# HOW TO CONVERSE WITH SPIRIT FRIENDS

## By ALEXR. VERNER, F. A. I. P.

This book explains how to communicate with Spirit Friends, and how to benefit by the information received.



# HOW TO CONVERSE WITH SPIRIT FRIENDS

02119

## By ALEXR. VERNER, F. A. I. P.

This book explains how to communicate with Spirit Friends, and how to benefit by the information received. Printed in U.S.A.

#### PREFACE

In dealing with the subject of communicating with spirit friends, the reader should study this little booklet carefully.

Many theories have been put forward to account for the phenomenon of spirit communion, such as Telepathy, Hypnotism, Suggestion, Hallucination, etc. Some investigators have tried to solve the old problem, "if a man die, shall he live again?" and in many cases they have come to the conclusion that this life does not end all.

Many Christians reject instantaneously the idea that man, while living upon this earth, can receive any revelation of the other life.

Yet they believe that Jesus Christ rose again from the dead, and ascended into heaven and sitteth on the right hand of God, the Father Almighty.

The Apostle Paul tells us of six appearances of Christ, viz.: He appeared to Cephas, then to the twelve, then He appeared to about five hundred brethren at once, then to James, then to all the Apostles, and, last of all, as to one born out of time. He appeared to me also. The Apostle is

#### PREFACE

classifying his own "Vision" of the risen Savior on the road to Damascus.

We, as Spiritualists, have proof based on sound, solid facts to prove that death does not end all, but that it is only a beginning to a larger and fuller life.

This little book is sent forth to the world in the earnest hope that it may help others to a deep faith in the Immortality of the Soul and the possibility of Spirit Communion while still living upon this earth.

### ALEXR. VERNER.

### CHAPTER I

#### RELATIONS BETWEEN MIND AND MATTER

Mind is said to be superior to matter, but it requires the assistance of the material to express itself. Now the relation of mind to matter subsists between the being endowed with life and the ultimate molecules of material substance. The individual atoms, thus brought into connection with the living being, are perpetually changing. Fresh molecules are continually brought into this relation, while the old ones are cast off. Thus, also, the number of atoms under the control of any living being is always varying. In the case of man, these changes are accomplished according to certain organic laws; nevertheless, volition enters largely as an element into their operation. In the case of angels, the element of volition many enter more largely into the process, and these beings may be endowed with a faculty of altering, at pleasure, the material molecules. both as regards individuality and number, with which their minds are in immediate relation.

Angels are mentioned in several passages of Scripture, and are said to be the intelligent inhabitants of the various orbs of heaven. The only

remaining difficulty is to form a definite conception of the manner in which these beings execute their missions. But science comes to our aid, and shows us that all ponderable bodies are continually moving through the universal ether with immense speed; consequently, every human mind and every angelic mind is constantly traversing the ether in company with its material organism.

As each individual ultimate of the ether has a fixed position in space, were a living spirit to become associated solely with such an ultimate it would have a similar fixedness of position.

It thus becomes necessary to imagine that the Deity causes the living spirit on its becoming thus limited to pass from ultimate to ultimate of ponderable substance, or, as it traverses the ether in company with the ponderable molecules of its organism, only with far greater speed. Going a step further, we may imagine that, when it becomes needful for any special purpose, they have the power of withdrawing their spirits completely from all connection with the ponderable atoms, and confining their relation to the individual ultimates of the ether. Or we may suppose this operation to be effected by some special divine action, exerted on these angelic beings.

This conception enables the human mind to form a distinct idea of the manner in which a created spirit may pass from orb to orb of the universe. Suppose an intelligent inhabitant of any of the other planets, say of the morning star, to be commissioned by the Deity to convey a message to an inhabitant of the earth.

The angelic spirit will first become disengaged from all connection with the ponderable atoms of its organism, in virtue either of a voluntary effort, or of a special divine influence. The presence of the living being will thus become limited to an association with one or more ultimates of the elastic ether. His native planet, as it will meanwhile be traversing the ethereal expanse with great velocity, will leave behind it the angelic spirit in a fixed position in the great ocean of ether, and freed from all connection with any ponderable substance whatever.

We may, then, suppose the spirit to be, by a special divine influence exerted on it, transported from ultimate to ultimate of the ether in a manner resembling that in which the impulse travels in the case of a wave of light, and with similar speed. He will thus in a few minutes reach the earth. Here he may again, by a special divine influence, be endowed with power to act on pon-

derable substance, and to assemble around him a sufficiency of atoms to constitute a temporary organism to all outward appearance resembling the human, perhaps even identical with it in its intimate structure.

He will thus be brought into a condition the fittest for enabling him to discharge his commission. His message delivered, he may again dissolve his connection with ponderable matter, dissipating his temporary organism, and restricting himself to the ultimates of the ether. He will thus be able to return to his own abode, there to resume the organism fitted to the physical peculiarities of the planet in which he dwells; while that organism may, in the interval, have presented the appearance of a body in a state of suspended animation.

There is in this hypothesis nothing from which human reason can recoil. It is a fair case of analogical argument, and lies quite as much within the bounds of probability as many others with which the human intellect is content to rest satisfied when certain knowledge is unattainable.

