



ISSUED EVERY FULL MOON.
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WYOMING, OHIO.

FEBRUARY, 1904.
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"I AM THE ALPHA AND THE OMEGA, THE BEGINNING AND THE ENDING; THE ONE WHO IS, AND THE ONE WHO WAS, AND THE ONE WHO IS COMING, THE ALL POWERFUL."

TO HIM THAT OVERCOMETH WILL I GIVE TO EAT OF THE HIDDEN MANNA, AND I WILL GIVE HIM A WHITE STONE, AND IN THE STONE A NEW NAME WRITTEN."

BE READY.

Have your windows open and your lamps trimmed and bright;
Put on the gospel armor of the purest white;
Keep the pickets at their duty in the highest towers and domes
And be ye therefore ready when the bridegroom comes!

Have your windows open and your lamps trimmed and bright;
For soon the day shall vanish and then dawn dreary night;
When the tempter prowls through darkness as a wild beast from
its lair;
When the watchman's light is gleaming he can never harm us
there.

Have your windows open and your lamps trimmed and bright;
Behold! the Bridegroom cometh, his garments pure and white:
He hath bid you to the table for the feast hath long been spread
So be ye therefore ready to eat that living bread!
—Aaron Belford Thompson.

ADIRAMLED recognizes all schools of New Thought and sincerely believes that everyone is doing the right work in the right place. ADIRAMLED is unique and fills a niche not filled by any other journal because it is an individual production in the truest sense, reaching out for its own, and they are coming by the hundreds from all directions. Light, more light!

I AM THAT I AM THROUGH FAITH.
OUT OF THE DARKNESS OF DUALITY INTO THE
BRIGHTNESS OF UNITY.

Through a Higher Union with the Divine Feminine, I am coming into realization of New Forces and New Powers. The meaning of **TRANSUBSTANTIATION** is made manifest. There is a Wine and there is a Bread which, if partaken, will transform this humble body into an Immortal One. Ask in Silence the Meaning of this Symbol.

AQUARIUS.

All born in favorable February
Are versatile, perceptive, magnetic, merry;
Ideal lovers and champions of Truth,
Seeking the front of eternal youth.

Distinguished Aquarians:—James G. Blaine, Lord Byron, Swedenborg, Horace Greeley, Abraham Lincoln, Ole Bull, Adeline Patti, Henry Irving, Charles Dickens, Charles Darwin, Susan B. Anthony, Li Hung Chang, Copernicus.

It is my desire and purpose to fill the measure of ADIRAMLED full to overflowing with love and power for its readers.

I am but an instrument of the I AM who directs all my affairs. I am seeking just those who are ready for my words and who will be benefited by them.

All who are weary of rattling the dry husks of old thought will behold with joy the ripening kernels of the new.

What we want in advancing thought is not to fossilize forms, or to establish a new kind of cant. Much of metaphysical theorizing is mere moonshine and only a changed aspect of superstitious speculation.

We need to get at the very root of life and learn its secret. "Love is the fulfilling of the law," but how is it? What is the NATURE of the force called Love? and, what is its PRACTICAL utility? How may it be made to subserve the actual human need, so as to be made a source of PERPETUAL LIFE, which it is declared to be?

THIS is what all the world is seeking to know. It is the mission of ADIRAMLED to illuminate this darkness.

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PHONO-GLYPHIC WORD-ANALYSIS.

The term Phono-glyphic was revealed to me as expressive of the power of letters through their forms. It means "sound carving."

Anciently the sounds of speech were cut or carved on rocks and sticks, as among the Assyrians, Egyptians and Britons.

Sounds were first communicated to man by the Inner Voice, and at the same time a symbol, or idea of representation, was given him.

The most wonderful alphabet of symbols extant is that of the Hebrew.

Like the Bible itself, every Hebrew letter is an allegory and reveals a world of hidden meaning to the esoteric student. Upon this alphabet our own is based, but we have at the present time a number of added symbols expressive of the extension and development of the newer race.

The original Hebrew alphabet consisted of twenty-two letters. According to a very ancient Kabbalistic Record, (the Sepher Yetzira), there were three mother letters, *Aleph* (A), *Mem* (M), *Shin* (SH); seven double letters, expressing two sounds; and twelve simple letters, expressing only one sound.

