

Pp. 556 de

# The Talisman,

A Monthly Magazine devoted to Practical Idealism.  
Conducted by Geo. W. Bratley.

---

No 4.

August 1903.

Price 3d.

---

## Memory without Mnemonics.

ASTUREL'S MEMORY SYSTEM--(*Continued.*)

This month I arrive at the practical part of my subject; each lesson will be concise, though this, I hope, will not lead students to think them too brief to be of any value. Remember if a dozen lessons were presented to you in one volume, each one would have to be taken separately for any beneficial result. If you will work carefully and regularly on the following lines during the next four weeks, taking the exercises given for each week, success is certain to crown your efforts.

### *Self-Suggestion and the Subjective Mind.*

In strengthening the memory the subjective mind can be made to play an important part. It never sleeps, and can be controlled by Suggestion, carrying out any order while the body is at rest, therefore we find the best results can be obtained when the body is under the mesmeric or hypnotic condition, or when in the ordinary sleep state.

The following self-suggestions should be given the last thing at night, and just previous to falling off to sleep.

It is a good plan to give them twelve times, six times mentally, and six in a whisper or aloud. They should be made slowly and firmly, more as a command than a request.

1st Week. "I HAVE A STRONG MEMORY. IT CANNOT FAIL ME. MY MEMORY IS GAINING STRENGTH EVERY DAY.

2nd Week. "ALL I HEAR OR SEE IS FIXED IN MY MEMORY. I HAVE CLEAR AND QUICK OBSERVATION. MY POWER OF OBSERVATION IS STRONG."

3rd Week. "WHAT I HEAR OR OBSERVE I RETAIN, I HAVE A RETENTIVE MEMORY. I LEARN WITH EASE."

4th Week. "I CAN REMEMBER ALL I HEAR OR SEE. I CAN RECALL ALL I HAVE LEARNT. MY MEMORY IS STRONG."

These Suggestions may also be given on first waking in the morning, and if convenient once during the day, when you should be alone; let the body be at rest for about ten minutes, and during this time go through the exercise. After giving the Suggestion at night let the mind be directed to other and ordinary subjects till you enter into sleep, after giving them in the morning and middle day, it is wise to let the mind busy itself with other work. Some students have found



## The Talisman.

great benefit from writing the suggestions in a bold large hand on white paper or cardboard. This should be placed where it can be easily seen when in bed, and should be read over a dozen times last thing at night and first thing in the morning, also during the middle of the day.

—O—

### Talismans, Amulets and Charms.

ON THE USE OF HERBS, SPICES, GUMS, &C., FOR FUMIGATING.

Those who have read Lytton's work "Zanoni" will remember where Glyndon enters the forbidden chamber; where he lights the nine mystic lamps, and watches a thin grey cloud like a mist gradually fill the room. As this mist grows thicker and thicker he sees the spirit forms glide slowly through the chamber. Presently a form appears, so horrible, so repulsive, that he is terror-struck, for he is face to face with "The Dweller on the Threshold." In writing "Zanoni" and "A Strange Story" Bulwer Lytton gave out some important truths under the veil of fiction. When he describes the thick mist ascending from the nine lamps, he is only stating what actually takes place in practical magic. This mist is the fume rising from the lamp, or chafing dish containing burning charcoal on which is sprinkled odoriferous substances, and this is not a chimerical ceremony but a necessary one, for a suitable atmosphere must be created before the spirits required for certain work can be attracted.

To quote from an old volume on Magic:—"Now the use of suffumigations is this, that whenever we set about making any talisman, image, or the like, under the rule or dominion of any star, or planet, we should by no means omit the making of a suffumigation appropriate to that planet or constellation under which we desire to work any effect; as, for instance, when we direct any work to the Sun, we must suffume with Solary things; if to the Moon, with Lunary things, and so of the rest."

The following extracts are from some old works on Magic.

"Coriandrum, apia misquio, and lazias cicuta, the fumes will gather together spirits."

"The fume of fleniculis chaseth away spirits."

"Take the herb avisum and join to camphire and thou shalt see spirits that will dread thee."

If we turn back the pages of history we find that the priests in all ages have employed odoriferous herbs, &c. The worshippers of Light, the Zorastrians, laid perfumes five times a day upon the sacred flame. The Greeks were very profuse in the use of ambrosia, and believed that the gods appeared in the fragrant clouds; they were important in the ritual used at the Mysteries, and around the sacred tripod on which rested the prophetesses at Delphi.



## The Talisman.

Their use was carried to excess by the Romans; the Christian Church borrowed the custom from the classic people.

The Romans annointed the Roman eagles with the richest perfumes before battle, for they considered it pleasing to the gods of war.

All through the Orient, even to this day, they are employed in the private life for the same purpose, not for mere luxury as some believe, but there is no need to go to the Orient, we have only to enter the doors of the Roman Catholic Church to inhale the perfume of incense, or to see the swinging of the censers, for well does this Church know the secret underlying the use of fumigations. The old Church Fathers lived in an age when magic was not scoffed at, they gained much mystic knowledge and have handed this down; a part of it has to do with good and evil spirits, and the perfumes that will repel or attract these.

