

It would seem that a bridechamber would be about the last place to look for children, and yet Jesus speaks familiarly of them as *living there*, and the other strange implication is that the bridegroom is there *feeding* them since they must *fast* when he goes away. This text reveals our bridegroom in much the same light as he was shown etymologically, viz., as a waiter or feeder of children.

Jesus is known to have had an especial fondness for little children, for he said, "Suffer them to come unto me for of such is the kingdom of heaven." Whoso-injured one of these little ones, "it were better that a millstone were hanged about his neck."

These little children are, indeed, the "heirs to the kingdom." Whoever finds the bridechamber, and discovers the bride and groom will not fail also to perceive these children.

FOURTH VIEW: "Then shall the kingdom of heaven be likened unto ten virgins which took their lamps and went forth to meet the bridegroom."

I will not quote the entire parable. It is found in Matthew, 25th chapter. Read it carefully, noting the following singular features in connection therewith:

1. That ten virgins should go to meet one bridegroom.
2. That a lamp filled with oil should be a necessary preparation.
3. That all these virgins slept while he tarried.

4. That he came at midnight unexpectedly.
5. That only the well filled and illuminated virgins were permitted to pass in.

This oil which produces light and becomes the passport to the feast is very significant.

It is the same kind of oil that Mary Magdalene brought to anoint the Saviour. It is the same oil which "ran down upon Aaron's beard and went down to the skirts of his garment."

Apollonius discovered the nature of this oil and shows how it may be practically employed. He says: "Fire comforts every living creature, and if some priest, himself a pure man, purloin it, and use it, if he blend it with holy oil, consecrate it, and then anoint some aching limb with it, the malady will be cured."

All kings were thus anointed. The Catholics perpetuate the symbol in the Extreme Unction.

This "anointing" refers directly to a certain "baptism by fire" by which gold is purged of dross.

Observe in the parable just cited that the wise virgins only filled and trimmed their lamps ready for lighting. It is presumed that the bridegroom furnished the fire by which they were ignited, else why all this preparation.

FIFTH VIEW: After Jesus' first miracle, the changing of water to wine at the marriage in Cana, "the governor of the feast called the bridegroom and said unto him, 'Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now.'"

What does this mean? It means that this particular bridegroom at this feast held the secret of eternal life. That it was concealed in wine which by alchemical processes was converted out of water. All men have such wine and set it out at the beginning, but they become drunken and then—bring out the bad wine, that fatal fluid which is physical death.

The moral is: Keep the wine good to the very last moment of the feast.

There is no mistaking the actual meaning of this symbol especially if we locate the "land of Cana."

Cana is Cain, Cainan, Caanan, all-signifying "Low land." [Compare English "cane," "can," to will; German *kennen*, to know and *König*, King—that which is low in position is often high in power.]

SIXTH VIEW: John says, "He that hath the bride is the bridegroom; but the friend of the bridegroom which standeth and heareth him rejoiceth greatly because of the bridegroom's voice: This my joy, therefore, is fulfilled.

John, it must be remembered, was the beloved disciple who leaned upon Christ's bosom.

He it is that announces the coming of the bridegroom. He baptizes with water, but his follower baptizes with the Holy Ghost and with Fire. John is a water gate or passage. In Hebrew the name is *Yohanna* allied to Sanscrit *Yont*, and to Greek *On*. In the passage in Revelations (which is literally translated in the head text under ADISAMLED), the word He is *ON*, "the mighty one."

Yet "the least in the kingdom is greater than he" because John is a physical embodiment outside of "the kingdom." All must pass through his baptism into the kingdom, but he at last decreases, is thrown into prison and beheaded. Do not forget, however, if you can re-

ceive it, that he rises again and again as Elias, the prophet. He always is, always was and always will be "the voice of one crying in the wilderness: Make straight the way of the LORD (the bridegroom)."

Much light is thrown on this subject by reviewing the various *bride texts* throughout the bible, which space prevents me from doing at the present time.

In this connection it is well to think of the "living bread" which my friend Aaron refers to by some poetic instinct, though it is not mentioned in the bible in connection with "bridegroom."

The Catholics have a belief that the wafer or bread which the priest eats becomes transformed by some mysterious process into the actual body of Christ. This dogma is based upon the statement of Jesus himself, who said: "Take eat, this is my body, which is broken for you."

