

VOL. I. No. 6.  
OCTOBER,  
1903.



Published  
Monthly.  
Price 3d., or 4d.  
Post Free.  
3/6 per annum,  
book post, any  
part of the world,  
or  
4/- letter post.  
(U.K. only.)  
(Foreign Stamps  
not accepted.)

Edited  
by  
**Geo. H. Bratley**  
(F.T.S.)

PRICE  
**3d.**

# THE Talisman

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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**Talisman Publishing Co.**

52b, Station Parade, Harrogate,  
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## 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.

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*Author of "Breathing Exercises and Muscle Stretching," &c.  
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(Partly reprinted from "The Talisman.")

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A Monthly Magazine devoted to Practical Idealism.

Conducted by Geo. W. Bratley.

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No 6.

October, 1903.

Price 3d.

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## Luck.

If the suggestions made in our last issue have been put into practice there should not be much difficulty in making use of these given now. Following the acquisition of faith is self-reliance. The man who knows he has a good thing, but cannot push it because he lacks confidence is often to be found among the ranks of the pessimistic, who will assure you that nothing he touches ever prospers. Perhaps a business man inserts a badly drawn-up advertisement in the local papers and expects customers to inundate his premises, and he withdraws it the next issue and vows never to repeat the experiment. How can self-reliance be gained? By concentration. Devote a definite time daily to "building castles in the air." Be clear, however, in outlining these castles, or, in other words, plans, remembering that thought is an actual substance, but extremely subtle, and if a different plan is made daily the previous day's work will be undone. It is by constantly keeping the ideal in front of one till it is realised that constitutes success, and whatever crops up to apparently threaten the destruction of the scheme, ignore it, but keep the goal ever in sight. A case rises to the mind of the writer where a young fellow who had been handicapped by ill-health and circumstances coming in contact with New Thought teaching determined he would earn £3 a week—a large sum for him in the position he then occupied, and with little possibility of improvement. In a couple of years' time his desire materialised, and if he has looked still further ahead there is no doubt he will secure whatever he believes himself capable of obtaining. One of the American millionaires—Carnegie, I think—tells us that when a raw youth, he cherished the hope of some day earning a definite sum which would enable him to keep his aged parents in comfort. He found himself a few years later receiving that *very sum*, weekly.

The next requisite is the power of adaptability. As a nation we are terribly conservative, and instead of being prepared to change with the times we keep to the effete. Take the motor industry. Some coachmen, seeing that it had come to stop managed to take some lessons in driving, and when their employers discarded their horses in favour of the automobile they found their old employees could act as chauffeurs. The other week it occurred to a painter, as there was



nothing doing in his trade, that he might make things hum a little, so procuring a ladder, a small bucket and washleather and can of varnish, he called upon tradesmen and offered to make their signs look like new for a trifle. When he pointed out the difference between a sign he had so treated and how shabby the next-door sign looked in contrast the shopman could do no less than come into line and have his done, and so with the others. I estimated that in one street and in less than three hours (charging about 1s. for small signs and larger ones pro rata) he had earned 15s., which is not bad for a journeyman accustomed to 7½d. per hour, and no doubt he has since made this line a speciality. Always be on the look out for new ideas, and when you get them don't nurse them too long, otherwise you will find yourself forestalled by someone else smarter than yourself. It is a commonplace to hear people say: "Why, I thought of that a long time ago." That was their thought: instead of thinking about it they ought to have put it into practice. Thoughts are like "birds of a feather," and congregate where there is similarity.

One important factor is karma, the law of cause and effect. The present is the result of the past, and the future is the outcome of the present, hence it is in one's own hands. The very fact of recognising it is evidence that there is the possibility of working with it, and old debts may be repaid by larger instalments and therefore liquidated the more quickly.

Again, "there is a time for all things," or a season. Lipton was informed on two occasions before any of the races that his yacht could not possibly win because the time of the launching was unfavourable. In the February number of "Anubis," one of our brightest occult monthlies, it was pointed out by Kymry: "I read that Shamrock III is to be launched on March 17th, St. Patrick's Day; if so the chance of its carrying off the cup seems to me to be exceedingly remote; for the moon, who governs, of course, everything aquatic, is then in the middle of Scorpio, in conjunction with the evil South Scale, or the worst position in the zodiac that the earth's satellite can occupy. Of course, the hour of launch or horoscope may modify my opinion, but the day is certainly a bad one. I predicted the failure of both its predecessors." Hearing of the hour Kymry added in a footnote: "Launched 1-20, p.m. No chance." Learn the best hours for carrying your plans out, and then push your affairs for all they are worth. Do not let unfortunate hours or periods paralyse effort, but make extra spurts at the times given as the best. In this connection Talismans will be found to aid.

