

an article about "True and False Yoga," written by Marie Russak in the *Adyar Bulletin* of August, 1908, says: "This article has again forcibly called my attention to the disastrous results arising from meddling with occult practices without understanding their real nature. I have before my eyes a long list of friends and personal acquaintances, who, within the last few years, have become victims of their 'psychic researches,' for which they were not ripe, and in which they persisted in spite of all warning. Some of them became insane, some incurably diseased, others obsessed and morally depraved, and not a few of them ended by suicide. They were not unintelligent and uneducated people; on the contrary, one of them was a great and well-known scientist and inventor, noble-minded and generous; several were writers and poets of some distinction, and a few even public lecturers on theosophical subjects and on spiritualism—things, however, of which they had very little personal experience, and of which they knew only from reading."

How entirely different is this to the manifest results that accrue from practice of the right method of working, now known to us. Available to all seekers for truth, this is now brought to your special notice. An absolute beginner, correctly taught, can, with a proper motive, often at once, and always with absolute safety to himself and all others, get results of great variety and seemingly of the most miraculous nature,¹ while daily becoming more conscious of an increasing sense of peace and joy and harmony, both within and around. These results are obtained by the realisation of God.

THE SAFE WAY TO WORK

The Appearance of Jesus when the Doors were Shut.²—The miracles of Jesus were not contrary to law nor the workings of the human mechanism. He utilised a power that is available to all, the power of divine Mind, which enables humanity to cast off its limitations. When the human consciousness has left the body, it then when seen, looks like the body, and can pass without difficulty through matter. This is not the right method of working, and is dangerous. The body should be dematerialised, or at all events, taken along with the "consciousness." The best-known instances of this are the sudden appearances of Jesus to the disciples, although the doors were shut. He had scientifically dematerialised the grosser substratum of human belief, named matter, or carnal body, in the grave, and the more ethereal matter, or "consciousness," could then move instantly from place to place. In other words, he reappeared to his disciples in a less material form. Sooner or later it will be found that many men will develop their so-called powers, and, like Jesus, will apparently go ethereally from place to place without the "consciousness" leaving the body.³ It is

¹ . . . and you will have touched the hem of the garment of Jesus's idea of matter. Christ was the 'way'; since Life and Truth were the way that gave us, through a human person, a spiritual revelation of man's possible earthly development" (*Miscellaneous Writings*, p. 75. Mary Baker Eddy).

² See John 20, verse 19.

³ "Divest yourself of the thought that there can be substance in matter, and the movements and transitions now possible for mortal mind will be found to be equally possible for the body" (*Science and Health*, p. 90).

extremely dangerous to attempt anything of this nature unless a man clearly understand the spiritual science that governs this class of phenomena, and knows how to apply the rules of life, as taught by our Lord and referred to hereafter, subordinating the human limitation to the divine requirement.

Since the above was written, a most interesting article by T. S. Baldwin, inventor of the United States dirigible airship, has appeared in one of the magazines. In the beginning, he deals with the so-called mental coefficient in flying,¹ and ends his article as follows: "First we shall fly a step
10 in a crude machine; we have begun to do that; then in time we shall sail the air in great ships, and in some remote day man will pass through the air in his own body solely. No one who has keenly felt the joy and triumphs of flight in his own person can fail to believe in this last prediction." This prediction, soberly given in the public press by a practical man like Mr.
15 Baldwin, says much for the advanced knowledge of the reading public on the subject of the development of mental power. Mankind cannot too quickly rise beyond this limited and dangerous sense of a false, illusory mental basis, and gain the knowledge of the only true mental power, that of Mind, God, which alone gives man perfect safety and his God-given
20 dominion over the whole earth.

DIVINE POWERS

A Scientific Remedy.—"Were it fully understood that the emotions are the masters, and the intellect the servant, it would be seen that little could be done by improving the servant while the master remains unimproved.
25 *Improving the servant does not give the masters more power of achieving their ends*"² (Herbert Spencer).

As a rule the so-called conscious mind is only a clog on the action of the "subconscious mind," owing to our inherited belief in limitation. When, by what is called hypnotism, the "conscious mind" is quieted,
30 abnormal powers are manifested. By right thinking, the "conscious mind" can be prevented from exercising this harmful power. Fortunately, the miracles of Jesus are absolutely scientific. Anyone can do a miracle if he has sufficient knowledge and leads a good enough life; that is, one sufficiently unselfish. Jesus himself said: "He that believeth on me, the
35 works that I do shall he do also; and greater works than these shall he do; because I go unto my Father" (John 14:12).

How are we to know whether what we believe is true or not? Jesus answered this question when he said: "These signs shall follow them that believe: In my name [nature] shall they cast out devils . . ." (Mk. 16:17).

40 By far the most important thing that mankind individually can do is to turn in thought to God in the scientific way that Jesus taught. No words can emphasise too strongly the importance of what is about to be put before you, namely, the practical method of destroying evil of every kind and of

¹ In the *Times* of June 3, 1911, appears the following remark: "It is fairly obvious
45 that in long-distance races the temperament of the airman counts more than anything else."

² *Feeling versus Intellect.*