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THE ORACLE,

EXPONENT OF THE WEST GATE PHILOSOPHY.

A JOURNAL OF PROGRESS, DEDICATED TO THE PEOPLE OF
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EXPONENT OF THE WEST GATE PHILOSOPHY.

ISSUED MONTHLY.

CHARLES H. MACKAY. - - - EDITOR AND PUBLISHER.

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PHYSICAL DEVELOPMENT.

PART III.

BY DOUGLAS F. HOTCHKISS.

Placing the hands *lightly* upon that part of the lungs, to which the breath is directed while inhaling, will rivet the mind there rendering proper directions of the breath much easier. By pressing with the hands while exhaling, the breath is the more readily and completely expelled, which opens the way for a deep *active* succeeding inhalation. The result is far greater benefit than in the ordinary breathing exercises and the lungs are filled in the particular part to their greatest capacity. If a noble resolve or desire is kept active during these exercises greater physical, mental and spiritual benefit will be derived. Let the action be nearly as possible at the point stated. Use the intervals, etc., given in a former issue of the ORACLE.

(c) Direct the breath to that part of the body directly above the navel. Repeat.

(d) Direct it to a point half-way between the former position and the sides, the expansion being of a diagonal character. Repeat.

(e) Direct it to the sides compelling a side expansion. Repeat.

(f) Direct it to that point of the back directly opposite the point stated in *d*, the expansion being diagonal. Repeat.

(g) Direct it to the center of the back. Repeat.

It being our object to control and direct in Divine channels the creative bodily and mental forces as well as to conserve them, let us consider for the time being those methods, aside from deep breathing, that will be of special use in the accomplishment of this object, laying temporarily aside the breathing exercises. Many students have an incomplete or unripened conception of what regeneration

is, considering it to be the conservation *only* of the bodily forces. This is of importance, but it is only the first step on the road to regeneration in its broad conception and is mere child's play compared with the proper control and direction of the sublimated energies. Now the complete conservation of the bodily forces depends entirely upon what use we make of the force we transmute. Only to that degree that we properly *use* the conserved force are we able to conserve greater force. In other words it is simply impossible to become possessed of Divine powers unless we know how to use them. The student whose mind is fixed only on the conservation of force is rapidly approaching the quicksands into which embodied forces are pulling him and disembodied forces pushing him. This is rendered possible because he becomes unnaturally possessed of a force of whose use he knows nothing, and because he has no right to it, he becomes dispossessed of it.

A practical demonstration of that law which can be designated as the *Law of Relaxation*, will assist us in this endeavor. It is almost inconceivable how intense the body of the interior student becomes, and that, too, without his knowledge. Unless the body is in a relaxed condition—and by "relaxed," negative is not meant—we not only lose, but absolutely waste a great deal of conserved force and render soul consciousness in the waking and sleeping (?) state, which is a very important step on the way, impossible. In relaxing the body it will be found of great assistance to assume a relaxed mental condition, bearing in mind that the mental condition is reflected upon the body. One of the best proofs of our intense mental and physical condition, which indicates that the soul has not gained mastery of the mind and body, is the abnormal tenseness in the lower jaw. In the first place the teeth should not be locked except when eating, though the lips should be closed when the face is in repose. In the second place, let us move the lower jaw by the force of the will. The lower and upper teeth should not touch and the movement should be from side to side. Now attempt to remove the tensity, the *will*, from the jaw and move it with the hand instead of the will.

A very valuable lesson in perfect relaxation is afforded us by a sleeping child, dog or cat. Raise the leg or arm of the child, or the paw of either animal. Then let it fall and observe how limp it is. The relaxation is perfect, for

not the slightest resistance is offered. We should have a similar control day and night, all the time, over all our members and those parts of the body that become tense through a corresponding mental attitude.

Relaxing exercises serve three particular objects — to rest the tired mind and body ; to place both the body and mind in that condition where soul consciousness can be retained during the night, and to prepare the mind and body for any severe test of mental and physical strength. A healthy child sitting in a chair and falling asleep will close the eyes without any conscious effort, the head will fall upon the neck and the arms and legs become perfectly relaxed if the position admits of it. Smoothness of motion and moderation should be used when performing these drills.

Relax the eyes by opening them to their widest extent ; close them just as the child does when falling asleep. Repeat.

(2) Relax the jaw as in the test suggested. The teeth should never be locked except when eating. Repeat.

(3) Loosen the skin and scalp of the face and head with the hands.

(4) Relax the arms by raising them laterally at the side until the wrist is on a level with the shoulder ; return them to the original position. The muscular force used to accomplish this exercise should be with-drawn from the hand and arm, and concentrated in the shoulder. Let the hand hang limp from the wrist, the fingers pointing down. The wrist should always lead, therefore in lowering the arm to the side the knuckles should be a little higher than on a level with the arm, the hand forming a partial circle. Curve the arm slightly at the elbow in both the upward and downward movement. The student can use a number of the arm relaxing exercises by raising the arms in front of the body, at a point between the front and the side and as far back as convenient. It is also suggested the exercises be performed in *curves*, for so applied they are particularly useful in restoring harmony to the disturbed mind.

