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by

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

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THE

Talisman

And Occult Review,

A MONTHLY JOURNAL

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

The Official Organ of the Talismanic
League.

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THE

Talisman Publishing Co.

52b, Station Parade, Harrogate,

Yorks., England.

The Art of Fascination.

By GEO. H. BRATLEY.

The most practical handbook ever published on the transmutation of the Solar Rays into Personal Magnetism, should be in the hands of every man and woman who aims at widening his sphere of influence and securing happiness. Specially written for those whose time is limited. It is plainly worded, easily understood, being intended to help, not to please the literary critic.

56 Pages, 1/1 post free.

ENDORSE ENVELOPE:

Book Dept.,

Talisman Publishing Co., Harrogate.

SOME OPINIONS.

Fascination, no doobt, plays an undreamed of part in our daily life. Did not the redoubtable Mr. Mantalini in a transport of rapture call his wife a "Demnition Fascinator"? All who would become adepts in the art of fascination let them read the little volume. Fascination is not merely the charm that some women have over men, but the mysterious power that attracts both sexes towards a certain man possessed of an inexplicable personality. It deals quite in a practical fashion about will power, and the author evidently knows what he is talking about. *Topical Times.*

"The Art of Fascination" is a tastefully got up little volume issued from the "Talisman" Office, and written by Mr. Geo. H. Bratley, editor of that magazine. It is a very readable and instructive work. The price is 1/-, in stiff paper covers, or 1/6 in cloth. *The Spiritualist.*

I have received from the Talisman Publishing Co., of Station Parade, a little book written by a Harrogate author, Mr. Geo. H. Bratley, entitled "The Art of Fascination." I must say that I perused the little work with keen appreciation, dealing as it does indirectly with those occult forces which the man in the street knows so little about and is therefore anxious to express an emphatic opinion upon. By the term fascination the author does not imply personal charm, but rather personal magnetism. One chapter on "Worry" should be read by all predisposed that way. "The Art of Fascination" is published at 1/- net, and is a capital little work. *Harrogate Advertiser.*

"I am very pleased and interested in the book." Mrs. C., South Shields.

"I received the book and lessons, with both of which I am very pleased." J.B., Bromley.

"Your book is worth ten times the value of similar books on the subject." J.Q., Belfast.

"The little book, 'The Art of Fascination' pleases me so much that I wish you would send me another one and also one to a friend." Mrs. W., Paris.

THE TALISMAN

aims at bringing permanent health, extended mental growth, success in whatever is attempted, the awakening and utilization of the forces latent in man, and though small, makes up, it is hoped, in quality, what it lacks in quantity. Lessons in Mental Science are generally expensive, and so, too, are text-books. To all readers who send the names and addresses of five of their friends, and these become subscribers, the magazine will be sent free for one year at the expiration of their subscription, if already annual subscribers.

The Talisman,

A Monthly Magazine devoted to Practical Idealism.

Conducted by Geo. W. Bratley.

No 10.

February, 1904.

Price 3d.

The Art of Thinking.

(Continued from page 119.)

(A Lecture delivered on November 22nd, 1903, by Mr. A. R. Orage, President of the Leeds Theosophical Society, before the Harrogate Branch of the Theosophical Society.)

We begin, then, with the sense of wonder when we ask ourselves questions. If wonder does not lead to thought, it leads to nothing at all. Then begins actual thought, and the first rule in the Art of Thinking is: You must express your question in the clearest possible form. Every problem is a question, and when you have once stated a question to your satisfaction you can understand the nature of the answer, for it is impossible for the human mind to ask a question, the answer to which it cannot understand. Any fool can answer a question, but it takes an exceedingly wise man to ask one. Put your problem in the form of a question, but be certain that you understand the question, and you will be certain to find the answer; and you will understand it, too, for the answer is involved in the question, being part and parcel of your mind. I would advise as a religious exercise, as in the ancient days, sitting down with a pen and paper; seriously consider the problem, and not allow the mind to run away. One conclusion arrived at will be that there is a complete misunderstanding of the power of thought, and the conclusions to which you have hitherto come. It is a most difficult exercise, and no amount of past training or external influence or education will produce the power of thought in a man. He must produce it in himself, and everything has not been done when the case has been stated. Having caught your question you must withdraw from your mind every idea, every image that is not related to it. There are bands of images jostling against each other—the mind is inundated with them, but every other image must be excluded. This may be done by concentrating all the mind on the question. Imagine yourself looking into the mirror, you have the problem stated in the form of a question, and you say to yourself: "I am going to concentrate upon that," and at the same time you will be aware of the invasion of these images, and you will say; "Confound these thoughts, I am going to clear them all out," and you find again

From the writings of Dr. Franz Hartman.

the same difficulty—maintaining the integrity of your own mind. When you have excluded the images you are at the beginning : this is the “ Platonic dialectics.” You will notice that Socrates never tells himself anything: he is always asking questions. You act upon your mind by a series of questions, each drawing out a little bit more of you ; you think in a sequence; the questions themselves will be suggested by the sequence. Let the fundamental problem stated in the questions come before the mind. You will find that you cannot answer them straight off, and there are other questions that require answering. This is peeling the skins off the onion. They are layers of people’s ideas on your own, and you have not got down to your own mind till you have stripped off all the prejudices, till at last you have come down to your own individual opinion. Herbert Spencer tells us to strip the mind of seven great prejudices, and probably we have seventy. This can only be done by questions. Then you ask yourself: Is this the right answer? Surely, such and such things must necessarily happen then. Then you have another answer, and you question this in the same way. You say: “Is this satisfactory?” and that goes, too. One by one you strip off tentative answers till you finally arrive at the true answer, your own, and you have received a satisfactory answer, though it may not appeal to another. This is the Socratic dialectics, and Socrates applied it to other minds, and when these skins had been peeled off they would say: “These are my ideas and I never knew it.”

