

PP 1556. do

VOL. 2. No. 21.

JANUARY,
1905.



THE
**New Thought
Journal**

And Occult Review,

(FORMERLY THE TALISMAN.)

A MAGAZINE

*Devoted to Practical Idealism
and the Study of Nature's Finer
Forces.*

Published the
first of the
Month.
Price 3d., or 4d.
Post Free.
3/6 per annum,
book post, any
part of the world.

(Foreign Stamps
not accepted.)

CONTENTS.

All
Back Numbers
4d. each.

Edited
by

Geo. H. Bratley
(F.T.S.)

	PAGE.
YOU AND I	309
THE WHISPERING CURE	311
NEW YEAR RESOLUTIONS	314
ASTROLOGICAL DEPARTMENT	315
AN OUTLINE OF THEOSOPHY	317
MAGNETIC OR WILL POWER	318
BOOKS AND REVIEWS	320
SUCCESS CIRCLE	325

THE

Talisman Publishing Co

52b, Station Parade, Harrogate,

Yorks., England.

(All Rights Reserved.)

PRICE

3d.

The New Thought Journal

is an exponent of Practical Idealism. Its aims are to bring to every reader perfect and permanent health, mental expansion, without which there can be no true growth; success in whatever is attempted, and as a necessary consequence, happiness. In fine, it contends that the object of life is to be happy; that the place to be happy is HERE; the time to be happy is NOW; and the way to be happy is by making others happy. The New Thought Journal is not the organ of any school of thought, holding up the best in all lines of thought for emulation.

Lessons in every aspect of Mental Science, or the New Psychology will be found in its pages, for it is primarily intended to *teach*, superseding expensive courses of lessons.

The time is now ripe for the promulgation of the new ideas, and any reader having friends interested in the movement is invited to send their names and addresses, and a specimen copy will be sent; it will only mean a post card on their part, and will help us, and thus enable the magazine to be improved from time to time, so that ultimately the reader himself is benefited.

The New Thought Journal.

Published at Harrogate, England, by The Talisman Publishing Co., to whom all communications should be addressed. A stamp should accompany all enquiries.

All MSS. intended for publication should be written on one side of the paper only, and bear the writer's name and address.

The Editor will at all times be pleased to receive marked newspapers, books, magazines, or extracts therefrom bearing upon the subjects dealt with in the Journal, as well as original contributions, upon all New Thought matters.

All cheques, postal or money orders for subscription to the Journal, books, lessons, etc., including Asturel's Individual Breath, etc., should be made payable to The Manager, Talisman Publishing Co., Harrogate.

The expiration of a reader's subscription is denoted by a blue cross.

Health and Breath Culture for Higher Development.

If you were in the city of Chicago you would come to our school and obtain a (verbal) course in HEALTH AND BREATH CULTURE without any charge. Since you cannot all come to live there, we take this means of informing you of our work.

Our course of HEALTH AND BREATH CULTURE consists of twelve complete lessons, showing you the WAY TO PERFECT HEALTH through the proper application of BREATH, DIET and periodical FASTING.

DID it ever occur to you that all HUMAN ILLS are the result of IMPROPER EATING (over-eating or feeding) and IMPROPER (insufficient) BREATHING?

PROPER BREATHING AND PROPER EATING are the two great factors which sustain the MIND and determine the PERPETUATION OF THE BODY.

These great factors are fully explained in our lessons, in simple and comprehensive language, showing you how to use them to RETAIN AND RESTORE PERFECT HEALTH, AND ATTAIN TO HIGHER ACCOMPLISHMENTS.

We could say more, to the TRUTH of which THOUSANDS of our PUPILS can TESTIFY. These lessons are the eye opener of the century. They are a REVELATION TO THE MIND, revealing the simple LAWS OF NATURE as never seen in print before.

You may think this is "another advertising scheme" to coax you to buy one book which is only an advertisement for a second and so on. If so, all we ask is, to send us your name and address and we will send you our descriptive literature free, with a sample copy of our magazine, THE MAZDAZAN, a monthly magazine of Modern Thought for Mental and Physical Development.

MAZDAZAN HEALTH UNIVERSITY,
Dept, H., 3016, Lake Park Ave., Chicago, III, U.S.A.

The New Thought Journal

And Occult Review.

No 21.

January, 1905.

Price 3d.

The ideals of to-day,
Are the circumstances of to-morrow.

You and I.

I hope all my readers have spent a merry Christmas, and now I wish them a successful and happy New Year. Many readers will have determined on some New Year resolution, and this is really what all should do; though, alas, they are so easily made and so seldom carried out. You who have been subject to depression and from your appearance attending a funeral service every day through 1904, just shake yourself, realise that you are alive, take a look at the sun and satisfy yourself that it is still shining and intends to do, no matter what may happen. Yes, you say, but what when it's clouded and foggy, where is its bright shining face then? Why, though it is hidden from your view, it is shining as much as ever, for the clouds, or the fog are outside itself and belong to this dear old earth, while the sun is bright and smiling, trying hard to disperse them and gladden the heart of the earth and all there is thereon. Yes, I know what you were going to say, that some people are real human suns, trying all they know to dispel the clouds of others and make life more easy for them. That thought which just passed through your brain was a good one, for you can shine on others if you will, and this resolution you have just determined to make is one that you can carry out. Of course, like the sun, you will find a lot of clouds rolling around, especially in January your first month, but do not be disheartened, keep on and when the spring comes you will begin to see some results in the lives of those around you, while those who noted your daily funeral service last year, will say, "Why, so and so has changed, it must be a marriage service he attends now!" When the summer comes your happy face and loving thoughts will make your presence felt wherever you go and you will begin to realise the happiness which is only felt when trying to help and clear away the sorrows of others. But, remember there is such a thing as reaction in nature, and you must be prepared to meet this, for as the autumn is left and the winter approaches, the days will become clouded, and chilly, and if you have not realised during the bright days of summer your power, and that you the real "I" are always strong and able to dispel any clouds or fogs no matter how thick or black, then there is some danger of this reaction taking you the wrong road, and you will again find yourself at the funeral service instead of the wedding. You must start right away from the first and wherever you see a kind word or deed likely to help another, see that it is allowed to do so. A bright smile will often help another and drive away some cloud, a gentle word can lift a big

fog from some life, while a kind act will dispel the clouds, lift the fogs, and warm the hearts of those who forgot to make this New Year's resolution themselves.