The seven double letters correspond to the seven planets, and the twelve simple ones to the twelve signs of the Zodiac.

The origin of all these letters is from the tooth, the "Yod" (I), since out of this all others are produced by combination. The same is true of "I" in our own alphabet, as I shall later show.

The ancients believed and demonstrated that throughout the Universe there exists but one law. This law governs language as it governs all else. Language is, in fact, its expression; hence, it is possible through the study of language to discover the principle back of the law itself.

Anciently the idea of *Eternity* was symbolized by a circle; and *Unity*, as an eternally present idea, was expressed by a dot (yod) within a circle, or as it is now written "10," one and zero. Now "1" or "Yod" is active and masculine, entering into external manifestation through "0," the symbol of the negative feminine.

The dot within a circle is expressed throughout nature in the Atom with its soul germ or vivifying principle in the center. In the egg the yolk is the yod, or masculine nucleus, and the albumen encasement, the feminine expression of this idea.

It is difficult to think of *Yod*, (I), as existing apart from its form, the ovum. In fact it cannot do so except as a metaphysical concept.

Yod means hieroglyphically a *hand*, or more exactly, the *finger of a hand*, extended to command. Or, it may be, *reaching out to give to another*, or again, to draw *something necessary to itself*.

It presupposes an active agent behind or within itself, but as the actor cannot manifest without this agent, they become synonymous; thus *Yod* becomes *God*, and therefore, I AND GOD ARE ONE.

In shape, *Yod* (3rd letter in the Adiramled Hebrew text, counting backwards) is seen to represent the end of the finger which is the seat of sensitiveness or touch, the point where all the vital forces concentrate. The blind may be said to see with their finger tips! On the other hand, "I" undoubtedly represents the whole finger, like a rod or staff, the *drill stick* of Bulwer Lytton, perhaps. This comparison shows what fine discriminative sense the ancients possessed, and it also shows the materialistic trend of modern thought which regards everything as a stick that looks like a stick.

Yod is identical with the Hindu Vishnu, the preserver, and this may assist us to understand our God more clearly, since there is only one principle which is in itself the actual preservative of life. This is the absolute creative force.

Astronomically *Yod* was Virgo, the virgin, from *Vir* (manly strength) and its month was August, the harvest month. I (J) is the human symbol nearest allied to Deity, thus we see it as the first letter of Jehovah, Jesus, Israel, John, etc.

By going into the Sanscrit, that wonderful and perfect language, we get even a deeper insight into the meaning of "Yod," for here *Yodha* gives us the idea of a *slaying* or *sacrificing* for the purpose of one's own gain. Other allied words, however, show us that the "Yod" rewards by giving, pouring out blessings and enriching those it seems to rob. On the earth plane, it is like a *seeder* which pierces the soil but leaves a *germ* through which the soil is to become enriched.

Again it is the *'reaper* whose name is death," but life springs up more radiant after each harvest because the same reaper becomes again a *sower* with better seed gleaned from the late harvest.

It may also be likened to the Solar Ray which, like a divine hand, reaches down into the human soul, infusing into it new potentiality and a more refined spiritual essence, shining upon it until it has transformed it into something luminous and immortal.

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THE PSYCHIC UNFOLDMENT OF SYMBOLS. NO. 1.

The little poem reproduced on the first page of this issue, sings of the Bridegroom and the Heavenly Bread and has given me a text for my first article on Symbolism. Rarely ever do the singers know just what they are singing about—still more rarely does the preacher or the congregation.

This church, however, is an exception to the rule, since its members all "have ears to hear" and are wide awake to listen.

"BEHOLD, THE BRIDEGROOM COMETH!"

What is a bridegroom? The Indians have a very literal paraphrase of the term, which is also a very true definition. With them a bridegroom is a "squaw-man."

Groom is from Anglo-Saxon *Guma*, a man, and is allied to the Latin, *homo*. A groom in common parlance is one who has charge of something, as of horses—a servant in a somewhat mental capacity.

In the Icelandic, which is the language par excellence for primitive roots, we have for groom, *gromr*, equivalent to boy, giving to the word the added sense of youth.

Bride in Icelandic is *brudhr* ("brooder"), in Danish *brud*, in German *braut* (brauen, to brew).

In Greek also we find *bruo*, to grow (embryo), which gives the sense of germinal or atomic growth.