The stage of dialectics is the most interesting one. The statement of your problem is hard work : thinking is hard work, you have not yet got hold of more than the tail end of the power ; it is continual effort. When you have done this concentration of the mind and have excluded all extraneous images much has been accomplished. It is, in fact, the most complete method that I know or has ever been discovered, and you thus learn the nature of the external world, but more vastly important, you obtain a knowledge of the condition of your own internal world. You are going through the historic past in your own individuality till you come to the bed-rock.

According to modern psychology every child repeats in his own person what went on in the life of the race, and it is an odd coincidence that the child should be interested in giants and monsters ; the individual repeats the racial evolution. When you have reached the point of evolution where we stand, you have in your mind’s eye the products of the past evolutions. There is not a single one of us whose mind is his own !

(To be continued.)

Forms are isolated and materialised thoughts.



A Cure for Poverty in one Lesson.

ELHEST.

You know hard work alone never made a fortune. You have undoubtedly seen figured out that if Adam had lived until now, and worked every day, at two dollars a day, and Eve had taken in washing to support the family, so that he could save his entire earnings, and if had kept it all in a safe deposit vault, that he would to-day be worth about five million dollars, while, if he had worked one day only, and placed one dollar at interest, and allowed it to accumulate at compound interest, there is not enough money in the world to-day to settle with him.

Then if you would have greater financial success invest your surplus earnings in some profitable enterprise—let your money work for you, let it earn, accumulate, and add to your usual income.

But you say, "How are we to find the opportunity, and to know it when we see it?"

By being on the look out for opportunities, and when you see one and feel in your own mind that it is right, act promptly on your good judgment. Learn to depend upon yourself entirely. Make up your mind—decide quickly, allowing no doubts to assail you when you have once decided, but throw all your force of mind into it that you will succeed, and that everything is helping you to succeed.

If you have any difficulty in settling a proposition in your own mind or on any of these points, repeat many times daily affirmations of success, such as: "I am success," "success is mine," "all that I desire is coming to me," "My discernment is clear," "My judgment is good," "I am prompt to act," "I am positive." Hold this attitude of mind and you will be surprised at the change in conditions and circumstances. Where, before, all was dark, you will soon discern new opportunities, and your judgment will indicate to you that which is good. You will act promptly on your convictions, and thus seize the opportunity that will bear you on to success.

Who ever heard of a successful man or woman vacillating? They act on their convictions and act promptly. They use their mind and rely on it.

Recapitulation: Affirm that which you desire, build it into yourself and watch constantly for opportunities. Act promptly on your convictions, and when you see a good opportunity, seize it promptly.

The thing thou cravest so, waits in the distance—
Live worthy of it—call, and it shall come.

Keep this lesson; read it many times, and when you think you see an opportunity, and are in doubt as to what to do, read this lesson again.

FREEDOM.

Talisman Mental Tonics.

By *Vio.*

NO. I. AFFIRMATIONS.

Objection may be taken by some readers of the "Talisman" to "tonics," even mental, on the ground of their being a prop, just as pick-me-ups are for the body, but I would remind such objectors that many of our brethren have not reached that happy state where stimulants for the mind can be entirely dispensed with. The aim of these friendly talks with readers is to supply building material month by month for the mental structure they are engaged in rearing.

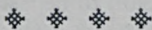
Emerson must have meant something when he wrote: "Nerve us with incessant affirmations. Don't bark against the bad, but chant the beauties of the good." What was the meaning? Some people would never guess, but to those who have been brought into contact with new thought there will be little mystery. All life around us is the result of thought, repeated for millions of years with slight additions from time to time, till man stands where he does to-day. The individual has helped to make public opinion, and a reflex action has occurred, and public opinion has moulded the individual. This is why there is belief in disease, misery, poverty, and death. Now *if* man could successfully banish all thought about these negative creations he would be free from them entirely. His mind—which is in too many cases the man himself instead of an instrument which he has fashioned for his real being to function through—is composed of these things, however, and turning them out or wearing them down is no light task. Therefore we bring affirmations to our aid. And for this reason: All change of physical conditions, whether of the body or surroundings, begins with the thought, hence a change in the nature of the thought is imperative. But the mind being man's master, that is, in the sense of thinking what *it* wants to, and not the man, it won't allow new thoughts to enter the mental atmosphere, or, if it does, it quickly turns them out again, and no progress is possible.