Now I assert as a positive fact that the bread referred to by Jesus was an actual substance, a part of the actual body of Christ, which was actually passed over to his disciples by whom it was transubstantiated into *New and Immortal Flesh*.

The Catholics preserve the symbol but without the slightest knowledge of its meaning.

This is the "living bread which came down from heaven," and is the contribution of the bridegroom at every marriage feast. The reason it is not living bread is because men do not understand how to make it or to "gather it."

Moses said unto the children of Israel, "This is the bread which the Lord hath given you to eat. This is the thing which the Lord hath commanded, 'Gather of it every man according to his eating * * * Let no man leave of it till the morning.' Notwithstanding, they hearkened not unto Moses; but some of them left of it until the morning and it bred worms and stank: And Moses was wroth with them."

And well he might be. But this is precisely what people are doing today. This is the great transgression—the eating of *leavened bread*.

It may seem to my readers quite a digression to go from bridegroom to bread, but it is not, for the two are intimately connected.

The bridegroom is he who feeds "bread" to the *starving children*. The bride is she who gives birth to these children, and nurses, clothes and cares for them until they reach a mature development.

Thus the "bread" becomes *bred*. The "bridegroom" (*Brautigam*) is the *brewer* and the "bride" (*Braut*) is the *brew*. All life is one vast *brooding* or *brewing*. So Brahma broods upon the Universal Ovum. So also the Spirit of God broods upon the face of the primal waters: SPIRIT—FATHER—MOTHER, I AM.

TONE—VIBRATION.

In order to realize the greatest benefit possible from the study of breathing, it is necessary to use the breath as a means of tone support.

Tone is but the manifestation or expression of breath primarily thrown into vibration at the vocal chords and then focalized and reinforced in the cavities of the mouth and pharynx.

The nature of this reinforcement is very little understood, but it is due to the vortical whirl of the air column which is confined by the automatic action of certain organs beyond the true vocal bands, and set into a cyclonic movement by pressure from the diaphragm.

The accomplishment of this feat lies in a balance or equilibrium of the active and passive forces, and requires both *Concentration* and *Relaxation*.

These efforts must first be studied separately before they can be correctly combined.

Concentration is holding together, or centering the energies.

The point of concentration must first be decided upon, and then the thought held to that particular point. Tone furnishes the only sure test of correctly controlled breath, and even, regular vibration.

Vibrations, when properly collected and reflected produce tone, while irregular vibrations produce noise. To bring about this correct result, the breath used in voice production, must be supported and controlled by the diaphragm. A tone not thus supported, is dead, lacking in all power of expression. Only when the diaphragm is under control and all action centered there, is it possible to gain reinforcement by elastic, buoyant, volitional vibration.

No study is equal to this for acquiring that desired condition of "going in the Silence," as it is a continual study of concentration and introspection. Everything here is on the mental plane. The product of the effort—voice—may be termed a spiritual emanation, for it is but the expression of immaterial thought.

Here it is that the Mental Scientist may soonest learn the art of learning: To desire, to will, to think the thought, to pronounce the word, thus bringing desire into objective manifestation—creating an image of which the senses take cognizance.

Everyone is more or less out of harmony. It is the duty of Mental Science to bring all into harmony. A fact not generally known is, that each person has a key tone, a fundamental with which he or she vibrates naturally and sympathetically.

thetically. This individual key tone is usually the monofone of the ordinary speaking voice. It is exactly the center of the natural vocal range. It is the *Mese*, or middle tone, of the Greeks which modern musicians recognize as the Dominant or ruling tone. Around this central tone all others play.

Through the scientific application of musical thought to rational practice, this tone will be gradually raised in pitch, corresponding to the elevation in essential life character. It is, after all, the character that determines the tone and becomes an index to the status of life. The pitch will represent the plane and the quality the refinement or control on that plane.

Through a course of continual searching within for that which may be externalized in forms of beauty and harmony, the life grows into conformity with the ideal type of its daily contemplation, and as a result a complete transformation takes place in the individual life expression.

PRACTICE LESSON III.

In the giving of new exercises, it is not intended that the student should neglect the old ones. No matter what else you are going to practice, the breathing exercises, or at least some of them, should be practiced every day before attempting any thing else. In going back to old exercises, keep lengthening the time of each, as strength increases, striving for a greater and more relaxed control.

All who desire to sing can extend the vocal exercise to the full compass of the singing voice, which will be about two octaves. Others need only use the range of the ordinary speaking voice, which is about one octave, four notes above and about the same below the natural monotone of the voice.

