

# THE SUB-CONSCIOUS MADE CONSCIOUS

How to

Master your Mind  
Direct your Energy  
Develop your Body

By L. E. EEMAN

Digital file prepared by Cesco Soggiu

## FOREWORD

This little book is published at the request of numerous patients who, having benefited by the author's teaching, wish to have at hand a pocket guide to which they can refer whenever their memory needs refreshing.

To get the good out of it, the reader will deal with each thought separately, analyse it, dissect it, take it to pieces, reconstruct it again to his own satisfaction, develop it on the natural lines of his own mind, and then apply it, carefully noting results and effects, both immediate and ultimate, ever correcting practice in the light of personal experience.

Effect will follow cause.

## FIRST PRINCIPLES

The art of healing is as old as the hills. and just as real and solid

a thing.

Yet few believe, and of these fewer still know.

Blind belief, however, is weak; conviction, founded on knowledge, strong.

The human mind has grown familiar with the idea of the transmission of thought from one consciousness to another by a multitude of means, and modern inventions ceaselessly add to the enormous choice of methods at our disposal.

Simple conveyance of thought by speech has evolved into the telephone, the gramophone and wireless telephony.

Their appeal is to the ear.

Simple conveyance of thought by signs has developed into the written word, numberless arts, painting, sculpture, the printed word, the news sheet, books, the modern press, photography, cinematography and advertising in all its branches.

Their appeal is to the eye.

Simple conveyance of thought by touch, primitive understanding in the gentle pressure of a loving hand, finds its field to-day an infinite variety of appreciations by touch; cold and heat, hardness and softness, masses and shapes and bulk, roughness and smoothness, down to the blind alphabet, all links between mind and mind.

Their appeal is to the touch.

Attar of roses wafts us into the days and lands of Omar Khayyám, the charnel house into the fields of Armageddon, mellifluous Nectar and luscious Ambrosia into Olympic realms, the bitterness of gall into the haunts of gnashing teeth ; all links between mind and mind.

Their appeal is to smell and taste.

We transmit thought in one and a thousand ways, our senses ever acting as receivers.

The human mind has become familiar with the idea of the translation of matter, to right and left, front and back, and up and down, through three dimensions (we may think four), for building up or taking down, from soil to plant, from plant to man to make up flesh, from man to earth to manure soil, from man to man, in grafted sinew, nerve or bone, through surgeon's knife in temples of science, in priestly rites that consecrate the brotherhood of blood, in blood transfusion, or in the sealing of a tribal oath.

All is commonplace. This we all do, all know, all believe.

We transfer matter in one and a thousand ways, from you to me ; our senses know, that suffices, we believe.

The human mind, however, is not quite so familiar with the idea of the transference of force, energy and power, of the transfusion of Life, of the giving of one's own energy, of the charity of one's own nervous power.

And yet, the transference of force is as old as the hills, and just

as real and solid a thing, though few may believe and fewer still know.

It is, and always has been, inseparable from all successful forms of personal healing, in pre-biblical days, in the days of Christ, in Apostolic times, in the Mother fondly laying hands on her infant's aching head, in the lovers of all climes and ages seeking out each other's hand, in the scientific healing of to-day.

But in healing, as in any other form of giving, the one essential qualification of the giver is possession; he cannot hand over to another the force he lacks, he cannot give the health that is not his to give.

All the languages have their "Physician, heal thyself," and their "Do unto yourself as you would do unto others," and the "Preach not what ye practice not."

Long experience of healing has convinced the author that mere theorising about vital force and nervous energy, their accumulation, their distribution through the nervous system, their differentiation into various forms of activity, their transference from one nervous system to another, will seldom carry conviction into a patient's mind.

A patient needs more than that on which to found his belief; he must know, he must experience, he must sense as well.

His own experiences, his own senses, must tell him that vital force is a reality, a perceptible reality, that he can save it and store it just as he can waste it, that he can distribute it at will through his nervous system just as he can inhibit its flow, according to the needs of the moment, that he can make any healthful use of it he chooses just as he can abuse it, that he can infuse it into others just as they can pour it into him and filch it from him.

