NUGGETS
OF THE NEW
THOUGHT

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BY
WILLIAM WALKER ATKINSON

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Contents

PREFACE 7
THE SECRET OF THE "I AM" 15
LET A LITTLE SUNSHINE IN" 27
THE HUNGER OF THE SOUL 33
LOOK ALOFT! 43
TO-MORROW 48
IN THE DEPTHS OF THE SOUL 54
"FORGET IT" 65
"THE KINDERGARTEN OF GOD" 71
THE HUMAN WET BLANKET 78
AIM STRAIGHT 83
AT HOME 94
THE SOLITUDE OF THE SOUL 100
JERRY AND THE BEAR 106
THE UNSEEN HAND 116
HOW SUCCESS COMES 124
THE MAN WITH THE SOUTHERN EXPOSURE 129
A FOREWORD 137
PARTNERSHIP 142
THE SEEKERS 151

MENTAL PICTURES 160
DON'T RETAIL YOUR WOES 165
LIFE 174
LET US HAVE FAITH 184
DO IT NOW 193
GET IN TUNE 198
MENTAL TOXIN AND ANTI-TOXIN 203

PREFACE

I Can and I Will—The recognition—Equal to any task—A feeling of calm confidence—An abiding sense of power, reserve force and security —The Something within—The triple key to the door of attainment—The vibrations of Success.

I Can and I Will!!! Have you ever said these words to yourself with a firm conviction that you were speaking the truth—with the strong feeling that needed no other proof. If so, you then felt within you a thrill which seemed to cause every atom of your being to vibrate in harmony with some note in the grand scale of Life, sounded by the Real Self. You caught a momentary glimpse of the Inner Light—heard a stray note of the Song of the Soul—were

conscious for the moment of YOURSELF. And in that moment of ecstasy, you knew that untold power and possibilities were yours. You felt that you were in touch with all Strength, Power, Knowledge, Happiness and Peace. You felt that you were equal to any task—capable of executing any undertaking. For the moment there was no Fear in the world for you. All the Universe seemed to vibrate in the same key with your thought. For the moment you recognized the Truth.

But alas, the spirit of doubt, distrust, fear and unfaith called you again to Earth—and the vision faded. And yet, the remembrance of the sight—the echo of the sound—the remnant of the new-found strength—is with you still. You still find that memory to be a stimulus to great efforts—a comforting thought in times of weakness and trial. You have been able to accomplish much by the aid of the lingering vibrations of the mighty thought.

In times of great peril—grave perplexities—life and death struggles, a feeling of calm confidence and strength often comes to us, and we are borne on by a power *of* us and *in* us (and yet in everything else, too) that seems to lift us off our feet and sweep us on to safety—to peace—to rest. We are possessed of an abiding sense of power, reserve force and security.

When extraordinary conditions confront us—when our bodies seem paralyzed—our minds stupefied—our will power gone, we are often made conscious of the existence of the Real Self, and it answers our involuntary demand, and comes to rescue with the cheering cry: “I AM HERE"!

Many of us have made use of this inner strength without realizing it. One day we were sorely distressed and made the demand, and lo! it was answered. We knew not from whence came this new-found strength, but we were conscious of the uplift, and felt more confidence in ourselves. The next time we *confidently* demanded the aid, and again we were answered. We acquired that which we call confidence and faith in ourselves, and were carried over many a dark place and started on the road to Success. Our repeated success caused us to think and speak of our “luck,” and we grew to believe that we had a “star,” and took chances and risks that others would not dream of. We dared. We made some apparent failures, but we soon came to know them as only lessons leading to *ultimate* success. The “I Can and I Will” feeling carried us over rough places safely, and we got to simply *know* that we would “get there” in the end.

And so we went on and on, knowing that if we advanced three steps and slipped back two, we were still one step ahead. We had confidence, because we *knew* that "things would come our way" in the end. And so long as we held this attitude, we *did* succeed, and it was only when we lost heart at some unexpected slip—only when, after having attained success, we became dazed and frightened, and began to fear that our "luck might turn" and that we would lose all of our accumulations—it was only *then*, I say—that our star waned.

Talk with any successful man, and, if truthful, he will admit having felt, from the time of his first success, that he had some sort of "pull" with Fate—some "lucky star"—some special Providence operating in his behalf. He grew to *expect* results—to have confidence in things turning out right—to have faith in *something* of which he knew not the nature—and he was not disappointed.

