

THE ORACLE.

EXPONENT OF WEST GATE PHILOSOPHY.

ISSUED MONTHLY.

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Personal Magnetism.

No. 3.

The sun is potent, above all other material agents, to impart magnetic force. It is well to allow the sun's rays to fall directly upon the head, face and all sections of the body whenever it is convenient so to do. Then if proper attention is given to correct breathing and diet we surround the body with a wall of defence which disease can never break through. In winter we should be especially careful regarding these apparently simple rules of health. Few people have grasped the importance of this one question of breath. Few people take the trouble to actually *fill* the lungs once in a month. They breathe merely to live and never consider that it is possible to greatly increase their life forces through so simple a means. Usually the upper sections of the lungs are employed, utterly to the neglect of the extreme lower parts. The "breath drill" is a branch of West Gate teaching which really requires little time or attention. A good plan is to practice it when walking. Breathe regularly and deeply and make the breath co-incide with a certain number of steps. For example: If you are walking at a moderate pace take one inhalation while going five steps; then hold the breath for two steps, then make the exhalation while taking five steps, then hold the breath two steps before commencing the "drill" again. The number of steps should be regulated to suit each individual's lung capacity. By practice great increase in lung power will develop. In my own case I can easily take a dozen steps while inhaling once,

but those who have not made a practice of this drill will do well to take five steps, or even less at first, for each breath. If these simple rules are followed carefully the function of breath will soon regain its normal condition and we shall need give no further voluntary attention to the matter. In these exercises let all the breath pass through the nostrils. Magnetic force is also generated through self-massage of those parts of the body which ordinary exercise does not reach. For example, take the section between the shoulder blades. By patient practice the tips of the fingers may be made to reach this entire section and a new quality of life-force thrown into the tissues and nerves heretofore unknown. Also pass the hands rapidly back and forth over the spinal column, especially at the small of the back, where the exercise always tends to give tone to the vital organs, as the kidneys, liver, etc. All these physical exercises which bring the muscles of the waist and back into action tend to impart grace, strength and symmetry. And the few moments night and morning necessary to devote to them will soon become the brightest and most interesting spots in the daily life.

The January Stars.

Now let us enjoy the beautiful winter constellations. January 10th, at 8 o'clock, p. m.; we shall see a most remarkably brilliant display. Sirius, the "dog star" (most dazzling of them all) is just coming to view in the south-east; Procyon, the principle member of Canis Minor, is seen well up from the eastern horizon; Regulus and the other stars of that famous group in Leo known as the "Sickle" are slowly climbing up from behind the north-eastern horizon; then, in order, following the path of the ecliptic we have Cancer, Gemini, Taurus, Aries, Pisces and Aquarius, the latter nearly hidden beneath the north western horizon. The bright Milky way now passes almost straight across the heavens from south east to north west.

Almost overhead, in the path of the Milky Way, we note the well known groups of Auriga, Perseus and Cassiopeia, while low down in the north we perceive the cross of Cygnus Orion, with its rich display of stars, clusters and nebulae occupies a broad section of the southern heavens. As is well known to most people the three bright stars in the centre of this constellation mark the "belt" of this mighty hero, and this belt shows us the imaginary line known as the celestial equator. There will be a new moon upon the 3rd of January, and it will be in conjunction with Venus, the brilliant evening star, upon the 6th, at 2 o'clock p.m. The moon will be in conjunction with Mars Jan. 14th ; with Jupiter the 21st and with Saturn the 27th.

Overheard at Heaven's Gate.

St. Peter.—(To a band of "advanced thinkers," who with anxious faces are crowding near the gate) "Be patient, friends, have you not yet learned that greatest of virtues? Now, one at a time, please, and I will determine your respective places. Mr. Christian Science why are you here and what have you done to suppose yourself entitled to admission with the Immortals?"

Mr. C. S.—"I point with pride to my earthly record. For twenty years I have devoted myself to spiritual things. I have ignored all that was of a physical or material nature, knowing that mind and soul is *all*, and that the body and its demands must be ignored and mortified before one can enter heaven. To which one of those high seats shall I go, please?"

St. P.—(Gently holding C. S. back) "Just one moment. Have you believed in God all these twenty years, Mr. Christian Science?"