In conclusion, learn to use the Will, which is so potent when properly trained, and the question of "luck" will soon assume its proper proportion in the affairs of life.

(Concluded.)





## Brain Dust.

Some enterprising writer with an aptitude for details has gone to the trouble of calculating the amount of shoe leather worn and deposited in a minute form on the streets of London daily. This ingenious calculation might have served a more useful purpose, but, at any rate, it serves to show that stones of footwear daily swept from the public thoroughfares are scattered in so attenuated a form as to escape detection. How many of us ever saw small pieces of leather lying about as we took our walks abroad? Yet the microscope reveals the fact of thin layers, and our boots bear testimony too. So, too, do we "shed" our bodies in the same way. Has it ever struck you why townspeople are quicker-witted than country ones? Where could a lad obtain a better training for life than as a street arab? True, he picks up much that is undesirable, and may develop a species of cunning, but he gets more than this, and will always make his way in life where the sedate orthodox brought up youth will starve.

The cause of this will be attributed to education, but there is something more. Every particle of the human body, flesh, tissue, hair, bone, brain, is composed of invisible lives, spores, germs, molecules, life-cells, microbes—their name does not matter for the moment so long as we grasp the fact that these infinitesimally small objects are our very selves, each stamped with our characters, as coins are stamped with the head of the monarch in whose realms they circulate. Further, that these millions of cells are being cast out of the body with every breath we draw or exhale. What becomes of this whirlwind of particles potent for weal or woe? If, as we are all agreed, the eating of diseased meat transmits the disease to man, why deny that tendencies can be thus thrown off. There is no serious objection that can be urged against the probability, nor that these cells are not taken up into living organisms, absorbed, and become part of the living, tincturing the very life with their nature. It is but carrying Weismann's theory a step further. Now we can understand the quicker pace which marks town life, the higher level of intelligence.

That thought is a substance can no longer be doubted, as the Mentalograph and other instruments capable of measuring the amount of cerebration have proved, to say nothing of experiments outside our consideration at present. Thought particles fill the air, and where the race for brains exists the keenest there will be found the greatest brain-dust storms. Our brightest intellects are usually to be found in the busy haunts of men, and their ideas are flashed across space, striking minds here and there which are working along similar lines, or, to be more correct, which are vibrating at the same rate. Transfusion of ideas,



transfusion of character, is taking place amongst us every moment, therefore let us see to it that we do not vitiate the moral atmosphere by indulging in thoughts unworthy of men. Rather let us cultivate a taste for good literature, lead clean, pure lives, not so much for ourselves, though this need not be underrated, but rather for the sake of example, so that we may make ourselves centres of strong vigorous mentality. That we shall not merely become receptacles for decrepit and worn-out thoughts we must assume a positive attitude. We must resolutely refuse to identify ourselves with the currents of debilitated thought, to think or discuss sickness, symptoms, death, bankruptcy, the shortcomings of others, for by the entertaining of these thoughts, which reach us often through being initiated by others we give them greater vitality by the addition of our own thought, turning them out for greater capacity for evil. We have the power of choice, and by declining to harbour the brain-refuse of others it dies from inanition, but is revived by the living brains of those who nurse it. Thoughts of an opposite nature sent out into the atmosphere strengthen similar ones and tend to break down those of an opposite character, because all thought of poverty, misery, failure, hatred, are of a negative nature, that is to say, they have no permanent part in the universe and hence lack the inherent virility exhibited by those of an opposite character. By such selective action can those desirous of helping humanity do so, and themselves into the bargain.



## Memory without Mnemonics.

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

My last article on memory is devoted to concentration, as this is one of the chief factors in building up a good memory.

If those who find it difficult to memorise ask themselves the reason of this they will find it is because they are unable to keep the mind fixed on the subject they wish to commit to memory, or in other words, lack of concentration. Now before anyone can fix the thought for a prolonged period on any subject this faculty of concentration must be cultivated and not only the student, but the ordinary business man will find this quality of great advantage, for in the small things of life the man who can concentrate is the more successful, and will be able to make his way in life.

In the same manner as self-suggestion was used in a previous article for strengthening the memory, so can it now be practised for concentration. The affirmation to use should be :

**“ I quiet my mind, I can devote my whole attention to any subject I desire.”**

Do this the last thing at night,—see August number.

