



HOW TO CONTROL FATE THROUGH SUGGESTION

HENRY HARRISON BROWN

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1906

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Supplement To This Fifth Edition

Non-Resistance.

The next law is:--*Never antagonize anything.* Never antagonize any thing, opinion or condition, even in feeling. All is Spirit, therefore All is Good.

"Nothing but good can, or does come to me, therefore I will not antagonize any manifestation, but let it work in me the good whereunto it was sent. For all the possible evil results will be those I make by doubting the goodness of Unity in this manifestation, and, since I am my own Fate and since I make Fate by deciding how to receive each manifestation, I decide this is Good, for All is Good. I thus do as he did who first taught me Soul Culture. Resist not evil, but overcome it in the large affirmation, All is Good. I thus keep my mind quiet, to perceive and reveal truth. Were I to contend, I would not see clearly, neither would I reveal the truth, but would conceive much error. Therefore, I will henceforth think only Good--will never antagonize." Such must be the mental attitude of one who is anxious to lead the spiritual life.

Demonstration.

Demonstration must take the place of argument. Therefore the next law of Soul Culture is:--*Never argue.* "Let your light shine that men seeing your good works" shall know you are Spirit, shall know you love Truth. Affirm: Spirit, and, by living as Spirit, demonstrate you are Spirit. You live Spirit by thinking Spirit and by letting that thought control your life. Soul Culture comes through doing. Here again comes in the thought of the wise Teacher: "I must be about my Father's business" "My Father worketh hitherto and I work." "He that doeth the will of my Father, the same is my mother and sister and brother." "If ye love me, keep my commandments." He always insisted that through conduct spiritual development is demonstrated. Never once did he ask, "What do you think?" or "What do you believe?"

Self-Direction.

The next rule is:--*Intend the mind in the direction in which you wish revelation.* One familiar with the terms of hypnotism will understand when I say, control the mind by Auto- Suggestion. From the sub-conscious

storehouse of all knowledge, the Ego itself, can thus be drawn whatever is desired in the way of wisdom. The mind can also thus be directed to the development of psychic faculties. These faculties take hold on infinity both of time and space. Nothing is hidden from Soul perception. All the Soul's powers are comprised in two, so aptly stated by Emerson thus: "The Soul is the perceiver and revealer of truth;" to perceive and to reveal truth being all that the Soul can do, yet, while the method of perception is ever one, there are many methods of revelation already recognized, and there may be many others to come in our future unfoldment. Perceptions are revealed merely as truth, or they are revealed in terms of time and space. We thus get the names respectively of intuition and inspiration, to designate the revelations of truth; of clairvoyance and telepathy, to designate those of space; of psychometry, to designate those of time. In practice, these shade into each other as, in ordinary life, shade the results of the different senses.

Life--Health.

The first manifestation of Spirit is Life. Therefore, the first function we come to is health. All conditions manifesting less than a normal state of health are those of less health, and not those of disease. They are the results of spiritual weakness; for some cause, Spirit does not properly manifest through the body. The chief, if not the only difficulty, is the impediment placed on the manifestation of Spirit by some false idea. Some affirmation of "Can't," of weakness, or some submission to conditions through belief in heredity or in the impossibility of relief, is the cause of ill health. There is no "let" to "the current that knows its way." Therefore, the first care of the Soul Culturist is "to let" his Spirit have its way in health. This is easy. Only let the body alone; keep the mind off of it, and expect it to be kept by the maker --Spirit--well. He is to think and affirm only Health.

Spiritual Gifts.

We have a number of recognized psychic powers---"spiritual gifts"---but I wish to add a few that are not generally so recognized. The first is Music, the highest and purest expression of soul. All art is purely spiritual; and the

purser the art, the nearer to pure Spirit. The more any attempt in art is removed from all considerations of life, except love for the art itself--- removed from monetary considerations, from precedent, morality, etc.---the purser the art and the more perfect the manifestation of Spirit. Wagner is credited with the insight of saying "If we had real life, we should need no art." The love of the beautiful is the test of spiritual unfoldment. Beauty is Divinity. Hence all the fine arts are psychic in origin. Poetry is especially a psychic gift. It is the child of beauty and melody. Hence, from oracle to seance, we have the improvisatrice, and all men in their natural state and all children are poets.

Classification of Psychic Power.

Thus a classification of the psychic faculties which it is the province of Soul Culture to develop will include Music, Painting, Sculpture, Architecture, Landscape Gardening, Rhetoric, Poetry, Health, Inspiration, Intuition, Clairvoyance, Telepathy, Prophecy and Psychometry. We here have a field comprising all there is in life worth living for, all there is to reward one for living, excepting the one thing that is above all others, and above all classification, for that one thing is the very highest manifestation of Life; it is the Everlasting Life, the pure life of the Spirit, dimly shining through the mists of error; it is---LOVE.

Love.

Love is the first and last expression of Spirit. Love is its highest and purest expression. It is the highest of which the intellect can conceive. It is ever the controlling force in life. Each individual is controlled by his loves; there is no progress for him in any line until his love is moved in that direction; he then moves without solicitation. All spiritual development is made manifest through love. It is the barometer of life recording in manifestation the progress of the soul's unfoldment. Love is all Paul declared it to be when he said: "The greatest of these is Love." It is all Jesus declared when he gave the new commandment, "Love one another," thus making it the one condition to spiritual life. It is all he meant when he said, "God is Love." To present human thought, Love is the highest known or possible

manifestation of power. It represents to us the most beneficent, as well as the controlling, force of the universe within man, and, since it is such, it must be his God. It is the holiest as well as the most powerful of emotions. It is ever present, and is the force out of which all the rest come. Thought is Love reduced in potential and pitch.

Ultimate Power.

The Soul Culturist, therefore, must deal . with Love as his ultimate power, just as the electrician deals with his ultimate power. He does this by methods as rational. Recognizing it as the one force, the one manifestation of Unity, he seeks in Love alone to unfold his psychic powers.

Speed of Vibration.