You may resolve not to worry over anything, and this will soon help you to radiate love, and you will then find yourself helping others without really knowing it. They will be attracted to you, confide in you, and go away greatly helped, for there is no stronger power than the personal magnetism of Love. Perhaps you were lazy or a sluggard last year, and were in bed when you should have been up, if so, you must decide what time you desire to turn out of bed in the morning, and do this, letting nothing stand in your way. Say you decide upon seven as the best time, then when seven strikes just roll out of bed. If the body feels lazy and wants to lie and turns over with this intention, just take it in hand. Remember that you are the tenant and it is only the house that you intend having your way and mean to turn out of bed whether it does or not. Now, if you the real man will get out of bed, you will find that the body will decide to accompany you, unless you have learnt how to leave the body at will, but as these cases are few it is worth you trying the experiment, and getting out, for no doubt you will be surprised if you find the body stay in bed after you have done this. Try it and you will feel much better and more of a man after you have found how easy it is to make the body obey you. But as a contributor is dealing with this subject, I will leave it here.

I am pleased to find that some of the Members of our League have developed along psychic lines during the last year. One lady writes:—"I hear strange short sentences sometimes whilst I am dressing from 7 to 8 in the morning, and I feel a sort of vibration all over me at times not at all unpleasant. I often have prophetic dreams which are fulfilled in the course of the day, and once I have dreamt of strange animals such as were never seen on land or sea, 'walking over the land'." From this letter it would appear that this Member has developed clairaudience, while the vibrations are often found by those who sit for development. Most likely the strange animals seen in the dream are a vision of prehistoric times when the great mammoths, such as the dinosaurs roamed the earth. I notice in the "Daily Mail" of the 28th ult, that H. F. Osborn, the curator of the American Museum of Natural History, has restored a 70ft. long dinosaur, and a sketch is given which gives some idea of these huge animals. This is one of many letters which has reached this office in connection with the League and where students are eager to learn and develop along any occult line there is no doubt but that every effort must meet with some result, and during the last year the League has been a means of helping many to some knowledge of their innate powers.

I suppose it will hardly be necessary to remind readers to secure the *Talisman* Calendar for 1905. I



will just mention that it contains affirmations each month for Health, Success and Mental Growth, the good and evil birthdays of each month, the national outlook, the proper times to take for most matters, so that by working with Nature you take the path of least resistance. Send for it now and by doing so you will get the full year's benefit. Each Calendar has a coupon, and those enclosing this with half fee will receive from Asturel the information enabling them to choose the correct charm or mascot for luck, also a sketch of their lucky amulet which can be engraved on any piece of jewellery. While mentioning the Calendar I will just state that the Oraclette for 1905 is ready and will be sent to those who desire it. (See advt. on cover.)

I have received many congratulatory letters from readers with regard to the change in the title of the magazine, and I hope to merit these encomiums. There are several new features I have in view, but it is premature just at present to say more. I desire to extend the usefulness of the magazine, and this can be materially aided by the co-operation of readers.

—o—

The Whispering Cure.

Breathing is necessary to life. A happy and healthy person breathes naturally. Long, full, deep, sustained, regular breathing with closed mouth means health, happiness, and self-control. Such breathers are successful men and women. Nervous, timid, fretful, blue, anxious, angry, jealous, licentious, speculative men and women do not breathe naturally. By noting the breathing of a person one can tell what are the prevailing emotions and their mental habits. Try upon yourself the different emotions and notice the effect. A good actor, singer, or reader, knows the effect of the emotions upon the breath, and by breathing as people do under certain emotions, they create within themselves those emotions.

If you wish to have health, happiness, and prosperity, you must *breathe* it in. Breathe properly and you will create it. Lung capacity means life-power, thought-power, success-power.

For this reason physical culturists devote much time to this subject. And though seemingly successful, there follows a reaction as soon as the pupil ceases the established practice and neglects the rules of the teacher. "Systems" of culture are bad. Principles of culture are necessary.

To develop lung capacity, no system is necessary; no apparatus is necessary. God gave the babe all the apparatus and system necessary for full, deep and natural breathing. Mothers and doctors don't think so. If anywhere He made a mistake it is either in the babe or its mother, because I see babies smothered and cared for as if lungs were not made for air nor air for lungs. From baby-hood the lungs are inactive.

When God-in-the-baby wants to exercise his lungs in his only one other way besides breathing, *i. e.*, by

crying, it is hushed up. Baby can be played with, entertained and cajoled into unnatural excitement, can be paraded before friends, but when he wishes to entertain himself with a good cry, he is hushed. Crying is as necessary to a child as singing to a bird. When it is not a cry from some defect in his clothing, or from a created dyspepsia, let him cry and develop lung capacity. But I am talking to you who were thus raised; you don't know how to breathe. You have been so artificially bred that you have lost your native power of life. Air and you are not friends. As a result, colds and kindred attendant conditions are your companions. And all because you have not learned to breathe; have not learned to properly *think*.