The object of these few pages is to place before the seeker some elementary theories and practices of the ART of Self-Healing which will enable him to reach definite conclusions as to the reality, nature and controllability of vital force, and maybe arouse in him an unquenchable thirst for deeper knowledge, and incidentally, by their conscientious application, lead him well on the path to the fullness of health, physical, mental and spiritual, and to the "Peace that passeth all understanding."

In the full mastery of the Art of Self-Healing he will find the first essential step to the ART of the Healing of others.

May the reader make new ideas his own by thought and study, may he, by faithful application, work in himself the miracles countless others before him have worked in themselves.

This will be the blessing and reward to the author.

## FUNDAMENTALS.

**First proposition.**---Every form of activity perceptible by man presupposes the use of :

- (1) Matter or substance.
- (2) Force, energy, power.
- (3) Intelligence, either as conscious thought, unconscious thought, instinct, or the working of a law.

This applies to man :

- (1) All conscious human acts require matter, force and thought.
- (2) All unconscious human acts, such as organic functions, require :

- (1) Matter : the organs.
- (2) Force : nervous energy.
- (3) Thought : some thought disturbances accelerate functions, others decelerate them ; the "middle thought," ever present, alone allows of their smooth performance.

It applies even to mechanical activity ; a motor-car stoppage may be due to any of the following three causes :

- (1) Matter : the car itself is damaged or has come in contact with a solid object.
- (2) Force : the petrol supply or the magneto has failed.
- (3) Thought : the driver has stopped the car.

Conclusion.---To be complete, a curative system must deal exhaustively with human

- (1) Matter : the body, tissues, nerves etc.
- (2) Force : nervous energy, vital force.
- (3) Intelligence : thought, mind, personality, all three playing their part in every single process of the human entity.

**Second proposition.**---Human activity takes two forms :

- (1) Conscious activity : work, play, etc., exclusively the activity of the conscious entity in the wakeful hours.
- (2) Unconscious activity . bodily functions, the only work of the human entity during sleep, its main work during conscious rest.

The efficiency of the conscious activity of the human entity depends on that of its unconscious activity.

Conclusion.---It behoves man to do all that his power lies to make all his unconscious activities highly efficient, in body, nerve and mind.

## MATTER.

**First proposition.**---Human substance is based on blood, the usefulness of which is in direct proportion to the efficiency of blood circulation.

**Second proposition.**---The efficiency of circulation rests on

rigorous observance of the principles of hydraulics.

*First principle.*---Water flows down hill until it comes to rest, its surface horizontal. To raise the smallest drop above the level of that surface requires the expenditure of energy.

Nature acts on that principle when she endeavours to reduce expenditure of heart energy by giving us the instinct to adopt a horizontal position whenever tired, sick, or in any way injured.

*Second principle.*---The amount of force required to propel water through a pipe is in inverse proportion to its diameter.

Nature acts on that principle when she endeavours to reduce expenditure of heart energy by giving us the instinct to stretch before rest.

Lying flat eases circulation and simplifies the task of the heart.

Stretching loosens the blood vessels, eases circulation and simplifies the task of the heart. It should be performed in straight lines, aim at length, and include every muscle in the body.

Both should precede every period of rest, conscious and unconscious.

Every refusal to listen to instinct lessens our capacity to perceive it.

## FORCE.

Nervous energy is stored up in the centres of the nervous system and circulates along the nerves.

It flows in two directions :

(1) Outgoing : from the centres to limbs, organs, periphery, along the efferent (motor) nerves for the promotion of activity (motion), through muscular contraction.

(2) Incoming : from the limbs, organs, periphery, to the centres, along the afferent (sensory) nerves, for the conveyance of perceptions, sensations.

Motor nerve terminals predominate in muscular parts of the body, sensory nerves in non-muscular or less muscular parts---*e.g.*, the inside of the hand is muscular, the back of the hand less so ; a blow causes more pain on the back of the hand than on the inside.

**First proposition.**---The motor current, when not utilized to promote muscular activity, say in the hands, escape from the hands (is dissipated) by the motor nerve terminals situate in the muscular palm and inside of the fingers.

