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and the Study of Nature's Finer
Forces.*

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THE

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The Talisman,

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

No. 15.

July, 1904.

Price 3d.

Mental Tonics.

By Vio.

No. 6. CAUSE AND EFFECT.

How few realize that nothing happens by accident, that throughout the whole of the realms of nature every manifestation is the result of an antecedent cause. Yes, say some, this can be seen in nature, but not in the moral world. Perhaps the case of undeserving people being placed in positions of comfort and even luxury, while hard working business men and others have difficulty in getting the necessities of life, occurs. Well, the question of material possessions is not a moral one. The question of right or wrong scarcely enters into it. To a really envolved man it is a thing scarcely worth thinking about, his wants being so few and nature bringing him just what he requires from the fact of his having earned it. Do not let me be misunderstood, however, and suppose that an evil life will bring prosperity; it may bring it for a time, but it will not be lasting, but it must be recognized that the Law is non-moral, and that it will bring to a man just that which he has earned. Every prosperous man has had faith in the Law, or himself, which is much the same thing. If he has initiated any plan he has been pretty sure in his own mind that it would succeed, and so long as he has entertained this idea it has done so. Thus we have some of the most successful—from a mere money standpoint—firms of the day resulting from schemes made first on paper. The idea has been hatched in some busy brain, nourished and watered by hope and desire, and it has materialised, for it had to obey the Law.

Take some of the big industries of to-day. In their initial stages they were laughed at; only one here and there had any faith that anything would result from them. But in the mind of the inventor this was not the case, and every time he contemplated his invention as making his name known and bringing him fame, he put into operation a cause which brought as a result, success.

There can be no arbitrary conduct about Law; each receives exactly that which he has earned or deserves. In the East this law is known as Karma; Emerson terms it compensation. It is the law of readjustment, by which equilibrium is being constantly restored.

The present surroundings are the outcome of your past actions, and you have no one to blame but yourself. Side by side with this teaching of the Law of Cause and Effect in the Orient runs that of Reincarnation, which avers that evolution requires each human body to return again and again to this earth to progress. The lessons which life has to teach are far too numerous to be learnt by one short stay of say, seventy or a

hundred years—itselt, but as a moment compared with the æons which lie behind man and in front of him. In each life the man sets certain causes going, or, to adopt a well worn but useful metaphor, he sows seed. On his return to earth, and sometimes during the same life, he reaps the result of his sowing. Thus he is compelled to experience certain conditions or drawbacks, having made there himself by past thinking and acting—and all action is the result of thought. There is no need to anathematize Fate and your ill-luck. Your present is the outcome of your past. You cannot alter it because it is behind you, but can alter your future, which does not depend upon the caprice of some power outside yourself, which will show you some favoritism. Nature is impartial, and all who keep her laws may be sure of the result.

How have these laws been discovered? By experience. Tradition has constantly affirmed it, and the most ancient scriptures, as well as the most modern ones, have clearly set the teachings forth. Cease, therefore, to fear for the future. Whatever time there is ahead is yours, because you have not attained to all knowledge; because you have been stumbling along in the dark and making mistakes in the past, there is no reason you need repeat them, or that the future may be blank. Remember the recognition of an error is the first step towards remedying it. The future is yours to build as you will within certain limits. It is the result of past sowings which are hampering you now, but you are paying back your debts to nature, and you can at the same time initiate new causes. This is the point of reconciliation between the two problems of Free-Will and Fate, which, from a Western point of view are as irreconcilable as ever, and likely to be for some time yet.

Many people derive some consolation from the thought that if they are not happy in this world, they will be some time in some other. I have no desire to rob them of this consolation, but I would assure them that there is no necessity to wait for this problematical period, but that happiness may be experienced both *here and now*. All your ill-luck is the working out of causes which in your ignorance you have set going, though the lower consciousness is not aware of it, but the moment you recognise this the moment of your emancipation has arrived. It takes some people years to realise it, because there brain is built of negative cells, and they must be outgrown or outworn before the beauty of optimism can enter.