Ex 1. RESPIRATORY. First position. Inhale in a long flexible sweep of the lungs, which is the true normal movement. Do not take the breath, but let the breath take you. Stop a moment, pucker the lips as if to whistle and then very slowly and quietly blow the breath out through the smallest possible opening between the lips, counting 25 during this exhalation. Hold the breath back easily. Repeat 6 times.

Ex 2. VIBRATORY. Inhale as above. Close the teeth and now, instead of the hissing sound, add tone by letting the breath escape through the teeth in a prolonged *zzzzzz* - keeping the hissing sound vibrating continually against the teeth. Count from 10 to 15 on this escaping breath tone, and repeat on every tone of the

voice as high and as low as you can go with perfect ease. Keep the tone very soft and even.

Ex 3. RHYTHMICAL. Stand erect. Step right foot forward as far as possible, and throw all the weight on this forward foot, balancing the body by lightly touching the floor with the toe of the backward extended left foot. You will notice that this throws the body well forward from the hips. Now extend both arms straight out in front, palms upward, just as far as you can. When you have assumed the correct position you will feel all stretched out from the hips and shoulders. Keep your position steadily, round the mouth as if to whistle and then inhale in four little puffs whispering "oo" on each one. Imagine here that you are drinking in four whispered or silent "oos" which you are then going to throw out in tone in the same manner. After inhaling the four "oos" stop a moment, and then throw them out in four explosive "oo" tones. Thus, Inhale silently oo-oo-oo-oo, and sing out as hoo-hoo-hoo-hoo. Repeat on every tone of the voice.

Ex 4. FLEXIBILITY. The exercise in our last was for the knee, this one is for the hip. To know the part of the body most affected by an exercise, helps us in locating the central point of sensation.

Stand erect, hands on hips, weight on left foot with heel of right foot pointing toward instep of left. Throw the right foot out directly *sidewise, vigorously, and as far as possible*, pointing the toe to the *right* and toward the *floor*; that is, when the limb is extended the toe should not be sticking up, but pointing down in a line with the limb. Keep both limbs perfectly straight, swinging the limb from the hip. Then bring the foot back into position. Now take this exercise on 8 counts, one on each outward movement and one as the foot returns to position. This will make four complete movements. Then reverse to other foot. After taking each side separately, go through the 8 counts, swinging each foot alternately.

Nothing fills one with such great happiness as genuine recognition. Following is an extract from a letter enclosing a dollar for subscription. It is needless to say that the letter is of far more real value than the dollar.

"A copy of Adiramled came into my hands through a friend. I have been reading along progressive lines during the past year, and nothing can compare with the perfect setting forth of Eternal Truth as I find it in Adiramled for January."

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Science is at last coming in on the home stretch. Within the past month a dead (?) man was restored to life by common salt, and a blind man made to see by the X-Ray. More remarkable things, still, are about to occur. Watch!

I am addressed as Dear Sir and also Dear Madam and one lady begins thus, "Dear—I don't know how to address you."

Let me give you a hint. Stop at the Dear. That is sweet and sufficient. All the additions possible can add nothing.

I rather object to "Sir," because it is both abrupt and ambiguous. King Henry knighted the beef-steak and since then it has been Sir Loim, which really adds nothing to the quality of the beef steak. "Madam" makes the shivers run down my back, to quote the expressive phrase of Elizabeth Towne. Still, I am not like Elizabeth in wanting to dispense with terms of affection and endearment in my correspondence. This world is none too loving. Love, to keep unfolding, needs constant cultivation.

I AM, ADIRAMLED.

I take pleasure in introducing to my readers Emma Gardner, of Eaton, Ohio, who was a student in Mrs. Wilman's first class, and who has a reputation as an excellent healer. She is success, and she is HEALTH.

Francis Edgar Mason sends me his paper, "DOMINION," published bi-monthly at one dollar per year, No. 424 Greene avenue, Brooklyn, N. Y. "Dominion" is an evolution of "The Healer," which has long been known and recognized as a leading science journal.

By the way Dominion endeavored to give me a nice complimentary little notice, which is appreciated. It reads: "Adiramled," (whatever this may mean), is another new light which has just risen on the horizon of astrological thought. It is an 8pp periodical 'issued every new moon.' Subscription price *not given*. Address, etc."—The italics are mine. How was it possible, brother Mason, in the light of my "moon" that you did not see \$1.00 per year? Adiramled is by no means an "astrological" exponent. Astrology, like Mathematics and Greek, is a part of our stock in trade, but there is something vastly higher than all these and Adiramled is the Announcer of this truth. It is, *How to find the NEW NAME* and discover the Secret of IMMORTALITY.

