of growth and adjustment everywhere obtain.

A man does not come to the alms-house or the jail by the tyranny of fate or circumstance, but by the pathway of grovelling thoughts and base desires. Nor does a pure-minded man fall suddenly into crime by stress of any mere external force; the criminal thought had long been secretly fostered in the heart, and the hour of opportunity revealed its gathered power. Circumstance does not make the man; it reveals him to himself. No such conditions can exist as descending into vice and its attendant sufferings apart from vicious inclinations, or ascending into virtue and its pure happiness without the continued cultivation of virtuous aspirations; and man, therefore, as the lord and master of thought, is the maker of himself and the shaper of and author of environment. Even at birth the soul comes of its own and through every step of its earthly pilgrimage it attracts those combinations of conditions which reveal itself, which are the reflections of its own purity and impurity, its strength and weakness.

Men do not attract that which they want, but that which they are. Their whims, fancies, and ambitions are thwarted at every step, but their inmost thoughts and desires are fed with their own food, be it foul or clean. Man is manacled only by himself; thought and action are the jailors of Fate—they imprison, being base; they are also the angels of Freedom—they liberate, being noble. Not what he wished and prays for does a man get, but what he justly earns. His wishes and prayers are only gratified and answered when they harmonize with his thoughts and actions.

In the light of this truth what, then, is the meaning of “fighting against circumstances”? It means that a man is continually revolting against an effect without, while all the time he is nourishing and preserving its cause in his heart. That cause may take the form of a conscious vice or an unconscious weakness; but whatever it is, it stubbornly retards the efforts of its possessor, and thus calls aloud for remedy.



## *... Effect of Thought on Circumstances*

Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound. The man who does not shrink from self-crucifixion can never fail to accomplish the object upon which his heart is set. This is as true of earthly as of heavenly things. Even the man whose sole object is to acquire wealth must be prepared to make great personal sacrifices before he can accomplish his object; and how much more so he who would realize a strong and well-poised life?

Here is a man who is wretchedly poor. He is extremely anxious that his surroundings and home comforts should be improved, yet all the time he shirks his work, and considers he is justified in trying to deceive his employer on the ground of insufficiency of his wages. Such a man does not understand the simplest rudiments of those principles which are the basis of true prosperity, and is not only totally unfitted to rise out of his wretchedness, but is actually attracting to himself a still deeper wretchedness by dwelling in and acting out, indolent, deceptive, and unmanly thoughts.

Here is a rich man who is the victim of a painful and persistent disease as the result of gluttony. He is willing to give large sums of money to get rid of it, but he will not sacrifice his gluttonous desires. He wants to gratify his taste for rich and unnatural viands and have his health as well. Such a man is totally unfit to have health, because he has not yet learned the first principles of healthy life.

Here is an employer of labour who adopts crooked measures to avoid paying the regulation wage, and, in the hope of making larger profits, reduces the wages of his work-people. Such a man is altogether unfitted for prosperity, and when he finds himself bankrupt, both as regards reputation and riches, he blames circumstances, not knowing that he is the sole author of his condition.

I have introduced these three cases merely as illustrative of the truth that man is the causer (though nearly always unconsciously) of his circumstances, and that, while aiming at a good end, he is continually frustrating its accomplishment by encouraging thoughts and desires which cannot possibly harmonize with that end. Such cases could be multiplied and varied almost indefinitely, but this is not necessary, as the reader can, if he so resolves, trace the action of the laws of thought in his own mind and life, and until this is done, mere external facts cannot serve as ground of reasoning.

Circumstances, however, are so complicated, thought is so deeply rooted, and the conditions of happiness vary so vastly with individuals, that a man's entire soul condition (although it may be known to himself) cannot be judged by another from the external aspect of his life alone. A man may be honest in certain directions, yet suffer privations; a man may be dishonest in certain directions, yet acquire wealth; but the conclusion usually formed that the one man fails because of his particular honesty, and that the other prospers because of his particular dishonesty, is the result of a superficial judgement, which assumes that the dishonest man is almost totally corrupt, and the honest man almost entirely virtuous. In the light of a deeper knowledge and wider experience, such judgment is found to be erroneous. The dishonest man may have some admirable virtues which the other does not possess; and the honest man obnoxious vices which are absent in the other. The



## *... Effect of Thought on Circumstances*

honest man reaps the good results of his honest thoughts and acts; he also brings upon himself the sufferings which vices produce. The dishonest man likewise garners his own suffering and happiness.