By the law of re-action, you can learn to think by determining to properly breathe. As the actor simulates emotions and thus creates them in himself, you are to create mental states by simulating them till they become mental habits. You can create proper conditions of breathing, by holding affirmations of freedom, power, joy, peace. You can create these mental conditions by putting your will upon yourself and practising deep, full respiration. The result of this exercise depends upon your thought while taking them. If you exercise under the old thought of the dominion of the body, you are only giving the body more dominion, and at the least thought of weakness you will find a lung collapse.

Any good teacher of elocution, any good book on elocution, will give you breathing exercises. Beware of the teacher who has for his end the making of you a "recitationist," or who proposes in "Ten easy lessons" to fit you for the platform. Such are mental poison. Find one who teaches from principle, and who has no methods, and let him teach you how to breathe.

I have followed closely for 35 years the teachers of elocution and of physical culture, and find little to recommend from a New Thought line in them. A few are taking enough of New Thought to be a bait for new students, but it serves not to keep their system pure. If you wish a sound book written before elocution became a fad, find "Orthophony; or the Cultivation of the Voice," by William Russell. J. R. Osgood and Co., Publishers, 1878. Chapter III contains the thought which I shall emphasize in this article.

The thought influences the voice. Every emotion changes the tone and quality of the voice. Each thought has its own pitch and timbre. During a political campaign in Massachusetts in 1879, I became very sore at the solar plexus. I went to my old teacher, Prof. Leonard, (now with the great majority) and requested to be taught how to speak three hours every night without becoming sore. He looked at me and said: "Brown, you are getting lazy!" I looked in surprise and asked: "In what respect?" "*Too lazy to breathe!*" was his answer.

It was true. Because I became tired, I ceased to draw long breaths. Weariness caused a lack in respiration. "Now practise your breathing exercises, and you will get well. Keep right on with your work, but *breathe*." After half an hour's practice with him I went on with my work, and was never in better trim than during the rest of the campaign. Often since then I have diagnosed many ills as the result of laziness . . . *Too lazy to breathe*.

Vim, will, courage, determination, are needed for him who would rightly inspire. These mental states induce deep breathing. Create these states by Affirmations, and then breathe.

There can be no proper singing or speaking without a sufficient quantity of air. There is no better exercise for developing the voice than to whisper. He who would be in fine voice before song or lecture, let him practise in a whisper his thought before he goes on the stage.

Another practice that gives power, is to practise in imagination. The latter creates the Ideal. Whispering prepares the organs for expression of that ideal.

To create these mental habits, select Affirmations or passages from speeches or poems that will develop the needed mental traits in you. Let them be those of Faith, Power, Courage, etc., and practise whispering them. Declaim them in a whisper. Gradually increase your whisper; see how far you can be heard. Whispering is next to breathing. There is just enough of expression in it to fix the attention, and by the use of Affirmations any emotion may be awakened and made a permanent habit. Consumption has but one cause . . . Too lazy in mind . . . too little will to breathe. The cure for this form of mental habit and for nervous prostration and all kindred ailments, lies in the breathing, in the laughter and the whisper cure. Prof. Russell says of the whisper: "It demands the full expansion of the chest, a deep inspiration, a powerful explosion of the breath, the practise of frequent pausing and renewing the supply of the breath." Let this be practised till it becomes habit thus to breathe, and health is the consequence. But unless with these exercises the right mental state is cultivated, the benefit will end with the exercise. With the right mental state, this method of breathing will become a habit, a habit that means health. With the Affirmations in NOW used in a loud whisper, you will create a habit of thinking that will insure proper breathing. Whisper, then, until you have found such joy in the new life that you will continue to whisper through love of whispering.

—Now.

—o—

Remember it is always unpleasant thoughts that pucker. Now there is nothing in all this beautiful world which is essentially unpleasant. It is the individual's point of view which is essentially unpleasant, makes him say that one thing is pleasant and another is unpleasant. The point of view is always in himself.—*Elizabeth Towne*.

New Year Resolutions.

By A. Osborne Eaves.

The beginning of a new year is a period when almost every one makes resolutions of some kind. A man may not be irretrievably "bad" to do this: he simply recognises some trait in his character which does not harmonise with his notions of what he should be, and he determines to remedy the defect. Or he becomes ambitious all at once, and places some sort of ideal before him, which he resolves to accomplish in part, at any rate. The man who is so satisfied with himself that he deems no improvement possible is in pitiable plight, and it is to be hoped that the New Thought Journal does not number such an individual among its readers.

The writer has made it a practice to write down at the beginning of the year certain objects which he desired to attain, and in glancing over these objects at the end of each year, and noting how much has been done, many lessons may be learnt. One is the lesson of failure, for failure like disease is a sign-post to those who will take the trouble to understand it. Of course, one could not draw up a "programme" which would be suitable to all, but there are certain elements in common, which will enter into all plans of campaign.

In the first place, everyone can make up his mind to be more tolerant to the failings of his neighbour—that is, everyone with whom he is brought into contact. If nature has made no two blades of grass alike surely in so complex a being as man the differences between each will be enormous. What we call the individuality of a man is often nothing more than his personality, but whatever it is, it is his own creation: no one else has had a hand in it, and as a result he has built into himself certain idiosyncracies, which make up his "character." The line which marks him off from his fellows is this character, which has been consciously or unconsciously built, and the differences between him and them make barriers against which he is frequently being brought, and friction results. He learns what wisdom underlies the "Heresy of Separateness" which Buddhism rails so strongly at. He recognises that it is possible for different characters to work together without rupture, or one man to become cantankerous because everyone else is not of the same opinions and tastes as himself. Uniformity can never be possible, unless we all become automata, because it is utterly opposed to evolution.