There is thus nothing *irrational* in the idea that the inhabitants of other worlds may be occasionally commissioned to visit this earth on errands of love and mercy, in cases where some great moral end is to be attained by such a method of accomplishing the divine purposes.

We believe there are millions of heavens, inhabited by intelligent beings, all capable of rendering a rational and willing obedience to their Creator, of admiring His works, revering His wisdom, and adoring His goodness.

We are left free to imagine that into many of the numerous globes inhabited by these beings moral evil has never found its way, and that, consequently, their inhabitants are as pure and holy as they are intelligent; we may believe that in all such worlds the Deity manifests His immediate presence, and holds direct intercourse with His intelligent creatures. Finally, we may indulge the delightful hope that this earth will, at some future period, become itself a moral heaven, in which the righteous shall dwell for ever, and that our globe will, like the other heavenly orbs, of which it is one, be then blessed by a special manifestation of the divine presence, in virtue of which God will maintain with man such an immediate intercourse as he now holds with the angels. In this manner may be fulfilled the prophecy that "the meek shall then inherit the earth. and delight themselves in the abundance of peace."

#### CHAPTER II

#### PERSONAL DEVELOPMENT

Many Persons object to attending a circle to develop their psychic powers, and I have often been asked, "How can I develop mediumistic power?" My answer is this: If you want to develop individually and privately, choose a room that you can have for yourself (a small room is the best, but a medium-sized one will do as well); then procure a chair and a small table with three or four legs; place your hands on the table, palms downward, and concentrate your mind on the table, and put yourself in a passive mood; and take notice if you hear any "raps" or "taps" on the table. You must take particular notice of any sound that may be heard.

In a short time a peculiar magnetic vibration will be felt; that, as a rule, gives warning that there is a spirit present, and, after several minutes have elapsed, the sitter should address the table just the same as if he were speaking to an individual. He should give the communicating spirit certain rules to work by when answering questions, such as three raps or tilts to mean "yes;" one rap or tilt to mean "no"; two raps to mean "doubtful"; and four raps or tilts to mean "good-night". You may then put a question to the spirit, and see what answer you get, and note it down in a memorandum book.

Sometimes the spirit will tell his name by means of the table. In that case the medium should repeat the alphabet slowly, beginning with A B C, etc., and in a short time the name will be spelt in full, such as "William Jones." Then various queries may be put, and as a rule they are answered in a reliable manner.

The sittings ought to take place at regular times, such as from seven to eight o'clock in the evening, or any other time to suit the convenience of the investigator. Once or twice a week will be sufficient to sit for development; it just depends upon the amount of time that can be spared; but by all means sit at regular times.

#### STARS, FACES AND SPIRIT FORMS

While the sitter is engaged with his hands on the table it will be the best to gaze steadily around the room, looking in an upward direction towards the ceiling. Sometimes a bright star will appear and float around the room, and finally disappear; sometimes colored lights will be noticed gliding about. A good gaze should be kept

on these, for it shows there are spirit friends present, but it takes a time before they can materialize and show themselves; it all depends upon the development of the sitter, and also on the aura of the room. It takes time to get the atmosphere of the room suitable. A dark room or cabinet is the best, with a subdued light. A small light will do to start with; then it can be diminished or enlarged to suit the medium. The temperature of the room should be about 60 degrees F. If a bright star is noticed you must stare at it, and you will see it develop into a face. and very often it will go into a full spirit form. You must take particular notice, and see if you can recognize it; the spirit is always better satisfied if it is recognized. Do not be afraid, or the spirit will vanish, and you will not receive a message.

## SPIRIT MINISTRANTS

1.

All around are spirit creatures,

Unobserved by mortal eyes, Who would be our guides and teachers,

Were we not so worldly-wise; They would lead to joys elysian: They are seen by spirit vision.

#### 2.

They have knowledge we are needing; They behold what we can't see; They are anxious to be leading Us to light and liberty, But our passions interfere,

And our loved ones can't come near.

#### 3.

We repel them; and they pity

Us, and wish we had more sense. If we could but see the pretty

Creatures, we are driving hence With our rancor, we would never Deem ourselves so good and clever.

4.

The All-Father, God of Heaven, Will become the God of Earth, If unto His saints be given

The attention they are worth: We shall worship God in spirit When we give the angels merit.

5.

Merit that they are deserving As the Lord's true ministers; The All-Father they are serving;

And would save us from all snares: God's best influence can reach us Through His angels: let them teach us.

#### CHAPTER III

#### ELEMENTALS

Elementals are very often seen by clairvoyants in the shape of insects, flowers, animals, and also inanimate objects. Sometimes an elementary form is seen with a living person, and sometimes alone.

A medical friend of mine has seen a number of elementals. On one occasion he was returning home one Sunday night, when it began to rain, so he took shelter in a passage leading to some shops. Other people began to gather in the passage, and when he had been there a few minutes he turned round, and he noticed an elemental form in the shape of a large white cat. It was standing on a gentleman's shoulder, and it began to stretch up, and then it disappeared. On returning home he mentioned it to his wife. He knew the gentleman by sight, and he said it was a bad sign; whenever he had seen that, it was always a sure sign of death. He took note of it, and the man passed on to the higher life fourteen days after.

