





THE ORACLE.

EXPONENT OF THE WEST GATE PHILOSOPHY.

A JOURNAL OF PROGRESS, DEDICATED TO THE PEOPLE OF
HIGH IDEALS.



Pain means penalty, and penalty means that its sufferer should reform. The most of our pains are caused by intemperance. Intemperance thro' anger, lust, appetite, love of gain, authority, praise, etc. Intemperance means excess—more of a good thing than is necessary. . . . All beyond necessity—the amount we can wisely *use*—is evil.—*Weaver*.



"In the will work and acquire, and thou hast chained the wheel of Chance and shalt always drag her after thee."

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THE ORACLE

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PHYSICAL DEVELOPMENT.

PART V.

BY DOUGLAS F. HOTCHKISS.

There are three distinct methods of breathing. The first is where the expansion is wholly, or nearly so in the abdomen. In the second method the breath goes wholly or nearly so to the upper chest; while the third method, which is the correct one, combines the two just named and also brings the lower chest into action. The first breath proclaims the man animal; the second the mental man; while the third is indicative of true spiritual development.

To obtain the correct or spiritual breath lie or stand in poise. Much better results are obtained at first if the body is in a recumbent position, for there a correct poise is naturally and easily obtained. If we stand we should be careful to assume the position previously stated in the ORACLE, with the arms and hands hanging relaxed at the sides. *In both the inhalation and exhalation the diaphragm should govern.* The chest should be well extended and should fall very little or not at all, being kept as vital as possible in both the in and out breathing. The action of the air as it enters and leaves the lungs should be similar to that of a piston rod. The inhalation should first distend the diaphragm and abdomen, then the air should ascend to the clavicular bone. The forward, side and back expansion, with the exception of the upper

chest, should be as equal as possible. We should remember to keep the shoulders down and to check the least tendency to any muscular action.

Before finishing the breathing exercises, attention should be paid to holding the breath. This retention of the air in the lungs can be of inestimable aid to us if only we use a very little perseverance. Few methods are as productive of quick and effective results as this one. The drill can be used for numerous purposes: to dissipate a headache; cure a cold; and correct any slight bodily disturbance. Any of us can easily produce these results at first, but they are only the beginning of what this drill is the means of effecting. As we learn to lengthen the period between the inhalation and exhalation, we find that acute and chronic troubles are dissipated. The exercise is also an excellent means of returning to our centres from which we are swung by mental disturbances which oppose the attainment of the Ideal.

(h) Hold the breath five or ten seconds at first, and gradually increase the period of retention.

GEMINI PEOPLE.

Gemini people are those born between May 20 and June 21 of any year. Perhaps the most marked peculiarity of these people is their restlessness and their longing for things beyond present reach. They are very sensitive, and very easily influenced for good or evil. Ambitious and eager to push forward to the highest place, yet too easily turned aside by some trivial influence and often content to fill an humble place in life instead of an influential one. Their fine, sensitive organisms, eminently fit them for musicians and poets. They take things very seriously and imagine their lot peculiarly hard. In love Gemini is apt to prove fickle, although capable of deep emotions and passionate affection for the one who occupies the heart for the moment.

Gemini is a member of the Air triplicity and is well rep-

resented by this moving, erratic, ever restless element. The other members of the triplicity are Libra (Sept. 23-Oct. 23) and Aquarius (Jan. 20-Feb. 19.) In love, business and social connections, Gemini will find the people of these signs most harmonious to get along with, but not always most *helpful* or inspiring, if the higher planes of life are desired to be reached. Following is a list of well known people of this sign:

Plato, born May 21, 429; Richard Wagner, May 22, 1813; Queen Victoria, May 24, 1819; Ralph Waldo Emerson, May 25, 1803; Dante, May 27, 1265; Louis Agassiz, May 28, 1807; Walt Whitman, May 31, 1819; Brigham Young, June 1, 1801; Jeff Davis, June 3, 1808; Harriet Beecher Stowe, June 14, 1812; Chas. F. Gounod, June 17, 1818.

NOTE—The ORACLE has thus far given delineations of people born in March, April, May and June, with dates of birth of famous men and women of these signs. Back numbers of the ORACLE can be supplied from this office at ten cents each.

The Moon's Position by Hours, June, 1896.

EASTERN TIME.