Know, then, as was said thousands of years ago by Buddha the enlightened, that "Ye suffer from yourselves," that the building of the future is in your own hands, that your environment is just what you please to make it. It may be an abode of happiness, an earthly paradise, or a hovel; which shall it be? Read over all I have written in previous issues, and then set to work to sow causes which will produce such effects as you desire. Next month I shall have something to say on the Will and its training.



Astrological Department.

By the Editor.

THE SUN IN CANCER.

Interesting to all persons born between June 21st and July 22nd, any year.

Those born between these dates are rather difficult to understand. They are very sensitive and sometimes nervously irritable. Usually impatient, and of quick and short temper. The will is persistent, and they can be stubborn and obstinate. The nature is friendly, though discreet and independent. Encouragement and approbation are needed to make them happy, and they often yearn for sympathy. The moods are changeable, and they rapidly alternate in expressing these. In some things they are inordinately strong, in others inordinately weak. Will delight in strange scenes and adventure. Dramatic faculty is expressed, and much power of adaptation, while they are very impressionable to other people's ideas. The nature is tenacious, slow and sure; will be clever in argument, and cannot be easily overcome. The memory is good, while they are apt to live much in the past, to retrospect and call up familiar scenes. Brilliant, quick-witted, original, capricious, sympathetic, yet unstable and unreliable companions. These people often get depressed, and imagine all kinds of evil, they are easily wounded, and have a great fear of ridicule. They love fame and publicity, and like to be first in most things.

The women are often extravagant, and fond of adorning themselves with jewels, with a genius for dressing well and becomingly. Will be fond of music, art, the drama, travel, change, society, and all that is beautiful.

They excel in sports, and are agile and graceful. Are often successful as publishers, writers, barristers, and lawyers.

In marriage they will find the happiest unions with those born any year between February 20th and March 20th, or October 23rd to November 22nd.

Their gems for luck are the emerald and black onyx.

Among the distinguished people who had the sun in Cancer at birth are the Queen of Sweden, Lord Kitchener, General George White, Right Hon. Joseph Chamberlain, Dr. W. G. Grace, and Hackenschmidt the famous Russian wrestler.

Those born on these dates any year should use caution in dealing with others, and must guard against deception this month, March 27th, June 28th, September 30th, December 28th. An unsettled and anxious time for those born March 17th and 18th, June 18th and 19th, September 19th and 20th, and December 18th and 19th. A poor month for health, mind dull and depressed, for those born second week of February, May, August and November. Care must be observed against mishaps, law, and rash

actions if born in first half of January, April, July, October. Some good luck, better health, and a time to push your affairs if born third week of February, April, June, August, December.

"TIPS" TO TRAVELLERS.

Commercial travellers and the general public will find the following days and times of special value for doing business with the trades mentioned. Travellers should use them for calling on firms where little or no success has hitherto been met with. Try them.

Call on brewers, fishmongers, oil merchants, and dealers in all kinds of fluids on the 4, 11, 18, and 25 from 11 to 12 a.m. and 1 to 2 p.m., 7 all day, 22 early, 28 4 to 5 p.m.

On ironmongers, gunsmiths, chemists, smiths, cutlers and barbers, doctors, surgeons, and dentists on the 5, 12, 19, and 26 from 10 to 11 a.m., and 5 to 6 p.m., 7 all day, 14 noon to 1 p.m.

On stationers, printers, lawyers, publishers, teachers, architects and booksellers on the 6, 13, 20, and 27 from 11 to 12 a.m., and 2 to 3 p.m., 8, 9 to 10 a.m., 18, 10 to 11 a.m.

On clothiers, woollen merchants, provision dealers, lawyers, and clergymen on the 7, 14, 21, and 28 from 11 to 12 a.m., and 2 to 3 p.m., 4, 1 to 2 p.m., 15 near 6 p.m.