A lady friend of mine generally sees large black insects, resembling beetles, when there is serious trouble at hand.

I have seen wedding rings on young ladies' fingers, and when I have taken a second look they have had no wedding rings on; that is always a sure clairvoyant sign that she will have an early marriage. In some cases I have noticed the person has not been engaged, and she has had no thought of marriage.

On another occasion I saw a policeman with three stripes on his arm. When I looked again he had no stripes on. I know him, but I did not speak to him about it. Very soon afterwards he was promoted to a sergeant.

I have also seen rats, cats, dogs, and large animals with people.

It is generally a good sign to see a horse or a dog with an individual, but it is always bad to see cats, rats, mice, or insects. To see herbs, leaves, or flowers clairvoyantly with a person generally denotes sickness.

HOW TO PROCURE THE ASTRAL FORM OF A PLANT

To procure the astral or spirit form of a plant the following is a good method:

"Take any whole herb or flower with its roots, make it very clean, and bruise it very small in a stone mortar; then put it in a glass vessel hermetically sealed, but be sure the vessel is half empty. Then place it for putrifaction in a gentle heat in a dung heap not more than blood warm for six months, by which it will be all resolved into water. Take this water and pour it into a glass retort, and place a receiver thereunto, the joint of which must be well closed; distil it in a sand heat, until there comes forth water and oil. In the upper part of the vessel will hang a volatile salt. Separate the oil from the water, keep it by itself, and with the water purify the volatile salt by dissolving, filtering, and coagulating. When the salt is thus purified, imbibe it with the said oil until it is well combined. Then digest them for a month hermetically sealed. By these means will be obtained a most subtle essence, which, being held over the gentle heat of a candle, the soul or spirit of a plant will fly up into the glass where it is confined, and represents the perfect idea or similitude of that plant whereof it is the essence; and in this manner will that thin substance, which is like impalpable ashes or salt, send forth from the bottom of the glass the manifest form of whatever herb it is the menstrum in perfect vegetation, growing by little and little, and putting on so

fully the form of stalks, leaves, and flowers in full and perfect appearance that anyone would believe the same to be natural and corporeal, though at the same time it is nothing more than the spiritual idea endued with spiritual essence.

"This shadowed figure, as soon as the vessel is taken from the heat or candle, returns to its own ashes again, and, vanishing away like an apparition, becomes a chaos or confused matter."

"All heal, male fern, and fox glove, etc., are very good herbs to experiment with."

18

## CHAPTER IV

#### APPARITIONS

Apparitions have appeared from time to time in various places—in the residences of the rich as well as the poor—and a great many weird stories have been published in connection with the phenomena, but very few books can give any useful account of such. In this lesson I intend to deal with the phenomena in a scientific and useful way.

Apparitions appear very vividly in the daytime as well as in the night. People that possess the faculty of clairvoyance can see them very plainly, and in most cases they can describe them very minutely.

Apparitions appear in the shape of men, women, and children, as well as animals.

It is a good sign generally to see a bright spirit.

If ever you see an apparition it is always the best to speak to it in a loud voice, and see if you can get any message or answer. Some times the spirit will try and explain the message by making gestures; in that case very great attention

should be paid to the communication. At times voices will be heard, but you will not be able to see anyone present. If you have the faculty of "Clairaudience" (which means clear hearing) well developed, you will be able to receive messages quite easily. It is a bad thing to be afraid of a spirit friend, because you will not get any useful information.

If you get a message for anyone it is always best to tell them as soon as you have received it, especially if it is a warning that something is going to happen. They very often appear if there is going to be sickness or death, also accidents, etc. A very large number of calamities could be averted if more notice were taken of the warnings.

I was engaged to visit a certain farm-house for the purpose of finding some papers and deeds. It was supposed to be haunted. When I got there I was quite surprised, for it was a beautiful place, and an old man and woman occupied it, along with their farm servants. The lady that gave me the case to work out was a medium herself, and she said if she had her rights she ought to own the farm along with five others, as well as a large tract of land and a coal mine. Just as I arrived at the farm I noticed two black birds. I told the lady that it was a bad sign to see those birds, and I got a message that the old man and woman at the farm would both die very suddenly. She seemed rather surprised, but, nevertheless they both died as I predicted, and the farm has never been tenanted since. All the farms have since been sold. We had a private sitting, and I conversed with two spirit friends, both men. They told me that it was a case of robbery, and that a lawyer's wife had got the deeds under false pretenses, but they assured me that it would never do them any good. I have investigated quite a number of cases, with fairly good results.

An apparition of a person that has been murdered, very often haunts the place where the tragedy occurred. In that case it is a good plan to pray for the spirit friend.

Apparitions of suicides can be benefited by prayer. It is the best to speak to them and tell them to obey your orders, and that you will do your best for them by praying.

#### PREMONITIONS

Premonitions or warnings from spirit friends take place very frequently to people of a sensitive nature, but it is very seldom the recipient takes any notice of them. That is a great mistake. I

have investigated quite a number of cases, and I have come to the conclusion that in the majority of cases the premonition has had some truth in it, and, if it had been wisely acted upon, a great deal of trouble and suffering would have been avoided.

