

THE MAGIC SEVEN
SUMMARY AND EXERCISE
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Step 1 -How to Center Yourself

You must, to be successful, center in an always accessible, permanent, and adequate base of supplies. This base of supplies is yours at your insistent and persistent demand, and with it you may do what you intelligently decide to do, become what you intelligently decide to become.

Say every day, in the silence of your heart, reverently, earnestly, repeating the words till they sink into your consciousness:

I am depending upon nothing but God. I am a part of the All- Wisdom, the All-Intelligence, the All-Strength, the All-Power, the All-Peace, the All-Opulence, and I am able to utilize all these Forces.

Step 2 -How to Go Into the Silence

All power is generated, all great things conceived, in the stillness of the soul-center, which one may learn to keep always undisturbed, and hence at all times capable of receiving impressions from the All-Intelligence, All-Power. One must be ready to receive, or nothing is given him. Every influence which disturbs the receptivity of the mind must be cut off. A new mode of life must be adopted and fostered.

Say every day, in the quiet of your room, or elsewhere:

I am still of heart and of tongue. I invite, and hold myself in the attitude to receive, the Intelligence which teaches the Love which protects and satisfies, the Power which invincibilizes, the Peace which blesses. I admit nothing into my life which would prevent or hinder the greatest soul receptivity. I wait in the Silence with and for God.

Step 3 -How to Concentrate the Mind

All force, to be effective, must be brought to a point, concentrated. All force thus concentrated is a mighty power. This power is still, and has the appearance of negation. Concentration may be cultivated until it becomes invincible.

Take some part of every day or evening when you are sure you will not be interrupted. Let every article of clothing for the body and feet, and your position, be entirely comfortable, that no consciousness of discomfort may distract your attention.

Having put yourself entirely at ease, rest your head on the back of the chair, or let it droop forward, and look in imagination within yourself at a point directly back of the pit of the stomach, where lies the solar plexus, which occultists call "the king brain." Imagine there a point of yellow light. Sit perfectly still, fixing, as nearly as possible, the whole attention on this point of light, thinking of nothing else. Continue this from twenty to forty minutes. You will find this very difficult at first, but every day it will come easier, and before very long you will be able to hold your entire attention for a number of minutes at a time at one single point.

After thus practicing for a short time, in many cases in a week or two, you may, during your concentration hour, put a word-such as "will," "love," "life," etc.- or a phrase, or the image of a friend in place of the point of light, and keep your mind fixed on this word, phrase, or friend.

Step 4 -How to Command Opulence

Unused and unusable things are valueless. Your massed thoughts, in order to benefit you, must be sent out to accomplish the thing you desire. The unseen forces are the real forces. By the persistent, patient, intelligent use of the thought implements you may put in operation power which is invincible.

Go every day where you can be alone for at least twenty minutes; an hour is far better. Loosen every article of clothing, and sit perfectly at ease.

Take all the tension off yourself. Let go of every clutching, depressing, impatient thought. Focus your mind calmly, unspasmodically, but unwaveringly and forcefully, upon the matter in mind. State your will concerning it as lucidly and with as much assurance as you would state your orders for goods to a merchant, and try to feel as much assurance of being adequately served as you would in speaking to the merchant.

Then listen, and expect answers. After a time, if you practice faithfully, you will receive these answers in the shape of suggestions, new thoughts and fresh ideas; the assurance you will probably at first be obliged to assume, will become real, and you will find new opportunities coming to you, will meet the people who can serve you, and will find your way out of your difficulties as the sun breaks through the morning mist.

Step 5 -How to Use the Will

Will holds your thoughts in place and to their work. Neither anger nor stubbornness is will. Will is quiet, steady, intense, and, when developed and conjoined to the All-Will, invincible. It may be rapidly strengthened by constant use. It shapes destiny.

Say in the silence: I will not to indulge in anything which hampers, or to associate with anyone who hinders my spiritual growth. (Specific things or names may be used when desirable.) I will not to be angry, or stubborn, or unduly elated or depressed concerning anything. I will not to be sick, or poor, or less than I am capable of being or becoming. I will to have a free, grand, effective manhood or

womanhood. I will to be whatever I intelligently desire to be. I will to know God, to speak His Word, and to obtain His results.

Step 6 -How to Insure Perfect Health

The great supply of health and strength is always ready, but many are not in a condition to receive it. The first step toward securing this condition is a determination to have it. Inharmonious people, uncleanness, fear, uncongenial surroundings, unfit clothing, a position which does not foster self-respect and insure development, an inadequate income, and drugs, are detrimental to health. Sunshine, air, exercise, faith, and cheerfulness are great health preservers and promoters.

Say in the silence: I will to have perfect health. I will to be in constant connection with the great Health Source. I will to have only such companions, thoughts, surroundings, practices, as will give me the God vitality, power, and peace.

Sit upright. Place your hands on your knees, the fingers slightly over the edge of the knee-pan. Draw in a full, long breath, which you can hear, letting the abdomen expand to its full limit. Hold the breath as long as possible. While drawing in and holding, keep the idea that you are taking in Life, Strength, Vitality, using any of these words which you choose. When letting out the breath, so you can hear it, hold the idea that your weakness is going out with it. See that with the outgoing breath the abdomen is drawn completely in. This exercise will assist you materially in concentrating the mind, and in inducing sleep.

Step 7 -How to Ask and Receive

If one asks aright, he cannot be denied, he must possess something if he is to command something. In order to possess something, he must be something. The nearer he grows to the Christ likeness, the more power he has to command. One is usually given the power to answer his own prayers. Spiritual strength to gain the things one desires must be fostered and grown in the God-atmosphere. The spiritual life, by being constantly lived, becomes the natural life.

Say in the silence: I will to begin now, with just what I have, to add continually to my knowledge of (whatever you wish) and my skill in (whatever you desire to do). I will to remain in touch with the Divine Wisdom and Power which will teach and direct me, and open for me the opportunities which I need. I will to go on from knowledge to knowledge, from strength to strength, from character to character, until I feel myself one with God.