(5) Take hold of the right wrist and shake the right hand, shake the hand without taking hold of it. Reverse the hands and repeat.

(6) Combine numbers 1, 2 and 3 in their order. Let the head fall to the front with closed eyes as though it were nodding in partial sleep ; continuing this sleepy sensation

roll the head on the neck, describing a *convenient* circle, first to the right, then to the left. This exercise will also greatly strengthen the throat and bronchial tubes and fill out the neck.

(7) Stand on a book with the right foot. Swing the left leg, the action being solely in the hip. Withdraw the energy from the leg to the hip. Swing the left leg. Repeat.

(8) In the same position, swing the legs at the knees, the muscular force being concentrated there. Repeat.

(9) In a sitting position take hold of the right ankle and shake the right foot. Shake the left foot. It is well to take these exercises before going to bed.

(To be continued.)

THE ORACLE.

It comes and it soothes like an angel of peace,
The way-faring mortal who seeketh release
From the toils and the spoils of the hard cruel world ;
(Or rather from people who in it are hurled.)
It comes, bringing courage and strength and good will,
With high aspirations our dull souls to fill.
It strengthens our hopes and inspires anew
Our highest ambitions t'ward all that is true.
It fills our whole being with light from above,
And starts the vibrations of faith, hope and love ;
It mingles its aura so pure and so bless'd
Within our hearts that are sometimes distress'd
Because of commotion which cause an unrest,
And will not be soothed tho' we do our best
In willing most earnestly all that is good,
Determining fully to live as we should
In thought, word and act ; for thoughts are such things
That we who can realize, know they take wings,
And fly thro' limitless space, to be born
For material or spiritual good,—or for scorn.

ALMA STANFORD.

—If you are in want of a copy of "Science and Health," write Mrs. M. E. Collins, Caldwell, Kans.

—Mr. Hotchkiss, the able writer of our Physical Development articles, in a private letter recently, says : I have followed the system of which I am writing for nearly a year and I think it is largely responsible for my increased health.

I have gained thirty-five pounds in a year, and now weigh one hundred and seventy.

—I am fully satisfied that the first step in attainment is physical harmony. Disease is the devil's triumph! It is the negative of harmony. Thought, will and strength are requisites, on lines of purity, for divine results. Your teaching is pre-eminently practical, as the foundation must be firm and abiding to withstand the onslaught of elemental forces as a test of real strength.—H. C. H.

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

EASTERN TIME.

Moon enters the sign :

Leo,	Jan. 1	9 p. m.
Virgo,	3	12 p. m.
Libra,	6	8 a. m.
Scorpio,	8	4 p. m.
Sagittarius,	10	8 p. m.
Capricornus,	12	8 p. m.
Aquarius,	14	11 p. m.
Pisces,	17	11 a. m.
Aries,	20	6 a. m.
Taurus,	23	1 a. m.
Gemini,	25	9 a. m.
Cancer,	27	9 a. m.
Leo,	29	7 a. m.
Virgo,	31	9 a. m.

New moon, (in Capricornus) Jan. 14, 5 p. m.

Full moon, (in Leo) Jan. 30, 4 a. m.

The planet Jupiter may be seen nearly in conjunction with the moon upon the evenings of Jan. 1st and 2nd. The actual conjunction occurs at noon, Jan. 2nd. Therefore upon the former date the planet will be slightly to the east of the moon and upon the latter date it (Jupiter) will be a few degrees west, if observation is made in the early evening hours. The conjunction of Saturn and the moon takes place Jan. 9th, at 6.31 p. m. At this hour Saturn will be seen seven and a half degrees north of the moon. Venus and the moon will be in conjunction Jan. 11th at 6 a. m., when Venus will be a little more than seven and a half degrees north. Mars and the moon will be in conjunction Jan. 12th at 6 a. m., with Mars four and one half degrees north of the moon. To those who care to know the exact position of the planet Uranus (rarely visible to the naked eye) we would say that this planet will be in conjunction with the moon Jan. 10th at 4 a. m.; at this hour the

planet will be five and a half degrees north of the moon.

—Mr. A. Longley, the well known organizer of colonies and communities is now located near Higbee, Mo. His paper, the *Altruist*, states that a farm of 105 acres has been secured and that farmers, mechanics and workers in all useful occupations are wanted to come and join with the few people already there. Send for a sample copy of the paper and you will get full particulars. The address is THE ALTRUIST, Box 153, Higbee, Mo.

—Our star map gives the positions of all the principal stars visible in the northern hemisphere. It is an invaluable assistant to the student of astronomy and it is very simple and easily understood. Sent post-paid to any address for ten cents.