In the month of September, 1917, a lady had a premonition and a vision that her little boy would fall out of a railway train. She says she thought no more about it. But the next day they were returning from a seaside holiday, and, strange to say, the little boy (aged four) fell out of the carriage door when about twenty miles from where they started. A gentleman that was in the carriage pulled the communication cord, and the train was stopped. The little boy was not killed, but he suffered from concussion of the brain, and had to be conveyed back to a hospital. He has almost recovered now from the terrible experience.

In the above case the mother ought to have taken greater care. I had an interview with her, and she said she could not account for the accident. She had the warning the previous night, and for about two weeks prior to the accident she felt a spirit friend (an old man) trying to pull her back by the shoulder. I presume the guide did not want her to take the journey.

I have no doubt my readers have heard or witnessed a number of cases similar to the above. In a case like that it costs nothing to be very cautious for a few days. If you have a very vivid impression that something serious is about to happen you must take a note of it, and see how it turns out, and in the meantime if you can warn any person that you think it concerns, you must lose no time in doing so, for it might be to their advantage.

There is an instance of a man being killed with an engine. It was a very sad case. A lady came to me and said her brother had been killed by being knocked down by an engine, and she wanted to know if he had committed suicide or not. I held a special sitting, and I got a message that it had been done accidentally, which relieved the lady's mind. It seems her brother had been very unsettled for some time through a love affair, but I told her it had nothing to do with the accident, so she seemed better satisfied.

#### CHAPTER V

#### GUIDES

When a medium goes under control a guide generally takes possession, and some very wonderful things can be told, both by speaking, writing, or making gestures. Everything should be noted down, such as a speech, or advice, or any gestures, and someone present should try and interpret the gestures. Sometimes the medium will act as if counting money, or writing, or fighting, or he may look in great distress or trouble. At other times the medium will impersonate someone whom you know has passed on to the higher life. You may then put a question to the controlling spirit, and take particular notice what answer you get. In that case he will speak and act just like the person who has passed on. Sometimes the medium will make a noise like an engine; that generally denotes a train journey. Sometimes like a ship rolling, which signifies a voyage for someone present. At some sittings he might imitate rolling up papers, such as wills, deeds, etc. All these signs are very important, and will be found truthful and reliable.

Indian guides very often come to mediums who are just developing. The reason for that is because an Indian is a rather low type of the human race, and his decarnate mind is not much above the ordinary carnate mind of the average individual; therefore he can reach it easily.

I have a North American Indian medicine man for one of my guides, and he has been a great help to me in my medical practice.

Men and women very often come as guides, but children are the best, for they are the most truthful.

It is not wise to let too many guides take possession, because you may get a bad guide. There are bad spirits as well as good ones. If ever you suspect a bad spirit you must live a good spiritual life. A bad spirit does not like a good person. You ought to stick to one or two good, honest, truthful guides, and then better results will be obtained. Foreign guides very often come, and they speak in their own language. In that case it is very difficult to understand them, but you must always take notice of their movements or gestures. If a bad guide insists upon controlling you, it will be the best to order him away.

### CHAPTER VI

#### TELEPATHY VERSUS SPIRIT AGENCY

A great deal has been written on the subject of Telepathy (or transmission of thought from one mind to another), and some people think that it can account for everything in relation to the phenomenon of Spiritualism, but I will try and prove that Telepathy has its limits.

In the first place I believe in Telepathy, and I have proved it to be a fact; but in the performance of a telepathic experiment it takes two or more persons. I will divide Telepathy into two classes—Conscious (as when we know we are going to have an experiment) and Unconscious (when we are not aware of any communication), such as, when we want to hear from a particular friend that may be ill a distance away.

We see, in a physical sense, the wonderful things accomplished by Signor Marconi's wireless telegraphy, transmitting messages over land and sea, through the medium of the ether; but look how superior mind is to matter. We are only just beginning to know something about the mind.

To prove the difference between Telepathy and Spirit Agency I will quote two cases.

I. A lady friend of mine had a brother that was going to the West Coast of Africa on trading business with the natives. He had been there before, and made a lot of money. About a week before he set sail she had a vision that the ship was disabled, and it so strongly impressed her that she told him about it, but he only laughed; but it came true. Something went wrong with the engines, and it was delayed a few days. After he had set sail she had another vision that he was sick, and that he would die and be buried at sea. She came to me, and asked my advice in the matter, so I told her to tell his wife, which she ultimately did. She also told her parents, but they only ridiculed her, and said she was superstitious, but, nevertheless, it came only too true. He was buried at sea two days before he should have landed. In that case it could not be Telepathy, because she got the information from spirit friends on the other side, a month before it actually happened.

II. In 1898, while I was furthering my studies in America (I was in New York at the time), and one Thursday night a student that was interested in Spiritualism invited a number of fellow students to attend a private circle at Brooklyn. We arrived about 7:30 p. m., and there were two

mediums, a gentleman and his wife. His wife was a long time in going under control, but she told some very wonderful things to various members of the company. She told me that I would pass my examination, and that I would get back safe to England, and that I would make a lot of money. (I am pleased to say it has all come true.) Later in the evening the gentleman went under control, and he picked me out, and said he had a message for me. I asked him what it was, and he said: "The man you have left in charge of your business in England has passed on." I said, "Nonsense; I only received a letter from him this week, and he says things are going on all right." I thought no more about it, but I had a vision; but the spirit could not tell me anything, so I let things take a natural course. But, nevertheless, it was only too true what the medium said. My manager was killed on the Tuesday morning, as the medium told me on Thursday night. That could not be Telepathy, because no one knew about it. I believe it was communicated by a spirit friend to the medium, and then to myself.