It is pleasing to human vanity to believe that one suffers because of one's virtue; but not until a man has extirpated every sickly, bitter, and impure thought from his soul, can he be in a position to know and declare that his sufferings are the result of his good, and not of his bad qualities; and on the way to, yet long before he has reached that supreme perfection, he will have found, working in his mind and life, the great law which is absolutely just, and which cannot, therefore, give good for evil, evil for good. Possessed of such knowledge, he will then know, looking back upon his past ignorance and blindness, that his life is, and always was, justly ordered, and that all his past experiences, good and bad, were the equitable outworking of his evolving, yet unevolved self.

Good thoughts and actions can never produce bad results; bad thoughts and actions can never produce good results. This is but saying that nothing can come from corn but corn, nothing from nettles but nettles. Men understand this law in the natural world, and work with it; but few understand it in the mental and moral world (though its operation there is just as simple and undeviating), and they, therefore, do not cooperate with it.

Suffering is always the effect of wrong thought in some direction. It is an indication that the individual is out of harmony with himself, with the law of his being. The sole and supreme use of suffering is to purify, to burn out all that is useless and impure. Suffering ceases for him who is pure. There could be no object in burning gold after the dross had been removed, and a perfectly pure and enlightened being could not suffer.

The circumstances which a man encounters with suffering are the result of his own mental in harmony. The circumstances which a man encounters with blessedness are the result of his own mental harmony. Blessedness, not material possessions, is the measure of right thought; wretchedness, not lack of material possessions, is the measure of wrong thought. A man may be cursed and rich; he may be blessed and poor. Blessedness and riches are only joined together when the riches are rightly and wisely used. And the poor man only descends into wretchedness when he regards his lot as a burden unjustly imposed.

Indigence and indulgence are the two extremes of wretchedness. They are both equally unnatural and the result of mental disorder. A man is not rightly conditioned until he is a happy, healthy, and prosperous being; and happiness, health, and prosperity are the result of a harmonious adjustment of the inner with the outer of the man with his surroundings.

A man only begins to be a man when he ceases to whine and revile, and commences to search for the hidden justice which regulates his life. And he adapts his mind to that regulating factor, he ceases to accuse others as the cause of his condition, and builds himself up in strong and noble thoughts; ceases to kick against circumstances, but begins to use them as aids to his more rapid progress, and as a means of discovering the hidden powers and possibilities within himself.





## *... Effect of Thought on Circumstances*

Law, not confusion, is the dominating principle in the universe; justice, not injustice, is the soul and substance of life. Righteousness, not corruption, is the moulding and moving force in the spiritual government of the world. This being so, man has but to right himself to find that the universe is right. And during the process of putting himself right, he will find that as he alters his thoughts towards things and other people, things and other people will alter towards him.

The proof of this truth is in every person, and it therefore admits of easy investigation by systematic introspection and self-analysis. Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life. Men imagine that thought can be kept secret, but it cannot. It rapidly crystallizes into habit, and habit solidifies into circumstance. Bestial thoughts crystallize into habits of drunkenness and sensuality, which solidify into circumstances of destitution and disease. Impure thoughts of every kind crystallize into enervating and confusing habits, which solidify into distracting and adverse circumstances. Thoughts of fear, doubt, and indecision crystallize into weak, unmanly, and irresolute habits, which solidify into circumstances of failure, indigence, and slavish dependence. Lazy thoughts crystallize into weak, habits of uncleanness and dishonesty, which solidify into circumstances of foulness and beggary. Hateful and condemnatory thoughts crystallize into habits of accusation and violence, which solidify into circumstances of injury and persecution. Selfish thoughts of all kinds crystallize into habits of self-seeking, which solidify into distressful circumstances. On the other hand, beautiful thoughts of all kinds crystallize into habits of grace and kindliness, which solidify into genial and sunny circumstances. Pure thoughts crystallize into habits of temperance and self-control, which solidify into circumstances of repose and peace. Thoughts of courage, self-reliance, and decision crystallize into manly habits, which solidify into circumstances of success, plenty, and freedom. Energetic thoughts crystallize into habits of cleanliness and industry, which solidify into circumstances of pleasantness. Gentle and forgiving thoughts crystallize into habits of gentleness, which solidify into protective and preservative circumstances. Loving and unselfish thoughts which solidify into circumstances of sure and abiding prosperity and true riches.