Test the truth of this statement yourself by thinking of one subject for one minute without something extraneous popping into the mind. I know persons who cannot perform this feat after many years training—they are still slaves to their minds or what they are pleased to term such. There is no royal road to thought power, but the way may be lightened, and the use of affirmations is the easiest and most efficacious. This accounts for the prominence accorded to them in nearly every work dealing with mental therapeutics, or practical metaphysics.

Learn to love the highest.

The first advantage in using affirmations is that the thoughts are prevented from wandering. They help to make the mind one-pointed. They render concentration easy. The nature of the vibrations set up by the affirmation differs from the vibrations caused by the dominant thoughts in the mind, and the incessant repetitions of the affirmations at length overpower by their very persistency. Spoken words seem to keep thoughts before the mind more readily, and also fix the ideas more firmly in the consciousness. The antipathy created by the new thoughts coming in contact with the old is intense in proportion to the difference between the fossilized thought and that introduced. Each repetition of a set of words may be compared to the blow of a hammer on a hard and unyielding rock : the rock (the mind) is affected very little at first by such puny blows, but it yields in time, especially as the hand wielding the hammer, untrained at first, gains in strength through practice, and make the blows tell.

If the mind in its adamantine condition is to be affected. then, the blows (affirmations) must be repeated again and again. When this is done he impresses upon his ego the truth which his lower mind cannot accept. Never forget that the world, or life, is to each one what each makes it, so that when you say : " This is a miserable world," you mean " I am miserable." Therefore, if you can be happy the world will be happy. Try it, taking some short sentence which gives just what you need, affirm it boldly and imagine you are becoming it. For example, suppose you fear : say : " I am courageous." Never mind analysing all the reasons which have made you fearful of this, that, and the other. Ignore everything but the one thought of courage under all circumstances. Repeat it to yourself for ten minutes at a stretch, as you walk to and from your business, or whenever your mind happens to be unoccupied. If you happen to be of the intellectual type you will probably be inclined to wade through a library of metaphysics, and it will help you, but you can do much towards unbuilding the structure of fear you have erected by the simple affirmation given above.



The Mastery of Death.

By A. Osborne Eaves.

(Continued from Page 123.)

EARTH POWER.

The author of " Return to Nature " emphasises the importance of the earth's power, as many other authors before him have done. Man is a creature of earth ; it is his natural habitat, just as air is that of

Only that which is pure can be harmonious.

the bird, and water that of the fish. The barefoot theory has been almost worn thread-bare, but it will still bear reiteration. The earth, like everything else in nature, has its magnetism, which it yields up when properly approached. Certain elements are non-conductors of this magnetism, just as in ordinary electricity, and when the bare foot comes in contact with the soil a current passes from it through the body. It is the experience of charcoal burners and foresters that lying on the bare ground has always refreshed them far more than on a bed. Fishermen and girls, and others who to-day use no shoes maintain a robustness and vigour refreshing in this dyspeptic age, while the physique and endurance of savages and tribes who live out of doors are well-known. Volunteers who spend their week under canvas are found to experience much more vitality than when leading the ordinary life, though allowances have to be made for the outdoor life as well.

Walk barefoot, then, whenever possible—there is no need to wait till deep snow to gain benefit, but especially upon the soil; this will be found to be recuperative. To thousands of people this advice is impracticable, but wherever conditions are present use them.

In the same way when one can sleep on the ground it should be done. A blanket round one will be all that is necessary unless it is winter, and it would be unwise to make the experiment then, and the clothing need not be removed. Between the hours of ten and two in the morning the magnetic currents and emanations from the earth are strongest, and will be absorbed by the physical organism. One result that will follow is that less sleep will be necessary. Most of us pass one third of our life in unconsciousness, when useful work might be accomplished, though other work is being done during that time by the more advanced, but there is no need to spend so long a period in sleep, nor wake up so unrefreshed as many people do in a morning. We shall find these practices advocated more and more in the medical and general press, and our sanatoriums will adopt the earth-bed ere long as its value becomes known.

Everything has magnetism of some kind; even precious stones are said to be "sick," or more properly speaking, to be affected by their wearers, so that there is a basis for some of the old "superstitions," and science has not solved the question yet by any means. Much of this magnetism can be assimilated by human beings under certain conditions, and one method of adding to one's strength and vigour, which has the advantage of being carried out by everyone nearly, is to pass an hour or so in the spring and summer at the foot of a tree—a healthy one, birch (the silver), poplar and pine or fir preferably, with the back against it. Quieten the mind and with each indrawing of the

Desire results from attraction.

breath imagine the vitality of the tree passing into your system. Taking hold of the bark or resting the hands for a length of time on the trunk or a branch is specially to be recommended, as magnetism flows more readily through the hands and feet than through any other part of the body.

Of course the value of earth in the cure of disease is well known, and here in Harrogate we have peat or mud baths, and the practice of burying lepers up to the neck for so many days has been common, but apart from drawing humours out of the body, the earth's vitality will rush in where there is a depletion in the system, and if man can thus supply a deficiency he can certainly defy old age.