On artists, musicians, drapers, jewellers, theatrical people and confectioners on the 8, 15, 22 and 29 from 11-0 to 12-0 a.m., and 3 to 4 p.m., 13, 10 to 11 a.m., 25 near 6 p.m.

On plumbers, shoemakers, dyers, carriers, maltsters, agriculturists, builders and landlords on the 9, 16, 23, and 30 from 8 to 9 a.m., 6, 2 to 3 p.m., 11, 3 to 4 p.m., 19, 10 to 11 a.m.

On inventors and electricians on the 2, noon, all day, 15, 4 to 5 p.m., 22, near 10 a.m., 29, noon to 17 p.m.

—O—

The Powers of the Personality.

By A. Osborne Eaves and Geo. H. Bratley.

LESSON 3. TOUCH AND ITS POSSIBILITIES.

Probably the reader has remarked how sensitive is the touch of the blind. A sightless man will tell the texture, consistency, and other attributes of an article from merely touching it. Colours are conveyed in this way to the blind, and other facts which are only deduced by the use of the other senses of the man with sight.

As to why the nature of an article should be divined from coming in contact with it, it will be remembered that in the first lesson it was pointed out how every atom in nature, irrespective of what it became built into, or formed a part of, as surrounded by an envelope of subtle matter. The presence of this matter is sensed by some through the organ of sight, but in many others it reveals itself through the medium of the sense of touch.

There are a number of currents in nature which are ever conveying highly attenuated matter from one place to another, and many people would be conscious of this were they more passive, or practised concentration more than they do. Just as the Marconi instruments cannot catch the vibrations till they give the necessary conditions, so the human organism cannot perceive the currents referred to, or the vibrations which are constantly being emitted, or given off by every particle of matter.

Psychometry, or soul-measuring, has been the name under which this extension of touch has been known. One writer rather aptly puts it thus:—"What goes under the general name of Psychometry is a force—a dynamic force. It is that by which mind acts on matter, and matter on mind. Perhaps it is the primary force, the root from which all other forces spring and to such they are reducible. It is that by means of which matter is animated, the body by the soul, and that through which our mental states may be communicated to material substances, so that they will impart them to sensitive persons when in contact with them, or near them. Psychometry, or soul-measuring, the detecting of character, the mental and physical traits of another person through something which has been in contact with him, is not the proper designation of the principle. It is only one of its functions. It is sympathy with all nature, with all mind, with all totality of life. It links every human being with the sum total of existence."

The Psychometrist may be said to sense the history of any object he is brought into touch with. The aura of any particle of matter is capable of taking, so to speak, a permanent astral photograph of every occurrence and every scene which has taken place in its neighbourhood, and these never fade away. But beyond registering images every thought of man is also registered by this fluid, so that it forms a book of nature, or the "recording angel" of the Christian scriptures.

Professor Denton says that one female in four, and one man in ten are psychometric sensitives, but it is probably more a matter of temperament as to how long it will take to develop and certain it is that it will become universal as the course of evolution rolls on.

A good psychometrist can look forward or backward in time; he may describe scenes starting at the present and going backward into time, or he may describe scenes of a remote antiquity and work from this scene by scene till he arrives at the present.

To those who would like to train this sense of touch the following rules will be useful, and should be observed where possible.

Avoid meat and adopt a vegetarian or fruit diet.

Shun alcohol in any form, for on the higher principles this has a bad effect.

If you are a smoker, tobacco should only be used in moderation; better still to drop it altogether.

Have frequent baths, and keep the body and clothing clean.

Have regular exercise and sleep with the window open.

Be regular in diet, habits, sleep and recreation.

Do not attempt to psychometrise just after a meal.

Avoid all worry and excitement.

Let the room where you sit for experimenting be clean and fresh.

As to results, do not be over anxious for these, but adopt a patient, waiting attitude, for anxiety will defeat your plans.

Always write down what you sense, however unreasonable it may appear. Keep pencil and paper ready to hand for this purpose.

Sit comfortably in a chair kept for your own use, if possible, or otherwise when the aura begins to be sensed, you may psychometrise someone who has sat in it previously.