In studying symbolism, one must remember that there is between words a certain synonymic significance, which in strict etymological analysis would not be admitted.

In the attempt to make words reveal spiritual truths, this occult principle was made use of by all mythic writers, and is, in fact, the key by which symbolical truth may be made manifest.

Thus we are permitted to compare bride with *bred* and *bread* and also with *brood* or even with *bird* and *bright*.

Through a bride, life is *bred* and becomes *bread* by being *brooded* or *brewed*, after which it rises as a *bird* to higher planes becoming very *bright*.

Groom is, throughout, the servant or attendant of this bride. To put the woman before the man seems like an inversion of our understanding of negative and positive forces.

But let us remember that at the "Sun Center" all is inverted from the way we view things externally. The feminine principle is actually

supreme, and the word is allright as it stands. A bridegroom is just what he is, viz., a "bride's groom."

FIRST VIEW: David says, "The heavens declare the glory of God. There is no speech or language where *their* voice is not heard. *Their* rule has gone out through the earth. In *them* hath he set a tabernacle for the sun, which is as a bridegroom coming out of *his* chamber and rejoiceth as a strong man to run a race."

Where are these heavens whose voice is never silent, which rule the earth? Where is the dwelling place of the sun which the psalmist compares to the chamber of a bridegroom?

This, it must be observed, is no ordinary bridegroom but an ideal type, who comes forth a strong man ready to run a race.

The heavens alluded to are in the center of the universe. Up is always towards the center; down, towards the circumference.

Man is the universe. The brain is the moon which shines by reflected light only. Come in from the region of the intellect which falsely says, "I shine," and try to find the true "sun-center," the source of all illumination.

This you can do by becoming this strong man. Rejoice to run the race! Paul says, "Run with patience the race—run that ye may obtain." Paul had already "finished the course" when he said that.

SECOND VIEW: Isaiah says, "I will greatly rejoice in the Lord, for he hath clothed me with the garments of salvation and hath covered me with the robe of righteousness as a bridegroom decketh himself with ornaments." [Marginal reading, "as a priest."]

This garment and robe here must refer to some particular body which is to be clothed.

This clothing saves the body just as the testa or integument of the seed if rightly (*righteously*) formed, saves and protects and passes over into new life the placenta or life germ within the seed.

With such a body the true bridegroom covers himself as a priest, that is, as one who waits on the tabernacle, the dwelling place of the Sun (Son) of God, the Sanctuary, the Altar, the Holy of Holies.

THIRD VIEW: Jesus said unto them, "Can the children of the bride chamber mourn as long as the bridegroom is with them? but the days will come when the bridegroom shall be taken from them and then they shall fast."

THOUGHTS AND THINGS.

My beloved, "The fear [respect] of the Lord is the beginning of wisdom," and the beginning of wisdom and happiness is in the realization: I am a man.

Are you doing something disagreeable? Don't do it! Are you treading some weary, tortuous, stumbling path of duty? Stop treading! Are you bound up socially, religiously or politically? Unbind! You can't! You can! Start on this very hour to find your own. What is your own? That which you most earnestly desire. How are you to do this? WISE, WANT, DEMAND! Set to work and BRING IT TO PASS! Go easy now, don't rush! All time is before you. Let patience have her perfect work. Just let the spirit within you FULLY work itself without. Take hold of every thought which comes to assist you and go on with the thought. Soon you will find yourself swimming in success; bathing in bliss; revelling in riches.

"Thoughts are things and things are thoughts; the one is just as easily explained as the other. You can't understand a thought without a thing or a thing without a thought. You can't have thought without a thing or a thing without a thought. The whole objective universe is an expression of the thought of the subjective universe."—Thomas Shelton, in Christian.

"So let us say—not 'since we know we love,' but rather, 'since we love, we know enough.'—Browning.

"Nature affords the old, and old age seems the only disease; all others run into this one."—Emerson.

"My beauty is as boundless as the sea, my love as deep; the more I give to thee, the more I have; for both are infinite."—Shakespeare.

"To possess the I is to perceive the ideal. To get a consciousness of the power of the I is to go on toward making the ideal apparent to yourself and the I, in its fullest expression, is the ideal."—John Williams, in Freedom.