Experiment : Stick a needle, point upward, into a piece of cork. Cut out paper star, about three inches in diameter. Balance star on point of needle. Sit facing star, rest elbow on the table, relax arm muscles ; place hand as close to star as possible without touching it, fingers curved inwards and relaxed, as if shielding it. The star will revolve in the direction in which fingers point. The back of the hand will not produce that result.

**Second proposition.**---The loss of nervous energy occurring at the motor nerve terminals of the hands can be eliminated by the act of clasping the hands (*see cover*).

This brings the motor nerve terminals situate on the muscular insides of the fingers in contact with the sensory nerve terminals of the less muscular back of the other hand, thereby completing and closing a double nervous circuit.

Nature acts on that principle when she endeavours to reduce loss of nervous energy through the motor nerve terminals of the hands by giving us the instinct to rest with the hands clasped or with the inside of the hands resting on whatever part of the body happens to be ailing : toothache, earache, headache, or on whatever part of the body happens to be working : the head in thought or prayer, etc., but never the outside of the hand, except for the purpose of feeling.

Closing as it does a double nervous circuit, clasping the hands tends to the accumulation of nervous energy in the nervous centres, as it were loading a battery.

It should be maintained throughout every period of conscious rest and precede any period of unconscious rest.

## INTELLIGENCE.

**First proposition.**---The harmful effect of a baneful thought on the nervous system, and through it on the whole organism, can be neutralised by the holding of the converse thought, irrespective of our belief or disbelief in the foundation of such converse thought in reality.

*E.g.*, in a play, the villain prepares to stab the heroine ; we think of her as killed and our nervous system displays the reactions that would have followed such a happening in real life. The hero dashes in just in time to save the lady ; we think of her as alive and our nervous system displays the reactions that would have followed such a happening in real life. We pass from keen nervous tension, harmful to nerves and circulation, to nervous relaxation, health giving and circulation promoting.

Nature acts on that principle when she endeavours to reduce nervous tension due to, say, the news of the death of a loved one,

by giving us the instinct to think of the news as untrue, of the loved one as we knew him in life, of things as we should wish them to be.

**Second proposition.**---Energy is distributed through the body by thought, for work, not according to the requirements of that work, but according to the mental conception of those requirements. *E.g.*, when lifting an empty jug or bag we think full, we release energy in proportion to our conception of the weight to be displaced, with the result that we overdo the action intended in proportion to the error committed. It follows that energy once set in motion cannot be recalled, but must be spent in its entirety, and the error committed corrected only by the liberation of a compensating amount of new energy.

**Third proposition.**---The concentration of thought on any part of the body is inevitably followed by the liberation in the part concerned of a proportional amount of energy, which must be spent in its entirety, either in objective work, motion ; or in subjective work, bodily change.

Nature acts on these principles when she endeavours to increase the flow of nervous energy to any part of the body that happens to be ailing, in forcing us to concentrate our thoughts on that very part, by the insistent call for attention, produced by the sensation of pain attached to disorder ; and to lay the inside (out-flowing nervous current) of the hands on the spot.

The function of pain is to induce the sub-conscious mind to increase the flow of nervous energy and blood in the affected part, which in fact needs them. This leads to hyperæmia of the part, local "blush." A blush is always the result of increased consciousness of the part which it occurs. *E.g.*, tell a young maiden she has a beautiful face and she will blush. But tell her she has a beautiful ankle and she will not blush, but the foot will move.

The mere alleviation of all but unbearable pain can have only the limited result of alleviating pain. It can in no way deal with the cause of pain, which can only be removed by suitable sub-conscious functional activity, the very promotion of which depends on the sub-conscious mind being made aware by pain of the need for such supernormal activity, a process of sub-conscious "knowing" which the alleviation of pain inhibits in proportion to its efficiency.

**Fourth proposition.**---Energy having been liberated by thought, the use to which it is then put, whether objective

(motion) or subjective (bodily change) is governed by the qualifying process of thought itself.