A compromise may be effected by having in one's bedroom a box filled with earth or sand on which to repose, and the soil can be replaced from time to time. It will be remembered that "Dracula," in that exciting and occult novel, was compelled to return at night to a box filled with new soil to gain vitality, and wherever he went he had a number of these boxes kept in cellars for this purpose. If he could have been prevented reaching these he would have lost the life he had preserved for centuries. Often in fable the myth some deep truth is concealed, and one of the problems of the future will be to unravel these.

(To be continued.)



Talismans, Amulets and Charms.

By Geo. H. Bratley.

HOW TO CONSTRUCT A JUPITER TALISMAN.

In the making of a Talisman it is necessary to know so much of Astrology as will enable the student to select a proper hour for its construction. In the first place it is well for the Moon to be growing, or in her increase, and free from the approach of impeding planets, such as Uranus, Saturn or Mars. The Moon should be applying to a good aspect of the planet under which the Talisman is constructed. To ascertain the planets' positions the student will require an Astronomical Ephemeris—these are put up every year and can be procured for the small sum of sixpence. With this and an almanac giving the symbols of the Zodiacal signs and planets, the time of the new Moon, with the rising and setting of the Sun, he will be able to choose a suitable time for any undertaking.

The student should have for his work a new engraving tool for tracing the figures on metals, or some new quill pens if parchment is used instead of metal, in this case he can procure a stick of Indian ink, as ink should be newly made each time. The parchment must also be quite new and clean. If metal it

Prayer consists in physical works.

must be of the purest, virgin if possible; there may be some difficulty in procuring this, but in any case let it be the purest that can be got. He will want a new porcelain dish or saucer, also some charcoal to place in this on which to sprinkle the herbs, spices, &c., for fumigating.

If the Talisman is to be of metal the student will require some practice in engraving, for it is not an easy matter to the novice, and as time is valuable it will be wise to get some lead, tin or soft metal and engrave the alphabet and figures as these will be found useful.

As to the characters required when engraving a Talisman, these of course depend on the purpose for which the Talisman is constructed. They can be found in old works dealing with the subject, or particulars can be had from the "Talisman" office, though if the student took advantage of the free graph offer he will now have a collection of these for most purposes, with the instructions how to make.

There is a Hebrew Talisman of simple construction, it is under Jupiter and the Sun, its purpose is for honour, riches, and general good luck. Parchment or metal can be used. If metal, then procure a thin tablet of silver about two inches square, obtain this when the Moon is on the increase which may be a short time previous to the construction and not on the same day; it will be better if the Moon is going to a good aspect of Venus, Sun, or Jupiter. The time for engraving is in the hour of Jupiter when the Moon is in the sign Scorpio and the Sun in the sign Pisces, or when the Moon is in the sign Pisces and the Sun in the sign Scorpio any year. The former happens the latter part of February and first part of March: the latter the last half of October and first half of November; the sun is at these times passing through these signs, though the time will vary according to the position of the moon.

The Student should work out the times, procure the silver, and commence operations at the beginning of the Jupiter hour. First purify the silver by holding it in the fire or gas jet till it becomes hot, but have a care it is not held too long or it will melt, then having placed the charcoal in the saucer and set a light to it, he must take a quantity of cloves, nutmegs and incense, or other Jupiter and Sun herbs and spices, these should be bruised and mixed together, and cast on the burning charcoal in sufficient quantity to fumigate the room. Hold the metal or parchment in the fumes for a short time, then write or engrave the following characters or words, which are names used in magic and having great power.

MEPHEMOPHATON, YSERAYE, TETRAGRAMMATON, ADONAY, AGLA, SABAOOTH, SADAY.

These names must be written or engraved in the order given but in the form of a circle or circles, i.e., spiral after the manner of a clock spring, the first name forming the outside part of spiral and finishing with the last name in centre. The work must not be carried on over the Jupiter hour, but if not completed it must be taken up again in the second Jupiter hour of the same day, see table of planetary hours. After completion hold it again in the fumes, then place in a black silk covering which must always be carried on the person whom it is to benefit. The proper way is to suspend it on the breast by a red silk thread. No other person should be allowed to see or handle it.

It is a good plan to purify or hold the engraving tool, ink and quill in the fumes previous to making the Talisman.

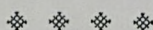
There are many other Talismans under Jupiter made when this planet is in the sign Sagittarius, Pisces, Cancer or Taurus, they are constructed on a Thursday, the day of Jupiter, and in the hour of Jupiter. With these the numbers, the spirits, &c., of Jupiter are used, but as the design and characters are often intricate, they are rather difficult for the ordinary reader to construct. The same remarks apply to the Talismans under any of the other planets. The Talisman given in the foregoing is one any student can attempt, though the more pure and spiritual the life the greater the power of the Talisman. Any efficacy must come of the soul, and is given by faith and intention, and through the imagination and will. No one by the strength of his own will need expect to go far along this line, for his will must be strengthened or linked to the Highest will of the Universe whence it first derived its existence. Unless thus fortified no man could stand the strain he would have to bear in magical invocations, nor could he gain power and command over the unseen forces. At this day there are few fitted to construct a Talisman after the manner of the ancients. They set a place apart for the purpose, spent weeks or months in prayer and fasting, reciting every day orations, conjurations and invocations; they understood the nature of the planetary spirits, and safe from danger they stood on consecrated ground, and by an invocation called the spirits they desired to assist in the operation. Herein is the danger mentioned in a previous article, for the aerial spaces are thronged with countless intelligences, good, pure and true, and the reverse; to reach the good ones and gain their power, the heart of the operator must be pure, while in dealing with the evil ones, which is at times necessary, the will must be

The inner world is the battle ground of the gods.

strong, for when the doorway is opened to these, great harm may result to the man of weak will and impure mind. Even in constructing a Talisman, such as given here, the student is treading on the fringe of magic; he is, as said, dealing with powerful names and forces, and creating an atmosphere around him which attracts and opens the doorway for these invisible intelligences.