Following this practice of toleration will ensure less worry, because a large share of the worries of life arise because of other people doing things which we personally dislike very much. With an absence of worry will come a greater sense of peace in the mind, and with this element, mental growth will be rendered possible, to say nothing of physical well-being being promoted, for worry and health are never on speaking terms.

From this one trait of toleration, too, will issue the desire to impute the highest motive to a man's actions, and not the lowest, so that we shall judge our neighbours from a new standpoint. The old fashioned courtesy and politeness which are fast disappearing will be restored, without the servility which often characterises them and more consideration for others will be inevitable.

All this will mean growth, evolution, and contribute to happiness not easily realised. As to other resolutions individual tastes must decide these, but there can be the determination to drop the society of Messrs. Anger, Doubt, Dumps and Co., and cultivate the acquaintance of Messrs. Brightness and Buoyancy. The writing down of one's resolutions and referring to them a few times a year will be found to have a helpful effect, and keep one "up to the mark." If you have not adopted a motto for the year, and this, by the way, is a capital aid, take the terse one:—Keep Smiling!

—O—

Astrological Department.

By the Editor.

THE SUN IN CAPRICORN.

Interesting to all those born between December 22nd, and January 20th, inclusive, any year.

These people are ambitious, persevering, and capable of enormous effort toward the attainment of a desired object. Like the goat, they will work without stop or stint for themselves, but are restless when harnessed to work for others. They like responsibility and will resent all interference, and seldom meddle with the affairs of others. The will is usually firm and self possessed; the speech brusque and straightforward, often eloquent. Capricorn people are apt to be quite and reticent with strangers, but witty, and entertaining with friends. This sign may be termed the most brilliant and the most depressed sign in the Zodiac. When jolly, these people are very jolly; when miserable, they are more miserable than all the others put together. They make good, loyal friends or unrelenting enemies, and a friend once is a friend always, and the same may be said of their enmity. The temper is slow, but when roused, strong and enduring, while the mind is often suspicious and melancholic, but in action is impartial, patient and precise. There is more force than persuasion in the character, but caution and prudence mark the actions. Capricorners are insatiable in their desire for intellectual growth and often worship intellect. In business matters they are shrewd, can bargain closely, they are natural planners and see the money-making side with remarkable foresight. They are particular in dress and appearance and often set a great value upon the opinion of the world. The people born under this sign are apt to show a cold external, and are considered cold and unsympathetic by strangers, and even by friends, yet deep down there is a strong love nature and

much affection. The intuition is strong, and they know when they are really liked, and this knowledge is quite sufficient, indeed, there is no worse torture for these persons than to be compelled by courtesy to submit to kisses and caresses. Only to those they really love are they in the least demonstrative. Great sacrifices are often made for the parents or children. The natives of this sign are fond of music, art, science, literature, nature, mountaineering, and anything occult and uncommon. They like debate and argument, are close reasoners, and have a grasp of the subtleties of metaphysics. There is often a love of solitude, and the sign can be said to express the dark side of the earth and the occult side of history, solitude and meditation. Capricorn is difficult to interpret, and it is easy to live with a native of this sign for a life time without ever really knowing him. India and a great part of the Far East is under the rule of Capricorn, and this accounts much for the secrecy, the subtlety, and other prominent characteristics of natives of these parts.

In marriage the happiest unions are found with those born any year between April 21st and May 21st, or August 23rd and September 22nd.

The gems for luck are the moonstone and white onyx.

Sir Henry Bessemer, Sir Edmund Barton, Lord Houghton, Marquis of Landsdowne, Earl of Kimberley, Sir I. Newton, W. E. Gladstone, Rudyard Kipling, General Ian Hamilton, Lord Curzon, M. Loubet, Duke of Portland, Sir Henry Enfield Roscoe, Linley Sambourne, Dr. Talmage, and Lady Randolph Churchill were born when the Sun was in this sign.

Care and caution against deceit and playing into the hands of others must be taken this month by those born any year in the last few days of March, June, September and December. An unsettled time with some unexpected events for those born near the 21st of March, June, September and December. Health should be taken care of, especially against colds and chills by those born in the second week of February, May, August and November. Mishaps and contentions, loss and law threaten those born about the second half of January, April, July and October. Better health and some favour for those born the 10th to 12th February, 11th to 14th April, 12th to 15th June, 13th to 17th August, and 13th to 16th of December.

"TIPS" TO TRAVELLERS.

Commercial travellers and the general public will find the following days and times of special value for doing business with the trades mentioned. Travellers should use them for calling on firms where little or no success has hitherto been met with. Try them.

- Call on brewers, fishmongers, oil merchants, and dealers in all kinds of fluids, on the 2, 9, 16, 23, and 30, from 10 to 11 a.m., and 5 to 6 p.m., also on the 3, 11, 18, and 20, all day.
- On ironmongers, gunsmiths, smiths, chemists, cutlers, barbers, on the 3, 10, 17, 24, and 31, from 2 to 4 p.m., also on the 23, 3 p.m.; 25, 6 p.m.
- On stationers, printers, lawyers, publishers, teachers, architects, and booksellers, on the 4, 11, 18, and 25, from 3 to 4 p.m., also on the 9, 11 a.m.; 14, noon 28, 11 a.m.