The intensity of the vibrations of Light has been measured, but not those of magnetism, for they are too swift for any conception of time to enter into the calculation of them. Thought is swifter than magnetism by multiplied vibration, but Love is many times the multiplied vibrations of Thought. Love can be studied by its manifestations in sensation, as sound and light are studied and known.

Love's Pitch and Octaves,

Like all other forms in which Unity . manifests through vibration, Love has its pitch and its octaves and, somewhere in the infinite scale, each human life is placed. The only possible development of any life is to raise or lower its pitch, to increase or diminish its potential. How to do this, and how to transform Love to Thought in obedience to the mechanical Law of Conservation of Energy, is the secret the Sphinx of Time shall yet reveal.

Love of Truth.

There is one ever present starting point in Soul Culture---Love of Truth. This Love, it must not be forgotten, is power; as real power as is steam in the boiler. It is the power that manifests in the development of those faculties

we de-sire. Love must be thought of as Force, must be held in our consciousness as Force, just as the electrician in the power-house holds, in his consciousness, Force as his thought of electricity. Love of Truth is our initial point. Love of Truth is the power with which we work. "God will not manifest himself to cowards," says Emerson; he cannot, if He would, manifest in liars, hypocrites and slaves. Only to the extent that one is truthful, brave, honest and loving, has he any independent spiritual life. All that he may seem to have is but the race accumulation for which he has no responsibility, and hence in which he has no real possession; he is but using the race and animal instinct instead of being, as he should be, an independent, self-controlled individual. To the extent that men manifest love, they are spiritual. As far as they control their love through desire for truth and goodness, they are human, are outgrowing the tiger in them and leaving the remnants of the ape behind.

Safety.

In this love of truth alone is it safe to seek psychic unfoldment. To seek in any other love, is to fall into what the occultists call "black magic," which is the development of power without knowledge or guidance; is putting power into animal, into undeveloped man. This, like all undirected or wrongly directed power, injures temporarily the individual. The ultimate result--unfoldment--is, however, the same; but this road leads through, it may be, centuries of suffering. To seek in any other than love of truth, is to repeat the scandals, the sufferings, failures, and complicated work of the Christian sects and of mediumship; or to sink into the intellectual follies of sectarian "Christian Scientists," who have abandoned love of truth for love of a certain expression of truth and for "a founder" of a sect. Love of truth, pure and simple, is liberty; and, without liberty, no independent life, no living Truth.

The Law.

To seek in love of money, power, fame, or any lesser motive than love of Goodness and Truth, is to invite suffering and development through

suffering. It is "to sow corruption" that one may reap the same. The law is: "Seek ye first the kingdom of Good and its right living, then all spiritual growth shall be added unto you." There is no limit to human manifestation when once, by this means, the way is opened. One thus becomes an Enlightened man. He lives in "the light that lighteth every man that cometh into the world." The light is in himself. He lives neither by the borrowed light of his neighbors, nor of his century.

Concentration.

In this Love-of-Truth, let one concentrate all his thoughts and desires for a time each day. In that concentrated state of mind, "let" the soul be heard. After you have, by desire and expectancy, given it direction, "let" it have its way. In hypnotic terms, after you have given yourself command by Auto-Suggestion, let the sub-conscious part of your being have its expression. All knowledge and power are either latent in the soul or lie behind the soul, ready, on opportunity, to flow into expression and, whenever they are "let," they flow. This condition of "letting" is that of natural somnambulism; of the artificial somnambulism of hypnotism; that of the "Scientist" when "In the Silence"; of the Hindoo in meditation; of the crystal gazer and the card reader. It is concentration. The thing upon which the gaze is concentrated, or whether or not there be anything, is unimportant. The mental state is all.

Involuntary Concentration.

This is identical with that natural condition of involuntary concentration in which the bookkeeper calculates in midst of noise, the editor writes and the mechanic works. The one does it on compulsion of necessity till it becomes habit, the other does it with a predetermined purpose and at will. Such concentration is the key to success in every direction; its opposite---diffusion---is the cause of all failure, be it failure in health, business or love. It is the key to all occult and ancient mysteries.

Practice.

One must, therefore, practice concentration until it becomes not merely habit, but a new instinct. One must learn to rise above the life of sense, to ignore the coarser vibrations and the sensations that arise from them, known as the five senses, and to live in the finer sensations. That the hypnotic subject does this and opens the door to the storehouse of the subconscious, demonstrates that every person, by the same process of Suggestion, can do the same. In Soul Culture, we are seeking to give liberty of expression to whatever latent knowledge the conscious Ego may desire and determine. The fundamental affirmation, I am Spirit, means, I am all that Spirit is. The Soul Culturist affirms:---Since Spirit is Truth, Love, Power, Wisdom, I am Truth, Love, Power, and Wisdom. I am any other possible manifestation that Spirit is. Spirit is all this in potentiality; I may be all this in manifestation. I am part of indivisible Spirit in Spirit. I am an individual manifestation of Spirit in Spirit. Even as an electric spark can say: "I am electricity in electricity, but I am also an individual manifestation of electricity," so can I say: "I am Spirit."

How to Consciously Manifest.

To manifest any of this latent wisdom and power consciously, one must believe he possesses and then try to manifest, even as he tried when a child his powers of locomotion which his parents taught him he possessed, and, believing, he tried and found. Believing he can see, expecting to see, or at least hoping to see, one looks. Even so, hoping at least to see that which the external eye cannot see, let him who would see, look; and, in due time, he shall say with the poet-artist, William Blake: "I assert that I do not behold the outward creation, and that it is to me a hindrance and not an action. I question not my corporeal eye any more than I would question a window concerning a sight. I look through it, and not with it." And more; such an one shall see, as John saw, the spiritual city, not "coming down from heaven," but all about him, in the midst of which he lives, as he lives in this cruder city of the senses; that is, he lives in the spiritual, as he lives in the sense life, by sensation alone. He will have learned to recognize those finer sensations that come from the more beautiful and powerful, because more intensified, vibrations of Spirit.

The Coming Man.