If a Talisman of great efficacy is desired, then it is advisable for the seeker to either live the proper life himself, or to search for one who is doing so, and who is in a position to construct a Talisman according to the rules of the ancients. If he seeks diligently such a person may be found.

(To be continued.)



You and I.

Occult matters have been attracting the attention of the press during the last month or so, and there appears to be less hostility and more toleration towards them than used to be the case. One well known daily has devoted some space to the subject of charms, and not ridiculing it either, and letters are appearing in regard to the possibility of past lives to explain the impression of familiarity which often comes over a person who finds himself in a place for the first time to his knowledge, and yet to whom nothing seems new. Of course, it does not necessarily follow that these are remembrances of past births, as fifteen hundred years, it is said, generally elapse between two births, and many towns cannot boast of such an ancient history, but more people visit places in sleep than they are aware of, and there are numerous instances where a place visited has been dreamt of consciously first.

I am reminded by an American contemporary of the necessity of importing common sense into mental science. Letters reach me complaining of old chronic diseases preventing readers from following their avocations with the freshness and vigour they would like to do. Of course they can't. They forget that they are doing work at all, when others similarly circumstanced are under the doctors' hands, unfit for any active duty of any kind, and everybody would wonder to see the people in such a position doing anything at all but keep their bed. If the man or woman saddled with a chronic disease can do the same amount of work that an ordinary man or woman in usual health can, he or she must be content for the time being. It is not giving the new thought a chance. I know men who, because they believe in the omnipotence of suggestion and the power of the mind over the body,

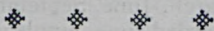
One of the kings of illusion is money.

treat the latter like a slave, reading, studying, or imposing severe continuous mental work upon the brain, Sunday and weekday, and expecting it to be always fresh and never tired. It is unreasonable. Though an overworked body or brain of a devotee may hold up long past the breaking-point of the ordinary person, there can be no real pleasure in the work, and work destitute of pleasure becomes slavery.

No, "a patient under treatment must take off the burden, ease up the supports, and give plenty of 'slack,' so that nature, directed by the healer's thought, may tie up the broken ends of health and strength, and so rejuvenate the person that he can take up the burden of life again, and without distress or another breakdown. Do you not see that this is perfectly reasonable and logical? Nature cannot unite the general health or a broken bone when the ends are constantly being pulled apart. Why, even the wonderful God of orthodoxy, who can do anything, cannot make two hills without a hollow between them, nor heal up a wound that is being continually torn open."

Now this applies with equal force to mental trouble. Remember that trouble is purely relative. The loss of half the income of a man with £1000 a year would be to him, in the majority of cases, a "serious trouble;" in reality, it would but mean a curtailment in expenses, many of which are totally unnecessary, and he could not make the show that he used to do, but this is not a great deprivation. If people would but try to realise that it is not themselves that trouble, but the mere shell, or husk, while the kernal remains untouched, they would not attach the importance they do to physical disabilities. It all comes from the materialistic teaching that has always been characteristic of the west. All troubles arise from the personal equation, and the sooner this personal standard is found, the sooner we shall know where each of us stands.

TIPS TO TRAVELLERS.—The best days for carrying out any scheme, and the days to avoid putting an enterprise into operation are given in the Talisman Calendar, which has had a large sale. Birthday information and national predictions and coupon for half-fee reading are other features worth possessing it for.



Astrological Department.

By the Editor.

THE SUN IN AQUARIUS.

Interesting to all persons born between January 21st, to February 20th, any year.

Those born during this time will show a pleasant, humane and sympathetic nature, will be generous and good hearted. They are naturally endowed with

Man represents reason.

great possibilities, which, when understood and appreciated, will take them to great heights of strength and usefulness, and when ignored or unrecognised, cause them to be creatures of impulse and fluctuating desire, this is why they have been called the strongest and the weakest people in the world. They are generally sincere and honest, and will show strong likes and dislikes; are easily influenced by kindness, but dislike being driven. Their disposition is generally cheerful, mirthful, and slow to anger. If roused the temper is strong and forceful, but not malicious. There is an active, nervous temperament, strong magnetism and a strong will power in the developed type. Very practical, studious, and inclined to philosophy and science. Will be artistic, discriminative and penetrating. Fond of art, music, the sea, and the moonlight. The mind shows large percepts, is clear and logical, the wit is keen and sharp. Will be partial to solitude at times, while at others will seek society, bustle and stir. The affections are strong, and they are constant where they love, they make good enduring friendships, but are often shy, self conscious, and nervous with strangers, and for this reason will fly to stimulants to give artificial courage. The faults are fear, vacillation, procrastination and conceit. They are liable to laud up connections, and think too much of pedigree. These people make splendid spiritual healers when developed, and they are often found in charge of others, for they have the ability of controlling insane persons.