Things seemed to work in his favor—not always just in the way he expected, sometimes in an entirely different way—matters seemed somehow to straighten themselves out in the end—so long as he kept his "nerve." He did not know the source of his strength, but he believed in it and trusted it just the same.

Let us wake up and recognize this Something Within—let us begin to understand this “I Can and I Will” feeling—let us cherish it if we have it, and cultivate it if we have it not. Do you know that we are young giants who have not discovered our own strength? Are you not aware that there are powers latent within us, pressing forth for development and unfoldment? Do you not know that earnest desire, faith and calm demand will bring to us that which we require—will place at our hand the tools with which we are to work out our destiny—will guide us in the proper use of the tools—will make us grow? Do you not know that Desire, Faith and Work is the triple key to the doors of Attainment? There are possibilities before us, awaiting our coming, of which we have never dreamed. Let us assert ourselves—take up the key—unlock the doors—and enter our kingdom.

To accomplish, we must be possessed of earnest desire—must be as confident of ultimate success as we are of the rising of to-morrow's sun—we must have Faith. And we must work out the end with the tools and instruments that will present themselves day by day. We will find that Desire, Confidence, Faith and Work will not only brush aside the obstacles from our path, but will also begin

to assert that wonderful force, as yet so little understood—the Law of Attraction—which will draw to us that which is conducive to our success, be it ideas, people, things, yes, even *circumstances*. Oh, ye of little Faith, why do you not see these things?

The world is looking for these "I Can and I Will" people—it has places ready for them—the supply does not begin to equal the demand. Pluck up courage ye unfortunate ones—ye doubters—ye "I Can't" people! Begin the fight by abolishing Fear from your minds. Then start to climb the ladder of Attainment, shouting "I CAN AND I WILL" with all your might, drowning out the sound of the "buts," "ifs," "supposing's," "you can'ts" and "aren't you afraid" of your wet-blanket friends at the foot of the ladder. Do not bother about the upper rounds of the ladder—you will reach them in time—but give your whole attention to the round just ahead of you, and when you have gained a firm footing on that, then look at the next one.

One round at a time, remembers, and *give your entire attention to each step*. Climb with Desire, Confidence and Faith inspiring each step, and the task will become a pleasure. You will be conscious of some mighty force attracting you upward and onward as you progress. And don't try to

pull some other fellow off the ladder—there's room enough for both of you—be kind, be kind.

If you fail to feel the “I Can and I Will” vibrations within you, start in to-day, and *say* “I Can and I Will"—THINK “I Can and I Will"—ACT “I Can and I Will,” and get the vibrations started in motion. Remember that as the one note of the violin, if constantly sounded, will cause the mighty bridge to vibrate in unison so will one positive thought, held constantly, manifest itself both in yourself, others and things. So begin sounding the note to-day—this very moment. Sound it constantly. Send forth a clear, glad, joyous note—a note of Faith—a note of coming Victory. Sound it over and over again, and soon you will become conscious that the vibrations have commenced, and that the mighty structure of your being is quivering and vibrating to the keynote:

—"I CAN AND I WILL.”

THE SECRET OF THE "I AM"

The Ego—The physical plane—The mental plane—The new plane of consciousness—The Real Self—The "I"—The Temple of the Living Spirit—Development of the "I Am" consciousness—The Higher Reason.

"Lord of a thousand worlds am I, And I reign since time began; And Night and Day in cyclic sway, shall pass while their deeds I scan. Yet time shall cease, ere I find release, For I am the Soul of Man."

—**Charles H. Orr.**

Many of us are accustomed to thinking of ourselves on the physical plane alone. When we think of the Ego—the "I" of ourselves, we

picture it as a human body with organs ranging from the finest—the brain, down to those of coarser atomic structure. To one living on this plane of consciousness the body is the *real* self, and the Mind but an appendage to the body. Such a man speaks of "my mind" or "my soul," as he speaks of "my hat," "my coat," "my shoes"—as things belonging to him, which he uses, but which are not *him*. To him the Body is the real man—the Mind something useful to the body—the Spirit a nebulous hypothetical something of which he has but a hazy idea and no consciousness. He lives on the physical plane alone.