—The world has gone distracted through a morbid activity, and, while pre-ternaturally wide-awake, is nevertheless tormented by visions that seem real to it now, but would assume their true aspect and character were all things once set right by an interval of sound repose. This is the only method of getting rid of old delusions and avoiding new ones; of re-generating our race, so that it might, in due time, awake as an infant out of dewy slumber.—HAWTHORNE.

—"Fairyland," a pretty lullaby, suitable for contralto or baritone, and "True Love asks no Return," written for soprano or tenor voice will be sent to any address for twenty five cents per copy. Printed upon fine, heavy paper and from new plates.

—When a "teacher" or "healer" of the advanced thought type says "take my lessons and they will make you whole," how does he or she differ from the "regular" M. D., who says, "swallow this pill and you will be all right"? Is not the former drifting very near the shoals which he is constantly warning the latter against? Humanity persists, however, in striving for something outside itself and seeking aid in externals. Therefore if a teacher states that so many sheets of paper covered with so many lines of "I am whole," "There is no evil," etc., will cure all forms of disease (so-called!) why there will surely be purchasers and believers. And according to the strength of the belief will it be with the recipient. West Gate teaching promises nothing. Our lessons merely aim to show the student *his own* powers, and tries to disclose to

him that within his own temple, never elsewhere, will he find the secret of secrets. Taking this modest ground our lessons are never properly estimated until the student has delved deep into the spirit of things.

ADAPTABILITY.

Perhaps this term does not so well express our meaning as elasticity. We mean that quality, the full possession of which makes it simply impossible for the possessor to experience a real injury. Strike him from whatever direction you may and he shows neither by word or act that he is conscious of harm.

Evil and persecution may apparently overwhelm him, but he merely bends, and when the storm dies out he returns to the original upright position and continues his way as if unconscious of the temporary interruption. To such a character it makes little difference whether he is president of a bank or the most humble subordinate in a mercantile house. In whatever place he finds himself, there labor and duty are ennobled and romance surrounds his every action.

He sees no advantage in high places of earth, except it enlarges his capacity to more completely solve the mystery of life. He knows that a simple thing well done is far better than the dream of great expectations and the half accomplished results of a dozen popular issues. It matters little to such an one so long as he is busy. Herein we find the magic key to one great apartment of the house called happiness. If you can't do that thing which your ambition demands, then temporarily swallow your ambition and saw wood for awhile! If you can't represent your town in the legislature this session some one else will do it equally as well, and the world loses nothing except you loaf meanwhile. Lose not one opportunity because you deem it small.

—Fear, uneasiness, worry and their attendant evils bring us much of the unhappiness of life and seriously hinder our progress. Now it is wholly within our power to live above these false conditions, and until we succeed in doing this we need not expect particularly useful attainments in any other line of human experience.

—Melancholia and its near relative, suicide, show a condition so clearly allied to fear that the spiritually awakened can see but a slight difference. Brooding over imag-

inary misfortunes tends to lower the tone of the body's life forces, and this as surely tends to the condition against which we seek to warn you. Your troubles as well as your pleasures are more intense in the anticipation than the reality. Get above these false situations and waste no more valuable time by halting so many leagues before the mountain is reached. Be not discouraged at the heights you must apparently climb. Before you actually reach the foot-hills even, a gate heretofore unperceived because of the distance, may open before you and disclose an easy pass to the beyond. But do not expect the mountains of trial to always open for you. Be content to plod slowly over the rugged paths and thank heaven that you have the strength to do so.

And the matter of strength is important. Therefore get strength as earnestly and consistently as if you were preparing for a great and final test of your every capacity.

—Regarding preference as to quality, ability, etc., of people born under different signs, or decans, we have no definite suggestions to make. There are many "glories." There is one of the sun, another of the moon, etc. Gold is gold, lead is lead, earth is earth. Each is of vital importance in its own sphere. Each may fill an equally divine niche of usefulness. I see little or no difference here. Were the lead or the earth imbued with reason they might sometimes make themselves very miserable by vain regrets that they were not gold. On the other hand the gold might mourn that it was so narrowly confined in the obscurity of money bags and the deeper recesses of nature, thus being continually withheld those broader and more universal pleasures which the baser (?) substances enjoy. Regardless of our "birth sign" it remain for us to make the best of the talent given us. Herein lies the great secret and it is not for us to regret that God has created something which, superficially viewed, is inherently more attractive or more valuable than *our* possession. Rise, rise, rise. Grow as far heavenward as you can, but do not waste your energies in childish regrets that you are what you are. *Be ambitious to become the highest representative of your type.* Leave the rest to God.

—A new system of arithmetic called the "Reverse System" has been formulated by Sol Rosenblatt of the A. B. C. Club of Science, Cleveland, Ohio. Readers of the ORACLE who wish for details may address H. S. Rosewater, 330 Woodland, Cleveland, Ohio.