In marriage the happiest unions will be found with those born between May 22nd and June 22nd, or September 23rd to October 23rd.

Their gems for luck are the sapphire, opal and turquoise.

M. Coquelin, Emperor of Germany, Hugh Price Hughes, Madame Patti, Sir H. M. Stanley, President McKinley, Sir Henry Irving, Sir Fred Treeves, and Thomas A. Edison, are prominent people who had the sun in Aquarius at their birth.

Those born any year on the 22nd, 23rd, 24th of March, 24th and 25th June, 26th, 27th October, and 24th, 25th, and 26th December, will need to use caution and prudence in all their dealings, for deceit and opposition are around them. Those born the third week of March, June, September and December, will have an unsettled time, unpleasant changes and journeys. Those born first week of this month, of May, August and November will have to take extra care of their health, some bereavement and loss threatens them, a dull and depressing month. Benefit will be felt by those born third week of January, May, July and November, they can speculate and start new enterprises this month. Persons born March, June, September and December, need to guard against quarrels, law and mishaps during this month.

Books and Reviews.

Deeply mystical to many will appear "The Coming One, a Prophecy," by H. Seward Hubbard, author of "Beyond," and published by the Baumgardt Publishing Co., Los Angeles, California, while to others it may give the keynote of similar misunderstood experiences which have come to them in times of crises it may be, or when left much alone. In a few words, it is maintained that Jesus was but one among many great teachers, and that as he was a "Son of God" so may all become in the fulness of time. There is nothing new in this, but it is, perhaps, to be told that "The Sons of God are killed if possible, the moment they attain to, and begin to manifest, the power and dignity of their conscious Sonship—killed by any weapon that can be brought to bear." Calumny, ostracism, whispers of insanity are the means generally employed to achieve this end, and the author hints that many in our asylums are really beginning to develop the godlike qualities that mark out the Coming One, this being understood in a plural sense. A Son of God used in this sense is one who attains and undergoes resurrection on this earth of the physical body, and having once passed through the process, which is not explained here, he may defy so-called death—he lives for ever. "A Resurrection Experience" is given, but it is not clear whether it is the experience of the author himself: if it were it would carry more weight evidentially. At any rate, the writer is a well-paid clerk brought up in the fold of orthodoxy, and after holding his appointment for eight years a friend of his dies and leaves him forlorn. From this dead affection rises another which he had relinquished, sprang up, but only to mock him. An overwrought nature gave way and a successive breakdown brought him as near death's door as it is possible to conceive. As he lay thus a voice within him, as it were said: "Let go, and we will raise you up." It was further explained by the same means what was meant by resurrection, and he "let go," when all feeling of weakness departed from him, having a sense of power and command never possessed before . . . "mortality was past, and immortality come." The struggle is not over however, and the account of his experiences must be left to the reader to peruse. Whether any definite theory of man's subtler vehicles can be gained from it, it is worth reading, if only as a phase which may be more common than is supposed. Price 25 cents, postage extra.

"From Orthodoxy to Spiritualism," by Eva Harrison, published by Wadsworth & Co., Keighley, Yorkshire, is a tale oft-told of authorised and legalised orthodoxy, ignorance and bigotry, and emphasises, if it be necessary in these days, that no one should dogmatism about other states of existence or the laws governing what the fate of a human being is who has lived such

and such a life, unless one has interior illumination, which is rarer than is generally supposed. The writer and family visited every denomination, but they all had the same cry: "Miserable sinners," "Flee from the wrath to come," "It is a fearful thing to fall into the hands of the living God." At length what they sought was found in Spiritualism. The book concludes with some practical rules for developing the higher faculties, wisely laying stress on the dangers which surround investigation to those who know nothing of the subject. Post free 1s. 2d., The Psychic Press, Erdington, Birmingham.

"Harmony" is the organ of the Divine Science movement, and is a bright little monthly, and no one can scan its contents without being the better thereby. "Lessons in the Delight of Life," International Bible Lessons, Every Man, treats of the highest aspect of Christianity. A Healing Page given finds a place, and a daily thought or affirmation, which is characteristic of most new thought publications, are given. The Architect, a Children's Page, and other features diversify the contents pleasantly. (\$1 per annum, San Francisco).

"The Astrological Magazine" reaches me from Madras, and a quotation from it will be made later. The failure of Christian Missions in India is explained on the ground that the Christian ideal and teaching are lower than those of the Hindu race. A native story is told in connection with this theme, which is worth repeating. "From our own spiritual teachers we expect a constant devotion to spiritual study and spiritual exercises, and earnest communing with the spirit, with the great spirit of all. But your missionaries eat and drink and go to parties and to balls, and live a social life, and, therefore, we know that they are not far advanced in spiritual truths. I will wager that if we drove round now to the house of your missionary in this town we should find him engaged in what you call worldly pursuits." Let us test it, I answered, and four of us drove to the mission station. The boy who came out said to us that the Sahib was at the gymkhana club. My friends looked at me and we drove back, and in response to a message sent to the gymkhana, the missionary was good enough to call in at our bungalow on his way home—in flannels and with his tennis racquet! This attitude or cast of mind of the Hindu will explain more eloquently than all the elaborate reports why missions are a failure. Naturally being devoted to astrology much of the number is occupied with this subject, but room is found for articles on "Lord Kelvin" and on Religion and Science, Who are Responsible for Criminals, in which the influences at the time of conception and the value of a knowledge of astrology will commend themselves to the thoughtful. (Madras, 7s. per annum.)