"The thought that inspires the manifestation of the ideal is of the spirit that inspired the theocracy; God is and is in all of all and through all; that realization never be ignored nor forgotten, and so far as rudimentary and fundamental existence is concerned, the universal Franchise—God—flows in all."—J. O. F. Grambine, in Auras and Colors.

"In our country it is not the 'big I' corporations, trusts or individuals who are the cause of equal and wretchedness, it is the 'little I' men working men. The only cure for poverty of mind or body is to educate the individual

'little I' until he grows up. These pinched conditions are necessary to wake up the individual to his own I, his 'big I.'"—Elizabeth Towne, in the Nauticus.

"In the new day now dawning, we shall refuse to run down at fifty or sixty, and we shall refuse to stop short, never to go again, like Grandfather's clock when the dial of years indicates seventy or eighty. In the light of our larger consciousness, we shall know our right to live, and knowing, dare maintain it. Then shall humanity for the first time know what life really is, what youth is, what love is, what power is—knowing the splendor of work and joy in work unending."—Paul Tynes, in the Radiant Center.

"Genius is a growth, an unfoldment, whose stupendous aspirations are ever expressed in small beginnings. Every one is a genius along some line if they would only live themselves; that is, be true to their own particular ideal. But so much time is consumed in senseless formalities, and in speculating what they will do after greatness has been achieved that the opportunities are lost, the sun sets and these same heroes fade into the oblivion they have prescribed for themselves, simply because they did not make a "move."—"Triumph," published by Florence E. Roberts, Riverside, Calif.

How can the mind heal? Why do you stop to ask the question or try to answer it? If you want to send a message by telegraph or start upon a trip by rail, you do not fold your message or postpone your journey until some one is able to demonstrate to you the nature and power of electricity and steam, but you accept the forces and utilize them for your convenience.

Of course mind does heal. If any one in the nineteenth century doesn't know this, it is because he still dates away back in A. D. 18 hundred and something. Some people oversleep in Devachan—some do right here.

You wake in the morning to think over the business for the day. You hope for success. You plan; that is, you try to peer into the future. You are not certain whether your plan will succeed or not. Your very uncertainty is ominous. It puts a shutter against the window. You are in semi-darkness so long as you doubt. If you succeed, it will be through confidence in yourself, your own powers, your own ability. Confidence opens the window and lets in the sunshine of success. There is no luck as we understand it in the sense of chance. The German Lord Ginoch has much happier conception. It means both happiness and fortune. Success is done if we but unloose the fastenings of fear, timidity, doubt and despair, and throw

wide open the flood gates over-

A lady, with all its stages of symptoms of Animal Magnetism case she fails not feeling a student of a student friend, a practitioner they

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wide open the windows of our minds; thus catch-
ing the floodlight of radiance from the bound-
less over-soul.

A lady, who was addicted to melancholia in
all its stages from plain blues up to acute-hypo-
chondria, was accustomed upon the approach
of symptoms to begin a violent treatment for
Animal Magnetism. In one especially severe
case she failed to get relief for some days; and,
not feeling very strong herself, being only a stu-
dent of a student's student, she called in a lady
friend, a practitioner with a parchment, and to-
gether they started in on the case.

After looking over the regular list of meta-
physical monstrosities, they came to the decid-
ed conclusion that the patient had been ob-
sessed by that cloven-footed, horned and tailed
demon recorded in "The Book" as Theosophy,
whereupon both ladies pitched into the beast
and had the satisfaction of soon doing it best
in a hasty retreat, after which the patient imme-
diately recovered her wonted wontness and re-
counts to this day her valorous demonstration.
Imagine it! Suppose you were a good devil
like Theosophy, and a couple of old ladies
should ring you up by affirmation and you
should, with your customary gallantry, rush to
their rescue only to receive a violent speaking
of denial. Would it not be humiliating, to say
the least, especially as you hadn't "done a thing?"

THE INDIVIDUAL

The derivation of the word individual is
from the Latin *in*, not, and *dividuum*, dividable,
hence the radical meaning of it is, non-divid-
ible and the definition as given in the dic-
tionary: "SUBSISTING AS A SINGLE, INDIVISIBLE
ENTITY OF DISTINCT BEING, INSEPARABLE."

The application of this word to the separate
members of the human family has been made
without knowledge of the nature of the human
being.

