

of negative thought when an individual becomes improperly related to himself in his own mind.

Observe carefully and you will see that everywhere in nature there is always at work a natural law which gives eternal change to all matter, all energy, and to the power of thought. The only permanent thing in the universes is change. Eternal, inexorable change—through which every atom of matter and every unit of energy has the opportunity to properly relate itself to all other units of matter and energy, and every human being has the opportunity and the privilege of properly relating himself to all other human beings no matter how many mistakes he makes, or how many times or in what ways he may be defeated.

When mass failure overtakes a nation, such as the 1929 world business depression, the circumstance is in perfect harmony with nature's plan to break up man's habits and give out fresh opportunities.

The beauty of publishing this book now, during the current economic turmoil, is that nature is once again breaking up man's habits and presenting fresh opportunities.

Q What you are saying intrigues me. Am I to understand that hypnotic rhythm has something to do with the way people relate themselves to one another?

A That abstract, elusive thing called character is nothing but a manifestation of the law of hypnotic rhythm; therefore, when speaking of one's character it would be proper to say his thought-habits have been crystallized into a positive or a