There is a lot of truth in Telepathy, but it does not go far enough to explain away the mysteries of Spirit Agency.

#### CHAPTER VII

#### DEATH SIGNS

Most people that have reached middle age have generally experienced some strange phenomena. before a death has taken place. Some have heard noises like a cannon going off; others have heard sounds like the ticking of a watch; or loud knocks at the door; birds singing; loud knocks about the room or on the table; candle lights that have gradually dissolved; cups and saucers shaking, and various articles of crockery moving and breaking; sounds of music in the distance; also dreaming about some friend or relation that has passed on to the higher life; pictures falling, and heavy articles of furniture, such as pianofortes, being moved out of their place; the falling of stars and meteoric bodies from the sky: ravens taking rest on the tops of houses; birds and animals making strange and unusual noises; dogs howling in front of a house; and a number of other things. Some people can tell almost to a day when there is going to be a death, because they have experienced the same phenomena before. In some cases there will be a sign of death

about a week before it takes place; others will perceive the sign a few days before or on the same day. It all depends upon the development of the recipient. Some people are more sensitive than others. They are organized differently. As a rule they have a very fine brain and nervous system; they are more feeling.

Because some persons are not sensitive, and cannot get any impression of death or other phenomena, it does not follow that no one else can.

In the late South African War, I received twenty-three death impressions from persons that came to consult me in regard to their friends and relations that were fighting in the war, and in every case the man was killed. I saw two very plainly, "clairvoyantly," shot off their horses; others I saw lying on the ground dying. It was a very sad time for me, and I was glad when it was over.

## CONCLUSION

I will conclude by relating a few cases that I have witnessed myself, and in each case the sign of death has presented itself a few days before it actually took place.

I. The first I noticed was a large black dog piteously howling in front of a neighbor's door. I made a note of it; it was Wednesday and on Friday the master of the house was hurt at his work: he had both thighs broken, and was badly crushed as well. He died on the Sunday following.

II. On May 29, 1881, I noticed a large dog howling at our front door. My father was ill at the time, so I made the dog go away, but it kept coming at times, both day and night. I was afraid of saying anything to my father about it, because he was strongly opposed to any kind of superstition, as he used to call it, but on Friday, June 3rd, I mustered up courage, and asked him what it was a sign of—I knew it was a sign of death but he was rather slow at answering my question: he had heard the dog then for about six days. At length he said he could not account for it; but he passed away on the Saturday, June 4, 1881. That was another proof to me. I was twelve years old at the time.

III. In 1916 I was staying at a seaport for my holidays, and I noticed another dog howling in the same manner as the others. The landlady was rather upset about it, and she asked me if I understood what it meant. I told her that

whenever I had experienced that kind of phenomenon that it was a sign of death. She said no more about it, but the following week one of her boarders (a gentleman) died: he was in good health a week before he passed away.

IV. One night, I'was returning home from my office, when I saw a large sable collie dog howling at the door of a doctor's surgery. I thought to myself that it would be a sign of one of his patients that would be passing on, so I thought no more about it, but about a week later, the doctor's nephew, who had been operated upon, died: he was a boy about six years old: he had come from a foreign country to be operated upon by his uncle. I could quote over two hundred cases, but the above will suffice.

I have experimented upon a large number of dogs, cats, rabbits, etc., with various kinds of musical instruments, viz., flute, cornet, banjo, piano, mandoline, 'cello, violin, German concertina, and melodeon. I have got the best results with the violin and concertina. The dogs that have been most susceptible are—black retrievers, sheep dogs, water spaniels, and fox terriers. The sound waves must effect them on their auditory nerves (nerves of hearing), but in the signs of death that I have quoted, the dogs must have seen some image clairvoyantly that has caused them to make such a groaning, howling noise. In that great work, "The Descent of Man," by Charles Darwin, page 113, we read: "As dogs, cats, horses, and probably all the higher animals, even birds, have vivid dreams, and this is shown by their movements and the sounds uttered, we must admit that they possess some power of imagination."

There must be something special which causes dogs to howl in the night, and especially during moonlight, in that remarkable and melancholy manner called baying. All dogs do not do so, and, according to Houzean, they do not then look at the moon, but at some fixed point near the horizon.

Also, on page 144 of the same book, we read: "The tendency in savages to imagine that natural objects and agencies are animated by spiritual or living essences, is perhaps illustrated by a little fact which I once noticed. My dog, a full grown and very sensible animal, was lying on the lawn during a hot and still day, but at a little distance a slight breeze occasionally moved an open parasol, which would have been wholly disregarded by the dog had anyone stood near it. As it was, every time that the parasol slightly moved the dog growled fiercely and barked. He must, I think, have reasoned to himself in a rapid and unconscious manner that movement without any apparent cause indicated the presence of some strange living agent, and that no stranger had a right to be on his territory."