Another practice for acquiring this faculty is for the student to select some part of the day, early morning or late at night is the best, for at these times there is usually less noise, and the beginner needs the quietest conditions possible. He should be seated in a comfortable position, for discomfort will disturb the mind. Let him take a coin or any simple object; fix the attention on this for a few moments, then close the eyes and try to keep the impression of the object before the inner or "mind's eye" for at least a minute at first. It may be difficult for the mind will wander away, but it must not be allowed to travel or scatter. If it does bring it back again and again to the object in hand, by doing this and by constant practice you will learn to control it. Persevere till it becomes an easy matter to keep the mind fixed for three or four minutes without wavering. When this can be done dispense with the object and build up a mental picture of a scene or landscape, and by degrees get each feature of this well stamped and clearly outlined in the mind. In this exercise the student will find what he has gained from the article on accurate observation useful. When this mental creation can be held in the mind for three or four minutes the student will have made good progress and is ready to use the power gained for practical work.

A book can now be taken, one in which he is interested is best at first. Read a sentence slowly, then close the eyes and try to visualise it word for word. By degrees a whole page may be dealt with in this manner. When it becomes easy it is time to take up any subject he wishes to memorise, or any study he is engaged in.

To memorise he should read a few lines at a time, keeping the mind concentrated on the subject as he reads, and from time to time closing the eyes and visualising what he has gathered. If for study he should read, keeping the mind fixed on the subject for three or four minutes, then close the eyes for ten minutes and view the subject from all points. If he thinks closely and intently over the matter he will soon find he can deal with problems which had previously baffled him, and if the practice is regular, and followed day after day he will soon notice a distinct strengthening of the mind and memory. He will be able to gather and store away what he reads, or hears, and to remember it at any time, to deal with and solve problems in a manner he had hardly thought possible before.

This method may be applied to any branch of study. It is the only true system whereby the mind can be permanently benefited and strengthened.

(Concluded.)



## The Zodiac.

BY MANILIUS, B.C. 45.

*(From Creech's Translation of the Five Books of Manilius.*

A.D. 1700.)

First ARIES shines, and as he oft dost lose  
 His Fleece, and then as frequently renews,  
 Twixt sudden Ruin, and a fair Estate  
 He fixes the variety of Fate ;  
 He gets, then loseth, then returns to Gain,  
 Then Loss steals in, and empties all his pain ;  
 He rears new Lambs, he doth increase the Fold,  
 And makes the Rams to shine in native Gold ;  
 Betters the Wool, and whilst the Subject grows  
 He forms Men's Minds to use what he bestows ;  
 To Pick, to Card, to Spin, and Weave. to Deal  
 In Cloath with gain ; to Buy, Exchange, and Sell ;  
 All useful Arts, whose constant Works supply  
 Men's real Wants, not only Luxury :  
 This Pallas owns, nor doth disdain to claim  
 Arachne's conquest as her greatest Fame.  
 These are the manners, these the various Arts  
 Which Aries' Rays, and secret force imparts ;  
 To anxious fears he troubles Minds betrays  
 And strong Desire to venture all for Praise.  
 Dull Honest Plowmen to manure the Field  
 Strong TAURUS bears, by him the grounds are tilled :  
 No gaudy things he breeds, no Prize for worth,  
 But Blesseth Earth, and brings her Labour forth  
 He takes the Yoke, nor doth the Plow disdain,  
 And teacheth Farmers to manure the Plain :  
 He's their Example, when he bears the Sun  
 In his bright Horns, the noble toyl's begun ;  
 The useful Plowshare he retrieves from Rust,  
 Nor lies at ease, and wants his strength in Dust.  
 To him the Curij, and to him we owe  
 The brave Serrani, he 't' th' Fields did Rods bestow,  
 And sent a great Dictator from the Plow.  
 Reserved, aspiring Minds, Limbs slow to move  
 But strong in Bulk his powerful Rays improve,  
 And on his Curled Front sits wanton Love.

Soft GEMINI to easier Arts incline  
 For softer Studies fit an Infant Sign,  
 They tune rough Words, or their incline to Sing,  
 To stop the Pipe, or strike the speaking String ;  
 Through Reeds they blow the Natural Sound in  
 Measure,  
 Gay their delight, and e'en their Pains are Pleasure ;  
 Wars, they avoid, Old Age they chase with Song,  
 And when late Death o'ertakes them they are Young.  
 Sometimes to Heaven they mount, and trace the Stars,  
 Then fix in Globes, or turn the Signs in Spheres ;  
 Their Wit reigns o'er their nature, and refines  
 Its Powers ; this is the influence of the Twins.  
 But glowing CANCER (where the Summer Sun  
 With Fiery Chariots bounds the Torrid Zone,  
 Drives fiercely up, then with a bending Rein  
 Sinks down, and Runs in lower Rounds again),  
 As close in's Shell he lies, affords his Aid