It is only ignorance which looks upon each
man and woman as a distinct entity, an indi-
vidual so called; and this popular misconcep-
tion is fundamentally responsible for all of the
woes which the human race now endures.

There is manifest throughout all nature a
principle of activity which is inseparably con-
nected with the appearance and persistence of
every form of life. This single principle, thro-
ugh its dual manifestation, has come to be regarded
as two, denominated as the positive and nega-
tive forces.

On the so-called plane of the inorganic, chem-

ical action takes place and new forms are cre-
ated by an operation of this principle.

On the lower planes of animal and vegetable
life the same principle operates as reproduction,
and is referred to as the sex-principle.

Certain forms are here seen to be bisexual,
and thus at the very base of organic life do we
find the true type of the individual, THAT WHICH
IN ITSELF IS CAPABLE OF BEING AND MAINTAINING
ITS PERPETUITY AND INCAPABLE OF SEPARATION.

As we rise in the scale of life, illusion (Maya)
separates the one sex into the two sexes, and
the binne becomes the dua.

The Evolution of Consciousness necessitated
the primal separation of the negative and pos-
itive elements, but the restoration of reason
will ultimately demand the recognition of these
two elements as one eternal co-related mani-
festation.

In the account of the creation given in the
book of Genesis, God is ELOHIM, a concept, plural
in form and essence, but singular in action
and sense.

"In the image of God (Elohim) created He
him [man]: male and female [forms] created
He them."

The He [they, or binne creative principle] here
mentioned is identical with the sacred ANU of
Eastern religions which comes down to us in
the prefix AN, meaning ALL. In French we have
it embodied in that peculiar genderless pronoun
or, "THEY" (on dit, they say), as also in the
Latin homo, "man."

In our own language it is to be found hidden
in one, and person and hundreds of other words,
while it is continually spoken in the very com-
mon daily expression, "I AM."

In the Biblical allegory Adam (at-on, poten-
tial Spirit unmanifest) sleeps until mind (man)
separates from it the woman (on-an), the origi-
nal expressive mind-principle.

"In the beginning was the word and the word
was with God and the word was God (Elohim)."

Thus Aton (Adhm) becomes vivified and en-
dowed with manifesting potency; therefore man
shall "Cleave to woman, and they shall be one
flesh."

Paul is inspired in the perception of this
great principle for he says;

"The man is not of the woman, but the wom-
an of the man," that is to say, man (mfid) is
the original uncreate, which comes only into
manifestation through woman; the principle of
expression.

Paul says again; "The woman is the glory of

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the man," but "The HEAD of the woman is the man."

Jesus says of this mystical relationship, "They are no more (wain but ONE FLESH, what, therefore, God hath joined together, let not man [man cannot] put asunder."

In this union (Us-I-On) of woman and man, we find the only true and scientific definition of the INDIVIDUAL (the undivided-force-dual), the two in one, which cannot be separated and as.

"U" (oo) is the indrawn breath: intUition, MUM, WO(oo)mb, wOman.

"A" (ah) is the out-pouring breath: fATHER, Am, mAN. The WHOLE BREATH is embodied in the two syllables, "UM" (ooin) and "AN" (ahis) which united express the union of woman and man. "Neither is the man without the woman, neither the woman without the man."

Thus, through the power of the Holy Ghost (whole-breath) MAN is placed at the very center of the universe (one-turn.)

Through U (Lena), feminine principle, he enters the MUNDANE sphere: through O (Sol), masculine principle, he becomes ENSOUL'ed: appearing formally in Earth as hE, shE, thEy: but rendered capable of manifesting only through the IdeA, the dIVine, I (eye), spirIt, In-spiration,—thus becoming the I that I-AM.

Deeper analysis reveals the still hidden meaning of this mystery of mysteries until ISHA stands unveiled before AUM:

All social activity on whatever plane of human life is but an effort more or less blind of these two hidden, veiled and separated syllables, "um-an" (woman-man) to unite in the long lost word, which "in the beginning" was in the bosom of the Father, and to come into a realization of their true INDIVIDUALITY.

The babe who clings to its mother's breast, the maiden who glows at the remembrance of a kiss, the lover who lingers fondly to look at the little fading flower his sweetheart wore, woman and man who do and dare all things to come into the presence of the beloved—all are touched by one and the same power, the magnetic and magical power of Love, which is eternally reaching out for its own.