Concentration should be cultivated before you can expect good results, or otherwise the mind will wander from your object, so keep it passive or what is termed "blank."

It is well to be alone during the first stage of experiments and where there is quiet, for a noise will attract the attention, though when concentration is mastered, the surroundings are of little consequence.

Suitable objects for psychometrising are wearing apparel, jewellery, and letters. Ancient fabrics, weapons, and such like, fossils of animals and plants, minerals, shells, old books, and photographs are also good.

You may place the article on the top of the head, or rather tightly pressed to the forehead just above the root of the nose, while some prefer to hold it in the hand, but each student must test each of these methods and choose the one which gives the best results. It is generally found that holding the object to the forehead answers best.

No talking should be indulged in while the experiment is on, only to give out the impressions received. It is difficult to say what the sensations of the student will be at first, often, and especially with letters it is a feeling of the emotions which animated the writer when he penned the letter, or the sense of touch may blend with that of clairvoyance, sight, and the writer of the letter may be seen, or it may be a vague sensation of joy or sorrow. With weapons the feeling may be one of revenge, passion, &c.

Many interesting experiments have been made with metals. With some sensitives gold will cause a burning, this not only when in contact with the body but when some inches away; a plate of copper caused violent itching.

It is the best plan to wrap a number of articles in small packets, use tissue paper, clean and new, let all the packets resemble each other as far as possible. Mix these together so that you cannot know any particular article. Then take one of these and see what the results are, if no success or effect is produced by an object, place it aside and try another one. Do not sit at first for more than twenty minutes, but let the sittings be regular if you wish to develop along these lines.

Human hair is strongly charged with magnetism and is therefore one of the best things to experiment with. Get a friend to collect some for you so that you

have no idea of the owner. Of course the friend should have some mark to recognise it by and check any impressions you may receive.

(*To be continued*)

—o—

Curative Hypnotism.

By Geo. H. Bratley.

LESSON 3

As to whether the student should use Hypnotism or Mesmerism for curative purposes, this must be left for each one to decide, but in my own case I have had the best results from a combination of both. I do not think the Braidian method good as it has a tendency to make the eyes ache and to strain the inferior and lateral muscles, while sleep brought about by Hypnotism is often irregular, and accompanied by convulsive movements; in the Mesmeric sleep the pulse is slow and rhythmic, and the sleep calm, and refreshing.

There is a diversity of opinion in regard to making passes, some claim there is nothing in a pass; others claim the reverse. Again, it has generally been understood that sleep is essential if disease is to be cured. This is entirely wrong, for a patient can be cured in the waking state, and it is rarely necessary to throw into a deep sleep.

Before giving my method of procedure I will touch on the different passes, for I am one of those who have great faith in these, and their value in the treatment of disease.

In making passes, these are of course made with the hands, which are held out with fingers extended and slightly separated. All passes are made with the palm of hand towards the patient's body. Downward passes are always made with the object of influencing the patient or gaining control over disease, while upward or reverse passes are made to remove any influence or awaken patient if sleep has resulted.

The passes are as follows:—

In all they number five, and must be understood to be the method of distributing the vital force.

The Long Pass. The hands should be held above the crown of the head, palms down, fingers extended and separate, all the fingers pointing at the patient and about an inch from the body. Then with a slight tremulous motion they must be brought down from the crown of the head to the toes where they can be either closed, or the backs turned toward the patient and taken back to the head by making a semi-circular outward movement from the patient's body from the toes to the head. This movement is made to avoid undoing the work of the downward pass. Arriving at the head, open the hands and repeat. The passes should be made slowly or the effect will be much retarded.

The Short Pass. This pass differs from the former only in that the pass may be commenced at any part of the body and is not fixed at the crown of the head,

Any part of the body may be treated, the leg, spine, head, chest, arm, and without any other part being operated upon. With a limb it is well to commence at the shoulder, or elbow, if treating the arm; hip, or knee if treating the leg. Commence above the seat of pain and finish below, or make the hand or foot the finishing part if treating a limb.