A particular train of thought persisted in, be it good or bad, cannot fail to produce its results on the character and circumstances. A man cannot directly choose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances.

Nature helps every man to gratification of the thoughts which he most encourages, and opportunities are presented which will most speedily bring to the surface both the good and the evil thoughts.

Let a man cease from his sinful thoughts, and all the world will soften towards him, and be ready to help him. Let him put away his weakly and sickly thoughts, and the opportunities will spring up on every hand to aid his strong resolves. Let him encourage good thoughts, and no hard fate shall bind him down to wretchedness and shame. The world is your kaleidoscope, and the varying combinations of colours which at every succeeding moment it presents to you are the exquisitely adjusted pictures of your ever-moving thoughts.



## *... Effect of Thought on Circumstances*

"You will be what you will to be;  
Let failure find its false content  
In that poor word, 'environment,'  
But spirit scorns it, and is free.

It masters time, it conquers space;  
It cowers that boastful trickster, Chance,  
And bids the tyrant Circumstance  
Uncrown, and fill a servant's place.

The human Will, that force unseen,  
The offspring of deathless Soul,  
Can hew a way to any goal,  
Though walls of granite intervene.

Be not impatient in delay,  
But wait as one who understands;  
When spirit rises and commands,  
The gods are ready to obey."

### **3. EFFECTS OF THOUGHTS ON HEALTH AND BODY**

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or automatically expressed. At the bidding of unlawful thoughts the body sinks rapidly into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty .

Disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Thoughts of fear have been known to kill a man as speedily as a bullet and they are continually killing thousands of people just as surely though less rapidly. The people who live in fear of disease are the people who get it. Anxiety quickly demoralizes the whole body, and lays it open to the entrance of disease; while impure thoughts, even if not physically indulged, will sooner shatter the nervous system.

Strong pure, and happy thoughts build up the body in vigour and grace. The body is a delicate and plastic instrument, which responds readily to the thoughts by which it is impressed, and habits of thought will produce their own effects, good or bad, upon it.



## *... Effects of Thought on Health & Body*

Men will continue to have impure and poisoned blood, so long as they propagate unclean thoughts. Out of a clean heart comes a clean life and a clean body. Out of a defiled mind proceeds a defiled life and a corrupt body. Thought is the fount of action, life and manifestation; make the fountain pure, and all will be pure.

Change of diet will not help a man who will not change his thoughts. When a man makes his thoughts pure, he no longer desires impure food.

Clean thoughts make clean habits. The so-called saint who does not wash his body is not a saint. He who has strengthened and purified his thoughts does not need to consider the malevolent microbe.

If you would perfect your body, guard your mind. If you would renew your body, beautify your mind. Thoughts of malice, envy, and disappointment, despondency, rob the body of its health and grace. A sour face does not come by chance; it is made by sour thoughts. Wrinkles that mar are drawn by folly, passion, pride.

I know a woman of ninety-six who has the bright, innocent face of a girl. I know a man well under middle age whose face is drawn into in harmonious contours. The one is the result of a sweet and sunny disposition; the other is the outcome of passion and discontent.

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and goodwill and serenity.

On the faces of the aged there are wrinkles made by sympathy others by strong and pure thought, and others are carved by passion; who cannot distinguish them? With those who have lived righteously, age is calm, peaceful, and softly mellowed, like the setting sun. I have recently seen a philosopher on his death-bed. He was not old except in years. He died as sweetly and peacefully as he had lived.

There is no physician like cheerful thought for dissipating the ills of the body; there is no comforter to compare with goodwill for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill-will, cynicism, suspicion, and envy, is to be confined in a self-made prison hole. But to think well of all, to be cheerful with all, to patiently learn to find the good in all-- such unselfish thoughts are the very portals of heaven; and to dwell day by day in thoughts of peace toward every creature will bring abounding peace to their possessor.



#### 4. THOUGHT AND PURPOSE

Until thought is linked with purpose there is no intelligent accomplishment. With the majority the bark of thought is allowed to “drift” upon the ocean of life. Aimlessness is a vice, and such drifting must not continue for him who would steer clear of catastrophe and destruction.

They who have no central purpose in their life fall an easy prey to petty worries, fears, troubles, and self-pityings, all of which are indications of weakness, which lead, just as surely as deliberately planned sins (though by a different route), to failure, unhappiness, and loss, for weakness cannot persist in a power-evolving universe.