There is plenty of room for investigation and study in the realm of animal psychology and psychic research, but very little attention has been paid to it so far. Animals must have souls just as well as human beings.

## FINIS



### DYNAMIC THOUGHT

#### The Secrets of Mental Fascination

#### by THERON Q. DUMONT

This book develops your personality and the personal power that sways and compels and gives you a powerful influence over the minds of others.

Dynamic Thought reveals new and marvelous facts about the human system. Men and women achieve success according to the development of their own powers. You have as much power within you as anyone but it is lying dormant, and this development can be easily attained.

There are certain definite principles that rule human beings in their attitude toward each other. When once you understand these principles you can easily convert enemies into friends and can make almost everyone be friendly toward you.

> No. 1, 298 pages, Cloth Bound, Size 5x7 Price \$2.15 Postpaid—Outside U.S.A. Add 15c

### Genuine Mediumship THE INVISIBLE POWERS

### SWAMI BHAKTA VISHITA

This book will prove invaluable to anyone who feels that they might have any kind of psychic power. It contains lengthy discussion of the following: Mental vibrations and transmission—Thought transference — Clairvoyance and kindred phenomena — Mediumship — Mediumistic conditions — How to develop mediumship — Mediumistic phenomena — Higher spirit manifestations.

This work explains clearly how to develop "mediumship". It tells how to form a "medium" circle. Questioning the spirits, the spirit communication code, persistent watchful waiting, building lines of communication. Size 5x7

No. 2, 277 Pages, Cloth Bound

Outside U. S. A. Add 15c

# E SCIENCE OF KNOWING THE FUTURE HINDOO and ORIENTAL METHODS COMING EVENTS CAST THEIR SHADOWS BEFORE

THE DEVELOPMENT OF

### By Swami Bhakta Vishita (HINDOO MASTER)

Everyone possesses in the latent state the wonderful faculty of Seership. This can be developed. You can train yourself so you can forsee events and be your own adviser—see your future.

If you want to make the most of yourself, both in a human and divine sense, you should read this book.

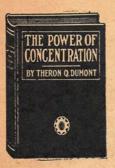
The most profound and conscientious occult work published in years. Teaches how to pierce the veil—enter at will into the spiritual world and converse with your loved ones now across the border.

No. 3, 384 Pages, Cloth Bound, Size 5x7

PRICE \$2.15 POSTPAID Outside U. S. A. Add 15c



No. 4, Cloth Bound, 320 Pages, Size 5x7 Price \$2.15 Postpaid—Outside U.S.A. Add 15c



### The Power of Concentration

#### By Theron Q. Dumont

It is of the utmost value to learn now to concentrate. To make the greatest success of anything, you must be able to center your entire thought upon the idea you are working on. The person that is able to concentrate, utilizes all constructive thoughts and shuts out all concentration.

#### TWENTY FAMOUS LESSONS IN CONCENTRATION

In these twenty lessons, this famous author gives you in sim-

ple, concrete form the results of his lifetime investigations. He shows you how to acquire that mental quality of concentration which has made world-known leaders. He shows you how to focus your ideas, to get away from mind wandering, to eliminate day dreams—how to use your mind like an ever-ready tool and to accomplish in hours what the man without this ability does only in weeks or months. He tells clearly why some men lead, while others with equal intelligence remain in the ranks. He shows the clear way to make the utmost out of your mentality. No degree of success, within reason, is impossible when one possesses the Power of Concentration. Read the principles laid down so clearly by Professor Dumont.

Read the principles laid down so clearly by Professor Dumont. Practice the exercises which he has so carefully worked out. This training is as much a guarantee of success as any other method known. Simply learn to use your brains—learn to focus, to concentrate and the highway to bigger things is open to you. A FEW OF THE TOPICS

Opportunities Made Through Concentration (Shows the plain road to the top.)

Self-Mastery (How to centralize attention.)

Training the Will (A mighty force at your disposal.)

Mental Poise (How to command conditions.)

Business Success (How to co-ordinate forces by concentration.)

Attaining Wealth (How to attract money bringing factors.) How Courage is Gained (Use of Concentration to drive out fear.)

Memory by Concentration (A very valuable lesson.)

Practical Exercises (The actual application of the principles of concentration.)

Many more topics all as interesting and important as those listed.

No. 5-186 Pages, Cloth Bound, Size 5x7

PRICE \$1.60 POSTPAID-Outside U.S.A. Add 15c



Success can be made more certain by being able to mold minds and to influence them to act as you wish.

### The Art and Science of Personal Magnetism

By Theron Q. Dumont

A Chicago paper in a recent editorial said: "There are men in this country in abundance, but good men, while in great demand, are as scarce as the clams in chowder at a church supper."

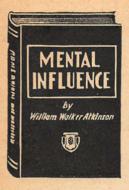
A man need not be a college graduate if he is to rise to the height of power and success. Personal Magnetism will help to control and influence others.

This book contains 238 pages crammed with most interesting advice on Personal Magnetism, what it is and how to develop it. It contains 21 Chapters dealing with the different phases of the subject. Here are a few of the Chapter headings:

The Mental Phase—The Physical Phase—Physical Magnetism— Mental Radiation— Mental Atmosphere— The Direct Flash—The Positive Aura—The Direct Command—The Magnetic Duel—Magnetic Self-Defence— The Power of Controlling Others.