- On clothiers, woollen merchants, provision dealers, and clergymen, on the 5, 12, 19, and 26, from 11 to noon, and 3 to 4 p.m.; also on the 13, 5 p.m.; 18, noon; 31, 10 a.m.
- On artists, musicians, drapers, jewellers, theatrical people, and confectioners, on the 6, 13, 20, and 27, from 9 to 10 a.m., and 3 to 5 p.m., also on the 9, 1 p.m.
- On plumbers, shoemakers, dyers, curriers, maltsters, agriculturists, builders and landlords, on the 7, 14, 21, and 28, from 9 to 10 a.m., also the 13, noon; 18, 9 to 10 a.m.
- On inventors, electricians, and engineers on the 2, 9, at 11 a.m., 14, 10 a.m.; 23, 11 a.m., and 5 p.m.; 27, 3 p.m.

—O—

An Outline of Theosophy.

(A Lecture given before the members of the Harrogate Branch of the Theosophical Society, by A. Hodgson Smith.)

When a man takes his own evolution in hand, each life period lifts him higher in purity, devotion, intelligence, power and usefulness, until he becomes a pupil of the Divine Masters and enters upon the path which brings him to the perfection of his human evolution.

Instead of recapitulating the chief points of the paper, I will briefly indicate where I think what I have outlined differs both from current religious and current scientific, and current ethical teaching; it differs from current religious teaching in its account of the origin of the Kosmos whether of a Universe, a Solar System, a Planet, or an individual Ego.

In all cases it teaches no system of creation from outside, but an evolution from within of powers gained in a previous outbreaking of inbreathing of Divine Life.

No *creation* but alternate outbreathing and inbreathings with periods of rest between.

In the same way man has not fallen from a high state through disobedience, but has come down into matter, as the result of a universal internal force, which force will insure his evolution until he reaches the goal.

He is not here for the first and only time, but has been incarnated many times upon this planet, and also upon other planets and will in the future continue this process until the need for it ceases.

The system of thought which I have roughly outlined is more fully stated in the theosophic books I called attention to at the beginning, and now again mention Eoteric Buddhism, The Voice of Silence, The Secret Doctrine, The Ancient Wisdom, Invisible Helpers, Life after Death, and the Esoteric Christianity.

There are other regions or planes of the system, and man now has other subtle bodies beside the physical.

His life after death in the heaven world does not continue for ever but comes to a man in due time and is followed by another life on earth.

I have not time to outline the ethics of Theosophy, nor is it necessary, as almost every lecturer from this platform enforces the Law of Love and extends the responsibility of each to thought and desire as well as speech and action.

The special virtues necessary for our cultivation at this stage of our evolution are those which make for co-operation for unity, for appreciating and realising

the divine forces in ourselves and others and working with them. A wide toleration, a ready sympathy, visible and invisible helpfulness. To forget self in thought, and work for others, to have a heart at leisure from itself. To feel and sympathise, this is to be indeed twice blessed. And below humanity come the animals also sharing the divine life, also with souls to be evolved. And surely the least we ought to do for them is to treat them kindly and to be the friends of all creatures. Many of us are familiar with the following lines from Pope's Essay on Man, they express part of what I want to say.

All are but parts of one stupendous whole
Whose body Nature is, and God the Soul,
That change through all, and yet in all the same,
Great in the earth as in the ethereal frame
Warms in the sun, refreshes in the breeze,
Glow in the stars and blossoms in the trees,
Lives through all life, extends through all extent,
Spreads undivided, operates unspent,
Breathes in our soul, informs our mortal part.
As full, as perfect, in hair as heart,
As full, as perfect, in vile man that mourns,
As the rapt seraph, that adores and burns,
To him no high, no low, no great, no small,
He fills, he bounds, connects and equals all.

At the same time each one of us is the maker of his own destiny, our future depends upon our use of the present, therefore the words of Oliver Wendell Holmes in the last verse of the Chambered Nautilus, express what I want to say:—

Build thee more stately mansions, O my soul,
As the swift seasons roll ;
Leave thy low vaulted past !
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast.
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea.

—O—

Magnetic or Will Power.

Whether birds fly by magnetic or will power is perhaps of no consequence. It is certain, however, that they must, in some way, overcome the attraction of gravitation to course through the atmosphere. But whether this power is quartered in the wings or whether the wings are but guiding agencies is another question.

It is certain that if one of the human species endeavoured to lift himself by sheer power of will he would find the exertion for this effect beginning at the solar plexus, passing into his shoulders, and then down his arms into his hands, as though arms and hands were needed in the process.

Well, these limbs (especially the hands) are next to brain or head consciousness, for when seeking sympathy or imparting magnetism it is the hands that come into play, often involuntarily, as though they were the agents of this interior consciousness, just what wings are to birds.

It may be, then, that the secret of flying does not exist in the wings at all, and flying machines depending on wings solely, may always end in failure ; while the real power needed for soaring in the air is still undiscovered, also depending on man knowing more about himself before he may even hope for success, not in the effect, therefore but in the cause ; not in the mechanism, but in the principle, perfection must be sought.

We know that magnetism, to overcome earth's attraction, is needed in spiritual manifestations, the medium furnishing it for the inert object to be acted upon, moved or elevated.

But as all persons do not possess this magnetism beyond a certain limit, it implies that those who do furnish it must have a surplus or some to spare. And if some have a sufficient surplus to permit of small objects, like tables, to be elevated, and others a larger surplus to permit of pianos to be moved, why may not this surplus increase in the course of time to elevate the medium itself.

One case proves the possibility of it. Ancient records tell of instances. Modern records prove it. Mediums have variously been elevated at sèances, and notably D. D. Home.

With such the principle of power exists, only the wings of steering are wanted, but which, perhaps, would unfold themselves were all humanity likewise gifted. It is not the wings that enable the birds to fly, but the principle of flying in the bird which evolves wings for its usage or expression.

Now, whether this principle be termed will or magnetic power is perhaps indifferent. It is well known, however, that persons who can readily control others, an audience, an army, or a whole people, are said to possess magnetism.