*E.g.*, Objective : The thought of running alone makes possible the conversion of energy into the act of running.

Subjective : The thought of running, indulged in during a period of rest without any intention of actually running, promotes the development of the nerves, muscles and sinews which would be brought into play by the act of running itself, and incidentally that also of the heart and lungs, which would also undergo increased activity in the same act. In these two examples the limbs and organs---that is, along the motor or efferent nerves.

The converse displacement of nervous energy takes place when the senses are brought into play, i.e., nervous energy flows inwards, from the sense organs to the nerve centres. *E.g.*

Objective : Looking at a flower, smelling its scent, tasting a fruit, listening to music, or touching an object stimulate the flow of nervous energy inwards. Subjective : The thought of the

same action leads to energy actually entering the nervous system from outside the body and adds to the energy already stored in the system. Experiment : Ask a friend to lay both his hands on a table, palm upwards, his eyes shut. Then look fixedly for a few minutes at the centre of one hand. Your friend will feel a cool draught at the point on which your gaze is fixed, clearly showing that your eye is producing partial vacuum on the point of attraction. This experiment illustrates many popular expressions such as fascination, magnetic eye, the magnetic personality, etc.

Nature acts on these principles when she endeavours to assist us in our progress and development, in our physical well-being, and in our happiness, by giving us the instinct to "think out" and "plan out" our actions and lives and to do so in such imagined surroundings as would give our senses the utmost of pure enjoyment.

Without these, progress is impossible ; its efficiency is in direct proportion to theirs.

## GENERAL CONCLUSION.

If we wish for Health and Progress, in body, nerve and mind, we must remember that these are acquired mainly through sub-conscious bodily functions, our exclusive physical occupation during all periods of efficient sleep.

Rest and sleep should, like any other form of activity, if they are to be efficient, be prepared for intelligently.

## PREPARATION FOR EFFICIENT REST AND SLEEP.



(1) Lie down, on the back, as flat as comfort allows, flatter as health improves. This relieves the heart of the duty of overcoming gravity and the muscles of the duty of supporting the body, or any part of it.

(2) Stretch, individually, every single muscle in the body, to the fullest possible extent, after the manner of a cat. This empties the veins, thereby throwing idle blood into circulation ; loosens arteries and capillaries, thereby easing the flow of blood into the tissues and making for warmth and well-being.

(3) Clasp the hands, fingers linked, over the pit of the stomach ; cross the feet ; relax every muscle in the body. This completes a double circuit of nervous energy and prevents its escape from the body. It calms the nerves, releases nervous tension, energises bodily functions, vivifies heart, lungs and digestive actions, etc., further promoting well-being.

(4) Think the converse thought of any thought that happens to be causing mental tension at the moment. This completely eliminates all nervous tension due to disturbing thoughts.

(5) Think of every part of the body in turn, without any effort, without even consciously forming the wish to make anything happen, simply observing results, if any. Give a few seconds to each part. Begin with the head, and following the course of the nervous system, pass down the spinal column, then down the muscles of the back, starting at the base of the skull ; the muscles of the front of the trunk, starting at the neck ; then the inside of the body from the mouth down to the crutch, devoting special attention to the lungs, the pit of the stomach and the abdomen, and then the arms and legs down to the hands and feet. This automatically distributes through the whole system the nervous energy it will need to perform efficiently its work of recuperation during rest or sleep.

(6) Think of yourself in the act of performing different functions, beginning with sensory functions, then motor functions. Think of yourself, looking at beautiful flowers, smelling their lovely scent, tasting luscious fruit, listening to inspiring music, feeling the sun shining on your body, and observe the increase of bodily activity that follows.

Think of yourself running, swimming, or indulging in any other form of motor activity for which you wish your body to develop proficiency. Apply the same principle for your mental, moral and spiritual development.

Whatever action you go through in your mind, go through it with the perfection of execution of a master.

This will instruct your sub-conscious mind as to the use to which it is to put energy at its disposal during periods of rest or sleep.