Relief Pass. This is applied as a relief when fatigue begins to tell on the operator after a series of long passes or when he may think the long passes made sufficient for the time. It commences at the crown of the head and can be carried to any part of the body, chin, breast, shoulders, hips or knees, when the hands should be returned to the head as in the "long pass." It is often used alternately with the "long pass."

Focussed Magnetism. This is not a pass, but a pointing of the fingers to any particular part of the body where the magnetism is discharged by a tremulous or vibratory motion of the fingers. It is generally used for wounds, burns, bruises &c., or for weakness of any particular organ such as the ears and eyes. The fingers are held an inch from patient's body.

The Reverse, or Upward Pass. This is the reverse of the downward pass. The hands are held horizontally with palms upward. Commence at the feet and carry to the head where they must be returned to the feet closed or in the semi-circle mentioned previously. These upward passes are to awaken the subject, and will never produce sleep.

The Throw Off. This is a movement which should be made by the operator at the end of every pass and before returning the hands to original position. It is really to throw away any foreign influence that may have accumulated during the pass, and is made by a shaking of the hand as if to relieve it of some sticky substance. It should never be neglected and can be used when giving "focussed magnetism" by bringing the hand away from the part being treated and making the shaking movement.

The student should practise these passes so that they can be performed for at least half-an-hour without fatigue. They can be made in contact or without contact. The whole mind should be put into the work, and the thought must be concentrated on the desired result. In treating disease imagine you are pouring healthy vitality into the patient's system. See it streaming from you fingers with each pass. Where pain exists imagine your hand as a magnet which the pain must follow, or as a sponge which absorbs the pain or disease, and thus frees the patient of it. Concentration should be cultivated, for little good can be done with a wandering mind. It is a good plan to take a deep breath at the commencement of each pass. Exhale slowly during the pass, and inhale as the hands are brought back to position.

It is seldom necessary to remove the clothing in treating a patient, though treating upon the flesh may be useful in some cases. Where silk material is

worn it is sometimes necessary to remove this, but it should never be removed where the patient is extremely sensitive about its removal.

While treating one of the opposite sex have clean thoughts, if you expect good results, and treat a lady patient with the same respect as you would were she your mother or sister.

The qualifications for a Hypnotist are a strong personality, a firm will, a clean mind and body, a steady gaze, and a good store of vitality. All of these can be cultivated.

Before closing this lesson I must say a word or two on breathing. There is an art in breathing, and the breath can be made to play an important part in the curing of disease. There is what is termed the "hot breath" and the "cool breath." To use the hot breath fold a handkerchief firmly so that you can force your breath through it. Lay it on the afflicted part and place your mouth on the handkerchief firmly so that the breath will not escape. Let the mouth be rather wide open. Fill the lungs completely by inhaling through the nose, then exhale slowly and smoothly through the mouth, so that the air passing through the handkerchief becomes hot and is soothing, healing and curative. The cool breath is made with the lips nearly closed, and is really blowing, which should be directed upon the affected part on to the bare flesh. The mouth should be about six inches from the part treated. The difference between these two breaths will be explained in its proper place. The student should practise deep breathing, and train himself to hold the air in the lungs for at least a minute. This is a splendid exercise each morning on rising and will be of great benefit to the student. Of course the air should be pure and if taken in the bedroom the window should be wide open top and bottom.

(To be continued.)



Health Helps, and Practical Demonstrations.

By Mrs. McCaslin, Ph. D.

Without denying the fact that there is a body as some transcendental metaphysicists do, claiming it is only "a belief," we recognise it as being an outward expression of the invisible entity, who is not his physical body, though owning and controlling it.

Nature's law must be complied with, and it is folly to suppose the mind can keep the body in perfect health while ignoring them.

No individual is so strong minded (?) he can continue to exist in the body without food, water, air, exercise, sleep, etc.