Large estates in the East were once owned by the Roman Church, these were devoted to the cultivation of balms and essences to be used in the rites of worship.

From the foregoing it will be seen that it is advisable to fumigate a talisman with a substance related to the planet under which the talisman is constructed.

The herbs, spices, &c., given for each planet in a previous article are the general fumigations, besides these the ancients gave to Saturn the rule of odoriferous roots; Jupiter, odoriferous fruits; Mars, odoriferous woods: Sun, all gums; Venus, flowers; Mercury, the parings of woods and fruits; Moon, leaves of all vegetables. The Seven Aromatics are— Saturn, pepperwort; Jupiter, nutmeg; Mars, lignum aloes; Sun, mastich; Venus, saffron; Mercury, cinnamon; Moon, myrtle.

To the twelve Zodiacal Signs are given the following:—

Aries, myrrh.	Libra, galbanum.
Taurus, pepperwort.	Scorpio, oppoponax.
Gemini, mastich.	Sagittarius, lignum aloes.
Cancer, camphire.	Capricorn, benjamin.
Leo, frankincense.	Aquarius, cuphorbium.
Vigro, sanders.	Pisces, red storax.

The method of preparing these perfumes is to take an equal quantity of each substance related to the planet working under; bruise all and mix together; put up in the form of pills or cone shape, these can then be placed in a new chafing dish and lighted; another way is to mix the substances well together and instead of putting up in any shape to sprinkle on burning charcoal placed in a chafing dish. The cone shape is perhaps the most convenient as they can be made large or small, and used with or without charcoal for they burn readily if lighted at the apex. These



## The Talisman

fumigations may be used before commencing the making of a talisman, and it can be held in the fumes after completion, though some prefer to have them burning during the whole hour of time of working.

*(To be continued.)*

—o—

## The Mastery of Death.

*By A. Osborne Eaves.*

*Author of "The Colour Cure," &c.*

**"I DIE DAILY."**

This remarkable statement is a scientific fact for all men. As has been pointed out the human body consists of millions of tiny lives called cells, and these are given off with every breath and with the slightest movement of a limb. It is to replace these particles that food is taken, as we say 'to build up the body.' When the death-rate among these particles is counter-balanced by an equal birth-rate of fresh molecules, then health is maintained; where the birth-rate is much in excess of the death-rate there is superfluous health, and such people make magnetic healers generating vitality, which they can dispense to those less fortunate than themselves. This daily death does not only apply to physical particles in the shape of waste matter, but also to mental matter. In the political and religious world some of the greatest minds have suffered ostracism, and been branded as turn-coats because they have abandoned a policy which they strongly advocated at one time.

Thoughts have a much greater vitality than the cells of the body, because they are reinforced so continually by the ever present stream of thoughts which fill the atmosphere, and also because mental matter (for thought is but matter raised to a higher condition, just as steam is water raised to another state of matter) is much more permanent, though more plastic. We can accelerate the death or atrophy, which amounts to the same thing, of thoughts which run along the lines of negative thought by not attacking them directly, which means an expenditure of force which may be turned to better account, but by putting before the mind other conceptions. However unusual or strange a principal may be, it becomes familiar as it is encountered more frequently, and especially when it is met in quarters least to be expected. For instance, when the possibility of extending the period of human life indefinitely is enunciated by scientific men, it carries more weight than when made by idealists.

References are continually appearing in the press, both in this country and in others on the subject, and the following appeared in an American paper the other day :—

## The Talisman.

"The distinguished English physician, Dr. John Gardner, in a work on longevity, said, "It is more difficult on scientific grounds to explain why men die at all, than to believe in the duration of life for a thousand years."

In our own country Dr. C. A. Stevens, who belongs to the faculty of the Boston Medical College, and is a member of many scientific bodies, both in this country and in Europe, declares that "Man will finally overcome decay and its result—death." His suggestion is that children should be brought up from the very first with the idea of living for ever, and this changed expectation he firmly believes will gradually and surely extend the life limit indefinitely, and that, too, in the course of only a few generations.

The celebrated Dr. William A. Hammond also asserts that death is not a physiological necessity. He says:—"If the balance between construction and destruction should be kept accurately balanced we need never grow old and never cease to live." He declares that, "it is the mind that disintegrates and regenerates the molecules of the body, according to nature's requirements, and to have this process go on properly the mind must recognise the continued molecular changes of the body, and renew itself by expecting eternal physical existence through this change. How can this normal function of the mind be permanently performed, if the mind withdraws the necessary thought force in its disbelief in the possibility of continual and perfect regeneration? We must have a positive consciousness of physical immortality, and thus attract the necessary material from food." In order that this belief in the possibility of long life may become more of a reality to you, and disease and death seem less real to you, refrain as much as possible from thinking or speaking of disease, death, or accidents. Take note of any cases of unusual longevity, and dwell on the thought that "LIFE IS ETERNAL."

( *To be continued*

—o—

## Astro-Chromopathy.

If we take the polarity of an individual, that is the sign of the Zodiac occupied by the Sun at the date of his birth we can gain an idea of the ailments and diseases he will be subject to, though this can only be in a general way, for the time of birth must be known to particularise.