His world will not be merely that which is seen and felt by the ordinary dull man; it will be that of the refined, sensitive "coming man" who will "feel" octaves of vibrations not sensed by one who lives in the octaves of the senses. This finer universe will be as real to him as the harmony that the uneducated, non-musical ear cannot hear is real to the ear of the leader of the orchestra; as real as the sunset, to whose vibrations the eye of the blind is not sensitive, is real to the eye of the artist. It is only a question of unfolded sensitiveness to the unseen, but ever present vibration and the recognition of the response born within the Soul.

Scientifically Attained.

All this desired condition can be as scientifically developed and cultivated as have been the recognition of sound in music, of light in painting, of touch in blind and of tact in society. By devoting a little time intelligently each day, less than it takes to make a musician, one may become clairvoyant, psychometric, or inspirational, and thus grow to the condition desired by Rev. John White Chadwick, a desire which is almost universal; it is beautifully prayed for in these words:

I might be strong to turn my eyes away
To where the eternal stars so plainly shine
Truth, Beauty, Good---and by that vision blest---
Lifting my heart to make its clearness mine---
Taste then, earthbound, the everlasting rest.



INTRODUCTION TO PART 2

From the Philosophy, we now turn to the Principle of Expression. From Science of Life, we turn to the "Art of Living." From "Preaching," we turn to "Practice," remembering that he who cannot "preach better than he practices" will never unfold. For the Ideal, which is the Real of the Soul, must necessarily precede all unfoldment.

That we live, is no evidence that we are now artists. That our lives are not what we desire is evidence that we are poor workmen and that we have not learned to be artisans even. We are bunglers. Disease, failure and unhappiness are evidences of the ignorant and bungling nature of our work. Since Life is power and Art, either useful or beautiful, is but the application of power under intelligent direction, we can make life an Art only by intelligently directing the one power by which Life is directed. That power is Thought. To think as we wish to be, is to BE that_ which we wish to be. Such thinking conies to him who knows the origin of his thought. He chooses only those thoughts which cause health, happiness and prosperity. Our thoughts are caused by Suggestion. To know what Suggestion to accept and thus make into an Affirmation and what Suggestion to ignore, is to control life's expression--- is to be Masters of Fate.

This is taught in Part II. It is recommended that this part be studied until it becomes as familiar as the alphabet. The principles will then be lived. The student will thus become an adept in the mystery of life and an Artist in living.

PART 2. SUGGESTION: ITS PLACE AND POWER

Definition.

Suggestion, in ordinary speech, means anything addressed to the senses, anything that causes an idea in the mind. Thus each individual thing in one's environment is, at all times, a Suggestion. A Suggestion is whatever from without awakens a thought, whatever "sets a man to thinking." It is thus an ever present factor in life; and, in this respect, it is true that "Suggestion rules the world." But, to rule, the Suggestion must be taken by the mind as truth. It is then converted into Auto-Suggestion.

Auto-Suggestion.

This is a Suggestion given by the individual to himself; it is born of conviction of truth. Each individual is controlled by his convictions, that is, by Auto-Suggestion by his Affirmations. In this view, it is not Suggestion but Auto-Suggestion---Affirmation---that rules the world; however, in common thought, this cause and effect, Suggestion and Affirmation, are one. Therefore, it is near enough in fact to say, "Suggestion rules the world," for, until man learns to give himself Suggestions independent of external condition, Suggestion is the primal manifestation of power. When he reaches that plane of development where he is controlled by Affirmation, he becomes, through this power of Affirmation, the creator of his own destiny.

Technical Definition.

But, while this is the meaning of Suggestion in ordinary speech, there is a technical use of the word. Suggestion, as used by mental scientists, suggestionists, and hypnotists, means an intelligent use of this ever present power with a predetermined purpose to create a certain idea in another's mind. It is intelligent use of Suggestion to cause a person to think and to act from a chosen thought. Like all other arts, it is the intelligent use of power.

The Art of Suggestion is the greatest of all arts, and, as a consequence, is the one most potent for good.

Control of Evolution.

Civilization is but ideas materialized. Thoughts control life. While they are not things, they are *power*; thus they are the creator of things. The thought in mind of warrior, statesman, artist, becomes the victory, the state, the statute. As thoughts change, so does all external life change; all progress, all reform, began in the change of thought in some one individual. Heretofore this change has been, as in savage man, merely instinctive; but, as man, by conscious thought, has become a factor in changing the world into better conditions; as he has at will changed grass to wheat, and scrub to blooded stock, so is he now becoming a conscious factor in his own evolution. He is beginning to realize that the only power by which he has wrought has been that of Thought. He is learning that Thought is as easily controlled and made to do selected work as is steam or electricity. He has only to think rightly to have whatever he wishes, either in person or in environment.

"In His Heart."

"As a man thinketh in his heart, so is he," said the ancient prophet. The key to this Affirmation is the words, "in his heart." Interpreted, it reads: "Profound convictions control the life." In scientific terms, it is this: Man is controlled by Affirmation. Therefore, to make life's expression what we wish, we are to hold our wish as to a reality, a profound conviction; it will then materialize. Life is as easily molded into desired forms as is clay by the potter. Clay takes the shape of the thought in the mind. The child's body at birth is molded by the mother's thought; he follows the evolution of that thought until he begins to think for himself; then he begins to reshape his body; and, somewhat consciously but to a greater degree unconsciously, he is doing this every moment of time. When he shall understand his power, he will shape body and environment, at will, to his desires.

Disease, Thought Created.

Thus, by Suggestion, man to-day, without intention, builds his body into disease, old age, weakness, pain and death; builds his environment into poverty and squalor, His mental conditions of unhappiness and sorrow have materialized. When he shall never hold these ideas of bodily decay, of pain, or poverty, but, in their stead, will hold "in his heart" ideals of youth, health, vigor and plenty, there will be to him no more of life's ills. He will have, instead, realization of these beautiful ideals.

Place of Suggestion.