Man is usually guided only by his intellect.

Are we Creatures of Circumstances? is the question asked and answered in "Medical Talk." The writer takes very little credit for the personal equation in the possession of a healthy body or the life falling in pleasant places, but rather to the "parental influences; the accident of early education, inherited temperament, the peculiar forms of civilization by which we have been surrounded and the thousand other little rivulets of influence that have touched us on every side, at all stages of our growth." The Sport of Killing draws attention to a weakness we pride ourselves upon possessing. A number of articles very varied and worth perusal.

The Société contre L'Abus du Tabac, which is doing excellent work in seeking to lessen the amount of tobacco consumed, issues a monthly journal. The opinions of medical men as to the havoc played by this narcotic on different organs of the body is dwelt upon, and if Dr. Bougon is correct, its effect upon the eyes is very bad. Smoking among women is naturally condemned, and French Press opinions showing how inimical is its general use, are quoted in support of their case.

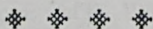
THE MAZDAZNAN is another exponent of "modern thought for mental and physical development." including "Oriental and Occidental Philosophy, Sociology, Science, Religion, the cultivation of the Higher Senses, Development of Brain and Chest Capacity, Diet, Fasting, Exercise, Vitality, and Health in General." It is edited by the Rev. Dr. Otoman Zar-Adusht-Hanish, which, together with the title, proclaim the advocacy of Zoroastrianism. "The Science of Eating," teaches that it is neither the absolute selection of foods, nor the question of the quantity as the relation of our mental to the physical, and the intensity of our desire toward the law of obedience and respect, with regard to impoverished physical and mental conditions. Some other articles from which we hope to be able to quote at greater length are "Wastefulness," "Never Fear," "Mind your own Business," "Not mine, but God's," "Fast and Pray." The beginning of a series of articles on "Body Culture," and "Pre-Natal Duty" appear in this issue.

SOUNDVIEW contains some pithy remarks upon selfishness, and in reference to the article which we recently quoted from "Now," regarding what one should eat, the Editor differs, as we do ourselves, from the conclusions of the writer, who says: "If 'Eat what you love, and love what you eat,' is mental science or soul-culture, give me the old style material stuff. If such "spiritual" natures can so scientifically and unconcernedly damn their animal friends to the slaughter house to pander to their depraved appetites a little more progress of the same kind, would make the human body a delectable *piece de resistance*."

Loves and hates create subjective forms.

On my table are : "Fred Burry's Journal," "The New Life," "Now," "Charms," "The Logas Magazine," "The Spiritualist," "Naturopath," "Expression," "Soundview," "The Aeronautical World."

"Vim" begins a new volume with the January issue and introduces several new features, among which is a practical article dealing with first aid to the injured, accompanying which is a diagram of the arteries of the body.



Notice.

Arrangements have been made with Asturel to supply his Daily Guide or Chart to subscribers to the Talisman for 6s. the 12 letters, usual price 15s. These are sent the first day of each month and give the good and bad days, days favourable for undertaking any special work, buying, selling, speculating, visiting, seeking favours; when to guard against mishaps, &c., &c. Each judgment is based on Astrology and specially worked out for each subscriber. Those wishing to take advantage of this remarkable offer, which I may safely say eclipses anything ever yet offered by an editor to his subscribers, should enclose P.O. for 10s., which will secure the Talisman and Monthly letters for one year. State year, month, day and time of birth; sex and position. If the latter is stated it will enable Asturel to make the letters of more service and value.

Success Circle.

INSTRUCTIONS.

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 ten 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.

Man suffers because he resists.

Breathing Exercises & Muscle Stretching.

A System for Physical Development based on Astrology.

By Asturel.

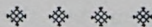
The twelve signs of the Zodiac represent the physical framework of man, each sign having rule over different organs and parts of the body. The Zodiac is a circle or rather belt, with the ecliptic passing through the middle of it. Along this belt the Sun takes its apparent annual path, entering the first sign each year on or about the 21st of March, it passes through a sign in about thirty days, then enters the following one, making the complete circle of the Zodiac in twelve months. This Luminary has great influence over that part of the body ruled by the sign it may be passing through. These exercises are based on the foregoing, recognising as we do, that it is always well to work with nature if the best results are sought for. The exercises given each month should be strictly adhered to, and from four to eight minutes devoted to the exercises night and morning. The window should be open top and bottom so that the air can circulate freely. It is a good plan to take a cold or tepid sponge down immediately after the exercises and finish with a good rub down with a rough bath towel.