Moon enters the sign:

Pisces	June	1	at	9 p. m.
Aries		4		4 p. m.
Taurus		7		10 a. m.
Gemini		9		7 p. m.
Cancer		11		9 p. m.
Leo		13		11 p. m.
Virgo		16		4 a. m.
Libra		18		1 p. m.
Scorpio		20		8 p. m.
Sagittarius		22		9 p. m.
Capricornus		24		7 p. m.
Aquarius		26		8 p. m.
Pisces		29		6 a. m.
Aries	July	1		12 midnight

New moon, June 11th, at 4 a. m.

Full moon, June 25th, at 2 a. m.

Conjunction of the moon with:

Mars, June 5th, 4.30 p. m.

Venus, June 10th, 1 p. m.

Neptune, June 10th, 11 p. m.

Mercury, June 11th, 2.30 a. m.

Jupiter, June 14h, 4 p. m.

Saturn, June 21st, 2.30 p. m.

Uranus, June 22, 2.30 a. m.

Conjunction of Mercury and Neptune, June 14, 7 p. m.; Mercury and Venus, June 15, 2 a. m.; Venus and Neptune, June 15, 5 a. m.; Mercury and Neptune (again) June 30, 2 a. m.

SATURN.

The planet Saturn is now in very favorable position for naked eye observation. At the present time he may be seen (during the evening hours) in the southeast, between the two principal stars of Libra. His movement is retrograde, or westerly, and will continue in this direction until July 16th. Upon the evening of June 20th this planet and the moon will be in conjunction (nearly), at which time the planet will be some eight degrees north of the moon. This will be a most favorable period to clearly locate Saturn. This planet will be in plain view for several months and it will be very interesting to note his movements, first as he slowly draws nearer and nearer to the bright star in Libra farthest toward the west, then remaining stationary for a day or two (about July 16th) and again, almost imperceptibly, resuming his onward march toward the east.

Saturn's year is equal to 29 of ours. In other words, while the earth requires but 12 months in which to perform her journey around the sun, Saturn takes 29 times that period. If we carefully note this planet's position June 1st, 1896, (as given above) and again 12 months from that date we shall find that it has progressed less than half way through one of the zodiacal signs. In twelve months it covers about 12 degrees in a generally easterly direction, but during the time he will also have retrograde periods, as at present his motion is slightly westward. This motion is due to the rapid change in position of the earth, and is therefore apparent only; exactly as objects seen from the car window appear to rush in the opposite direction to that in which our train moves. July 17 Saturn will slowly resume the easterly motion and continue until over-powered by the sun's rays in September, when we can no longer behold him; not for the present at least. The rings of Saturn and his eight moons render him an especially interesting object for telescopic study. The planet itself is in a state of intense heat, precluding all possibility of animal or vegetable life; but it seems not at all improbable that some or

all his moons may be habitable, deriving light and heat from the parent body. It is at least a most interesting matter for reflection, suggestive of the habitability also of the countless other worlds and systems of which our little "footstool" forms but an infinitesimal part. Saturn's diameter is more than eight times that of the earth, or nearly 72,000 miles. His distance from the sun is 872 millions of miles. His day is less than half the length of ours, being about ten hours.

—In one of Mrs. Stowe's charmingly told stories, the "head of the house" whose name is Crowfield, is represented as being in that state of mind which will be immediately recognized by most of us, namely, "an irritable mood." Mr. Crowfield scolds his wife for mending the fire; kicks the dog for lying upon the floor near by, where usually the master encourages the beast to lie; speaks sharply at his sunny-faced daughter because her work basket happens to attract his attention, causing this lord of creation to chide the industrious girl for the frivolous character of her work, and so he goes on from one thing to another, until at last the girl says almost under her breath (meanwhile crocheting busily and with her back to her father,) "Now, if I should talk in that way, people would call me cross, and that's the whole of it!" The old gentleman hears every syllable distinctly (although he pretends to be looking into the fire) and it starts him to thinking. *Was* he really cross, and *was* there really no other reason for everything being at sixes and sevens? Then he soliloquizes something after this style: "You can't eat your cake and have it too, Christopher. When the nervous fluid—source of cheerfulness, giver of pleasant sensations and pleasant views—is all spent, you can't feel cheerful; things cannot look as they did when you were full of life and vigor. When the tide is out, there is nothing but unsightly, ill-smelling tide mud, and you can't help it; but you can keep your senses,—you can know what is the matter with you,—you can keep from visiting your over-dose of Christmas pies and candies,

and jocularities on the heads of Mrs. Crowfield, Rover, and Jennie, whether in the form of virulent morality, pungent criticism, or a free kick, such as you just gave the poor brute." Be it said to his credit he "makes up" with all immediately, even including the poor dog, who, least of all can understand the strange mood of his master.