The really strong-minded will give the body proper care and conditions of health. But as these Lessons are on Mental Healing, we refer the reader desiring

physical instructions to the simple laws of Hygiene so well known and so practically demonstrated by the advocates of Health Culture, and complete this lesson with the following :—

RULES FOR HEALTH FROM THE MENTAL STANDPOINT.

BELIEF.—Establish in your mind a belief that you are going to be well. Refuse to harbour any other thought. Repeat over and over in your mind, “I am getting better, I will soon be well,” make this, if possible your last thought upon going to bed at night.

DESIRE AND EXPECTANCY.—You desire to be well, yet perhaps, you expect to be sick, desire and expectancy are a splendid team when hitched together, therefore expect what you desire.

CONFIDENCE.—Have confidence in nature to work out your cure, also in yourself to rise above conditions of disease, lift the thoughts above the body, maintain an upright position in sitting, standing, or walking, thus you prevent the internal organs from pressing down upon each other.

SENSATION VERSUS THOUGHT.—Cultivate thought rather than sensation. Sensation cannot be relied upon to report actual conditions. You may feel very badly when you are really getting WELL. You can turn from sensation to thought even while feeling pain.

Do not listen to conversation on the subject of disease, if you are sensitive. Change the subject or leave the room. Do not doubt your final restoration to health, even though your case be slow to yield.

A doubtful condition of mind retards recovery. Hopeful and cheerful thoughts act as a tonic, gloomy ones poison the blood.

Allow no one to talk to you doubtfully of your case, they have no means of judging your actual condition, and some people have a morbid taste for looking on the dark side. At best, they can only judge by appearances, which often indicate severe illness when it is only a change for the better in the tissues of the body.

The natural forces of the body, the science of your being which is truth, are constantly working to destroy the false condition of disease. Try to realise this, and you will get your reward.

Do not be led by the opinion of others. Look within yourself for your best guide. The Laws of nature do not create sickness, you are under that law. Any law outside of Nature is only a belief, and your belief in it is the only power it has over you.

Do not study pathology or read advertisements describing disease.

The advertisers only wish to frighten people into taking their medicines. The less medicine you take, the better, and when you have discarded the medicine theory you have taken a position that will cure you, provided you no longer think of medicine as a means of cure. Nature is the ONLY healer, whether you take medicine or not.

Do not keep a secret sin preying on your conscience. Make amends if you can, but if it is of the past, dismiss it from your thoughts.

Try to think pleasant thoughts only, forget self and sensations as much as possible. If you have feelings of enmity towards others, it will retard your cure.

Do not be over-anxious: trust in the All-Good for your final recovery. The more loyal you are to nature the less you will rely upon artificial props, such as medicine, appliances, etc., which do more harm in the world than good.

—o—

The Scorpion Talisman.

This Talisman is the five pointed star, or Pentalpha which must not be confused with King Solomon's Seal the six-pointed star. The latter may be more famous, but the former is said to possess a wonderful power in dispelling pain, especially when this arises from bites of insects, scorpion stings, &c., also in cases of neuralgia and nerve pains. The scorpion Talisman derives its name from the East, where scorpion stings and similar wounds are very common. In design it is the Pentalpha in a circle, and the figure of a scorpion in the centre. It is constructed as follows:—

On a Sunday at sunrise, when the sun is in the Zodiacal Sign Cancer, i.e., from June 22nd to July 22nd, any year, and the Moon applying to a good aspect of the sun, let the operator draw the figure of the five-pointed star on a piece of virgin parchment or pure gold. In the centre of the star let him draw a scorpion minus its sting, then within the five points of the star he must inscribe the number 5, then enclose this within a circle and around this draw a second circle within which he must write in any language the following verse from Mark xvi., 18. "They shall take up serpents; and if they drink any deadly thing it shall not hurt them; they shall lay hands on the sick and they shall recover." When constructing this Talisman let the mind be deeply concentrated on the work with an earnest desire that it will prove effectual in curing where used. Having made the Talisman, perfume it seven times with marigold.

