his first steps, would have the temerity to offer counsel about an adventure so enormous. So, here goes!

The first step is the acceptance of a concept: The conscious mind does not create the idea. This mind is as a radio receiving set that can, if sensitively tuned, receive ideas. The recognition that there is a Creative Source outside of or over and beyond the conscious self cleanses the mind of know-it-allness and provides an openness, a humility, conducive to reception.

Next, as an essential precondition to the reception of ideas, to creative thinking, is a deep-seated, even prayerful desire that they be received. Ideas or insights appear not readily to come into consciousness except where they are ardently sought.

Fundamental, as in any activity, is practice or exercise. Biologists and physiologists know that the human brain has a seemingly endless supply of neuroblasts, the unfinished nerve cells, and that, potentially, these can, during the span of life, be developed into neurons, the finished nerve cells:

> "...the potentialities of the human cortex are never fully realized. There is a surplus and, depending upon physical factors, education, environment and conscious effort, more or less of the initial store of neuroblasts will develop into mature, functioning neurons. The development of the more plastic and newer tissue of the brain depends to a large extent upon the conscious efforts made by the individual. There is every reason to assume that development of cortical functions is promoted by mental activity and that continued mental activity is an important factor