—In the next number of the ORACLE I shall give, in a simple manner, the four triplicities of the Zodiac, with names and significations. There are many readers of the ORACLE who desire this information in compact form for ready reference; and while the information is not particularly new, yet all our readers cannot conveniently avail themselves of it without going to the trouble of looking up authorities upon the subject, etc.

—Subscription price of the ORACLE will be fifty cents per year, commencing with next issue. This applies only to those who pay *in advance*. Volume I can be supplied complete at 10 cents per number, or \$1.20 for the full year. The issue is quite limited.

—A friend asserts that physical exercise is of little account anyway; that if a proper mental attitude is held, the physical will take care of itself, etc. I am afraid that this person is drifting into the rut which swamped certain mental scientists whom I have met. Their ponderous, dead mountains of flesh which they must henceforth carry around, attests to the trend of this theory and how it may finally construct their cross. Heaven deliver me from that sort of "science" which seems powerful only in the line of attracting useless substances into the human organism.

—I have no right to ask favor of the gods until I have done all within my own finite powers. If my environment is distasteful to me, and if my associates are such that I cannot fraternize with them, then I am well aware that something is lacking still in me, and until I correct this weakness I shall

expect no interposition of fate or the gods. When life looks especially dark, I have but to sit down and calmly meditate a moment to see that I am really getting all benefits from life that I merit. In these moments of calm reflection I am entirely convinced that justice reigns in my world if in none other; and the matters of my world are all I can speak of with surety. I cannot know your heart. You are living your life of sealed mystery as I am living mine. You are isolated from your nearest and dearest friend as truly as our sun is isolated from Arcturus. Each performs an *individual* work and labors for an individual result. When the individual result shall have been achieved, then, and never before, will come the *general* blending and harmonizing. But let us not complain, even within our hearts because of Fate at load-ing trials and suffering upon us. Fate is *not* unkind, but she is *just*. The "unkindness" is within *me*, within *you* and every other man or woman who still travails with the throe of re-birth into broader spheres. The pain will be severe in proportion to our weakness in living the true life—the lines of life which the God within whispers us to follow.

—The price of my sixteen lessons of the West Gate Course has been reduced to \$2.50. This is done to meet the demand of that large class of students who do not care for the private term of six months' correspondence, but who wish for the lessons *only*. When the student desires the privilege of correspondence with the lessons, the old price of five dollars will be in force.

—My mission is to show you the infinite possibilities of the Here and Now. The philosophy outlined in my lessons and this journal from month to month will gradually enter your consciousness in all its power and symmetry. The ORACLE is not a herald of the miraculous, nor does it promise "gifts" of healing, prophecy, etc. Hence it can scarcely be popular with the devotees of phenomena. But for those rare souls truly desirous of treading the path of safety, and who are convinced

that they are in present environment for a definite purpose and who earnestly seek a solution of the mystery of Being, the West Gate teaching invariably becomes a most helpful and inspiring assistant. In your quiet home and surrounded by all your common-place associations, you may still learn that you are in the very centre, and that the proper development of *will*, and the wise training of the dormant powers of mind and body will bring about the new birth and disclose the way which leads ever upward.

—Miss M. J. Clarkson, editor of "The New Thought," Melrose, Mass., has just published an interesting and helpful little book under the title of "The Golden Ladder." All who have admired Miss C's. bright editorials will be anxious to possess a copy of this book,—her latest effort. The price is one dollar.

—I take no "sin" upon my own shoulders. As far as I know I am here through the operation of some law outside myself. I am filled with a desire to reach higher and more perfect stages of life, but *why* this desire I cannot tell, yet have no hesitancy in following and trusting. Stumbling by the way-side no longer possesses any terrors to me nor for one instant retards the flight of my soul heavenward. I have nothing to do with this, my duty is to look upward and falter not. The things which I cannot understand and the many weaknesses of the flesh which I have not the present strength to overcome, I leave all to Him who does know,—and I steadily advance. Job lives in this nineteenth century and his pathetic experience is often tangibly before me. Job's faith and patience was the "lost word" which *he*, alone, can know. Shall my faith be of a poorer quality?

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