Those born any year from December 21st to January 20th will be subject to affections due to colds, and obstructions, bronchial troubles; nervous affections of the stomach, colic, pains due to flatulence, depression, rheumatism especially in the knees, and often nervousness.



## The Talisman.

From 20th January to 19th February gives blood affections, eczema, indigestion, spasmodic action, neuralgia, affections of the head, gout, low circulation, loss of vital heats, gravel and affections of the eyes.

From February 19th to March 21st, there is frequently affections of the feet and ankles; colic pains in the bowels, trouble with the heart and eyes, and with females uterine difficulties.

From March 21st to April 19th, these are troubled with pains in centre of head, flatulence, colic pains, internal disorders of an inflammatory nature, affections of the eyes, illness from worry and outburst of anger.

From April 19th to May 20th the ailments are gravel, diabetes, spleen, liver and kidney troubles; sore throat, quinsy, and tonsillitis; with females ovarian affections, some danger of diphtheria.

From May 20th to June 31st will give affections of the bladder, and excretory system; stranguary, piles, fistula, fevers and poisoning of the system; with the dark type lung troubles are common, skin troubles and nervous prostration.

From June 21st to July 22nd, the maladies are affections of the chest and stomach, rheumatism or sciatica; weak digestion, dropsy, and often cancer or tumour.

From July 22nd to August 22nd, this period gives heart affections, spinal complaints, rheumatism and chronic ailments of the bones and blood, fever, kidney troubles, and pains in the head.

From August 22nd to September 23rd the complaints are colic, and flatulent pains in the bowels, dysentary diarrhoea, uterine affections, want of tone, blood impurity; swellings in the neck.

From September 23rd to October 23rd affections of the liver, kidneys and veins, humid affections of the feet and some interesting trouble, nervous prostration, eruptions, pains in the arms and shoulders.

(To be continued.)

—o—

## 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*

## The Talisman.

*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 with heels together, toes slightly turned out. Close the hands tight so that the muscles become perfectly tense. Extend the arms horizontally at right angles with hands facing upward, body from waist thrown slightly forward. Now lift the arms slowly upward till your hands meet over your head, then relax the muscles and return hands to position. Inflate the lungs as you bring the hands upward, and exhale as you bring them downward. Repeat during the exercise "My heart is strong, I feel strong and vigorous." From the 24th to end of month take the exercise given in first number of this magazine.

—o—

## The Secret of Youth.

Let me repeat, "Do not always be talking of sickness and accidents." Oh, that I could shout it from the house-tops, or herd people together and compel them to listen and to heed this advice! You hear it everywhere you go, this disgusting recital of physical maladies that should be saved for the doctor's ears alone. It is carried into the street cars, dragged to places of amusement, and forms the principal topic of conversation in most palours. But it is a burden that must be discarded by him who expects to win in the race of longevity.

I should write as a second rule for a long life, "Freedom from anger and worry." Columns have been written on this subject, and it is one worthy of all attention it has received.

Some people think that worry is necessary to effort; but this is a grave mistake. When the mind is free from worry, then, and only then can we look at things in a rational way and decide what course in life is best for us.

We can accomplish more in an hour of quiet, concentrated thought, than in a day of aimless fretting and worrying. Remember it is the quiet, trusting, hopeful attitude of mind that is constructive and gives new life to the body, while it is angry, or worrying mood that tears down and weakens the body. Do not let the destroyer undo all the work of the patient builder.



## The Talisman.

The third rule for a long life, with all the faculties of youth preserved, is, "Do not lose interest in the affairs of the world."

Too many people spend their energies in searching for the future life which they should use in trying to make the best of this life. The bible says, "The kingdom of heaven is within you," and this is true, for heaven is harmony.

I do not say that there is no future existence after this earthly one, but I do say that the best way to prepare for the next life, and get the most out of this one is to bend your energies towards living your highest and best right here and now.

Let us throw on the heap of other outgrown beliefs, the thought that we must cease to be useful in this world when we reach a certain age. When we no longer have an active interest in the things around us, when we cease to generate new thought, to plan, to execute, we begin to decay.—*Linda Smith, in "Freedom."*

—o—

## Sleeplessness.

As a result of some experiments conducted in Paris recently it has been found, that sleep can be wooed by placing one's right hand across the left side of the head, with the fingers pointing upwards, and in the case of a left-handed person the left hand is placed on the right side of the head. Students usually find that sleep is produced more effectively by the magnetism of others than one's own, but the method is worth trying, for one is not always surrounded by those who know anything about mental therapeutics. Whenever possible too, the bed should have the head pointing to the north, the earth's current going in that direction.

—o—

## What students Say.

I am very well pleased with your "Talisman."

*H. E. H., Rotherham.*

Have read you "Talisman" and am well pleased with its contents.

*W. P., Liverpool.*

I like the Magazine very much, and it should be more to English tastes than some of the literature emanating from the other side of the Atlantic; and I have read a good many New thought works during the last two or three years. I trust to receive some real benefit from your articles, &c.

*M. R., Cardiff.*

I like the "Talisman" very much.

*K. F., Ramsey.*