A man should conceive of a legitimate purpose in his heart, and set out to accomplish it. He should make this purpose the centralizing point of his thoughts. It may take the form of a spiritual ideal, or it may be a worldly object, according to his nature at the time being. Whichever it is, he should steadily focus his thought-forces upon the object he had set before him. He should make this purpose his supreme duty and should devote himself to its attainment, not allowing his thoughts to wander away into ephemeral fancies, longings, and imaginings. This is the royal road to self-control and true concentration of thought. Even if he fails again and again to accomplish his purpose--as he must until weakness is overcome--the strength of character gained will be the measure of his true success, and this will form a new starting point for future power and triumph.

Those who are not prepared for the apprehension of a great purpose, should fix the thoughts upon the faultless performance of their duty, no matter how insignificant their task may appear. Only in this way can the thoughts be gathered and focused, and resolution and energy be developed. Once this is done, there is nothing which may not be accomplished.

The weakest soul knowing its own weakness, and believing this truth--that strength can only be developed by effort and practice-- will, thus believing, at once begin to exert itself. And, adding effort to effort, patience to patience, and strength to strength, will never cease to develop and will at last grow divinely strong.

As the physically weak man can make himself strong by careful and patient training, so the man of weak thoughts can make them strong by exercising himself in right thinking.

To put away aimlessness and weakness and to begin to think with purpose is to enter the ranks of those strong ones who only recognize failure as one of the pathways to attainment. Who make all conditions serve them, and who think strongly, attempt fearlessly, and accomplish masterfully.





## *... Thought and Purpose*

Having conceived of his purpose, a man should mentally mark out a straight pathway to its achievement, looking neither to the right nor left. Doubts and fears should be rigorously excluded. They are disintegrating elements which break up the straight line of effort, rendering it crooked, ineffectual, useless. Thoughts of doubt and fear can never accomplish anything. They always lead to failure. Purpose, energy, power to do, and all strong thoughts cease when doubt and fear creep in.

The will to do springs from the knowledge that we can do. Doubt and fear are the great enemies of knowledge, and he who encourages them, who does not slay them, thwarts himself at every step.

He who has conquered doubt and fear has conquered failure. His every thought is allied with power, and all difficulties are bravely met and overcome. His purposes are seasonably planted, and they bloom and bring forth fruit that does not fall prematurely to the ground.

Thought allied fearlessly to purpose becomes creative force. He who knows this is ready to become something higher and stronger than a bundle of wavering thoughts and fluctuating sensations. He who does this has become the conscious and intelligent wielder of his mental powers.

### **5. THE THOUGHT-FACTOR IN ACHIEVEMENT**

All that a man achieves and all that he fails to achieve is the direct result of his own thoughts. In a justly ordered universe, where loss of equipoise would mean total destruction, individual responsibility must be absolute. A man's weakness and strength, purity and impurity, are his own and not another man's. They are brought about by himself and not by another; and they can only be altered by himself, never by another. His condition is also his own, and not another man's. His sufferings and his happiness are evolved from within. As he thinks, so is he; as he continues to think, so he remains.

A strong man cannot help a weaker unless that weaker is willing to be helped. And even then the weak man must become strong of himself. He must, by his own efforts, develop the strength which he admires in another. None but himself can alter his condition.

It has been usual for men to think and to say, "Many men are slaves because one is an oppressor; let us hate the oppressor!" But there is amongst an increasing few a tendency to reverse this judgement and to say, "One man is an oppressor because many are slaves; let us despise the slaves." The truth is that oppressor and slaves are co-operators in ignorance, and, while seeming to afflict each other, are in reality, afflicting themselves. A perfect knowledge perceives the action of law in the weakness of the oppressed and the misapplied power of the oppressor. A perfect love, seeing the suffering which both states entail, condemns neither; a perfect compassion embraces both oppressor and oppressed.



## *... The Thought-Factor in achievement*

He who has conquered weakness and has pushed away all selfish thoughts belongs neither to oppressor nor oppressed. He is free.

A man can only rise, conquer, and achieve by lifting up his thoughts. He can only remain weak, and abject, and miserable by refusing to lift up his thoughts.