Apothecized, Love sits enshrined as the Bleeding Heart of Christ or The Tearful Madonna.

Metemorphosed, it appears as religious fanaticism leading crusades and waging holy wars to reclaim its ideal.

The poet's dream, the philosopher's theme

and the struggle of men has been, is, and will ever remain the realization of the ideal, the search for the long lost Word, the reunion of co-M-an: the INDIVIDUAL REGAINED, DIVINITY ATTAINED.

HARMONY: THE PATH OF ATTAINMENT.

All thought is externalized in form and is perceived by the mind as something independent and apart from itself.

Every formal manifestation is accompanied by the phenomenon of vibration, which is not, as commonly stated and believed, the end of the manifestation, but rather its measurement and expression. Agreeable sensations are produced by thought-force sent off in smooth, regular, even pulsations, and the result is said to be HARMONIOUS; while, on the other hand, thought which is impelled in rough and irregular waves, produces upon the mental retina the sense of the unpleasant and disagreeable, receiving the characterization of DISCORDANT.

All satisfactory attainment is made through an understanding of the principle underlying harmonious thought-action.

Music itself is the ideal drama of life's formal expression in which every discord becomes harmoniously reconciled and the power and beauty of consonance is brought to light.

It represents the struggle of the mind thrown into discordant relations to gain the ideal sense of equilibrium and repose.

How may we come into an understanding of the principle which will lead us to the practical realization of this desirable mental condition?

First, by a recognition that the condition is possible, and that we have the power within to attain it.

Second, by earnestly desiring and seeking to find it out.

The first step to be taken in this attainment is to think harmonious thoughts, to contemplate harmonious objects, to do harmonious acts.

No other occupation so thoroughly fulfills all the requisite conditions for perfecting the thought-action as does the study of music, especially the practice of singing.

Tone, beautiful tone, is produced by the concordant and harmonious vibration of the entire body; that is to say, the action of thought must have put the body into this sensitive and responsive condition before beautiful tone will be produced. The singer has to make his body

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vibrant, and the body then becomes the instrument attuned for the mind to play upon at will.

The violin affords a peculiarly apt illustration of this same principle: At first the new violin may produce a coarse, rough tone; but in time the vibration of the tone through the body of the instrument modifies and moulds the violin itself, so that ultimately the two may be said to have created a new instrument.

It takes a hundred years, perhaps, to produce this change in the wood; whereas, in the elastic, cellular bodily structures a few months suffice to show wonderful changes effected by the moulding influence of tone vibration, until finally the singer becomes physically transformed by the song.

The experiments of Chladni are well-known to acoustical students. Upon a thin plate of metal, sand is sprinkled. When a bow is drawn across the edge of the plate, the vibration causes the sand to arrange itself in perfect geometrical figures of various design.

Experiments of a similar kind but much more extended have recently been made by a lady (Mrs. Hughes) in Wales, who uses what she calls an Eidophone, an instrument shaped like a large pipe. Across the bowl is stretched a film of India rubber upon which a thin layer of fine sand is spread.

When the tones of the scale are sung into this instrument, each produces in the sand a distinct design, resembling snow crystals. By using water-color paints spread thin upon the film, the forms of flowers and ferns are produced by tones, their perfection and beauty of form being determined by the character of the voice.

These experiments in pictorial sound representation are in themselves a revelation in regard to the character of sound, and to the mental student are very suggestive of the possibilities of the thought-force behind all the phenomena.

Mental harmony brings with it not only the thought of perfected consummation, but the idea of eternal realization. For with the establishment of a perfect equilibrium or balance of thought-force, acting harmoniously upon the body—the visual manifestation of the mind—discontinuity or dissolution are terms without significance.

The attainment of perfect mental harmony is conditioned upon the resolution of every physical discord. DESIRE is the impulse, SATISFACTION, the motive, and LOVE, the everlasting resultant.

PRACTICE LESSON.

Breath is being. The Breath of Life is the Holy Spirit of Revelation. It may be considered as the vital food of the body, mind and soul. The act of breathing, though really voluntary, is yet so very natural that it is generally considered as involuntary, and consequently is given but little or no attention.