C. S.—(So speechless with astonishment that he cannot answer for several minutes,) "Most assuredly. I greatly wonder at your question!"

St. P.—"If you have so devoutly believed in the wisdom of your Creator, how could you reconcile the belief

with that other theory regarding the worthlessness of the body. Did He not give it you, and did He not give it for some grand purpose? Your record puzzles me somewhat and I must ask you to await my pleasure in disposing of your case, for I do not wish to establish a dangerous precedent. Mr. Spiritualist please come forward. Why are you here?"

Spiritualist.—"For many years I have, to all intents and purposes, been within your domain. I have nightly retired with the wish to join you, and my first thought upon awakening in the morning has been in the way of a desire to leave the gross, material body and assume angelic wings. Now that I have really become free I trust that my entrance to one of your high seats is assured, but if you are pressed for time this morning I will merely go in and look around, then you can assign me my place later."

St. P.—(a little excitedly) "Hold on! Not so fast. I can dispose of your case very shortly. Get back to earth as quickly as possible and try again. One more hard trial may bring you nearer. Mr. Theosophist, kindly crowd around Mrs. Mental Science and Mr. Freethinker and, briefly as possible, state your case."

Mr. Theosophist.—"I have but a word to say, your highness, I am and long have been a true disciple of Madam Svenski and the Mahatmas and——"

St. P.—(Interrupting, with a slight show of impatience) "I do not comprehend your terms. I know nothing of these people or things of which you speak. What is a 'Mahatma,' please?"

Theos.—(With a tinge of sarcasm) "A Mahatma is a divine being with infinite powers. He can leave the body at will and return when he sees fit. He can project himself in the astral to any point he desires to visit. In fine (waxing enthusiastic) a Mahatma's power is unlimited."

St. P.—(Calmly and semi-meditatively) "And yet we do not know anything of that sort here. I must ask you to return to your Mahatmas and get more definite knowledge

or if you can bring one here ('astrally' or otherwise) for my examination I will cheerfully continue your case. Otherwise I see no hope for your entrance. There, for no one within those gates recognize the infinite powers which you ascribe to your Mahatmas, in any connection save with the One. Good morning."

(St. Peter seats himself and leaning his head upon his hands sits for a long time in meditation, then soliloquizes: "Can it be, among all that crowd of people who think themselves entitled to high seats within this gate, that not one is yet fit to enter?" Almost impatiently he waves his hand for general dismissal of the group and as they move away he catches a glimpse of one face away back in the outer circle which excites more than a passing interest. He sends a messenger and the stranger is soon brought up to the gate).

St. P.—"My friend, are you seeking admission to yonder Peace."

The Stranger.—"I seek nothing. All comes to me as I am ready to receive."

St. P.—(After a long silence.) "And may I ask where, how and from whom you imbibed that eccentric idea?"

Stranger.—"That I cannot tell you. It is a truth that I have long followed and my trust in its wisdom is absolute."

St. P.—"Have you any especial claim upon Heaven?"

Stranger.—"I do not know that I have, neither do I know that I desire to enter."

St. P.—(Becoming greatly interested). "You are rather an unusual case. I would like to know some of the things which you have been doing upon earth."

Stranger.—"I can scarcely recall anything of importance that I have done. My recent years have rather been spent in the line of *not* doing; of training myself to be calm and reconciled to whatever experience Divinity has seen fit to visit and to hold myself patiently in His hand.

I have sought to be active and perfectly loyal and dutiful in whatever sphere I have moved and have studied unceasingly to solve the mystery of speech. So well have I succeeded in this that for ten years I have not spoken impatiently, sarcastically, nor at undue length, and——”

St. P.—(With extreme earnestness) “Friend, your modesty is exceeded only by your Grand attainments. Such a pure soul has not honored this Presence for a long time. The highest seat we have is not too exalted for you. Enter.”

Capricorn People.

Dec. 21.—Jan. 20.