To greedy Merchants, and inclines to Trade :  
 His Births shall sail, through Seas and Danger tost  
 To reap the Riches of a Foreign Coast.  
 What thrifty Nature hath but thinly sown  
 In many Countries, they shall bring to One ;  
 Intent on gain ne'er heed the poors' complaint  
 But thrive on Scarcity, and live on Want ;  
 For Wealth undaunted gather every Wind,  
 Out-sail good Fame, and leave Repute behind,  
 And when their greedy Hands have seiz'd the Store  
 Of this, search other Worlds, and seek for more.  
 Or else at home prove griping Usurers,  
 Complaining of the slowness of the Years,  
 With Swifter Suns, and set too vast a rate  
 On time itself, to raise a quick Estate :  
 Their Bodies shall be strong, inured to Pain,  
 Their wits Contriving, and intent on gain :  
 What Inclinations LEO'S Rays dispense  
 Is quickly known, 'tis plain to Common Sense,  
 He gives his Own : for he the Woods infests  
 The mighty Terror of the meaner Beasts :  
 He lives on Rapine. ranges all the Day,  
 And sullenly at Night groans o'er his Prey.  
 Hence he inclines Men's Minds to Hunt, and fills  
 Our Nobles Spacious Halles with grinning spoils ;  
 Their Horns and Skins do spread a dismal grace,  
 And stand as certain Heralds of their race ;  
 This Beast was mine, and that my Father's Game,  
 They cry, these are the Annals of their Fame :  
 That generous Youth which France and Spain did fear  
 Now prove the Humble Terror of a Deer.  
 Nay some in Town pursue this mild delight,  
 There barbarous grow, and breed up Beasts to fight ;  
 Then bring them out for fight in Theaters,  
 And feast their Luxury with Brutish Wars ;  
 Cruel in Sport : their Posts are grac'd with Spoils,  
 And they get shameful Honour without Toyl :  
 He makes Men warm, their Passions quickly rais'd  
 Like Boys soon angry, and as soon appeas'd :  
 But Plain and Honest, all the Thoughts sincere ;  
 Pure as the Sun, and like the Water clear.  
 But modest VIRGO'S Rays gives polisht parts ;  
 And fill Men's Breasts with Honesty and Arts ;  
 No tricks for Gain, nor love of Wealth dispense,  
 But piercing Thoughts and winning Eloquence ;  
 With words persuasive, and with Rhetoric strong  
 They rule, and are e'en Monarchs by their Tongue.  
 Through Nature's Secrets too, they boldly press,  
 Tho' deeply hid, and meet a just success ;  
 In Shorthand skilled, where little Marks comprise,  
 Whole words, a Sentence in a Letter lies ,  
 And whilst obedient hands their Aid afford,  
 Prevent the Tongue, and fix the falling Word.  
 But bashful Modesty cast down their Eyes,  
 The best of Vices, yet 'tis still a Vice,  
 Because it stifles, checks, or nips like Frost  
 A blooming Virtue, and the Fruit is lost.  
 Besides, though strange such influence should come  
 From Virgo's Rays she gives a fruitful Womb.



## The Mastery of Death.

By A. Osborne Eaves.

THE ELIXIR OF LIFE.—(Continued.)

“Silence is golden,” as men have learnt to their cost in past ages, and thus those who have penetrated most deeply into nature’s mysteries have least to say. Their discoveries are not made the subject of technical treatises, nor are they fêted by learned bodies and interviewed by the omnipresent journalist. Yet modern science is admitting their theses—that alchemists were right in their contention with regard to transmuting metals, and I have before me now a book written long before we heard anything of “liquid air,” describing this liquifying process. It would be taxing the credulity of readers too much, and exceed the limits of space were cases of physical immortality to be quoted. The most absurd statement if only uttered by a “scientist” is swallowed without question, but a simple enunciation of a law of nature if made by a mystic is sufficient to ensure its immediate rejection.