When the manifold benefits to be derived from a scientific study and practice of right breathing are fully understood, it will form one of the first and chief branches of instruction in our public schools. Instead that which should be a matter of constant daily practice, is now deferred by most people until such a time as they may chance to take up the study of elocution or singing. In addition to the invaluable beneficial results attendant upon the establishment of the daily habit of right breathing, all who carefully study and practice the exercises as herein directed, will, in a short time, find themselves coming into a continuous realization of an ever more beautiful and powerful speaking and singing voice.

The voice is simply a result of the harmonious balancing of all the forces of the individual. It is the spirit which seeks expression, but the mind and body must be attuned to respond, or true expression can not result.

These exercises will be simple but very comprehensive. The essential point in study is, to concentrate the thought upon each exercise and try to realize the sensation, as described.

EXERCISES IN BREATHING.

Each exercise under this head should be practiced in three positions, which I will refer to throughout as first, second and third.

FIRST POSITION: Stand erect, one foot forward, weight thrown on the ball of forward foot. Raise the upper part of the body thoroughly from the hips, hold the chest firmly upward, shoulders back, head erect. This is the singer's or speaker's position. For first practice, I would also add, arms akimbo, hands on hips with thumbs pointing back.

SECOND POSITION: Be seated in an easy chair, preferably a rocking chair, the shoulders but NOT THE WAIST resting firmly against the back of the chair. Clasp the hands around and back of the chair as high as possible. Try to have the same loose "sitting" about the waist as when standing.

THIRD POSITION: Lying flat on the back. Practice in this position for ten minutes every morning before getting up.

The posture of the body as given in the first position, should be assumed and retained by the student for three minutes at a time, and repeated several times a day until it is perfectly easy and natural. This, practiced frequently in connection with the first breathing exercise, will soon develop a full chest and straight spine, giving the most desirable result much admired.

Ex. 1. First position, hands on hips, mouth closed, inhale very slowly, allowing no movement in any part of the body except a slight expansion at the waist. Watch the shoulders that they are not allowed to raise. Retaining breath five counts, then exhale, easy. With inhalation stop and hold the breath during the second five counts, then puckering the lips as if to whistle, slowly blow the breath out while you count five more. Each week the counts for inhalation, holding and exhalation may be increased, so that by the end of the month you may be counted.

Ex. 2. Place the hands on the sides, and fill the lungs by little puffs; that is divide the inhalation into about four parts, and notice that each little indrawn breath sends the ribs out and the hands more vigorously. Then reverse this, and blow the breath out in four little quick, short puffs.

Ex. 3. Inhale in four little puffs as before, then whisper the counts, 1, 2, 3, 4. Try to whistle as if to be heard across the room. Repeat this exercise at least five times.

Always end the practice by going back to exercise 1, which is only a generous filling and emptying of the lungs, or what may be termed "lung sweeping."

PHYSICAL BODY EXERCISES.

Ex. 1. Stand erect on one foot, and swing the other foot as nearly parallel with the floor as possible, counting ten, one on each forward and backward motion of the foot, then change to the other foot. Repeat the exercise a number of times. Try to imagine that the foot swings as if suspended from the shoulder.

All exercises should be practiced in fresh air. The clothing must be loose.

A BILL FROM THE BISHOPRIC.
 A committee appointed by the Episcopal Church to formulate an anathema against divorce, has just concluded its report, announcing the construction of three canons. The first is entitled "Holy Matrimony and Engagement thereto." The second forbids the solemnization of marriages between those di-

voiced, while the third excommunicates and withdraws from church fellowship all divorced persons who shall have remarried and who persist in remaining in such a sinful state, re-adopting such into the fold only on condition that they become penitent and separate from the party of the second marriage.

The Episcopal creed is both a parody and a paradox. Unhappily foreshadowed by the famous divorce case of King Henry the VIII, who, in order to marry his court maid, Anne Boleyn, pulled out from the papal jurisdiction of Rome and started a little ecclesiastical court of his own, this church has ever since posed as a model administrator of marital and other affairs.

In one thing, however, it is consistent. If a marriage ceremony can be solemnized by a priest, and if God really does join two people together by any such ceremony, then certainly it is consistent for the church to maintain that God knows what he is about and that the men and women thus united are constituted for life.

But how many people in this enlightened age are there who really believe any such nonsense? How many divorced church members will be repented by this anathematical pronouncement?