If made in gold it can be worn as a charm, but if on parchment let it be placed in a black silk bag, but in either case it must be constantly carried by the operator.

When anyone is stung or requires treatment you must ask up to what point the pain has travelled, and just above this point draw on his flesh with your finger or with ink the sign of the Talisman, when the pain will at once recede, till driven out by repeatedly following it with the sign, but if there should be any difficulty make passes, those used by mesmerists up to and off at the point where the person was stung, following this by drawing the sign of the Talisman.

“The Topical Times.”

People who take an interest in the “spiritualistic” conditions of life, and their name is legion, though all do not care to openly avow it, should not fail to procure the little books published by the Talisman Publishing Company. Harrogate. They are modest in price, but the practical information they contain on matters occult is really excellent. In fact, new thought, mental science, and occultism are rapidly becoming facts which will have to be recognised by the very ones who now consider this sort of thing as “faddism.” Where all are so good it is difficult to particularise, but the “Art of Fascination” and the “Art of Luck” should be missed by no one.

—o—

You and I.

Readers have from time to time asked whether it would not be possible to have a Question and Answer column, and I am glad to say that this will appear in our next issue, and that any enquiries which are received between now and then will be answered in that column. People forget how limited is the time of a busy man, and one might pass the day wading through letters, and dictating or writing replies to them. Will readers kindly write on one side of the paper, and write plainly if they desire a reply, and not take it unkindly if they do not receive a reply by post as hitherto?

The boom in charms continues undiminished, and has afforded a sceptical press much ground for merriment, and good copy at the expense of the superstitious. Of course there is a great deal of difference between the trinkets sold at jewellers and genuine charms, as will have been learnt by now by our readers, will and magnetism being essential ingredients to any mascot, unless they come from a “lucky” man who has unconsciously charged them with his magnetism. Unlike talismans they are independent of geometrical forms and names which have great potency, especially when manufactured by *one who knows the value of form and number.*

—o—

Power of Auto-Suggestion.

The mind is demanding for itself a perfect body in which to dwell, but until we know this body in which we live is just as susceptible and just as much under control of the mind as the house one dwells in is under the control of that person, we are the continual slaves of what this body demands of us. Just as long as the mind considers this body a part of itself, it will not exercise any dominion over it. This Inner Man which has the control of the body every moment, is the one that forms habits. The physical organism does not form them, if it did, it would keep on doing after its spirit left it what it had been doing in life.

The man within is the one that forms the habit and the man without is dependent largely upon what the man without furnishes him to think about. The Inner Man cannot choose one single thought from the outside world upon which to act, he is totally dependent upon what the outer man gives him to act upon.—*Prof. S. A. Weltmer, in Weltmer's Magazine.*

—o—

Books and Reviews.

(All books reviewed in this column can be obtained at this office, but odd magazines should be ordered direct from the publishers themselves, except in the case of the Naturopath and one or two others, odd copies of which will be mailed on receipt of price.)

There is no doubt that the popularity of astrology is seriously discounted by the difficulty which many students experience in making the calculations. This difficulty has now been minimised by a very clever device called the Zodiagraph, which automatically calculates the planetary aspects in nativities. It is the invention of Miss S. Todd, and should be in the hands of all students of this ancient science, which is once more becoming very popular. It consists of a large circle, on the periphery of which are the degrees of the zodiac, and on these are placed moveable cards which give at a glance results which would otherwise entail considerable calculations, such as the quintile, the bi-quintile and the sesquiquadrate. It is, in fact, a ready reckoner. It is accompanied by a useful astrological handbook, which gives in addition to the mode of using the Zodiagraph the nature of the sign and the value of the aspects. Price 5s. 6d. free. London: Nichols and Co., Oxford St., W.

Weltmer's Magazine is a well known publication among new thought students, and a copy to hand is characteristic of its get up. The threadbare idea that suffering is expiation is trounced roundly. The position is thus summed up: "Man does not suffer because God wills that he shall suffer, because he deserves to suffer, or because suffering purifies him—but because he violates law." Other articles deal with the Transcendental Healing Art, Health and Disease, Fear, and interesting answers to questions asked by readers. The magazine is a dollar a year, and it is published in Nevada, Mo., U.S.A.