Bearing on this subject the following may be quoted from a book entitled *Hermippus Redivivus*. The Sieur Paul Lucas, who, by the order of Louis XIV, travelled through Greece and Asia in search of antiquities, says: “Being at Broussa, we went to a little mosque. We were introduced in to a cloister, where we found four Dervishes, who invited us to their dinner. One of these, who said that he was of the country of the Usbeks (a Tatar tribe) appeared to me more learned than the rest; and I verily believe he spoke all the languages of the world. After we had conversed for a time in the Turkish language, he asked me whether I could speak Latin, Spanish or Italian. We then spoke in Italian; but he noticed by my accent that this was not my mother tongue, and when I told him that I was a native of France, he spoke to me in as good French as if he had been brought up at Paris. I asked him how long he had stayed in France, and he answered that he had never been there, but that he desired to visit that country. This man was so learned that judging from his discourse, he seemed to have lived at least a century; but according to his external appearance he was not more than thirty years of age. He told us that he was one of seven friends who had wandered all over the world with a view of perfecting their studies; that at parting they always appointed another meeting at the end of twenty years in a certain town, and that the first who came would wait for the rest. I perceived that Broussa was the place appointed for their present meeting. There were a few present already, and they seemed to converse with each other with a freedom which spoke of old acquaintance: rather than merely accidental meeting. We spoke of religion, natural philosophy, chemistry, alchemy and the Kabala. I told him that



the latter, and especially the notion of the 'Philosopher's Stone,' were considered by modern savants as mere chimeras. He seemed to know all about it, and answered: "The true sage hears all things without being scandalized at them; but though he may have so much politeness as not to shock any ignorant person by his denial when they talk of such things; yet, let me ask you whether you think that he is obliged to sink his understanding to a level with vulgar minds because they are not able to raise their thoughts to an altitude equal to his? When I speak of a sage, I mean that kind of a man to whom alone the title "philosopher" properly belongs, He has no sort of tie to the world; he sees all things die and revive without concern; he has more riches in his power than the greatest of kings, but he tramples them under his feet, and this generous contempt sets him even in the midst of indigence above the power of events. I said: "With all these fine maxims, the sage dies as well as other people. What imports it, therefore, to me when I die, to have been either a fool or a philosopher, if wisdom has no prerogative over folly, and one is no more a shield against death than the other?"

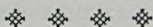
"Alas!" he answered, "I see you are absolutely unacquainted with our sublime science, and have never known true philosophy. Learn from me, then, my friend, that such a one as I have described dies indeed, for death is a debt which nature enacts, and from which therefore no man can be exempt; yet he dies not before his utmost time is fixed. But then you must observe that this period approaches near a thousand years, and to the end of that time a sage may live. He arrives at that end through the knowledge he has of the true medicine. Thus he is able to ward off whatever may impede the animal functions of his body or injure the temperature of his nature; and is enabled to acquire the knowledge of whatever comes within the cognizance of man. Aboriginal man knew the secrets of nature by the use of his reason, but it was this same reason which blotted his knowledge again from his mind, for having attained this kind of natural knowledge, he began to mingle with it his own notions and ideas. This created a confusion which was the effect of a foolish curiosity, and he reduced thereby the work of the Creator to a state of imperfection; and this is the error which the true sage attempts to redress. The other animals act only by their instinct, which they have preserved, as they obtained it at first, and they live as long now as they did when they first came into existence. Man is a great deal more perfect than they; but has he still preserved the prerogative which he had in the beginning, or has he not lost long ago the glorious privilege of living a thousand years, which, with so much care, he should have studied to preserve? This the true sages have accomplished, and that you may no more be led into mistakes, let me assure you that this is what they call the Philosopher's Stone which is not a chimerical science,



but a real thing. It is, however, known to a few only, and indeed it is impossible that it should be made known to the most of mankind, whom avarice or debauchery destroys, or whom an impetuous desire of life prematurely kills."

It was further added that whoever possessed the Philosopher's Stone could reach a thousand years, and when it was pointed out that the illustrious Flamel had possessed it and was dead, as far as the narrator knew, it was stated that Flamel was still living, but, in common with all persons in the middle ages, who had had a little more education than the majority, he was the victim of relentless persecution by "good" people, and by means of stratagem he made it appear that he died in Switzerland.

(To be continued.)



## 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.*

Take first position, arms parallel with the body, hands facing forward; let the muscles of the arms and legs be perfectly rigid, or tense. Lift the right foot straight up two or three inches from the floor by a strong contraction just above the hip, do not bend the leg or knee, nor move the foot sideways. Put the foot down again, and repeat with left foot. The body must not be swayed, nor no breathing exercise need be taken with this movement. Repeat mentally while taking exercise "I feel well in every way. My kidneys and back are strong. I am getting stronger each day." Go through each exercise given in previous number from the 25th to the end of month.



## Woman's Power.

Age by age, slowly, doubtless, has woman's realm extended, yet it might be wider did she but realise her power. Why limit it? In the clash of wordy warfare, of strife for fame, ambition, place, rank, nay, even a crust in this wealthy country, the guerdon bestowed by woman is sweet to man. Nature has made woman when in her softer moods, and the curves of beauty have a correspondence in a less rugged mind than man has been given. True, this has been recognised, but by how few! As Lowell says :

Great feelings hath she of her own,  
Which lesser souls may never know ;  
God giveth them to her alone,  
And sweet they are as any tone  
Wherewith the wind may choose to blow.