It is not necessary to do the whole of these exercises on every occasion ; though (1), (2), and (3) should never be omitted and

(5) very rarely so. (4) will very rarely come into play, and as for (6) infinite variety can be introduced at will to suit individual needs and likes and dislikes. Where half an hour may be needed in the early days to complete the practice, a few minutes will suffice when a little experience has been gained.

At first, sleep may supervene before the exercise is completed, but this is a passing phase which perseverance will overcome.

Remember that the most suitable times are before meals and in bed at night before sleep. Never miss the latter.

Results will satisfy you.

When they do, adopt the practice as a rule of life.

Persistent practice alone makes perfect.

## THOUGHTS FOR IDLE MOMENTS

No thought ever has any meaning until someone makes it his own and works on it.

Read the Sermon of the Mount . . . and then come back to earth . . . and bring it with you.

The Master is bigger than his disciple . . . but the disciple may become bigger still.

No thing is ever a tragedy that is not finished.

Don't tell yourself what you are, tell yourself what you must become.

Experience is the cheapest of all teachers, though some may think her fees excessive. She is the only teacher whose goods are up to sample.

It is easier to make a fool of a genius than any genius would believe.

Hitch your wagon to a star, but watch the star.

A genius is so near a fool that it takes a fool to see it.

Don't be a man of one idea, it makes you a man of no ideas.

If you have a passion, don't pretend you give in to it because it is good for you. You will end by founding a religion on it.

If you are perfect, sham the sinner for a while. Don't worry, nobody will find out.

If you are a sinner, look into it to make sure. You might find a saint inside you.

It is so difficult to hide one's perfections ; there are so many people who don't talk as well as we do.

It is nice to say : "No, no, my dear ; you don't understand me one little bit." It helps preserve your sense of superiority.

When you try hard to make another fellow understand that you are better than he is and he doesn't see it, don't go on. Conversation is impossible with people like that.

When a fellow interrupts you, always be grateful. he may be saving you just in time.

If you want to be thought great by a fool, always attribute platitudes to Aristotle or Plato (the well-known philosophers) ; if by a genius, simply listen to him with a rapt expression. If you master this, your reputation is made.

Do not tell your friends about this, you would get an entirely wrong idea of Plato and Aristotle.

If you have no pedigree, don't try and find one. After all, creation is making something out of nothing.

When a fellow tells you you are just as bad as you have told him he is, stop at once ; you will never convince that kind. Some people don't want to know the truth.

Pain is a friend, not an enemy. It warns you that some repair work wants doing. Heed the warning.

Fatigue is a friend. Its message is not that you should rest, but that you should change your work : pass from conscious work to sub-conscious repair work.

The only bottle of medicine worth having is yourself. It is labeled : "To be thoroughly shaken with laughter, three times a day, before meals."

Learn to laugh *at* yourself and *with* others.

The more intelligent you are, the more essential it is for your sanity that you should be an ass three times a day.

All big things have small beginnings, but all small beginnings don't lead to big things. They need constant small additions as well.

Small daily gains in health lead to the fullness of Life, physical, mental and spiritual.

Do nothing but that which you are doing, particularly when you are doing nothing.

The comfort in the modern armchair is the result of generations of hard thinking by upholsterers. It is unfair to stultify all that brain fag by sitting in the without getting the comfort out of them.

Perfect relaxation demands concentration no less than perfect concentration.

It is very much more difficult to appear a perfect fool than a perfect gentleman. It is also much healthier and much less deceptive.

Sing. Never mind if the other fellow says you don't know how to, just go on. His only salvation will be to sing louder. Singing is good for both of you.

A little nonsense every day,  
Keeps worry and the doctor away.

You can't get better by thinking you are getting worse. It is a waste of thought.

Don't blush if you do, do if you don't.

Always welcome a fool, you need him as background.

Don't rely on backgrounds or you will become a fool.

Appear what you are and you will never be found out.

Learn to know your betters. Don't try to outwit them. See what you can learn from them. Everyone is your better at

something.

Don't form opinions too quickly. Be slower still to impose them on others. The other fellow may have forgotten more than you ever knew and it is so much more annoying to be rated a windy fool than a silent thinker.