And is it to be supposed that the turning loose of this violent Episcopalian bull among a tender flock of intimidated and complaisant calibates who remain inside the "pastorate" from dread of excommunication, will prove any great or lasting stimulus to virtue or chastity? The Church commandants have done well to turn their canons against the very immoral and unhealthy practice of becoming frequently divorced and remarried. There is no doubt that it is a most capital method of cleaning out the congregation.

If now the elders could bring their field pieces to bear upon the legion of those regular communicants who remain to pray in the sanctuary, but who at home in numberless instances suffer through and conditions unspeakable things which are calculated to engender discord and stimulate dissent in those who endure them, as well as an appalling upon their posterity a heritage of hypocrisy and a legacy of unloveliness—they would so effectually empty their pews that there would hardly be saints enough left to damnify.

It is through the turning of such dogmatic thumbcrews that men, after some centuries, are

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lifted up to a position where they have sense enough and strength enough to rise up and voluntarily vacate an institution which has so long enslaved them through fear, growing fat and impertinent on the things of their toil.

In the coming age wherein Aquarius will appear in the mental sky of the world, pouring out his waters of Truth and Understanding, the makers of moral codes and creeds will be relegated to the realm of the ridiculous; while those who endeavor to bind or circumscribe, kill or pollute love will be transported for lunacy, since Love herself shall sit upon the throne of the ages, wielding the scepter of her mediated and divine authority.

Wishing all a Merry Christmas and a Happy New Year, and a good time all the time.

This issue got full before the moon did, and consequently a great article on the "Genesis of Christ" had to be put over till next month.

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As low as God and high as I can say low desires, high desires. All is God.

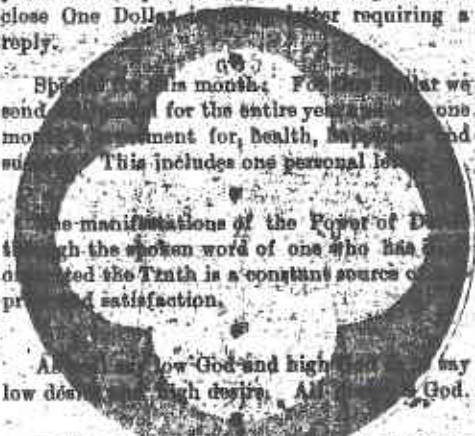
Is it less glorious to wear a skin vine than a Virgilia creper? It is purely a matter of Individual (God) choice.

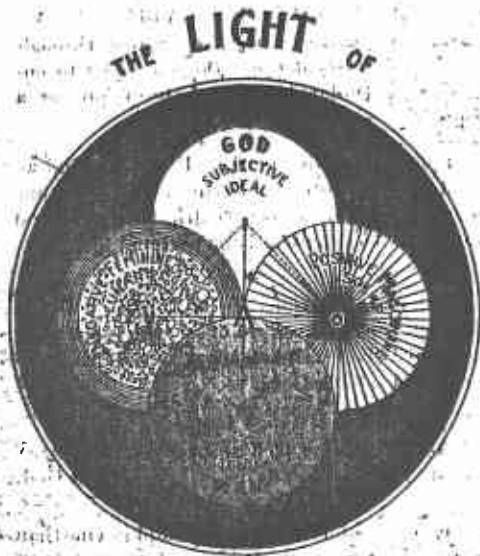
"There is a divinity which shapes our ends." When the individual comes into conscious conjunction with his own divinity, however, the end becomes a bridge.

An ignorant amateur can blow the finest horn so out of tune that a master can hardly restore it. In the same way through ignorance, which is inharmonious thought, the physical constitution is impaired. The release of harmonious thought force, directed through raised and perfected vibrations, points the way to restoration and redemption.

I, as a Perfect Individual, am All. I AM God manifested and coming into conscious possession of my great estate. Every day brings new realization and new power. Already I know that I AM Love and that death is not. That every seeming darkness is but an opening into new dawn, that perfect peace and unending happiness is the goal of attainment toward which my eager desire and anticipation are drawing me.

"I AM THE FATHER AND SON." My realization of identity with the divine entity and its expression places me immediately in a position of All Power. I AM THE ROCK, PETER, upon which is established the Church of the Living God, against which the Lowest Gates shall not prevail.





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