Yet in herself she dwelleth not,  
Although no home were half so fair ;  
No simplest duty is forgot,  
Life hath no dim and lowly spot  
That doth not in her sunshine share.

She doeth little kindnesses,  
Which most leave undone or despise :  
For naught that sets one heart at ease,  
And giveth happiness or peace,  
Is low esteemed in her eyes.

She hath no scorn of common things,  
And, though she seem of other birth,  
Round us her heart entwines and clings,  
And patiently she folds her wings  
'To tread the humble paths of earth.

Blessing she is : God made her so,  
And needs of week-day holiness  
Fall from her noiseless as the snow,  
Nor hath she ever chanced to know  
That aught were easier than to bless.

She is most fair, and thereunto  
Her life doth rightly harmonise ;  
Feeling or thought that it was not true  
Ne'er made less beautiful the blue  
Unclouded heaven of her eyes.

She is a woman : one in whom  
The spring-time of her childish years  
Hath never lost its fresh perfume,  
Though knowing well that life hath room  
For many blights and many tears.

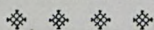
I love her with a love as still  
As a broad river's peaceful might,  
Which, by high tower and lowly mill,  
Goes wandering at its own sweet will,  
And yet doth ever flow aright.

And, on its full, deep breast serene,  
Like quiet isles my duties lie ;  
It flows around them and between,  
And makes them fresh and fair and green,  
Sweet homes wherein to live and die.



Now every woman can be this. She can approximate to this. Nature has richly endowed her with a larger share of that choicest heritage of mankind—intuition, which is far higher than reason. The sixth sense, which is now beginning to unfold itself in the coming race, has been found so far in a much larger measure in woman than man; women now lead metaphysical, spiritual movements of magnitude where man's halting, analytical instinct would require evidence in gaining which he would lose the kernel. Even in the intellectual field, however, her laurels are now more frequent, and were she but allowed a more generous freedom her glory would shine the brighter. She has ruled kingdoms, swayed men in a manner no other force could, and what she has done individually she could do collectively, would she but recognise her power. What is this power, that charm the Ninon de l'Enclos and so many others in all ages and countries wielded so long and so successfully? How can it be achieved?

*(To be continued.)*



## Talismans, Amulets and Charms.

*By George H. Bratley.*

### TALISMANIC MAGIC AND A WARNING.

It will be gathered from previous articles that Talismans can be constructed by anyone who may care to give the necessary time and follow certain rules. This is so, and no doubt many are made which are efficacious in a lesser or larger degree, especially where the operator has faith and a powerful will. But to those who wish to go further, to those who are not content to stand at the threshold of this fascinating subject a few words of warning are necessary, and here let me state that though I in no way wish to bar the progress of anyone along the lines of practical magic, yet neither do I wish to encourage those who have not the necessary qualifications to penetrate into nature's secrets. Let it be understood that the making of Talismans is a branch of Magic and that the pathway for those who desire to go deep into the matter is beset with terrible snares and pitfalls. The student may set out with the best of intentions, but if he is unaware of the forces he seeks to govern, of their nature and power he may find that instead of being the master, he is the slave, or he may be struggling in the meshes of Black Magic which would certainly mean moral ruin if nothing worse.

For the perfect production of the effect desired it is necessary that the maker of a Talisman shall have the faculty of calling the magical occult power hidden in the Talisman into active existence, if this is not done it will remain dormant and the Talisman will fail of its effect. There is what is termed the "magical faculty" latent in all beings, and this must be cultivated, but as this faculty does not rest alone with the good and virtuous it will readily be seen where the danger lies



and how in the hands of the evil these powers may be used with dire results ; this would be Black Magic, or Sorcery. It is the motive of the mind that distinguishes between good and evil in the use of occult forces.

The Science of Magic is the knowledge of certain principles of the Spirit, and how the control over Nature's forces may be acquired, and to do this a man is penetrating as far as is possible into the highest laws of nature, he is seeking to come into touch with and understand powerful Spirits who are rulers and Princes in their own dominions ; some are friendly and benevolent, others proud, cunning and evilly disposed ; disliking to be subservient to human beings. It is these powers that are invoked in true Talismanic Magic.

The ancient Rishis of India took considerable pains to impress upon the minds of their followers that the Human Spirit has a dignity, power and sacredness which cannot be claimed by any other god, deva, or angel.