The people of this sign are very active and energetic. In whatever sphere of life you find them they usually become leaders. Capricorn is famous for thinking out grand schemes upon ideal, altruistic and oft-times impractical lines. In whatever project they become interested they follow it out with much enthusiasm, and very easily and quietly let it drop when they find a deeper interest in something else! Some types of this sign are given to rather strained, aristocratic ideas and often “look down” upon those who happen to be out of their own circle of friends or acquaintances. Capricorn has great power in holding an undeviating line of argument and will argue and reason far beyond the point where intuition is satisfied. These people are very kind hearted and will cheerfully sacrifice their own comfort and convenience in order to help the deserving. They are extremely loyal and tender in their relationship with chosen friends. They are “born” talkers! And a great source of satisfaction to them, always, is found in an attentive listener. Some of the world’s greatest minds are found in this sign as the following list will attest. Capricorn is an earth sign; the other members of the triplicity being, Taurus (April 19—May 20) and Virgo (Aug. 22—Sept. 23). The people of these two signs are most harmonious and agreeable to Capricorn.

Here is a partial list of famous people of this sign: Jos. Smith (Mormon) born Dec. 23, 1805; King George, of Greece, Dec. 24, 1845; Andrew Johnson, Dec. 29, 1808; Wm. E. Gladstone, Dec. 29, 1809; Isaac Pitman, Jan. 4, 1813; Chas. Sumner, Jan. 6, 1811; Doré (French Artist) Jan. 6, 1832; Mrs. John Drew, Jan. 10, 1820; Ezra Cornell, Jan. 11, 1807; Sir John A. Macdonald, Jan. 11, 1815; Benj. Franklin, Jan. 17, 1706; Dan'l Webster, Jan. 18, 1782; Rob't E. Lee, Jan. 19, 1807; Edgar A. Poe, Jan. 19, 1809; N. P. Willis, Jan. 20, 1817; Tom Paine, Jan. 20, 1737.

—The Moon Table, by hours, for the entire year (1897) in now ready. Price, ten cents.

—The Messenger has met with very encouraging support. We have aimed to fill it with brief, condensed subjects which would reach the hearts of its readers. The many appreciative letters attest that we have thus far met with decided success in this direction. We send the *Messenger* and *Oracle* both to one address for 65 cents.

—Where do the really illuminated men and women keep themselves? Is there no such thing in this world as a man or woman who has actually made all the conquests of the flesh, yet remain in the flesh? No doubt these questions have sometimes occurred to occult students, but a moment's calm thought upon the subject should fully satisfy any reasonable mind. Truly spiritual realms may be *entered*, but never made plain to another through words or symbols. When a person has made great attainments here in the body and has developed the power to live upon a high plane, then he realizes the utter impossibility of directly imparting his gifts to another, however much he may desire so to do. The most that can be done is to awaken deeper resolve within the breasts of those below us, and to urge and inspire them to reach outward and upward from the walls of sensation, and thus find the true way, each for himself. You cannot directly impart knowledge of commercial value to another.

If you are an expert accountant, a stenographer, or master of any trade or profession whatsoever, you possess it for yourself alone. You cannot *give* it to any one beside. Neither can you make another see the value of that which you have. But you can use your influence to the end of urging others to "go and do likewise", and in this way alone will they be able to reach your plane and thus understand the things which so long have been as an open book to you. Now if this is true of material things, how much more applicable it is to things spiritual! We are placed in this world to make certain conquests and attainments. We are entirely free. We are allowed to go precisely as we will to go. Many of us reason otherwise, even to the extent of criticising our Creator for the limitations which He has put upon us. This is false reasoning. We are *not* limited, except in the light of that quality of "limitation" with which the parent surrounds the ignorant child during his school years. But even the child is free to run away from school if he prefers, and we are as free to "run away" from our responsibilities of the present, and like the child, pay the full penalty in after years. The child has parents to advise him of the error of his ways. We, as men and women, have the Inner Voice, always present, to advise us of the error of *our* ways. So, I conclude that it is a divine decree that we shall not be directly presented with things which are really of any value. We must get them of ourselves, for in this way alone may we appreciate their worth.

—"He doeth all things well." I never question this for a moment and yet at times there creeps in an almost irresistible spirit of discontent with my life. While I *know* that every humble and apparently insignificant step is vitally important and *must* be taken 'ere I can enter the broader sphere; still, at times, it seems to me that I have not yet commenced to live! The possibilities which I know are within me and the indefinable forces which surge within my breast as a turbulent sea against the rocks always and forever urge me to do something higher and nobler than Reason knows. But I am held back from the heaven which my soul so hopefully prophesies will come to me, and while thus checked must not despise the duties nearest at hand.