

WHITE CROSS LIBRARY



YOUR FORCES
AND HOW TO USE THEM



OUT OF PRINT - DO NOT LOAN

WH
CR
LIB

MUL
PRE

THE WHITE CROSS LIBRARY.

YOUR FORCES, AND HOW
TO USE THEM.

BY

PRENTICE MULFORD.

*Consisting of the numbers issued in the White Cross
Library from May, 1886, to May, 1887.*

VOL. I.

SECOND EDITION.

BOSTON:
F. J. NEEDHAM,
No. 22 TREMONT ROW.
1887.

CONTENTS.

COPYRIGHT, 1887,
By F. J. NEEDHAM.

PRESS OF EMERY & HUGHES, 146 OLIVER STREET.

CONTENTS.

YOU TRAVEL WHEN YOU SLEEP.
WHERE YOU TRAVEL WHEN YOU SLEEP.
THE ART OF FORGETTING.
HOW THOUGHTS ARE BORN.
THE LAW OF SUCCESS.
HOW TO KEEP YOUR STRENGTH.
CONSIDER THE LILIES.
ART OF STUDY.
PROFIT AND LOSS IN ASSOCIATES.
THE SLAVERY OF FEAR.
WHAT ARE SPIRITUAL GIFTS.
THE PROCESS OF RE-EMBODIMENT.
RE-EMBODIMENT UNIVERSAL IN NATURE.

(118)
5-12-86

all business is best done when it is a pleasure to do it.

An old system of philosophy says, "What thou doest, that do with all thy might."

Not the spasmodic, fleeting might of fury or anger. That is not might at all. That is waste of strength. It implies that every act of our lives, from the tying of a shoe-string, the forming of a letter, or the sharpening of a pencil, should be done with the might of method, precision, exactness, care; in brief, the might of concentration. When a boy, I was doing my first day's shovelling in the California gold-diggings. An old miner said to me, "Young man, you make too hard work of shovelling: you want to put more mind in that shovel."

Pondering over this remark, I found that shovelling dirt needed co-operation of mind with muscle,—mind to give direction to muscle; mind to place the shovel's point where it should scoop up most dirt with least outlay of strength; mind to give direction to the dirt as thrown from the shovel; and infinitesimal portions of mind, so to speak, in the movement of every muscle brought into play while shovelling. I found that the more thought I put in the shovel the better could I shovel: the less like work it became, the more like play it became, and the longer my strength for shovelling lasted. I found when my thought drifted on other things (no matter what), that soon the less strength and enjoyment had I for shovelling, and the sooner it became an irksome task.

Every thought is a thing and a force made of invis-

Thoughts are Things.

But the continuance of this method must reduce that body to the stature of a permanent shovelman

ble substance. Thinking uses up a certain amount of the body's force. You are working and using up this force even in what you call your "idlest moments." If, while doing one act with the body, you are thinking of something else, you are wasting your strength and thought. Before you pick up a pin from the floor, you send from you, in thought, substance,—a plan for picking up that pin. That plan is force. You direct and use that force on your body, the instrument for picking up the pin. You should not mix that plan with one for doing any thing else while the body is picking up that pin. If you do, you are sending your force—or trying to—in two directions at once. You mingle and confuse the plan and force for one act with the plan and force for another.

Every impatient act and thought, no matter how small, costs us an unprofitable outlay of force. If, sometime, when you are tired with walking,—that is, walking with your legs, while your brain has been working, wool-gathering, or worrying, planning, and scheming,—you will drive all such thought away and put all your mind, attention, and force in your limbs and feet, you may be surprised to find your strength return and your fatigue leave you. Because every physical act costs a *thought*, and every thought costs a certain outlay of force. Every step you take involves a plan to give that step direction. Plan involves outlay of thought. Thought means outlay of force. If you think of other things while walking, you are expending force in two directions at once.

Do you think that an acrobat could so readily as-

Thoughts are Things.