If you have nothing to say and still wish to impress people by your conversation, be sure to use long words that have no meaning, it is your only chance.

The white feather is the most difficult of all to wear bravely.

It is always the tragedies that don't happen that kill the most people.

Respect the smallest of us, the germ of God is in all.

Don't always say all you mean. Always mean all you say.

To flatter another is to lower another. To lower another is to embitter oneself. To judge another is to deceive oneself. To understand another is to enlarge oneself. To uplift another is to fulfill oneself.

The man who can cast the first stone will never be born. And if he were, he wouldn't. He would understand too much.

Don't always put two and two together. It so often adds up wrong.

Common sense may not lose many battles, but those it wins alone don't get into the history books.

Don't teach your grandson to suck eggs. Let him find out a few things for himself.

Laws shall be put down in books until they are put down in hearts.

Giving becomes easy the moment we realise we are receiving all the time.

To take a man's good name away is bad. To give him a bad one in exchange is worse. It always costs us some of our own good name.

"An eye for an eye, a tooth for a tooth." is not a good doctrine.

There are too many glass eyes and false teeth about already.

It is good to love your neighbour as yourself, but don't do unto him as you *do* unto yourself ; he will die a premature death.

It is wise to find out what is good for us before we make others understand they ought to do it unto us.

A bad child shouldn't really blame his parents for everything ; after all, they had their own parents.

A miracle is a thing another fellow can understand and we can't. The other fellow is a liar, and we are ignoramuses.

Life is all give and take. Pretend to take when you are giving ; it makes it so much easier for the other fellow to receive.

When a fellow sells matches in the street, don't let him feel he is selling himself.

A faded flower is just as fine as a full live one. It can help other flowers to grow.

You never lose what you give, but when you grab, you always miss all you don't get and never have the things you do.

"Toujours la politesse." . . . It doesn't cost anything . . . and isn't worth more until you do it by accident every time.

If you are not respectable, broadcast the fact, it becomes an asset.

Always preface your remarks with :---" As a great man once said," and then just let yourself talk. It is marvellous what confidence it gives you.

Always be at your worst before children. They will need excuses when they get your age, just as much as you do.

If you want to be a man of the world, look at it before you start and then perhaps you won't.

If you want to be a lady of quality, look up quality in the dictionary, and then, be natural.

" As a great man once said," what a gift it is to bear fools gladly. . . . Find out how long you remain cheerful when by yourself.

If your name is not in the social column, look for it in the police records, and be glad you are out of both.

Never claim to have invented a joke, even when you can't remember who told it to you ; it might be the man you are telling it to.

If you get bored with your own company, be human and think of the other fellow.

A parasite is a man on whom no other fellow can live.

Don't talk about the Holy Books, live them.

" Revenge is mine " (attributed to God). A liability, not an asset. To be struck out of the Balance Sheet at the earliest possible convenience.

A beggar is entirely beyond the pale. How could any decent fellow treat him with the respect due to a company promoter.

Take everything with a pinch of salt, and more especially your doubts.

It is amazing what good generals some bad lawyers would make.

All pegs are not round, but round holes rub the corners off.

You will succeed if you don't attach too much importance to success and a little more to failure.

Don't seek rapid promotion ; earn slow promotion. You will never go back.

Two things never hurt a man, the vices he overcomes and the virtues he forgets.

See the good in others and you will find the God in yourself.

Think of the hours you have wasted and then fill the very next minute cram full.

Learn to spend other people's time as if it were your own money.

Don't think of your pay, think of your work. The kettle that

won't boil while you watch it, will while you work.

Learn to work hard without showing it. The mark of geniuses is the ease of its work.

Don't think your work is too difficult, or you will spend as much energy as if it were. Don't think it is too easy or you will waste the little energy you will spend.

Know yourself, know your work.

Moderation in all things never gets anywhere. Learn when to hurl the whole of yourself into things and make sure before you start your ships are reduced to cinders. You will discover the real fellow inside of you.

Walk about trying to fathom the reality at the back of things. You will soon find you are walking with you hat in your hand.