Suggestion opens with an article from the pen of the editor on The Achievement of Success through Auto-Suggestion, and it relates how a man with a large family who after ten years of overwork and insufficient salary, sickness and worry, with a big debt hanging over his head came in contact with new thought. He was advised to send ten dollars to a mental healer. The amount was large for him, but he raised it and within a week began to leave the negative condition in which he had so long been placed. Prior to the treatment, he had tried in vain to obtain work—but those who have been in the same position know what this

means—when “As if a magical wand had been waved over him, he was offered two situations, the first day he began his search under the new conditions. Neither situation promised him sufficient salary to support his family, but this measure of success gave him greater faith in the powers of his absent healer, and increased his confidence in his ability to secure a good position eventually. Another position was offered him the next day, and the day following still another, which he accepted at his old salary. But the spirit of the new thought was in him. He was enthusiastic over it, and had become confident of success, and felt that the same power that had helped to put him on his feet again could be used to advance him still farther up the hill of success. In consequence he kept his eyes and ears open to opportunity and sought to make opportunities, with result that about the middle of the second month’s absent treatment, for which he had remitted another ten dollars, he was offered and accepted a position which paid him not only half as much again as his old salary but a good commission besides, the amount of the commissions depending upon his own ability and energy.” Eventually he regains his old confidence, and earns in a month as much as he had previously earned in six, and in two years after receiving this promotion he called upon the editor, saying they had been two years of prosperity and success, although much of the success was due to the change of thought which had been brought about by the absent healer. For the benefit of those who might desire to use auto-suggestion for the bringing about of the mental attitude that encourages success, I advise the suggestions sent out to our Success Circle, and the mind should be allowed to dwell for a moment on each auto-suggestion, till its full meaning is grasped.

Medical Talk for the Home comes out this month with a very pretty cover, on which is the following specimen of plain speaking:—“I do not believe that the average length of human life would be diminished by an hour if all the drugs of christendom were dumped into the sea—barring perhaps half-a-dozen.” Albert Leffingwell, M.D., American Humane Assn. Its contents, as usual, are most varied and helpful.

A number of magazines reach me this month, including The Spiritualist, The World’s Advance Thought, New Searchlight, Thought, Fred Burry’s Journal, The Mazdaznan, It, The Medium, The Naturopath, Harmony, Light, The Nautilus, Expression, The Psycho-Therapeutic Journal, The Herald of the Golden Dawn, Science Siftings, and others, but space forbids detailed notices this month.

—o—

The Talismanic League.

Notes are unavoidably held over this month.



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 10 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.

—O—

“Modern Vampirism,” published by the Talisman Publishing Co., is now to hand, and gives an account of the ancient Vampires, how they became such, how they prolonged their lives at the expense of the living, taking possession of the bodies, if the psychic envelope of the unfortunate victims offered the opportunity. There is reason to suppose that far more people suffer through vampirism than is dreamt of, and drooping health and unstable mind have their origin in this cause. The views of various writers are cited, and remedies are suggested by which this undesirable influence may be thrown off, and others helped. The question of multiplex personality is one which has puzzled students of transcendentalism, and a partial solution is offered by the author. The work is the only one on the subject, from a modern aspect, as far as I am aware, and should meet with a ready sale.

—O—

The importance of hypnotism as a therapeutic agent is again being urged by professional men, the latest advocate being Dr. J. F. Woods, who says: “The young practitioner when leaving the hospital believes that material diseases are only to be cured by material means, and by such means only, neglecting altogether the psychic personality, which is continually making its subtle influence felt through every cell and fibre of the material body.”

The doctor goes on to say that medical men hear of cures being performed by laymen, which are perfectly true, and it is found that in the majority of cases that mental influence has been the effective agent.

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