An article on the meaning of ADIRAMLED, crowded out this month, will appear next.

I have given the past month a large number of Onomastic Character Readings, and everyone is delighted with them. Many do not understand the nature and scope of this reading. It is not by any means "fortune telling" but rather, FORTUNE MAKING.

Through one's name, I come into conjunction with the personality, showing not only what "the stars" reveal, but through the Silent Spoken Word, assist one to Dominate the Stars and become Master of Destiny.

In my reading I employ a combination of sciences, linguistic, astrologic, occult and psychometric, so that such reading virtually becomes a New Art.

Send your full name with date of birth, and ask me any questions you wish. Enclose One Dollar for full reading.—*Adiramled*.

My friend, the well known astrologer, Frank T. Allen, No. 23 St. Marks street, Brooklyn, N. Y., is preparing to issue a new monthly periodical devoted to "Mental Science from the standpoint of an Astrologer."

There is no doubt that this will be a genuine contribution to New Thought literature as Frank has not only a deep insight into the subjects he writes upon, but also a lucid manner of expressing what he knows. This journal is only 50 cents per year, and those who send him \$1.00 AT ONCE, will receive the journal and a written character delineation from the horoscope of any one whose birth date is sent. See notice of Mr. Allen's book in another column.

"Morning Songs" is the name of Aaron Belford Thompson's book of poems, price 65 cents postpaid: Address the author, Rossmoyne, O.

Aaron is one of my sweethearts, who, like Solomon's beloved, is "black but comely." He is a warm hearted lover and sings with a rare native genius.

Moreover, he is an Individual of the right stamp who is demonstrating each step as he goes.

He writes his own poems, prints and binds the books, and then sells them through personal solicitation. Thus Aaron is the WHOLE THING and is destined to lead his race.

I have had a vision of actually walking upon the waters, and with it was also revealed the principle by which it may be accomplished. As it is, with my present understanding, perfectly scientific and possible, and as I have already made what I consider a far more wonderful demonstration, I have no reason to believe but that this and other signs will follow.

A great many are asking me if I am going to discuss the Sex-Question. Most emphatically I am. Next month I shall have something to say about Regeneration.

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The world is ready for a new step. Mental Science has paved the way for Soul Science. Mental means the Moon; Soul refers to the Sun. The Moon is the tabernacle of the Sun just as the Mind is the home of the Soul.

The mind is a machine in which the soul exists as the central positive animating principle. The Mind is intellect and prepares the unfolding of the soul or intuition. Do you now understand what we mean by "getting into the ether?" It is the Soul Center, the actual dwelling place of I AM THAT I AM.

ADIRAMLED is not half big enough to print all the good letters we are receiving from people, and what we would like to say in reply. If you all come into our Conjunction Center and work with us, we will soon have to enlarge the paper.

Owing to the New Postal law, our sample copies are restricted to the number of our actual subscription, which naturally, as yet, does not run into the thousands, though it is increasing very rapidly.

In order to send out more papers to more new people and save our heavy expense of postage, we will make this offer for February: Single subscriptions, \$1.00; two, \$1.50; three, \$1.75; four, \$2.00. See if you cannot roll in a lot of subscriptions.

I have just received from the author, Miss Lorraine Follitt, a copy of her new book, "Re-orientation." Price 50c: Published by The Order of the White Rose, Syracuse, N.Y. The subject is treated in a masterful manner and will appeal to all thinkers along the line of higher metaphysical research.

DAWN of DEATH

OR THE GOLDEN AGE OF IMMORTALITY.

I trust my subscribers have not all died, waiting for my Death to Dawn.

The fact is Saturn got in conjunction with my printer's Moon so as to seriously delay his work.

But I have, at last, untangled matters and got things so running smoothly above and below.

"Dawn of Death" is ready, and I am proud of the book. It is a practical unfolding of the Real Resurrection, being a demonstration of the Actual Redemptive Process through an understanding of Sexual Alchemy. "He that hath ears to hear, let him hear."

The book is sent postpaid for 50 cents, and until the first edition is exhausted, it will be given as a premium to all subscribers of ADIRAMLED at the regular price, \$1.00 per year. Address,

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