Well, what is the difference? Perhaps only in the term. It may be the will—the principle—and utilising its agent or medium, magnetism, to express the first-named to do its bidding.

Now, birds may possess this principle or will power in sufficient quantity to overcome the gravity of their own bodies, their wings being the kind of agent needed to permit this power to act.

Why birds should possess comparatively more than man is a question for Nature to answer. But it is certain that man wastes more than necessary, and that, as well as waste, he can also store or save it up by a more moderate existence than that to which he has accustomed himself, or into which modern civilisation is driving him.

The method is self-evident. But it requires exercise of the will to overcome bad habits, and this exercise is in large measures the secret of generating a surplus magnetism. If not for flying ; it is always utilisable for healing and aiding spiritual phenomena, besides giving health and strength to the experimenter, and motive power to the spirit in a future existence.—

Banner of Light.

Books and Reviews.

(Will publishers kindly state the price of books sent for review.)

"A Mail Course on Suggestive Therapeutics and Hypnotism, by Herbert A. Parkyn, M.D., Editor of *Suggestion*, and the Principal of the Chicago School of Psychology, is an invaluable text-book on the subject. The 41 chapters cover a vast mass of ground. The nature of suggestion, its use, power, scope, the quality of mind, are treated very fully indeed, and not in the scrappy and pseudo-scientific fashion which finds favour with certain classes of writers. The work is truly a series of "lessons," and no student can peruse it without deriving great benefit from it. Dr. Parkyn does a useful service in calling attention to the close relationship existing between body and mind, which is so frequently ignored in books dealing with these subjects. Every aspect of suggestion and its almost illimitable possibilities are touched upon, and for self-treatment it is an admirable text-book. The Suggestive Education of Children is another phase which will be found of service to parents, and if children were trained along the lines there laid down we should have fewer failures in life. Again, the chapters on Personal Magnetism, Magnetic Healing, Distant Treatment, Instantaneous Hypnotism, Seven Days' Sleep, contain hints useful alike to student and casual reader. The book is profusely illustrated, and its 366 pages will well repay the perusal of anyone interested in the latest aspects of psychology. Much of the value of the book lies in the cases which are cited, as the methods of treatment here detailed may be applied by all. Dr. Parkyn is a firm believer in logic and rationale, with the result that he places before every patient the reasons why he should accept the suggestions given, and how these act on the sub-conscious mind. Perhaps the greatest compliment that could be paid the book would be to say that it combines the best points of the best dozen books I have read on the subject, and these are not a few. (Suggestion Publishing Co., Chicago, Ill., U.S.A., price \$2 and postage.)

E. A. King, B.D., does a benefit to young men by the publication of his "Helps to Health and Purity," a book of convenient size for the pocket, and were the knowledge contained therein only more widely known many groundless fears and much injury to physique and mind might be avoided. The effect that thought plays in regard to sexuality, and how by thinking safety may be secured; how hygiene aids, and a chapter on physical culture make this little handbook serviceable. (Personal Help Publishing Co., Des Moines, Iowa, U.S.A. No price given.)

Mrs. Elizabeth Towne has set to work in earnest in producing her "Practical Methods for Self-Development," the scope of the work not being limited by want of pages, and being tastefully bound in cloth. The 159 pages are as practical as it is well nigh

possible to make them, the divisions of the work being spiritual, mental, and physical, though these divisions are not dealt with in this order. The failure of many to benefit from New Thought is attributed—and very truly, I think—from want of ability to concentrate. How this may be remedied is then shown, and the compatibility of success with the axiom: "Each thing in its place is best" is fully treated, so that the right mental attitude for self-development ceases to puzzle as of yore. The part played by indecision—which is so commonly met with—and how to decide quickly and well, are interesting. The point is that a man who is always trying to make up his mind as to what he ought to do in nearly every little action in daily life is wearing his nerves to tatters, and is thus unable to act with the forethought and acumen he ought to use. Mrs. Towne explains how it is the happy-go-lucky fellow usually comes out all right at the top. Take all you need, mentally, and work it out physically, is the motto of our author, who does not forget to explain the "how." It is contended that the expensive courses of "Lessons" which have been a predominant feature in our movement since its inception, and which have been reduced in price to popularise them, are still worth the higher figure, if people would only study them. With regard to her own contribution to New Thought she says: "I want you to masticate this book, and let it prove its value. It will take you *at least a year* to do it. I have been practising it for *ten years or more*." No one can read "Practical Methods for Self-Development" without being inspired with hope, a feeling of confidence in the future and of wholesome faith in the goodness of everything at heart. (Holyoke, Mass., U.S.A., price \$1, postage 3d.)

"Healing Currents from the Battery of Life" is a thoughtful work by Walter de Voe, and published by the College of Freedom, Woodlawn, Chicago, Ill. Perhaps the clearest conception of the book, which is heavily bound, and adorned by a picture of "The Christ," by Hofmann, will be gleaned from the subtitle, which runs thus:—"Teaching the doctrine of the Positive and Negative Mind of God, and of the Lord Jesus Christ as the Mediator between the two states of being, revealing how the Truth awakens the Soul to its natural inheritance as an immortal co-worker with God, giving it dominion over sin, sickness, poverty and death." Primarily the purpose of the book is to heal, and more than one instance is given where by its teachings, cases of serious diseases have been permanently cured. "Intelligent and powerful thought forces interpenetrate space as magnetic and electric currents flow through space, and these potent forces control intelligently all the operations of natural law, and, wonderful to know, these divine forces are obedient to the mind of man, ready and powerful to operate everything for his good, if he will but recognise his god given dominion, thinking the thoughts and speaking the words which embody his faith in the