This is the place and the power of Suggestion in the New Thought. This Art places in the control of man his fate by teaching him how to think. It demonstrates that, by right thinking, man may be now that which at times he dreams of being---ever youthful, healthful, happy and free from care. This is possible for all. The Art is as easily taught as is the use of the magnet. Many lives demonstrate it now. Would you know the law? Here it is: *Never think a thing that you do not wish to materialize as a fact. I will put it in another way: Suggest to yourself that that is true which you desire to be true.* "Believe and be saved," was the command of Jesus; believe that to be true which you wish to be true, and it will manifest in your life as truth.

Illustrations.

You wish health. Affirm Health. Think Health. Hold the picture of yourself in health before your mind, just as the artist holds that of the statue he is carving from the marble. Hold it persistently and you will create health. Do you wish relief from poverty? Hold the idea of plenty to use, to enjoy, not to hoard, not to oppress, but to *bless*, and it will as surely come as rose from bud. This is the power of the Christian Scientist, the Divine Scientist, the Mental Scientist, the Soul Culturist, the Hypnotist, the Suggestionist; they all use the power of Suggestion and Affirmation, each more or less understandingly. It is the power of priest, politician, street fakir, auctioneer; of teacher, doctor, and reformer. All of these use it instinctively, for it is all the power man has---the power of Thought.

Affirmation.

The technical word in evidence here is AFFIRMATION. Affirm that which you wish and it will manifest in your life. Learn a lesson from the hypnotist. He says to the subject: "You cannot get up." He repeats it until the subject, because he accepts it as truth, cannot get up. He says: "You have a toothache," and repeats it until the painless jaw really aches. So do we say to ourselves: "I am sick, poor, old, unhappy, weak, penniless," until we make ourselves so. Now turn about; "repent" and affirm the opposite. Say, "I am rich, happy, healthy," until you find life changing its aspects. It will change when you say this from conviction. Realize that as Mind (or Spirit) you are now potentially all you desire. It lies in you, waiting expression. For what one man is, all men are. If one manifests as health, happiness and wealth, all men can. Let that power which is life in you manifest your desire. By Affirmation, direct the life-flow your way.

All is Good.

One affirmation contains all that is necessary for Good. a perfect life. It is this: ALL IS GOOD. This is faith in the Providence of the Universe, faith in the intelligence and wisdom of that Almighty Power that out of Itself said, "Let there be light," and there was light. The All-Power is good. All manifestations come from It, therefore all are good. *All is Good*, used as an Affirmation, becomes reality--redeems the individual from all ills.

Power of Choice.

With this understanding of Suggestion as an ever-present factor in life, goes also the understanding that, whenever one has attained power to select Suggestions and to reject those he does not wish, he has attained the power of controlling his thought. To control thought, is to be the Conscious Creator of Destiny! --to be the Master of Fate. So great is this fact that it requires desire, time and repetition before it can be realized in the daily manifestations of life. Therefore this principle of Suggestion is further unfolded.

How to Suggest.

Remember, a Suggestion is whatever is used intelligently to induce a desired mental condition in another mind. An Affirmation is a Suggestion accepted and made Truth. A statement of Truth in the indicative mood, present tense, is the controlling power in the individual life. We have here a basis from which to begin the work of assuming conscious control of life and of molding its expression to our will. Realizing that life has heretofore been controlled from without--that is, that we have Affirmed because Suggestions were accepted, that we have not heretofore thought of a choice in Suggestions we have accepted--we are ready to learn that we can suggest to ourselves; that Affirmations arising from desire can be voluntarily used. These Affirmations will control the expression of life.

The Great Law.

All the power of Suggestion is multiplied many fold when it becomes Affirmation born from desire. The Master in Life will use, as the power to control the Sub-conscious in its expression, Affirmations born in Desire. THAT WHICH HE WISHES TO BE, HE WILL AFFIRM THAT HE IS. This is the Great Law--the most important law man has yet discovered. By obeying this Law, he will control his life; will make the channel for "the current that knows its way." There is one mighty factor to use in this control: WILL. Grapple to this Affirmation-- I AM--with the WILL. With this grapple, there is no failure. Every Affirmation placed in charge of the Will and let alone will find expression, will be realized. When this is understood, when the beauty and necessity of Affirmation is seen, then the place and purpose of my monthly journal--NOW--will be appreciated. No matter what the culture, position, means or external condition may be, they are valueless in the life and are enslaving conditions until, by conscious Affirmation. through Will, they are used as the means of Soulgrowth--the means to self-mastery.

Morgan.

J. Pierpont Morgan is not master of self, though he is almost master of all earth's transportation, for he is liable to awaken any morning ill; to find himself paralyzed; to become demented; to find fire, flood, famine or war

has reduced him to beggary. He can die by disease, bullet or starvation. The poorest tramp may outlive him, may be happier and may die richer. He has not conquered Fate, and will not until he realizes that all these things, the insignia of earthly power, are of no value to the Soul, which has power to create, to call at will all it needs; until he has passed beyond the necessity of disease and sorrow and even holds death at bay; and until he has learned that he can, at will, change these manifestations of crude vibrations of flesh for the finer ones of Spirit.

The Law of Life.

And yet Truth is so simple, the Mastery of Life. so easily acquired. A child may learn it.

It is laid down in this simple Law of Life: *Affirm that which you desire to be as a present reality. Live as if it were already manifest and you shall find it manifest.* I must repeat here that Truth Affirmed is the controller of life. Affirmations are the within side of Truth. No perception of Truth ever meant so much for mankind as this LAW. It means that all man ever dreamed is within his reach. He has to take it by Affirmation only. The line of evolution in man is toward Self-Control---Conscious direction of the manifestations of life. The animal is fast being outgrown, and MAN is coming into expression.

From Within or Without.

