

THE HEART OF THE NEW THOUGHT

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The Heart of the New Thought by Ella Wheeler Wilcox

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ELLA WHEELER WILCOX

**THE HEART OF THE
NEW THOUGHT**

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OF

The New Thought

WRITTEN BY

ELLA WHEELER WILCOX
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Associate Editor of "NEW THOUGHT," Chicago

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Publishers' Preface

This book is noteworthy as an interpretation of "New Thought."

That which was vague, mystic, unreal, has become, in the hands of Mrs. Wilcox, a lovable philosophy of simplest construction.

The backbone of this philosophy is *The Power of Right Thought*.

Startling as are some of the tenets expressed, they are provably true here and now.

It is possible that the very simplicity of this book will encourage careless criticism from those who believe that genius and ambiguity are twin.

But Mrs. Wilcox is ever the voice of the people: what she says is practical; what she thinks is clear; what she feels is plain.

Let the people judge this book.

CHICAGO, NOVEMBER, '02.

Contents:

	Page
Let the Past Go.....	5
The Sowing of the Seed	8
Old Clothes.....	11
High Noon.....	14
Obstacles.....	17
Thought Force.....	20
Opulence.....	23
Eternity.....	26
Morning Influences.....	28
The Philosophy of Happiness.....	30
A Worn Out Creed.....	33
Common Sense.....	36
Literature.....	40
Optimism.....	42
Preparation.....	46
Dividends.....	49
Royalty.....	53
Heredity.....	55
Invincibility.....	57
Faces.....	58
The Object of Life.....	63
Wisdom.....	66
Self-Conquest.....	69
The Important Trifles	72
Concentration.....	74
Destiny.....	76
Sympathy.....	79
The Breath.....	82
Generosity.....	85
Woman's Opportunity.....	88
Balance.....	91

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Let the Past Go

DO not begin the new year by recounting to yourself or others all your losses and sorrows.

Let the past go.

Should some good friend present you with material for a lovely garment, would you insult her by throwing it aside and describing the beautiful garments you had worn out in past times ?

The new year has given you the fabric for a fresh start in life, why dwell upon the events which have gone, the joys, blessings and advantages of the past !

Do not tell me it is too late to be successful or happy. Do not tell me you are sick or broken in spirit, the spirit cannot be sick or broken, because it is of God.

It is your mind which makes your body sick. Let the spirit assert itself and demand health and hope and happiness in this new year.

Forget the money you have lost, the mistakes you have made, the injuries you have received, the disappointments you have experienced.

Real sorrow the sorrow which comes from

the death of dear ones, or some great cross well borne, you need not forget. But think of these things as sent to enrich your nature, and to make you more human and sympathetic. You are missing them if you permit yourself instead to grow melancholy and irritable.

It is weak and unreasonable to imagine destiny has selected you for special suffering.

Sorrow is no respecter of persons. Say to yourself with the beginning of this year that you are going to consider all your troubles as an education for your mind and soul; and that out of the experiences which you have passed through you are going to build a noble and splendid character, and a successful career.

Do not tell me you are too old.

Age is all imagination. Ignore years and they will ignore you.

Eat moderately, and bathe freely in water as cold as nature's rainfall. Exercise thoroughly and regularly.

Be alive, from crown to toe. Breathe deeply, filling every cell of the lungs for at least five minutes, morning and night, and when you draw in long, full breaths, believe you are inhaling health, wisdom and success.

Anticipate good health. If it does not come at once, consider it a mere temporary delay, and continue to expect it.

Regard any physical ailment as a passing inconvenience, no more.

Never for an instant believe you are permanently ill or disabled.

The young men of France are studying alchemy, hoping to learn the secret of the transmutation of gold.

If you will study your own spirit and its limitless powers, you will gain a greater secret than any alchemist ever held; a secret which shall give you whatever you desire.

Think of your body as the silver jewel box, your mind as the silk lining, your spirit as the gem. Keep the box burnished and clear of dust, but remember always that the jewel within is the precious part of it.

Think of yourself as on the threshold of unparalleled success. A whole, clear, glorious year lies before you! In a year you can regain health, fortune, restfulness, happiness!

Push on! Achieve, achieve!