No. 6-238 Pages, Cloth Bound, Size 5x7

Price \$1.60 Postpaid - Outside U. S. A. Add 15c



### MENTAL INFLUENCE

#### By William Walker Atkinson

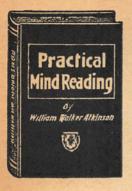
A course of Lessons on Mental Vibration, Psychic influence, Personal Magnetism, Fascination, Psychic Self-Protection, etc.

LESSON 1.-Why one mind can be made to influence another.

LESSON 2.—How thought waves manifest, and how they affect other persons.

- LESSON 3.-How mental states are transmitted.
- LESSON 4.—What mental concentration is, and how it works. The occult teachings regarding developing the powers of concentration. A course of training described and explained.
- LESSON 5.-How occultists form a mental image.
- LESSON 6.—The secret of mental fascination and personal magnetism. Why some have such a charming, irresistible influence. How it can be cultivated.
- LESSON 7.—Difference between fascination and hypnotism. How hypnotic influence upon others affects the person. The truth about hypnotism.
- LESSON 8.—Influencing at a distance. How you can exert a mental influence upon others at a distance. How distant treatments are given. The most effective occult methods and practices.
- LESSON 9.—How mental influence may be used to affect a great number of people at the same time.
- LESSON 10.-The need of instruction on the part of the public.

No. 7-96 Pages, Paper Bound, Size 6x4½ PRICE 60c POSTPAID-Outside U.S.A. Add 15c



# Practical Mind Reading

#### By William Walker Atkinson

A course of Lessons on Thought Transference, Telepathy, Mental Currents, Mental Rapport, etc.

This book is full of practical condensed instruction about every phase of Mind Reading, Telepathy, etc. The exercises

and directions are so plain and simple that they can be understood and demonstrated by any person of ordinary intelligence.

Here you will find complete instruction in all the latest points about Mind Reading. It tells how Thought Transference is practiced in the scientific laboratory as well as by a public performer. It tells you how to perform feats that will mystify an audience and arouse the deepest interest and enthusiasm, or you can conduct Telepathic experiments with your friends right in your own home.

Here are the titles of the lessons and a few of the subjects treated:

- The Nature of Mind Reading—A vast, mysterious subject; Power of Etheric Vibrations; Mental wireless telepathy; the mysteries of science; Action of mind upon mind; The mental battery.
- The Proofs of Mind Reading—The Psychic post office; Wonderful results; A convincing experiment.
- Contact Mind Reading—The two classes of mind reading; The simplest form; Nerve current theory; The truth about public performances.

**Development Exercises**—How to begin; Rapport conditions —Rhythmic breathing; Details of finding objects.

No. 8-95 Pages, Paper Bound, Size 6x41/2

PRICE 60c POSTPAID-Outside U.S.A. Add 15c



### THE SOLAR PLEXUS

Or

### **Abdominal Brain**

#### By Theron Q. Dumont

Man has four brains, and not merely one, as is commonly believed to be the case. Each of the four brains have separate characteristics and distinctive offices and functions.

The Solar Plexus, or Abdominal Brain is situated in the upper part of the abdomen, behind the stomach, in front of the great artery, and in front of pillars of the diaphragm.

The Solar Plexus is the great plexus, i.e., network of nervefibres, mass of nerve-substance, etc., of the great sympathetic nervous system. It is composed of both gray and white nervous substance, or brain-matter, similar to that of the other three brains of man. It receives and distributes nerve-impulses and currents to all the abdominal organs, and supplies the main organs of nutrition, assimilation, etc., with nervous energy.

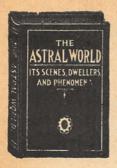
It performs a most important work, supplying the nerveenergy which is required for the process of nutrition, assimilation, growth, etc. In fact, it is the great powerhouse of physical life-energy. The bodily functions cannot be performed without it; when it is injured the entire physical well-being is at once seriously affected; when it receives a severe shock, denth often ensues.

Its name, "solar" was bestowed upon it by reason of its central position; its filaments extend in all directions to the important abdominal organs, like the rays of the sun; and it is recognized as being the power-house, and great reservoir of "life force," just as the sun is the great powerhouse and reservoir of material energy of our solar system.

Not alone modern scientific investigators; but also many very ancient investigators, such as the oriental occultists and sages, who many centuries ago recognized certain subtle functions and offices of this wonderful "fourth brain" of man, and taught their students many valuable methods of effectively employing its finer forces and hidden energies.

#### No. 9, 64 Pages, Paper Bound, Size 6x41/2

PRICE 60c POSTPAID-Outside U.S.A. Add 15c



# THE ASTRAL WORLD

Its Scenery, Dwellers and Phenomena

by

#### SWAMI PANCHADASI

Containing treatment on such matter as the following. CHAPTER I.—The Seven Planes of Being.

What is meant by a Plane. A state rather than a place. CHAPTER II.—Astral Regions.

What is meant by an Astral Region. Where located. CHAPTER III.—Reality of the Astral.

What one encounters on an astral journey.

CHAPTER IV .- Passing the Border.

Passing out of the physical body. Alone in the astral body.