Controlled in some form, life must be. If not from Within, then from Without. The question I now place before you is this: Which shall it be? Will you be Self-Controlled or be the tool, the play, the slave of circumstances? To control railroads, telegraphs, labor, capital, armies, is to control the Without. It is not to control SELF. The person who controls these is himself controlled by them; is the slave of circumstances. The Without-Law of Suggestion is Absolute in sway where the Within-Law of Affirmation is not invoked intelligently and consciously. No matter what or where we are, we act under Thought. As long as we obey without choice Thought born of Suggestion, we are slaves of the Without. When that Thought is self-chosen, then God has assumed the throne in His Kingdom, the Within, and His edicts

are Affirmations. Absolutely he reigns. His edicts are never disobeyed. They are instantly executed. "God said, 'Let there be light,' and there WAS light." No time between command and execution--no time between cause and effect.

Man is Coming.

This development reached, MAN has come; the HUMAN is here; the animal, the instinctive, the automatic, has died out. MAN is here and all things are subject to him. This power of choice in Suggestion is the dividing line between man and brute. As soon as an individual makes a conscious choice, he has crossed the dividing line and is on the road to manhood. When that power of choice has developed so that he chooses every expression of his life and all circumstances obey his will, then, and not till then, has he arrived at MAN'S estate. MAN is coming. MAN IS HERE, whenever one realizes his power to choose, his power to BE!

Teacher's Duty.

The whole duty of the teacher in all departments is to direct, by Suggestion, the thought of his pupil. This control may be early won in life. Suggestion does not determine character, but, through Suggestion, character may be developed and molded into Selfhood. A Suggestion once accepted becomes an Affirmation. The individual then manifests, not as any person or persons may desire, but according to his inherent character. As all force acts in accordance to the instrument within which it is confined, so thought, being force, will act according to the instrumentality through which it manifests. Character is, in Suggestion, a permanent factor, changing only as the unfolding Soul--the I Am--shall change it. -To illustrate: While this essay was in progress, a friend invited me to attend the theater. I had not thought of going, was not conscious of any desire to go. But the Suggestion aroused the desire. I consented and went. The power of Suggestion ceased when I said, "Yes." I went in my thought, acted in my way and enjoyed in my way. My individuality determined how the Suggestion should affect me after I had exercised my choice and said, "Yes."

To You the Victory.

So is it in all affairs of life. To excuse one for doing anything because he or she was influenced by another, is to undermine Selfhood by destroying personal responsibility. To attain Mastery, or to assist another so to attain, insist at all times upon personal responsibility for conduct. All persons have the power to choose, and, by choice, they DO control their life. Now let each bear the effects of that choice and, by experience, learn to choose wisely. Never affirm that you are not responsible, would you achieve success in any undertaking. To you alone belongs the victory. Defeat is impossible, for all experience is victory. Wisdom is the guerdon of all struggle. Thus is the knowledge of Suggestion and Affirmation the knowledge above all other knowledge. It is the wisdom that makes all other knowledge of use. It is the only real, practical knowledge. It is the wisdom of wise choice and action.

Power of this Book.

A graduate from one of our first universities and now a teacher in a Normal Schools, after passing through my classes, said "You have made all my other knowledge available." A physician said: "You have only made of practical value that which I knew beforehand, but I had never formulated the common experiences into Law." This little book will do all this for you if you will let it. How? Assimilate it mentally as you have yesterday's food. Make it a part of your mental constitution. AFFIRM ITS TRUTH.

Praise, Etc.

No Suggestion acts against one's desire and will. One which awakens opposition produces an effect opposite to that desired. Instinctively understanding this and acting upon the principle that each one is ready to be helped the way he desires to go, that each one is willing to accept happiness and success, the world has found praise, adulation, flattery, insignia, social distinctions, to be Power. The wise man will use all Power, and to understand Power and how to use it as Suggestion, is to win success.

Fear.

Suggestions born of duty, necessity and fear, control most lives. When one becomes unfolded, Love will give all the Suggestions. "Love is the fulfillment of the law." Fear is the "Father of Lies," of all ills and evils. "From all Fear, Good Lord, deliver us," should be in the Litany. To be free from Suggestions born of fear, is to be free from illness, failure, poverty and sorrow. These Suggestions should be ignored and the opposite ones immediately affirmed. Hold these last till they are the constant mental attitude, then no more Fear. Affirm, I AM FEARLESS!

No Power to Harm.

There is no power Without to harm. All power is lodged Within, where God's kingdom IS. Whatever is not in harmony with Truth is non-existent, hence has no power. Truth at all times is Power and is entirely GOOD. Therefore "Fear no evil.- Lies and slanders have no power; for they are devoid of Truth. Pay no attention to them. To attend to them even by so much as a thought or wish, is to put power into them. The harm comes from Within, not from the lie. Soon you will come to see that no one has power to harm you but yourself. A lie harms the teller. So is it with all the evil we would do to another. In settling with a business man recently, he remarked: "Since you have kept no account, are you not afraid that I have cheated you?" "You cannot," was my reply. "You can only cheat yourself. Every dollar that you take dishonestly will reduce your power in business, destroy your happiness and injure your health. You cannot take a cent from me, for my Supply is Infinite. The Lord IS my shepherd. I DO NOT WANT." "Well, I wish every one dealt so, it would be a better world," was his remark. "The world is all Good to me now," I replied as I walked out of the door. Take this lesson! Live it! Then ALL is GOOD to you.

Power of Scientists," Etc

Here again you have the secret of ". all the works of "Christian," "Divine," "Mental" and other "Scientists," "Metaphysicians," "Faith Healers," "Prayer

Cures," etc., etc. The Power is exactly that which the hypnotist and the practitioner of "Suggestive Therapeutics" use. No matter if this be denied, he who has studied Suggestion knows that T. J. Shelton, Mrs. Helen Wilmans, Mrs. Eddy and all the rest use Suggestion. Not to use it, they must become non-existent. What other subtle forces there may be---and I think they are infinite as are the possible number of vibrations---yet the director of these forces is Suggestion. But for this power of Suggestion, they would never have a patient. Each paper, book or letter sent out by any Scientist is a Suggestion, and, as irrigating ditch carries water, so does the Suggestion carry the power these healers wield. The mistake is, that one claims All, and another All, when ALL have ALL. All work by the ALL-Power.

One Power to Heal.