Before a man can achieve anything, even in worldly things, he must lift his thoughts above slavish animal indulgence. He may not, in order to succeed, give up all animality and selfishness, necessarily, but a portion of it must, at least, be sacrificed. A man whose first thought is bestial indulgence could neither think clearly nor plan methodically. He could not find and develop his latent resources and would fail in any undertaking. Not having begun to manfully control his thoughts, he is not in a position to control affairs and to adopt serious responsibilities. He is not fit to act independently and stand alone. But he is limited only by the thoughts that he chooses.

There can be no progress nor achievement without sacrifice, and a man's worldly success will be by the measure that he sacrifices his confused animal thoughts, and fixes his mind on the development of his plans, and the strengthening of his resolution and self-reliance. The higher he lifts his thoughts, the greater will be his success, the more blessed and enduring will be his achievements.

The universe does not favour the greedy, the dishonest, the vicious, although on the mere surface it sometimes may appear to do so. It helps the honest, the magnanimous, the virtuous. All the great teachers of the ages have declared this in varying forms, and to prove it and to know it a man has but to persist in making himself increasingly virtuous by lifting his thoughts.

Intellectual achievements are the result of thought consecrated to the search for knowledge or for the beautiful and true in nature. Such achievements may sometimes be connected with vanity and ambition, but they are not the outcome of those characteristics. They are the natural outgrowth of long and arduous effort, and of pure and unselfish thoughts.

Spiritual achievements are the consummation of holy aspirations. He who lives constantly in the conception of noble and lofty thoughts, who dwells upon all that is pure and selfless, will, as surely as the sun reaches its zenith and the moon its full, become wise and noble in character and rise into a position of influence and blessedness.

Achievement of any kind is the crown of effort, the diadem of thought. By the aid of self-control, resolution, purity, righteousness, and well-directed thought a man ascends. By the aid of animality, indolence, impurity, corruption, and confusion of thought a man descends.



## *... The Thought-Factor in achievement*

A man may rise to high success in the world, even to lofty attitudes in the spiritual realm, and again descend into weakness and wretchedness by allowing arrogant, selfish, and corrupt thoughts to take possession of him.

Victories attained by right thought can be maintained only by watchfulness. Many give way when success is assured, and rapidly fall back into failure.

All achievements, whether in the business, intellectual, or spiritual world, are the result of definitely directed thought, are governed by the same law, and are of the same method. The only difference is in the object of attainment.

He who would accomplish little need sacrifice little; he who would achieve much must sacrifice much. He who would attain highly must sacrifice greatly.

### **6. VISIONS AND IDEALS**

The dreamers are the saviours of the world. As the visible world is sustained by the invisible, so men, through all their trials and sins and sordid vocations, are nourished by the beautiful visions of their solitary dreamers. Humanity cannot forget its dreamers; it cannot let their ideals fade and die; it lives in them; it knows them as the realities which it shall one day see and know.

Composer, sculptor, painter, poet, prophet, sage--these are the makers of the after-world, the architects of heaven. The world is beautiful because they have lived. Without them, labouring humanity would perish.

He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it. Columbus cherished a vision of another world and he discovered it. Copernicus fostered the vision of a multiplicity of worlds and a wider universe, and he revealed it. Buddha beheld the vision of a spiritual world of stainless beauty and perfect peace, and he entered into it.

Cherish your visions; cherish your ideals. Cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts. For out of them will grow all delightful conditions, all heavenly environment; of these, if you but remain true to them, your world will at last be built.

To desire is to obtain; to aspire is to achieve. Shall man's basest desires receive the fullest measure of gratification, and his purest aspirations starve for lack of sustenance? Such is not the Law. Such a condition can never obtain:



## *... Visions and Ideals*

"Ask and receive."

Dream lofty dreams, and as you dream, so shall you become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.

The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn; the bird waits in the egg. And in the highest vision of a soul a waking angle stirs. Dreams are the seedlings of realities.

Your circumstances may be uncongenial, but they shall not remain so if you only perceive an ideal and strive to reach it. You can't travel within and stand still without. Here is a youth hard pressed by poverty and labour. Confined long hours in an unhealthy workshop; unschooled and lacking all the arts of refinement. But he dreams of better things. He thinks of intelligence, or refinement, of grace and beauty. He conceives of, mentally builds up, an ideal condition of life. The wider liberty and a larger scope takes possession of him; unrest urges him to action, and he uses all his spare times and means to the development of his latent powers and resources. Very soon so altered has his mind become that the workshop can no longer hold him. It has become so out of harmony with his mind-set that it falls out of his life as a garment is cast aside. And with the growth of opportunities that fit the scope of his expanding powers, he passes out of it altogether. Years later we see this youth as a grown man. We find him a master of certain forces of the mind that he wields with world-wide influence and almost unequalled power. In his hands he holds the cords of gigantic responsibilities; he speaks and lives are changed; men and women hang upon his words and remould their characters. Sun-like, he becomes the fixed and luminous centre around which innumerable destinies revolve. He has become the vision of his youth. He has become one with his ideal.

