

THE LAW OF MENTAL CONTROL.

BY WILLIAM WALKER ATKINSON.

ARTICLE II.—THE REAL SELF.

"Lord of a thousand worlds am I,
And I reign since time began;
And Night and Day in cyclic sway.
Shall pass while their deeds I scan.
Yet time shall cease, ere I find release,
For I AM THE SOUL OF MAN."

—Charles H. Orr.

Many of us are accustomed to thinking of ourselves on the physical plane alone. When we think of the Ego—the "I" of ourselves, we picture it as a human body with organs ranging from the finest—the brain, down to those of a coarser atomic texture. This is the materialistic point of view which is but little higher in the spiritual scale of thought than the purely animalistic idea.

Others picture their "I" as a mental creature, having control of the body and its organs, and having its abode in the brain (or brains) of the human being. This is the point of view of those who have acquired a *partial* knowledge of Psychology and the Powers of the Mind. Those holding these views realize the subjection of the body to the Mind, and are aware of the wonderful power of the Mind over the particular body under its control; the bodies of others and the minds of others. To them the Mind is the highest self; to them Mind and Soul are identical. This point of view is, of course, far in advance of the purely materialistic one, but still it is only half the truth. Mind is but a higher form of mat-

ter or a grosser form of Spirit—either definition is correct. Mind is the connecting link between Matter and Spirit, and partakes of the nature of both. In the man of coarse texture, it is but little above the grade of other matter, whilst in the man of true refinement and real culture it is of so fine texture as to be but little lower in the scale than the Spirit.

The real Ego, or "I," of the human being is as much higher in the scale than Mind, as Mind is higher than the body. And both Mind and body are subordinate to the Ego. Both are its tools, and poor tools they prove, alas too often. The real Ego is what one recognizes when in times of reverie and introspection he says to himself, "I AM." All of us have felt this knowledge of the real self at times in our lives, and many of us have gained a convincing and satisfying realization of the existence of the "I AM." This real self has existed from the beginning (if beginning there was), and will exist until the end (if end there be).

The I AM is Man's real self—all else in his human organism is but the tool of that self. The I AM is the master—the body and Mind are but servants of higher or lower degree. The I AM is pure Spirit fastened to the gross material body and the finer material Mind, as the muscle is fastened to the bone in the human frame. It is fettered by the body and hampered by the Mind, particularly if the latter is

of a low or undeveloped type. The training of the Mind serves to furnish the I AM with a better tool with which to work, and the wonderful results obtained by such training are because of this fact. The power of the Mind is really the power of the *Soul*, made manifest because it is given an improved tool with which to work. With this thought in view, we are encouraged to develop our minds, knowing that we are not only gaining strength and power on this plane, but are furnishing our real self—the I AM, with improved facilities for manifesting itself, and are aiding in relieving it from the bondage of the fettering matter.

This being the case the task of developing the Powers of the Mind becomes a labor of love—an exalted task rather than a mere selfish striving after power. As the sculptor saw in the block of marble the form of the angel, and was impelled to cut away the surrounding material in order to liberate the angelic form—so may we, seeing the God-like form within us, strive to liberate it. That inner form is the real self—the I AM. If you never have realized this truth, relax body and mind, and indulge in a little introspection; look within yourself and you will soon cognize the Truth. You will realize the real meaning of the poet who said, "Man, know Thyself." You will know that the real "I" is superior to material things; that it cannot be injured or hurt; that it is all powerful; that if you but furnish it with the proper mental tools, it will work wonders. Know Yourself! Know that you have within you the Divine "Breath of Life" to which your much valued Mind is but the servant. Know that your body is the "Temple of the Living God," and respect it as such. Do not crawl on your belly, like a worm; do not

humble yourself in the dust and call upon heaven to witness what a despicable creature you are: do not call yourself "a miserable sinner" worthy only of eternal damnation. No! a thousand times No! Rise to your feet; raise your head, and face the skies; throw back your shoulders, and fill your lungs with Nature's ozone. Then say to yourself: "I AM." Man has acquired a wonderful power when he can *understandingly* say: "I AM a part of the Eternal Life principle: I AM created in the Divine Image: I AM filled with the Divine Breath of Life: Nothing can hurt ME, for I AM a part of the ETERNAL.

The prime requisite for the acquirement of an understanding of the Law of Mental Control, is the recognition of the existence and the power of the real self—the I AM. The more complete the recognition, the greater the power. I cannot give you specific directions for acquiring this faculty of recognition. You must *feel* it rather than reason it out. You will not be in doubt as to whether or not you are on the right track; if you are right you will realize it at once. As near as I can express it, is to say that you will feel that your body is as a suit of clothes, which, whilst covering you temporarily, is not YOU; that you are separate and apart from your body and superior to it, although for the time being connected with it. You will realize that even your Mind is not YOU, but that it is merely the instrument, through which YOU manifest yourself, and which, being imperfect, prevents the complete expression of your real self. In short when you say or think, "I AM," you are conscious of the existence of your *real* self, and feel the growth of a new sense of power within you. This recognition of the self may be faint, but encourage it and it will grow, and whilst

growing will manifest itself to your mind by impressing upon the latter the knowledge of the proper plan for further development. It is another example of "to him who hath shall be given." The mere calling of the attention to the fact, will awaken the recognition in some, whilst others will find it necessary to reflect upon the idea and awaken to a recognition of the Truth, more slowly. Some will not *feel* the Truth. To such I say: The time is not yet ripe for your recognition of this great Truth, but the seed is planted and will appear in time. This may seem like the veriest nonsense to you now, but the time will come when you will admit its literal correctness. To those who feel the first indications of the awakening of the real self, I say: Carry the thought with you and it will unfold like the lotus, naturally and gradually; the truth once recognized cannot be lost, and there is no standing still in nature. To those who recognize the Truth, I would like to say more, but this is not the place.

My original intention was to add a few words concerning the erroneous idea entertained by many regarding what is known as the Subjective Mind—many having been taught to regard it as the Soul. This idea is so far removed from the Truth that I cannot allow it to pass unquestioned. However, as the space at my disposal is limited, I must defer my remarks upon this subject until next month.

A Liberal Education.

That man has had a liberal education who has been so trained in youth that his body is the ready servant of his will, and does with ease and pleasure all the work that, as a mechanism, it is capable of; whose intellect is a clear, cold, logic-

engine, with all its parts of equal strength, and in smooth, working order, ready, like a steam engine, to be turned to any kind of work, and spin the gossamers as well as forge the anchors of the brain; whose mind is stored with the great and fundamental truths of nature and the laws of her operations; who, no stunted ascetic, is full of life and fire, but whose passions are trained to come to heel by a vigorous will, the servant of a tender conscience; who has learned to love all beauty, whether of nature or of art, to hate all vileness, and to respect others as himself.—*Huxley.*

Wisely, my son, while yet the days are long,
And this fair change of seasons passes
slow,

Gather and treasure up the good they
yield—

All that they teach of virtue, of pure
thoughts

And kind affections, reverence for thy God
And for thy brethren.

—William Cullen Bryant.

Beyond all doubt, the worst of our enemies are those which we carry about in our own hearts. Adam fell in paradise, Lucifer in heaven, while Lot continued righteous among the people of Sodom.—*Tholuck.*

Private Treatment

by

Suggestive Therapeutics

Dr. Herbert A. Parkyn will receive a limited number of private patients for treatment at his office. Address

HERBERT A. PARKYN, M. D.,

4020 Drexel Boulevard,

CHICAGO, ILL.