As Life is ONE, there can be but ONE healing Power, and that is Life itself. No person ever healed another. Healers have used Suggestion and will more intelligently use it. Acceptance of the Suggestion---the Affirmation--- does the healing. The Suggestion may be conveyed in a thousand ways. Look, attitude, speech, anything addressed to the Ego through any of the five senses, or through any possible channel, is a Suggestion. Hence Telepathy is a most potent channel, because it arouses no opposition in the conscious life. Telepathy is the Power in absent treatments. Whoever has learned Concentration can do all Mrs. Eddy or Mrs. Wilmans does. It is the common heritage of man.

Cannon and Powder.

As chamber of cannon to powder, so is Suggestion to all Soul forces. It is the Conscious will of Man directing the expression of the Sub-Conscious life. It is Mastery! Remember:---To thus direct, to thus realize that the Divine power in you is subject to your Thought, is to attain the pinnacle of knowledge and have the All at your command. It is to be a Special Creator under the Absolute Law of Creation. We thus create our environment---*Create ourselves*. We become that which we wish to be. The road is through Affirmation. To control life, understand and control Suggestion and the

results are those you have desired and chosen. This is to be your Affirmation daily: "I choose my life. I affirm Truth. Truth affirmed molds my body and environment to my desire, as potter molds clay. I make my life to my choice. I am creator." By thus affirming, you have become "Conscious Law" and "King of Kings."

Millennium Here.

Knowing the power of Suggestion, its intelligent use, we who have studied and practiced it see in it the fulfillment of the prophecy and expectation of the millennium. It is here now in every heart that affirms, ALL IS GOOD.

Fear.

Fear being the cause of all ills, failures and unhappiness, it is the first condition to be outgrown. To outgrow fear, learn how to Affirm Fearlessness. Let the thought used be this in any form of words you may choose to put it: "I am fearless. I dare to do anything I desire." Whenever anything comes to cause a thought of fear, make this affirmation. Then do in mind that which you fear and act it in the external when it is possible. Conquer fear by Affirmation and prove you have conquered by *doing* the thing feared. There is not an Affirmation that brings health and happiness sooner than this:---I AM FEARLESS!

Health.

For health, do not recognize disease in your thought. To think upon disease, to brood upon it, is to invite it---is to suggest it upon yourself. Therefore, think only of Health. Ignore disease in thought; think health. Let the Affirmation be something like this:

"I am Life. I am Spirit. I am Mind. As Life, I cannot know sickness. As Life, I am at all times well. As Spirit, I am well. Spirit cannot be sick. I am a perfect manifestation of Spirit. Perfection is health, peace and joy. As Mind, I am ever in perfect health. As Mind, I cannot be ill. I affirm myself Mind. I live as Mind above all death, pain, disease, decay, sorrow, failure and unrest. I am Soul. Soul is a perfect manifestation of God. God cannot know sickness or

pain. I am ONE with God. I am well. I am not separate from Him. I live and move in this thought of Unity and manifest each day my oneness in health. I am Health! I am Peace! I am Joy!" Make these Affirmations and forget that you have made them by *living* them. Be, in expression, that which you Affirm. Life flows as naturally and as harmoniously as sunlight. Affirm! Forget! and let it flow.

Prosperity.

Affirm Success in all your undertakings. No matter what discouragements come, affirm Success. Declare yourself Prosperous. Let no thought of discouragement come into your mind. Affirm "All is Mine. From the ALL each day comes to me that which I need."

Affirm this and forget the necessity of affirming. In the Affirmation, you have sent a message to the only Power that can bring success to the sub-conscious, the Ego--and when you LET, the Ego will bring Success. Think Success, act as if you were Success, and you are Success. Failures come because, when we are tried, we fail to cling to the Ideal of Success. Hold to your Ideal of Success the tighter when seeming failure comes. Affirm Success under all trials and discouragements and success is as surely yours as the mist is, because of the persistent drawings of the sun.

SUPPLEMENT TO THIS FIFTH EDITION

To My Readers, Greeting:

Owing to the condensation of the matter in this edition, the type being set "solid," rather than "leaded," as in previous editions, we have the same amount of reading matter in less space. I am asked by the manager of "Now" Folk to fill this space with a word to the reader concerning the book and our growth since its first appearance.

This book is my first. We called it "My baby" for a year. It has sold, to our surprise, and taken my name all around the world. It has received praise and commendation wherever the English language is read. From none have I received finer appreciation than from several Hindu Swamis. An Arab teacher of occultism when reading it at the request of o Hasnu Hara, editor of "The English Magazine of Mysteries," replied when she asked his opinion of it: "That man knows!" To be tried by a jury of his peers is the desire of every author. I know by the only test possible the truth of that which I have here written. It is the test which I have recommended you in this book to use, i. e., DEMONSTRATION. "Learn to do by doing," is the only true method of education. I have demonstrated the thought of this book to be TRUTH by living it.

It is not possible to estimate how much this book has done to awaken an interest in Suggestion. But I know by many letters that it has been a factor in the world's evolution along the line awakening the consciousness of the Human Soul to a realization of itself as a manifestation of Omnipotence. It has brought many to a rational understanding of an intelligent application of this most important Law of Life, which is also the only Law of human control --The Law of Suggestion.

When this book was first published there was far more confusion in the thought of Suggestion, even among teachers, than at present. The subject was shunned even by New Thought teachers generally, and was much muddled in the teaching of many and feared by others. Now it is a common word, well understood by all leading exponents of the various paths.

My magazine, then in its 2d Volume, was fearless in its annunciation of this Law, on its positive side known as **Affirmation**. Instructions and formulas for denials were then common. Now they are the exception. The Law of Suggestion is now so well understood that few teachers advocate negative propositions. Affirmation is Auto-Suggestion, and whatever I suggest, to myself, that I am.

Students are coming to understand that this Law of Suggestion lies at the base of occultism, both ancient and modern. It underlies Spiritualism and what are termed Suggestive Therapeutics and Magnetic healing; it is the life there is in Osteopathy, "Christian," "Divine" and "Mental" Science, and in the various systems of health treatments now attracting attention. Could suggestion be removed from any system of theology or medicine, it would fail. Authors upon reform and even those writing upon business success; are realizing the value of a knowledge of Suggestion.