Other's picture there "I" as Intellect or Mind, having control of the body and its organs, and having its abode in the brain, or brains, of the human being. To these people the Intellect is the Real Self, in fact to many of this class the Intellect is elevated to the position of God, and they bow down to and worship it. They realize the subjection of the body to the Mind, and are aware of the wonderful power of the latter over the particular body under its control; the bodies of others; the minds of others. To them the Intellect is the highest self, identical with the Spirit. They are conscious of the wonderful workings of the mind, but are conscious of nothing higher. To some of them death seems to end all, their idea of mind being that it is a product of the brain. Others feel that somehow, somewhere, their Intellect will maintain

its existence, but it is merely a *belief* or hope, based upon the words of others who have claimed authority to speak. They have no consciousness of pre-existence or future existence—no perception of that REAL SELF which *knows* itself to be Eternal.

A third class have so far progressed along the Path of Life that they have crossed the borders of a new plane of consciousness. They are in a strange land—they see no familiar landmarks—they do not recognize the country that lies before them. Their friends, whom they have left just a few feet behind across the border, do not seem to realize the difference the short distance has made to those who have traveled it, and therefore doubt the prospect seen from the new point of view. Those who have crossed the border find that they have acquired a *consciousness* of a real Existence. The "I" consciousness has passed beyond the Intellectual plane and is able to look back to that plane and the one still further back, the Physical plane. "I" recognizes the value of both Mind and Body, but regards them both as but instruments, tools or servants, with which to work. "I" feels that it has existed from the beginning (if beginning there was) and will exist until the end (if end there be). "I" feels a keen pleasure in mere existence—in the NOW. "I"

knows itself to be a part of the WHOLE THING—knows that the UNIVERSE is its home. "I" knows itself to be a tiny drop of Spirit from the Great Spirit Ocean; a ray from the Supreme Sun; a particle of the Divine Being, encased in a material body, using that body and a force called Mind, with which to manifest itself. "I" does not at present *understand* all things—far from it. It has not as yet been able to bring its tools to that degree of perfection. It merely *knows* that it IS, and has ALWAYS BEEN, and ALWAYS WILL BE. "I" allows Intellect to indulge in speculations, but contents itself with the knowledge that it IS—it frets not itself with the problems of the past or future, but lives in the NOW, and knows itself to be a part of the WHOLE. "I" knows that it cannot be destroyed or injured—that it exists in accordance with Law (and that Law is Good) and asks no further light at this time, knowing that in its progress through matter, discarding sheath after sheath, more *knowing* will surely come. It says trustfully and confidently, to the Absolute: "Thy Will be Done."

Knowing itself to be immortal, "I" has no fear of the death of the body—one body is as good as another to it—it is willing to lay aside the body as it does a coat, when it has outworn or outgrown it. Knowing

itself to be impregnable to harm, "I" has no Fear thought—it fears nothing. Knowing that the Law is working for development (always for ultimate good) "I" is not disturbed by the cares, troubles and sorrows of Life—it knows them for what they are. The body may be in pain, the mind may be burdened with sorrow, but "I," *knowing*, smiles.

"I" knows itself to be One with the "I" of all living creatures, and knowing this cannot manifest Hate, Fear, Envy, Jealousy—it cannot Despise or Condemn. These and other feelings of the old life drop from the person like a discarded mantle when "I" mounts its throne. "I" recognizes that others may not have progressed so far on the path as itself, but knows them to be but fellow travelers on the same road, who are doing the best they know how, considering their stage of the journey. "I" recognizes Ignorance—not Evil. "I" has but one feeling toward Mankind and the whole living world—LOVE. Aye, Love and Comradeship for even the *last man*, for it knows that that last man cannot be left out of the great scheme of Life.

"I" knows that it has traveled a long road leading to its present position, and that all Life is traveling the same. "I" looks back and sees others covered with the mire and dust of the road, far back on the Path,

but knowing that it has travelled the same stage of the journey—been covered with the same mire and mud—it cannot condemn. “I” knows that it is but on the threshold of the new consciousness—the borderland of the Cosmic Knowing—and that far beyond lie regions of marvellous beauty which will in turn be travelled, and then on and on, increasing in strength and knowing-power each day. “I” sees endless phases of existence opening up to the vision—it cannot at this time *understand*, but it knows of the existence of the Law, and is content. “I” has the courage of Intelligent Faith, and presses forward cheerfully to the Divine Adventure. All this—and more.

To the man or woman who understands, the task of self-development becomes a labor of love—an exalted task rather than the mere selfish striving after power. As the sculptor saw in the block of marble the form of the angel, and was impelled to cut away the surrounding material in order to liberate the angelic form—so may we, seeing the God-like form within us, strive to liberate it. That inner form is the real self—the “I.” If you have never realized this truth, relax body and mind and indulge in a little introspection; turn your gaze inward; listen to the voice of the Spirit. You will be conscious of a faint