

# SPECIAL ATTENTION

Renew yourself each day completely; do it again and again and forever again. Few people know how to do it. Millions are awake enough for physical labor, but only one in a million is awake enough for effective intellectual exertion; only one in a hundred million to a poetic or divine life. To be awake is to be alive. Keep yourself awake not by mechanical means, but by the infinite expectation of the dawn, which does not forsake us in our soundest sleep. I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor towards the realization of his Godhead. In getting all kinds of goods around us, we are still mortal, but in dealing with Truth and Light, we become immortal and need fear no change, no accident.

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## Hindu Science of Breathing and Nature Cures

Free lessons in breathing and classes in development of the Realization of the Kingdom of Heaven within will be conducted every day from 12 to 1, with the exception of Sundays, for 15 minutes. Come and be a Columbus to the whole new continents and worlds within you, opening new channels, not of trade, but of thought.

Following are the subjects of the ten lessons:

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|------------------------------|------------------------|
| 1. SIMPLE BREATH             | 6. BEAUTY BREATH       |
| 2. VITALIC BREATH            | 7. SOLAR PLEXUS BREATH |
| 3. "MILLION DOLLAR BREATH"   | 8. WALKING BREATH      |
| 4. LUNG STRENGTHENING BREATH | 9. CONSTIPATION BREATH |
| 5. LUNG CLEANSING BREATH     | 10. INSOMNIA BREATH    |

Every person joining the breathing class is supposed to practice these breathing exercises. Curiosity seekers barred.

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## INTERVIEWS

Interviews by Special Arrangement at Murphy Hotel, Room 625. No fees, no charge, all on Free-Will Offering Basis.

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## FREE!

A healing class will be conducted every day from 12 (noon) to one, with the exception of Sundays.

Following diseases, especially in their chronic condition, can be effectively treated by the Yogic methods.

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| 1. Constipation | 5. Heart Disease | 9. Consumption      |
| 2. Dyspepsia    | 6. Neuralgia     | 10. Obesity         |
| 3. Headache     | 7. Diabetes      | 11. Sterility       |
| 4. Piles        | 8. Hysteria      | 12. Impotence, etc. |

TRUTH CANNOT BE SOLD

Permanent Address, P. O. Box 2134, Salt Lake City, Utah.