For these reasons this little book fills a place among the more pretentious ones, since it brings the Law home to the individual; teaching him through its conscious and intelligent use how to control his fate and make his destiny to his will.

My co-laborers and myself are fast learning to direct our lives by Affirmation. We are realizing our power through Mental Pictures, through the Ideal, to direct our life. We are learning when we have made these pictures, to hold to them, and LET the Universal Life materialize them. We can build through Affirmation only. He who so consciously builds, builds to his will. This fact is one this book forces upon the consciousness of its readers. So many write me: "You have taught me that I can." I would, therefore, have this thought go with you as you lay it down: **I have power to mould my life to my will. I mould it through the Law of Suggestion. I affirm and become that which I affirm.**

When this book was written I had but recently begun my work in San Francisco, not dreaming what its evolution has been, and I was wholly unacquainted with the work of authorship and of publishing. I had obeyed the promptings of my Soul, my intuitions in settling here; I had obeyed them in writing and later in printing the book. Unexpected assistance opened the

way to is publication. I started my magazine through the same faith, in Truth as I heard it in the inner consciousness. Two young men had joined me and with the publication of this we formed the nucleus of what has grown to be "NOW" Folk. We are now an incorporated company with a fair prospect of seeing my Mental Picture materialize:---my Ideal Mountain Home founded with hotel, sanitarium, schools, printing plant and various industries where mutual lovers work for mutual good, in love of their work. This Ideal is materializing. I have held it as a reality for ten years; as a dream for twenty-five years. It comes now in accordance with the Law of Expression, which is the Law by which all Ideals materialize. Ideals find objective expression according to the fidelity with which they are held as present realities. "According to thy faith" is not limited to improving bodily conditions, but covers the whole range of human experience; war and peace, business and home, love and duty, politics and religion, marriage and divorce, birth and death, are all controlled by this Law of Ideal Suggestion---**That which I think, that I am!**

Realizing this power of Thought, I had written before this book, the articles now composing "**Man's Greatest Discovery**" which I consider my most important book thus far, as it deals with the Power and the Principle of Individual Life. Upon this fact THOUGHT IS POWER. ..all future science, philosophy and art will be based. From the knowledge of this fact all my works have originated and upon it all my instruction is based.

Through faith in our power, through right thinking, to create, are the plans of "NOW" Folk materializing. Thought will hereafter build that Home, Sanitarium and Schools, and whatever else we desire because we affirm. **I have power to build my life to my desire.** Daily are we learning where that power lies; daily learning how to direct it. But it is not our thought alone that will do this; we are reinforced by every thought our readers send us, be it for or against us, it makes no difference. The windmill uses every breeze, no matter from whence it comes. All power manifests in accordance with the instrument it uses. So Thought, being Power, when it comes to us from without, is used by our Mental attitude, and since we hold to nothing but Good, all power must manifest goodness for us. Therefore, all who think of us help us in any way in our work for Truth through Love of Truth.

Realizing the power of Thought to control external conditions, and the power of Suggestion to overcome conditions, I wrote my "Dollars want me," a brochure as revolutionary in its thought as in its title. "I want dollars" is the ordinary cry. "**I want!**" is humanity's cry, instead of being, as it should be, "**I POSSESS!**" Affirming possession, we enter into the realization of possession. Without this realization we may be poor with millions in **our hands**. "He is poor who thinks himself poor!" says Emerson. I can imagine no greater good I can do my fellows than to enable them to replace poverty thoughts and pictures with those of opulence. I wrote for this I say in my "Introduction" "To help you to rise above the drudgery of enforced labor!" I believe in freedom and in free men. Necessity is as much a Master as the slave-driver with a whip. I have the consciousness of knowing that the mere Suggestion "Dollars want me!" has changed the conditions of hundreds of its readers. I would like this little book to be scattered as a tract, for there could be no more effective arbitrator between capital and labor; no more humanizer for the selfish and idle; no more stimulating thought to the weary rich, than is the thought it bears: **Wealth is for enjoyment through use.**

"How to Control Fate" soon after its publication called forth my "Not Hypnotism but Suggestion," than which no book is more needed today by the masses. It is becoming common for the idler the foolish, the weak and the vicious to use "Hypnotism" as a scapegoat, and to excuse themselves by saying: "I was hypnotised!" when every expert in Suggestion knows that character determines the reception or rejection of a Suggestion; that where it is used as an excuse it is a case of lack of self reliance, a case always of self-hypnotism. No greater evil is possible than that teaching which lessens personal responsibility for conduct. The weak and vicious are ever seeking an excuse for that which they alone are responsible. Because of this, theories of predestination, heredity, karma, circumstance, influence, spirits, devil, or hypnotism are created and used as an excuse. Excuse is one of the most poisonous of thoughts, for it undermines character, weakens the powers of resistance, lessens faith in self and inculcates a belief in what is worse than ancient demonism by locating power in things outside the Soul. There is but one sure foundation for individual and for national integrity, but one sure foundation for character, and that is SELF RELIANCE. Self-reliance must find its rise in Self Knowledge and Self Respect. For this reason I feel

that I am in my work practicalizing America's greatest essay... Emerson's "Self-Reliance." All my writings are pitched to the one keynote. BE THYSELF!

The object of this book, and all my books, magazines and lessons is to assist others in finding themselves, for each is Power to overcome all conditions and circumstances, and the Power with each is directed in the Will. This Will is trained and directed only through faith in self. "I Can is the Affirmation of Character, Health and Happiness. Self assertion its one name.

Through the success of these books I became aware of the world-wide interest now manifested in New Thought, and felt that this stream needed guiding and clarifying. Therefore I wrote my "New Thought Primer; Origin, History and Principles of the Movement." This book is also a child of "How to Control Fate," for my purpose was, as much as anything, to bring to the intelligent the thought this movement was also Evolution, and that human enfoldment had ever been controlled by the Law of Suggestion.