Almighty Presence, "and cause it to manifest for his benefit." Thought is instanced as the supreme remedy. Again, "The name Jehovah—twice repeated—relates the mind to the holiest states of the Divine Mind. The mind becomes united through this name with the state of infinite peace wherein abide the holiest and wisest angels of God," and through this telepathic sympathy there vibrate to the receptive mind, holy, peaceful, healing emanations, which harmonize all mental disturbances, and bring the peace that passeth understanding. This name may be used effectively whenever and wherever peace is desired, for self and for others." As we become that which we study the practice of concentrating the mind upon the beauties of nature will bring about a tranquilizing effect and bring one into touch with the highest. Healing treatment for the eyes, How to Practise Mental Healing, A General Healing Treatment, How to Concentrate, Wonderful Possibilities, for a Disturbed or Depressed Condition of Mind, Use your Will to Overcome Indigestion, Teach your Body to Think, Obsession and its treatment, The Word of Power, Nervous Debility, Insomnia, Constipation, Soul Development, How to Realize God, are a few of the chapters, which outline the scope of the work, which blends the spiritual and the practical in a clever manner, so that even the undevotional person could gain much help from these teachings.

The Herald of the Cross is the title of what used to be *The Herald of the Golden Age*, and is more of a magazine size, and well got up. The aims and ideals of The Order of the Cross is the realization of the Christ-life, being essentially a Christian organization. Its members are divided into two classes, those who abstain from fish, flesh and fowl, and those who abstain from flesh and fowl, and an annual subscription of 2s. 6d. makes one a member, and secures the sending of the *Herald* each month. Among the contributors are the Rev. J. Todd-Ferrier (the Editor) the well-known lecturer, and advocate of animal's rights, who in "Loyalty to Truth" urges men to quit intellectual gymnastics, and realise the Innermost; Dr. R. H. Perks, (the Hon. Sec), who pleads for the putting into practice of the Golden Rule emphasised by Jesus, Buddha, and other lofty teachers, in "Humaneness;" James Cousins, whose "Object of Creation" is said to be the 'elaboration of individual souls;' Harold W. Whinston (Treasurer of the Order), who writes on "Service," the gist of which is personal service, in which the "ideal is to 'Take the part of Christ.'" I heartily commend the magazine to all readers, and a post card to the Hon. Secretary, Ferndale, Paignton, Devon, will ensure particulars of the order.

The new cover design of *The Nautilus* is in every way an improvement, and the matter within the cover is as stimulating as ever, though the sandwiching of advertisements with the letterpress does not enhance

its value for binding purposes.

A hint as to preventing cold-catching appears in the current issue of the *Mazdaznan*, which is worth giving at this time of the year to those who live in the land of fogs, till they have gained sufficient self-control to defy them: "When going out do not button up your coat to the neck. Give your neck freedom; let the fumes of the body be carried off by virtue of your collared chimney. Whenever cold affects you just fill your lungs to their utmost, but do not allow the exhalation to escape rapidly. No; control it; let it escape only at intervals. When you inhale, clinch your hands, finger tips pressing centre of palms. Be sure that the teeth do not touch and keep the tongue at the lower part of the mouth." A recipe for sweet butter is worth trying: "Take one half-pint of cream, put it in a Mason jar (I suppose any jar with an air-tight cover would do?) close it tight and shake well. In a few minutes you will have sweet butter." It appears that all troubles of a rheumatic and consumptive nature can be most successfully eradicated before the Lenten Season, by proper treatment.

Health and Strength is a big 2d. worth for December, and is chiefly devoted to athleticism, or physical culture by means of gymnastics and exercise. The articles are instructive, especially those dealing with "The Structure of the Body," and illustrated.

"The Habit of not Feeling Well," is shown in *Medical Talk for the Home* to be the cause of much unnecessary bad health. The writer thinks if we were to watch ourselves when replying to the salutation: "How are you?" we should check ourselves from falling into the habit referred to, by saying we felt well, and by taking in three or four long, deep breaths, any little pain or ache would flee away in the face of these persistent denials. To those who believe in nose breathing, but who find it almost impossible to follow when rising or engaged in any work which means exertion, it will be encouraging to read that the capacity of the nose to breathe increases with practice. Not only is nose breathing a protection to the lungs, thorax, and developer of muscles, but it is a face beautifier.

Expression reminds its readers that they should ever remember that they are creators, and that the only question to consider is *what* they want to create, and then proceed to create by moulding their thoughts in the image and likeness of that they wish to create. As we walk along the street, idle of hand and tongue, we are creating intensely, and what we create is added to the general fund of conditions, circumstances and environments of our fellows. Hence the need for ideals and high conceptions.



Success Circle.

Those of our readers who believe in Telepathy, the power of thought, &c., will be benefiting themselves and others by following these instructions. The time required is little, and the work easy, the reward will be according to the will and thought put into the matter. We do not attempt to give here an explanation as to the law of affirmation, &c., suffice it to say that the Thought Waves set up by an individual cause certain vibrations which by any organised and trained mind, or minds, can be made beneficial to those who take part in the creation of these vibrations, and which are, so to speak, marshalled into proper order by the trained mind. Would-be members of this Success Circle should try to work with us each day for 10 minutes at noon—12 to 12-10, and 8 to 8-10 p.m., they can take both or one of these times. Be alone if possible, sit in a comfortable position, and hold the belief of success in the mind. Picture yourself as a human magnet attracting what you desire. At the same time the affirmation sent each month should be dwelt on and mentally repeated. Have faith, and know that to your thought is added the strength of that of many others, and that these form a circle which has its members throughout the globe.

KEEP SMILING!

The following New Thought Philosophy in Verse is commended to those suffering from pessimism in any form.