When a man laughs excessively, remember it is a common way of holding back ones tears. Be kind to him.

See God inside everything. Don't worry, He is there all right.

All things are simple as soon as we get over our love of complications.

A man's clothes can tell you a lot about his character. A man who can tell you a lot about his clothes has no character.

Walk about drinking in Nature. You will find your clothes are too tight for you.

When you feel you can't take your hat off to a woman, think of your mother.

A master is learning all the while he teaches you. Don't make his lessons too difficult for him.

The great thing in life is to learn to learn and to keep on learning to learn.

Ginger is the salt of life.

The better the deed, the better the day.

The successful year is the one that spurs you on to a better one.



An ideal is like a football. It wants kicking away from one as soon as one gets anywhere near it.

Be true to truth, you will never fail yourself.

Don't worry about next year, add ninety-nine to it. You will find that it doesn't matter.

Most pessimists would rather be unhappy true prophets than happy false prophets.

Fear not failure, fear fear.

A platitude is a crime, it makes truth distasteful.

Success and failure are twins. They always dress differently, but in spite of that they often get taken for one another.

Don't bother about recognition. Progress so fast it will always be late.

Don't praise your friends too high ; a kind world will only see their faults the more clearly.

If you want peace, shut your eyes, and your ears, and your mouth. When you have found it, you can safely open them again. It will no longer make any difference.

Si vis pacem, para bellum. If you want wars, make peaces.

If you mistrust everybody you will never trust yourself. Nor will anyone else.

Neither praise or blame immoderately. It kills a hand to play one's last card.

Look after the lameness, the dog will look after the stile.

To cane a pupil is to acknowledge the cane a better and a more understanding master than oneself, an acknowledgment generally confirmed by introspection.

Give others the benefit of the doubt. That you would do a certain thing is no proof that they have done it.

A woman speaks before she thinks, a man thinks he doesn't. That is why she seems so strange to him.

A woman is all intuition, a man pure logic. That is why, they can always explain each other to one another.

Man and woman are made for each other, quite true. But truer still---by each other.

Man is incomplete without woman. As he generally discovers, mostly at the wrong moment.

Happiness is within. To enjoy it to the full, one must take it out oneself and share it with others.

There is good in everything if you will only find it.

From the sublime to the ridiculous. From what we can be to what we are.

Man made God in his own image. That is why he finds Him so absurd.

An man looked at everything that he was made of, and, behold, it was very good. that is why he finds it so very difficult to improve.

The man who can be bought is never worth buying.

If you have bought anyone, cut your loss quick. You will do well whatever you paid.

You may land in a quagmire. Never mind, go on flying.

Treasure the friend in need, don't play fast and loose with him.

Fear is the root of deception, of self and of others.

First impressions. Easy to make, hard to destroy. Beware the soul of a child.

Timely encouragement is better than timely reproof.

The starvation of years makes one feast fatal.

Knowledge never kills, it is the way to knowledge that kills.

No ideal is too high, no arm too short to reach it. It is ever knowledge, intention and will that are weak.

There are no dangerous undertakings. There are dangerous

weaknesses.

The most dangerous weakness is to underestimate your weakness and overestimate your strength.

Whatever you fear, it is only yourself you fear.

When a braggart boasts of what he can do, he is only dreaming it is true. Leave him his only compensation.

Whenever we play at being God, it is the punishing part of God we like to play.

Whenever we feel God is behaving decently, we notice how extremely human He is, how very much like ourselves. That is, in His good points.

Whenever we behave badly, we like to shield behind a God of our own making.

Whenever we get a piece of undeserved good fortune, we praise God for His discernment in doing the very thing we should have done in His position. We are simply superb.

The first thing the gods of all religions have always had to learn is that they were expected to adapt themselves to the changing requirements of Princes and Priests.

The great of the world often serve God only to make Him serve them better.

Make the day's work the day's joy : the rest shall be added to you.

God is served up with many sauces, hot or cold, sweet or sharp, but generally to the greater glory of the chef.

We make daily bargains with God, we bribe and even blackmail Him, we bind Him long before we get His reply, and then fail to keep our side of the deal.