There is no creation. Progress is but the coming into expression of that which eternally has been. New movements arise in a conception which is but an extension of a previous conception, and that of a previous conception, and so on back to primitive man, of a divine, infinite and eternal idea, which finds expression through human ideals. These ideals become incorporated into institutions, and a civilization which later ideals modify. Thus external conditions are but the materialization of Thoughts born in Suggestions. So arose New Thought. From previous glimpses of Truth we have now grown to a larger vision.

In like manner came the philosophy and the art of Suggestion. It began in Mesmerism, came up through "Animal Magnetism" and other forms of using Thought consciously, to control conduct, until the discovery was made that Thought was the only power used, and that it was one's own thought within himself that did the work in him.

Suggestion lies solely in the individual's power to think and power to choose what to think. From its conscious use in controlling conduct and curing bodily infirmities we have learned that it is equally powerful in changing material conditions and in creating environment to desire.

Thus my six hooks have arisen. They are the evolution of the one idea: **Thought is Power and can be intelligently directed to the creation of one's own self and environment.**

Had this first book . ."My Baby" . .not been received, the rest would not have been. This opened the way for these others and those which are yet to follow. In its effect upon author and publishers it demonstrated the truth of the principle it taught. It has been also a material help in carrying on our work, for it used to come to us that they might assist in the work.

The theme is not exhausted. In dealing with Thought we are dealing with the mightiest Power subject to Human control. In dealing with the Soul we are dealing with Infinity and Eternity. The growing consciousness of Power will be an eternal unfoldment. The evolution of an idea is endless. Every day a new book is needed to record the increased perception of this idea of Thought as Power. I have many new ones as ideals in my mind and I will print them as soon as they can materialize. I propose to write twenty-five pamphlets like this.

Thus there are twenty more to come. These written I then propose to write several large volumes, unfolding a system of "NOW" Philosophy. It is for this reason that I desire the Home I mentioned above to materialize. This will give the leisure, the opportunity and the means that I need. What I will call the system I am as much at a loss now to know as was Herbert Spencer for years concerning his own. But the name will come, the means will come and at the right time the hooks will materialize. We control Fate through Suggestion made as these are in faith in Principle, faith in Self. I know all who read this book wish me to see them materialize. Your thought will be an added power to help. Means are to come for the preparatory work of pamphlet printing, which is but an introduction to the greater work.

I am just entering the productive period of my life. I write this on my sixty-fifth birthday. Was never so well in body, so clear in mind or so in love with, or so enthusiastic in, my work as now. I never listen to a Suggestion of Age, weariness or relief. I am in embryo all now that I wish to be. As bud unfolds into bloom, so will you and I unfold only that which we now are. Suggestion to this effect creates a mental condition which makes it easy for the germs

within to come into expression. Therefore now affirm with me:--- **I am ALL now, I desire to be and I have power to bring that which I am into manifestation.** For this reason that Philosophy which I am will write itself at the right time. This little book is the first chapter.

It seems proper for me thus to take you, my reader, into my confidence since this little book that introduced me to the world starts out on its new edition. I desired to tell you how successfully the Law has worked in my case since November, 1901, when it started on its mission. Ten thousand copies have been disposed of, and each one has carried its message---BE THYSELF! They have won for me the love of thousands whose words of cheer I can only in this way reciprocate.

Soon I will come to you with a little book upon "Concentration." I am so often asked "How to Concentrate?" and what it means, that in answer to these questions, I write this as the next number in this series. I have also ready for publication a work on "The Practical Application of Suggestion in Daily Life." If you are seeking unfoldment we shall long keep company. We will be companions on the way.

A most encouraging feature of modern progress is a realization of the interest in things material giving way before interest in Soul. Psychic Research Societies and investigations in laboratories for the beginnings of life are but evidences of a demand for that for which there is as yet no adequate supply. From personal experience and from the testimony of thousands, I affirm that rest is found only in the Principles upon which all New Thought paths are based. Hunger drives birds to grain fields and deer to the winter corral; so soul-hunger drives men and women from the starvation of fashion, social dissipation, from business mart and sanitarium to the Mental Scientist, where they learn that their only Power, their only Possession, is themselves. Where they come into the realization that happiness does not consist in material things, friends or conditions, but does consist in a purely mental attitude toward one's self and the universe. Happiness, like all else, is a mental habit. He is happy who decides to be happy. The Suggestion of happiness creates happiness. A Suggestion of misery will create it in a palace. A Suggestion of peace will create peace in the midst of tumult. When one says, "I am unhappy," he or she creates that

condition within the mind. When one says, "I am happy," they create happiness within the mind, its only habitation. "The kingdom of heaven" is the kingdom of happiness. It lies only within the consciousness, and depends only upon the Affirmation one uses.

Thus does one become the Master of Fate through decision and self-determination? "What shall be the Affirmation under which I live?" is the question. It is as easy to say, "I am Happy," as it is the reverse; as easy to create a habit of using these words as it is the habit of using their opposite. Optimism and pessimism are mental habits. Which shall it be? is a question each must decide for himself.

A gentleman said to me last night: "I cannot tell you what I owe to your instruction. I was a pessimist and unhappy when I entered your class. I now see everything from an opposite point of view, and am an optimist." Through a course in Suggestion he had learned that not only was he that which he thought, but that each thing had the effect upon him that he thought it would. Through expectancy he created the conditions for the effect affirmed.

This change will come to every one of my readers when this Thought, I AM THAT WHICH I THINK I AM shall become to them the mental incentive of action. **As I think I am. I will think only that which I wish to be. I will think ideal things, and thus create happiness.**

Dear reader, as my last admonition, I affirm that Happiness is the subjective side, the Cause of health. Unhappiness is the subjective side and the Cause of disease. Choose! Which shall it be? The old prophet said, "As for me and my house, we will serve the Lord." "The kingdom of God is within." Him I serve.

Truly your friend,

HENRY HARRISON BROWN.

San Francisco, June 26, 1905.