In the "Key of Solomon the King" we read :—

"There are different kinds of spirits, according to the things over which they provide, some of them govern the Empyrean Heaven, others the Primum Mobilé, others the first and second Crystalline, others the starry Heaven ; there are also spirits of the heaven of Saturn, which I call Saturnine ; there are Jovial, Martial, Solar, Venerean, Mercurial, and Lunar Spirits, there are also spirits in the Elements as well as in the Heavens, there are some in the Fiery Region, others in the Air, others in the Water, and others upon the Earth which all render service to that man who shall have the good fortune to understand their nature, and to know how to attract them."

"Isis Unveiled" contains the following sentence,—  
"Magic is spiritual wisdom ; Nature the material ally, pupil, and servant of the magician."

From the foregoing it will be seen that man is in possession of tremendous powers, though these may be unknown to most men. Small wonder then that such powers have been so strictly guarded by the ancients for they knew that in them a man held a two-edged sword and that he must be a thorough master of the weapon if he would avoid injuring himself, or others.

This article may be scoffed at, or considered out of place, but I can assure my readers that it is not so. Before dealing with the practical part of the construction of Talismans, which I must do if justice is to be done to the subject, it is only right that a warning should be given, for there are those who otherwise might through curiosity be inclined to play with these forces quite unaware of any danger. "Forewarned is forearmed."

Next month the qualifications that must be possessed by those who would safely tread the path of Talismanic Magic will be dealt with.

*(To be continued.)*



## Astrological Department.

*By the Editor.*

## THE OUTLOOK FOR OCTOBER.

The positions this month point to an unsettled feeling in England, much distrust of the Government. We hear of numerous accidents in sport and among pleasure seekers during first half of month. Some epidemic of sickness among children. Interest will be centred on the King and Government in the last ten days. Some plotting may be discovered which will lead to friction with a near neighbour, while attention will be drawn to our navy. Serious mishaps on railways and in mines. Some foreign alliance is probable. Mars will affect Spain and Hungary. Events of a warlike nature may be heard of among the Arabs of Northern Africa. Unfavourable for Turkey and Russia.

## BIRTHDAYS.

The following remarks are for those born in this month, any year, and will cover the following twelve months, *i.e.*, from now to birthday of next year.

Fortunate birthdays in a general sense are 1, 3, 4, 5, 10, 13, 16, 18, 20, 25, 29, 30, 31.

Unfortunate are—2, 8, 11, 12, 14, 17, 24, 27, 28.

Mixed influences are—6, 7, 9, 15, 19, 21, 22, 23 26.

Those born on the 3, 7, 11, 17, 24, 28, will need care to avoid mishaps and quarrels.

Those born on the 4, 8, 14, 17, 21, 27, 28, will be wise to pay some extra attention to the health : sickness and bereavement are around them.

Those in employ will benefit if born on the 1, 13, 16, 25, 31.

Love affairs are interesting to those born on the 9, 13, 17, 22, 27,

## "TIPS" TO TRAVELLERS.

Commercial travellers will find the following days and times of special value: they should be used when possible for calling on firms where little or no success has hitherto been met with. They are also useful for the general public to do business in. Try them.

Call on plumbers, shoemakers, dyers, curriers, maltsters, agriculturists, and builders on the 1, 12-30 to 1-30 p.m. ; 5, 9 a.m. ; 8, 12-30 to 1-30 p.m. ; 10, 11 a.m. ; 15 and 22, 12-30 to 1-30 p.m. ; 23, 9-30 a.m.

On brewers, fishmongers, oil merchants, and dealers in all kinds of fluids on 5, 2 to 3 p.m. ; 8, 10-30 to 11-30 a.m. ; 12 and 19, 9 a.m., and 2 to 3 p.m. ; 22, 10-30 to 11-30 a.m. ; 26, 9 a.m.

On clothiers, woollen merchants, and provision dealers on 1 and 8, 0-30 to 1-30 p.m. ; 13, noon ; 15, 0-30 to 1-30 p.m. ; 20, 10 a.m. ; 26, 4 p.m.

On stationers, printers, lawyers, publishers and teachers on 7, 9 to 10 a.m. ; 8, 10 to 11 a.m. ; 14, 9 to 10 a.m. ; 15, 10 to 11 a.m. ; 21 and 28, 3 to 4 p.m.

On artists, musicians, drapers, jewellers, and confectioners on 1, 9 to 10 a.m. ; 5, 11 to 12 a.m. ; 9 and 16, 0-30 to 1-30 p.m. ; 23 and 30, 0-30 to 1-30 p.m.



