

MIRROR MEDITATION

By EMMITT L. BRINSON

What is mind? Does anyone really know? The activity of thought, of awareness, of mind. It is not material! Then what is it? That elusive something which we use the most in our lives, consciously and subconsciously is the least understood.

Every person has feelings, forms opinions, thinks, has intentions, decides issues, makes choices, reasons, arrives at conclusions, understandings; He reflects, contemplates, meditates, sets goals and objectives; he perceives through his senses; There are countless descriptions of mind, but what is it? There is no physical substance to it.

Yet mind is as real and tangible as is the physical being itself. It is like a universal electricity. When accepted in this light the body or brain is not the producer of this current through which thought ac-

tion flows, but can be understood only as the conductor of such mental activity. It is a control center. So, mind is not the product of the brain, but operates through the brain.

Maybe it can better be explained in the light of the electronic brains or computers. They are very intricately and mechanically designed. With the current turned off, they are lifeless, these machines are useless, regardless of construction. It is only when the current flows through that they become useful and can perform the tasks intended.

The material brain is a highly developed organism, much more complicated in detail than man can imagine, and man is dependent on its proper functioning. Yet the energy that flows through the brain and causes the body to act is as universal as electricity itself. It is life-it is spirit-it must be God.

No man-no thing-has a mind or life-that is exclusively its own, but that which he uses is a part of a universal energy, or mind of God. Emerson really touched on this when he said "There is one mind common to all individual men. Every man is an inlet to the same and all of the same. What Plato has thought, he may think; what a saint has felt, he may feel what at any time has befallen any man, he can understand. Who hath access to this universal mind is a party to all that is-or can be done, for this is the only Sovereign agent."

So mind is not something that belongs to us but something that finds expression through us. No one knows what it really is, only what it does; The way it operates through the individual as his mind. It is given direction by the many mental activities-the individuals atmosphere of thought-relative to environment-or individualized field of activity.

In mind-all men are related, proven by the control of another through hypnotism. We are immersed in the great universal sea of mind. This mind is all powerful-all creative. It awaits direction of the individual. It is that ever present spirit.

I sometimes wonder when prayer is not answered if it is because we have not subjected ourselves to this divine assistance. It is not because God does not want to answer the prayer. It is because we somehow block the way for it to be answered. God will only do for us that which he does through us, and that which we sincerely are willing to ac-



WRAPPED UP . . . In his work is mustachioed S/FC Jimmy Farrell, a Fort Bragg, N. C., ranger who is keeping his eyes riveted on a real boa-constrictor at the base's snake exhibit.

cept. So long as the individual's attention is centered upon other channels of thought such as selfishness, poverty, unhappiness, and other frustrations the universal power of mind-of-God-is forced to flow through these channels. So mind expresses itself as we want it expressed-for good, or for bad.

In this New Year-we should project a mental picture of Peace on earth, of happiness-of success-in short we should open our minds to the wholesome Christian principle. The Master Artist will fill in the rest, working through our desires-makingout mental picture take form.

Ah yes, and the most important thought of all expressed by an unknown Poet: "I asked the New Year for some message sweet; some rule of life, with which to guide my feet, I asked and paused; he answered soft and low: Gods will to-know. Will knowledge then suffice--New Year? I cried, And, ere the question into silence--died. The answer came; Nay, but remember too; God's will to-Do. Once more I asked; is there no more to tell? and

For economy heat with oil

maximum heat for your money



Ives Oil Co.
506 Cypress
ME 7-2197



Cold weather time for carbohydrates--Is cold weather hard to take? Research shows that carbohydrate foods are cold weather protectors. Best known are: Fruits, most vegetables, breads, cereals, milk. Be sure bread and cereal are enriched or whole grain.

Something different in menu planning--For a change of menu, switch the high protein food of the meal from the main course to the dessert course. Add preserved ginger, chocolate chips, or plump raisins to baked custard. Tasty bread

sure again the answer sweetly fell. Yes! this thing, all other things--above; God's will to--"Love".

Have a wonderful, happy and successful New Year.

buddings are good selection, too. Angel food cake or meringues, teamed with fruit or ice cream are bargains in high quality protein as are cheese cakes and baked Alaskas.

Teen-agers need good breakfast--It's foolhardy for high school students to trade their breakfast for a little extra morning sleep. It is practically impossible to make up the food missed at breakfast by eating snacks or "overeating" at other meals. Breakfast should provide at least one-fourth of the teen-ager's daily intake. That mid-morning hunger feeling among teen-agers can be stopped with a good serving of eggs at breakfast. Because high protein foods are slowly digested, hunger comes less quickly after eating eggs for breakfast.

Much of the ground work for health in later life is laid during the teen-age period. It is often impossible to compensate for nutritional damage incurred during the teens.

Tru-Tread Tire Co.

U. S. TIRES

Recapping & Vulcanizing
223 Craven Street ME 7-2417

BEASLEY-KELSO

INSURORS - REALTORS

"SERVICE - SAVINGS"

305 Broad Street

637-2121

For Personalized
Laundry & Dry
Cleaning Service,
Just Call

**City Laundry
& Cleaners**

"New Bern's Largest
& Finest"
243 FLEET ST.
ME 7-2991

**VITA-VAR
PAINTS**

at
**MITCHELL'S
HARDWARE**

315 Tryon Palace Drive
ME 7-3100

GEORGE W. ALLEN

LAND & TIMBER

FARM LAND-TIMBER LAND-DEVELOPMENT

WILL BUY - SELL - APPRAISE

THIRTY YEARS EXPERIENCE - STATEWIDE LICENSE 5626

1001 Broad Street

Phone ME 7-6175

SALES & SERVICE
**G. E. Appliances, Stereo
and T.V.**

APPLIANCE CENTER

1402 Neuse Blvd.

Tel. ME 7-6223

HAZEL'S HAIR STYLING

719 DeGraffenreid Ave.

Dial 638-5322

Next to Carpenter's Florist

JANUARY FASHION CLEARANCE

Suits **1/2 off 1/3 off**
Coats

Dresses **1/3 off 1/4 off**
Skirts
Blouses

Lingerie **1/2 off 1/4 off**
Sportswear
Furs

FAMOUS NAME BRAND
SHOES and BAGS

• STREET SHOES • DRESS SHOES
• CASUAL SHOES
FLAT HEELS • HIGH HEELS • MEDIUM HEELS
ALL KINDS OF HEELS • TOES • STYLES
SUEDES • CALFSKINS • REPTILES
SIZES TO 12 WIDTHS 4A TO B

VALUES TO	REDUCED TO
\$17.00	\$10.90
\$15.00	\$ 8.90
\$12.00	\$ 6.90
\$10.00	\$ 5.90
\$25.00	\$14.90

LOTS OF BAGS 1/3 OFF

Penney & Tassle Loafers

VALUES TO \$8.99
NOW

\$6.90

Shop and Save at

THE
Fashion
CENTER

Your Center for finer Fashions