And you too, youthful reader, will realize the vision (not just the idle wish) of your heart, be it base or beautiful, or a mixture of both, for you will always gravitate toward that which you, secretly, most love. Into your hands will be placed the exact results of your own thoughts. You will receive that which you earn; no more, no less. Whatever your present environment may be, you will fall, remain, or rise with your thoughts--your vision, your ideal. You will become as small as your controlling desire; as great as your dominant aspiration: in the beautiful words of Stanton Kirkham Davis, "You may be keeping accounts, and presently you shall walk out of the door that for so long has seemed to you the barrier of your ideals, and shall find yourself before an audience - the pen still behind your ear, the ink stains on your fingers - and then and there shall pour out the torrent of your inspiration. You may be driving sheep, and you shall wander to the city - bucolic and open mouth; shall wander under the intrepid guidance of the spirit into the studio of the master, and after a time he shall say, 'I have nothing more to teach you.' And now you have become the master, you did so recently dream of great things while driving sheep. You shall lay down the saw and the plane to take upon yourself the regeneration of the world."





## *... Visions and Ideals*

The thoughtless, the ignorant, and the indolent, seeing only the apparent effects of things and not the things themselves, talk of luck, of fortune, and chance. Seeing a man grow rich, they say, "How lucky he is!" Observing another become skilled intellectually, they exclaim, "How highly favoured he is!" And noting the saintly character and wide influence of another, they remark, "How chance helps him at every turn!" They do not see the trials and failures and struggles which these men have voluntarily encountered in order to gain their experience; have no knowledge of the sacrifices they have made, of the undaunted efforts they have put forth, of the faith they have exercised so that they might overcome the apparently insurmountable and realize the vision of their heart. They do not know the darkness and the heartaches; they only see the light and joy, and call it "luck"; do not see the long, arduous journey, but only behold the pleasant goal and call it "good fortune"; do not understand the process, but only perceive the result, and call it "chance."

In all human affairs there are efforts, and there are results. The strength of the effort is the measure of the result. Change is not. Gifts, powers, material, intellectual, and spiritual possessions are the fruits of effort. They are thoughts completed, objectives accomplished, visions realized.

The vision that you glorify in your mind, the ideal that you enthrone in your heart--this you will build your life by; this you will become.

### **7. SERENITY**

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

A man becomes calm in the measure that he understands himself as a thought-evolved being. For such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees ever more clearly the internal relations of things by the action of cause and effect, he ceases to fuss, fume, worry, and grieve. He remains poised, steadfast, serene.

The calm man, having learned how to govern himself, knows how to adapt himself to others. And they, in turn reverence his spiritual strength. They feel that they can learn from him and rely upon him. The more tranquil a man becomes, the greater is his success, his influence, his power for good. Even the ordinary trader will find his business prosperity increase as he develops a greater self-control and equanimity, for people will always prefer to deal with a man whose demeanour is equitable.



## *... Serenity*

The strong, calm man is always loved and revered. He is like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. Who does not love a tranquil heart? a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those who possess these blessings. For they are always serene and calm. That exquisite poise of character that we call serenity is the last lesson of culture. It is the flowering of life, the fruitage of the soul. It is precious as wisdom--more desirable than fine gold. How insignificant mere money-seeking looks in comparison with a serene life. A life that dwells in the ocean of truth, beneath the waves, beyond the reach of the tempests, in the eternal calm!

"How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character."

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown about by anxiety and doubt. Only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

Tempest-tossed souls, wherever you may be, under whatever conditions you may live, know this: In the ocean of life the isles of blessedness are smiling and the sunny shore of your ideal awaits your coming. Keep your hands firmly upon the helm of thought. In the core of your soul reclines the commanding Master; He does but sleep; wake Him. Self-control is strength. Right thought is mastery. Calmness is power. Say unto your heart, "Peace, be still!"