Stand erect, heels together, and toes slightly turned out. Let the muscles of the legs be perfectly rigid. Take a deep inhalation, at the same time raise the arms above the head, then with a forward movement, not bending the knees, but bending the body from the hips, try to touch your toes with the fingers. Return to first position and exhale slowly. During this exercise repeat mentally, "I am healthy, my back and legs are strong, I have good vitality and health."



Talismanic League.

Pressure of space prevents any reference given this month, and Members will be replied to individually till next issue.



From the "Talisman" Publishing Company, of Station Parade, Harrogate, we have received a novel calendar dealing with occult subjects. It gives a forecast for each month, and also advice on certain days, suitable or otherwise for personal enterprise. The calendar can be hung up in the office or at home, and may be torn off month by month.—*Harrogate Advertiser.*

Consciousness, Ignorance, and Death are synonymous.

What others say.

“No. 1. “Fascination,” I am delighted with—contains the real thing, deep and practical.”
W.C.S., London.

“I like the Calendar very much.”—F.H.H., Wednesday.

“I may mention that I am very pleased with the Calendar; also “The Art of Fascination.”—A.C., Clapton, N.E.

“.....as to the Talisman I value it, because it contains the most useful information I have ever come across.”—R.J., Chester.

“Your interesting magazine duly received. Will you kindly send me the four previous numbers.”—T.H., Hull.

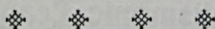
“Your magazine, I am sure, will do your readers much good.”—F.R., Rugby.

“I like the Talisman very much.”—M.L., St. Leonards.

“I think the Calendar will be most helpful.”—Mrs. P., Demerara.

“Re the Talisman, permit me to say that I like it very much; it compares very favourably with those of a more pretentious character, and what is more, its size and shape are admirably adapted for the pocket. Also, the “New Thought Primer,” it is a useful auxiliary to the more advanced text-books, since the author, having regard to the difficulties that beset the path of the student, has reduced it down to its simplest terminology. In fine, it is a brief, lucid, and logical statement of the primary principles involved, and fully bears out its title.”—W.H.B., Walsall.

“Have duly perused the specimen copy of the “Talisman,” and think the instruction contained therein will prove very useful. Altogether, I consider it excellent for the price.



A Characteristic of Great Men.

“So far as I have encountered them,” says a citizen of the world, “a characteristic of great men is that they have time. They are not in a hurry; their work does not boss them, but they boss their work. They do not act as if every minute you stayed was valuable time lost to them; they do not fret and fidget. What time they do devote to you appears to be time they can spare, and take things easy in and be comfortable. The work seems to be incidental, and it seems as though they could turn to it when the time came and get through it with ease; and they always seem, besides, to have strength in reserve. It is a characteristic of the great man that he has time.

Eternal principles are self-existent.



TO NEW READERS.

In place of the offers made some months ago, which are now cancelled, the following choice of free gifts is offered to *new* subscribers to the "Talisman," sending the subscription for one year, 3s. 6d.: (1) a copy of the "Colour Cure"; or (2) a Talisman Calendar and a copy of "New Thought Primer"; or (3) join our Success Circle. The object of this is to help subscribers by sending out certain periods of the day, thoughts to strengthen their own, and thus enable them to achieve success. Each month special instructions are sent to every reader (see elsewhere); or (4) readers may receive both "The Talisman" and "Naturopath," or "Fred Bury's Journal" for 6s 6d. per annum. The offer to send the magazine free for one year to anyone obtaining five subscribers still holds good. (5) Readers may have from one to six of The Eaves Home Course of Lessons on Mental Science at half-price. It must be clearly understood these offers hold good only to *new* subscribers, beginning from this month.

New Thought Lessons at Nominal Prices

The following back numbers may still be had price 4d. each, 4 for 1/2., post free. Partial contents:—May, No. 1: The Power of Will, Commencement of Astro-Chromopathy, Commencement of Mastery of Death, Commencement of Asturel's Memory System, Commencement of Breath Exercises, Commencement of Talismans and their Uses. June, No. 2: How to make a Start, How to Strengthen the Will, Why people grow Old, A Mental Scientist on Knowledge, Colour and Sun Baths. July, No. 3: How to Treat Brain-Fag, How to Use the Planchette, How to Prevent Old Age, The Genii of Talismans, Concentration and Memory. September, No. 5: Luck, Astro-Chromopathy, Crystal Vision, Mastery of Death, The Elixir of Life, Planetary hours, An Indigestion Cure, Colour Cure for 30 Diseases. October, No. 6: Brain Dust, Meaning of the Zodiac, Woman's Power, Talismanic Magic. November No. 7: The Use of Dreams, Food gives no Strength, The Natural Bath, Qualifications for Talismanic Magic, The Right Way to get out of Bed, Personal Magnetism and Woman's Power. December, No. 8: Body Building, Preventing Nervousness, Practical Yoga, Planetary Hours. No. 9, January: The No Breakfast Plan, Hardening the Body, To Develop the Real Self, The Art of Thinking, A Lesson on Vital Energy, Table of Planetary Spirits.

AUGUST NUMBER out of print.

VIM, the most vigorous of the monthlies "devoted to promoting **Health** and **Vigour** of **Body** and **Mind,**" offers

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See the JANUARY number (published on the 15th). It is the finest of VOL. II, and it contains an interview with

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