On ironmongers, gunsmiths, chemists, smiths, cutlers, and barbers on 6 and 13, 11-40 a.m. to 0-30 p.m.; 15, 5-30 to 6-30 p.m.; 22, noon; 27, 11-40 a.m. to 0-30 p.m.

On inventors and electricians on 3, 1 p.m.; 7, 10 a.m.; 20, 9 a.m.; 30, 10 a.m.

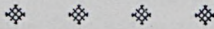
#### GENERAL ADVICE.

Good days for pleasure seeking, marriage, and dealing with the opposite sex are, 1, 9, 13, 15, 20, 22, 27.

Ask favours on 1, 13, 16, 20, 23, 31.

Travel and remove on 1, 10, 16, 21, 30, 31.

Start new enterprises on 9, 13, 29, 31.



### Books and Reviews.

*The Logos Magazine* is inspiring this month. I cull the following from "A Message," by Mary A. P. Wells: "If we go into the Soul Depths we find all things have a place in the economy of nature that the circumference of a circle is drawn from its centre, and can be made large or small, as the case demands. So we must all go to our centres that we may know the depths and heights of our own characters and our own lives. Each one must seek for himself and no one can make your life for you. If he does he is a wealking and a vampire. There are many such in the world, living off each other, rather than generating life and understanding for themselves. The debt has to be paid sooner or later, if so, it means to go back to the great storehouse of life, and bring in what we have begged, borrowed and stolen in thought, substance, word and act, and then begin at the lower rung of the ladder and climb up with our own material by *our own efforts* in order to gain the blessed privilege of *creating* and making over ours, through our own efforts. Other bright and helpful articles swell its contents. Subscription 1 dollar per annum, Applegate, Placer County, California.

*The World's Advance Thought*, as usual, abounds in good things, among others, articles on Mental Control, "Unfold the Spirit," "The Great Psychological Crime," "Incarnation," "Spiritual Aphorisms," "What is Happiness?" "Cruelty," "A Step towards Mastery"—Portland, Oregon.

*Out of the Silence* continues its interesting notes on the subject of reincarnation and mysticism.—*Fred Burry's Journal* contains an article on "Love of the Beautiful" which I hope to quote from in the next issue. "The Necessity of Control" and "Restful Activity" are also well worth reading.—*Oriental Mysteries* puts the case for Alchemy fairly, reports a lecture by the editor on Occultism, "Love" and astrological information of a useful character.—Other magazines and books are held over this month on account of pressure of space.



## You and I.

I hope readers will find the enlargement of the magazine this month acceptable ; I trust it is but the fore-runner of further growth, which will be the more rapid as each reader brings it before his friends, resting assured that he is helping himself as well, and it will mean increased usefulness. There are several interesting features which will be introduced later, but it would be somewhat premature to say more at present.

One cannot help being struck by the number of unhealthy people, and yet who have been non-smokers, non-flesh eaters, abstainers and have followed the injunctions laid down in books dealing with health. Why is it, they ask, almost despairingly ? Well, the answer is not difficult. Their whole thought is centred on themselves. The fact of admitting that there is an absence of health will keep health away. It is quite natural we should all wish to keep well, hence when people come across these teachings for the first time the rosy, optimistic spirit which permeates them fills them with an ardour which is not easily damped, and the thing is overdone. Truly the path of evenness is a veritable razor's edge, as the Hindus have it. Don't think about your body more than, say, ten minutes first thing in a morning, when you should concentrate alone, seeing it as you would have it, a few minutes at noon, and ten minutes before retiring, but even then don't single out any weakness, which does but emphasise it. Though not a doctor I am brought in touch with a large number of persons in all ranks of life who are bubbling over with symptoms and nothing else. Many of them have been the round of dozens of medical men, many of whom have confirmed the opinion of their confrères, until the patient has accepted the list of ills as part of himself, which may or may not be thrown off for some time. It was easy to see that in many instances these symptoms were nearly wholly imaginary, and the fact that in some recently published medical text-books the mental side of disease has been emphasised, confirms this.

I am sorry space prevents anything being said this month about the League and the Branches, but the subject will be dealt with next month. Those who have not as yet joined and would like to act as local secretaries are invited to communicate with the Secretary.

Readers will gain some notion of the meaning attached to the signs of the zodiac, and the kind of profession which each should follow by the sign he or she is born under. The remainder will be published next month.

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The periods of comparative stillness are as necessary to the destiny of success as the ebb of the tide is of equal necessity with its flow. Let our movements be rythmic like the waves, coming and going, moving to and fro, changing our ground according to occasions and events, advancing and unfolding without haste ; and so by due repose and activity making rapid strides towards our goals—passing on again to further goals.—*Fred Burry's Journal.*





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