Oh, the wealth of poverty.

Oh, the poverty of wealth.

All you give remains yours forever, all you have is yours only on loan.

A purpose, a purpose behind all things. My all for the

understanding of that.

The more you know, the less you understand. The more you understand, the less you need to know.

If only I could remember all I have ever understood, I should understand all I know.

The purpose of a whole life is born of the vision of an instant.

To cease seeking is death.

He who has found has found nothing.

Chase your dreams. That is, chase them farther from you ; you will be able to chase them longer.

Ambition. Oh yes, be ambitious ; but for what ?

Money, power, repute. Your masters, my master, or your slaves.

Do, work, act. Never stop, not even in repose.

Learn to listen, it may teach you to speak. Learn to think, you might find speech a waste of time.

It is better to say nothing at the right time than nothings at any time.

Nothing for nothing is the law of life. For all you receive you must give something in exchange. Supreme gratitude if that is your only possession.

Ask little, the little you may receive will seem all.

To be sated is worse than to thirst.

Thirst for light, ask for all the light there is. It is the only thing by which you cannot be sated.

Arrogance, the courage of the coward.

What a gift it is, to sense at all times the knowledge just beyond that which you have just gained.

The great business of life : to be more and more conscious of it.

Fitness : suitability to one's function in life, not just the feeling of it.

Distance makes people seem smaller, time bigger. Both are deceivers.

Don't judge anyone. Their actions are no criterion of their difficulties. That must remain the secret of their souls.

People may take your money. No one can rob you of your self. You alone can do that.

Your body was given you as an instrument. However great an artist you may be, it will never ring true unless you keep it in tune.

Impostors don't deceive us because they are impostors, but because we are fools.

Men who can see God in a woman's eyes only do so because of the divine spark in themselves.

For all big things we have words and images of little Space and little Time : " the divine spark," " the flash of genius," " the supreme moment," " le moment psychologique," " le dernier quart d'heure." Greatness is not of Time and Space. It is of Spirit, of understanding, of intuition.

Truth is lovable. Make a child see that. A child always reflects what it loves.

Don't say : " I don't believe in that kind of thing " before you know all there is to be known about " that kind of thing."

" And if she died of a broken heart." She really died because the heart was cracked so many times before it eventually broke. The same last straw.

Don't gamble with life. If you lose, you pay with life. If you win you never get paid in life, merely keep your stake.

Don't lie. The day may come when you may have to announce the greatest truth in the world, and a world dying for it may think you are lying once more and pass you by.

" Ask and you shall receive." It applies equally to good and evil. Set your mind on good and good alone will come. But

think, think, think a long time, before you decide what is true good.

The devil suffers, not because he is evil, but because he thirsts to be good and doesn't quite know how to.

Nothing is worse than being unable to do good one longs to do. Find out why you simply can't and attack your weakness. Good will become second nature though it really was meant to be first.

True friendship will give you all you need provided you don't strain it by asking of it anything you do not need.

When you avoid a friend, look within yourself and you will find that you have failed him in some way.

Whatever aristocracy you may join, remember it is up to you to adorn it. Whatever aristocracy you belong to, it is up to you to justify its survival. Aristocracy must rise or be obliterated.

If you are born to lead, know what you are leading to, know that you are leading, and be to yourself the truest of your followers.

Have principles, real sound principles, principles with a soul. It is the soul that matters, not the sound.

When a man disagrees with you, make sure before you fight him that you are not at heart in complete agreement as to fundamentals. In association you may secure one big thing the advent of which will be delayed by antagonism in your methods.

Always give others credit for good intentions. Nothing could help them more.

One good turn deserves another. Deserve the latter, always.

" Look after the pennies, the pounds will look after themselves." Save your nonsense, you will get a reputation for sense.

" De mortuis nil nisi bonum." Don't think evil of the living, it always harms you. And it does hurt when they die.

Don't kill. Don't injure. Not even in thought. It always helps to kill and injure you.

Every thought has been thought before and thought again, and has died before and died again. Action alone keeps it alive.