Did you tackle that trouble that came your way
 With a resolute heart and cheerful,
 Or hide your face from the light of day
 With a craven soul and fearful?
 Oh! a trouble's a ton, or a trouble's an ounce,
 Or a trouble is what you make it.
 And it isn't the fact that you're hurt that counts,
 But only—How did you take it?
 You are beaten to earth? Well, well, what's that?
 Come up with a smiling face.
 It's nothing against you to fall down flat;
 But to lie there, *that's* the disgrace.
 The harder you're thrown, why the higher you bounce;
 Be proud of your blackened eye!
 It isn't the fact that you're licked that counts,
 It's, how did you fight?—and why?
 And though you be done to death, what then?
 If you battled the best you could;
 If you played your part in the world of men,
 Why, the Critic will call it good.
 Death comes with a crawl or comes with a pounce
 And whether he's slow or spry,
 It isn't the fact that your dead that counts,
 It's only—How did you die?

E. V. Cooke, in the Windsor Magazine.



The 'Talisman' Publications.

The Mystery of Breath.

The only book of its kind. Shows how health and success depend upon the twelve breaths, and the earth, air, fiery and watery breaths supplement these. 2s. 1d., boards; 1s. 7d. paper.

The Art of Fascination.

The most practical book on the art of transmuting the Solar Ethers into Personal Magnetism. Quite complete. Boards 1s. 7d., paper 1s. 1d. post free.

The Art of Luck.

"Every desponding person should have this book in his pocket" says the Press. Luck is held to be capable of being brought under the reign of Law. 1s. 7d. boards, 1s. 1d. paper, free.

Modern Vampirism.

This work has been described by the Press, as a "very startling and uncanny book, with some wonderfully wierd experiences in it." The dangers are pointed out, and how to avoid them. 2s. 1½d. boards, 1s. 7½d. paper, free.

Memory without Mnemonics.

A system of growing a mind, and making a reservoir for the storage of facts without an artificial system, invaluable to the successful business man, the student, and everyone, in fact. 1s. 7d. board, 1s. 1d. paper, free.

The Colour Cure.

A popular exposition of the home treatment of all diseases by Chromopathy. 64 pages, 1s. 8d, free.

'The Talisman' Publishing Co., Harrogate.

BACK NUMBERS

Those requiring back numbers, of "The Talisman" should not delay in sending their orders, as these are now becoming scarce. In fact, there is not a single copy left of the January (1904) issue, but to keep the volume intact it has been mimeographed.

Single Copies 4d. each except January, which can only be supplied with complete volumes at 3/6 post free.

THE TALISMAN CALENDAR

For 1905 is now ready, and is much more popular than last year. In place of the Breathing Exercises, Affirmations for Health, Success, Mental Growth, each month are given, with special instructions on how to use Affirmations, forming at once a lesson in Mental Science. Otherwise the useful features are retained, and advice is given as to the best days to buy, sell, speculate, marry, &c. The publishers have received many letters speaking highly of the Talisman Calendar. Mrs. S., Ottery, St. Mary, writes: "The present Calendar she finds most useful, and consults it daily." M.P., Demerara, says: "Your Almanack has proved invaluable." Worry may be avoided by selecting proper times for action, and success may be hastened in the same way. Everybody should send for one of these Calendars, which are made to hang against the wall, in handy form for reference. Price 9d. free to any part of the world.

*Address:—Manager, Talisman Publishing Co.,
Harrogate.*

WHAT'S IN A NAME? YOUR LUCKY AMULET.

According to the daily press the belief in charm-chains and amulets is on the increase. It is said that the King favours those little charms in the shape of dogs, and has presented many of these to his friends; others cherish the black sweep as a mascot; others the Buddhist prayer-wheel. The gold horse shoe is worn by many, then there is the lucky pig, the gold ace, the spider's web and numerous other designs. Those who place their faith in these little enamelled or gold amulets should send their birth, date, and year, full Christian and Surname legibly written, with a

P. O. for 1/1. (Foreign postage extra).

The advertiser has made a special study of this matter, and will name the most suitable charms, the lucky gems, colours and day, with the character and mystic legend or message which is hidden in the name.

"I received delineation of character and personality which I consider correct."—M.M., Weymouth.

"I have received your letter of the 19th inst., and on perusing it I find you have portrayed my character to an astonishing correctness. In fact, should I perchance have to write it myself, I should practically write it word for word as you have done.

As regards my health and constitution you have also stated these fairly correctly.

I write this letter in order that you may see how far your definition of my character, health and Constitution are right."—G.C.D.

**Dept. N., Talisman Publishing Co.,
HARROGATE.**

THE ORACLETTE.

(THE INVENTION OF ASTUREL.)

The marvellous Psychological Novelty is now ready, 2/6 free, United Kingdom; postage abroad extra. Practically any question may be asked and an answer will be given, which does not depend upon special gifts or psychic tendencies, as with the Planchette. It is based on the science of Numbers, and the movements of the heavenly bodies, and is a veritable guide in life.

The Brightest, the Best, and the Biggest Paper

Ever published at the price in the history of the Movement, is

THE SPIRITUALIST:

A Monthly Journal devoted to Occult Research, Spiritual Development, and Human Progress.

The time to be happy is now, The place to be happy is here, The way to be happy is to read The Spiritualist, and carry out its teachings.

It consists of 16 large pages of interesting matter. The price is only One Halfpenny, but it is worth more than double.

May be had at the various Spiritualist meeting-rooms, or by order through any Newsagent or Bookseller. Yearly Subscription, 1/- post free.

From E. NICHOLSON, Secretary,

12, Rothesay Terrace, Summerville Road, Great Horton, Bradford.