CHAPTER V.-Some Lower Sub-Planes.

Why the soul sheds. The Astral shell, bodies without souls, still seemingly alive and conscious.

CHAPTER VI.-Disembodied Souls.

The resting place of the souls. Not dead, but sleeping. CHAPTER VII.—Scenes of the Astral.

How the low entities pass their time. Punished by their sins not for them.

CHAPTER VIII.-Life and Work on the Astral.

Character and occupations of the Astral Dwellers.

CHAPTER IX.-Higher Planes and beyond.

The true home of the soul. The Heaven worlds. CHAPTER X.—The Astral Light.

What the astral light is. A startling presentation of a wonderful occult truth.

No. 10, 94 Pages, Paper Bound, Size 6x4<sup>1</sup>/<sub>2</sub> PRICE 60c POSTPAID—Outside U.S.A. Add 15c



### THE HUMAN AURA

Astral Colors and Thought Forms

by

#### SWAMI PANCHADASI

#### Contents

CHAPTER I.—What is the Human Aura.

The human aura is a very important and interesting phase of every personality.

CHAPTER II.-The Prana Aura.

How it affects the human aura. Interesting experiments. CHAPTER III.—The Astral Colors.

Each mental or emotional state has its own astral hue. CHAPTER IV.—The Astral colors interpreted.

CHAPTER IV.—The Astral colors interpreted.

The varying reds, the yellow of pride, the green of jealousy, the spiritual blue, and the idealistic white.

CHAPTER V. The Aura Kaleidoscope.

How the trained occultist is able to ascertain the character and tendencies of a person.

CHAPTER VI.-Thought Form. '

How thought forms are projected and travel. A wonderful study of a fascinating subject.

CHAPTER VII.-Psychic Influence of Color.

How certain tints affect persons favorably and others unfavorably.

CHAPTER VIII. Auric Magnetism.

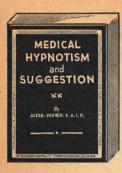
Magnetic healing. How to treat yourself and others by this method.

CHAPTER IX .- Developing the Aura.

How to build up a strong positive aura.

No. 11, 86 Pages, Paper Bound, Size 6x41/2

PRICE 60c POSTPAID-Outside U.S.A. Add 15c



# Medical Hypnotism and Suggestion

#### By

#### ALEXR. VERNER, F.A.I.P.

This book is full of secrets. It explains what hypnotism (or mesmerism) is, and gives an interesting outline of its history. It explains the great value of hypnotism in the cure of disease and in surgical operations. It tells how to hypnotise a man, how to put him in a trance for a week. There is an explanation on how to give an hypnotic entertainment for your friends or on the stage, making your subjects do things such as acting, singing, speechmaking, things that, in their ordinary state, they would be unable to do. Further it explains the method of curing bad habits—drinking, swearing, lying, stealing, gambling, betting, smoking, envy, hatred, temper, etc.

The author's object in writing this book is to give a brief but accurate description of Hypnotism and Suggestive Therapeutics, as practiced by the most advanced schools of the present day; and also to enlighten the public mind on the great advantages of hypnotism in the treatment of disease, as compared with the drug method now used in this and other countries. Size 6x4½

No. 12, 37 Pages, Paper Bound--Price 30c Postpaid\*



### How to Converse with Spirit Friends

#### By

#### ALEXR. VERNER, F.A.I.P.

A medium is a person whose presence is necessary before a spirit can communicate. "How "To Converse With Spirit Friends" tells you how you may develop mediumistic powers, so as to be able to receive messages from the other world when sitting alone.

The book also tells you about different kinds of spirits, including apparitions (ghosts) and spirit guides (the spirit friends that are constantly with each of us); about spirit control (how spirits work through the organisms of mediums); and about spirit-given premonitions, warnings, death-signs, etc. The work, moreover, gives other interesting and valuable matter. This work is caluculated to "comtort those that mourn."

This book is printed in very legible type and contains illustrations to bring out points. One of the illustrations show spirit forms as seen by a medium. Size 6x4½

#### No. 14, 36 Pages, Paper Bound-Price 30c Postpaid\*



# How to Know Your Future

#### By

#### ALEXR. VERNER, F.A.I.P.

As St. Paul points out, man has a natural (or material) body and a spiritual body. There are also a material world and a spiritual world. With the eye we can only see material things. To see the spiritual world we must cultivate the spiritual sight. Seeing spiritual things with the spiritual sight is called Clairvoyance (or "Second Sight").

You can if you choose, cultivate your Clairvoyant faculty. If you do, you may be able to see places and persons in the spiritual world. This may enable you to describe to your friends, people in spirit life that they have known here.

It can also help you to see what is going on at a distance in this world. To see into the past and the future. To obtain hidden information, and to give advice, of the utmost value. This faculty when properly developed enables one to trace hidden treasure, to find lost friends, animals, and property. With the development of Clairvoyance it is also possible to develop Clairaudience (Spiritual Hearing).

Crystal Gazing means looking into a crystal ball or into something else of a like kind. When this faculty is developed one sees a picture or image in the crystal. Presently the picture will dissolve and another will take its place. All the above matter is described in this book.

No. 15, 42 Pages, Paper Bound, Size 6x4½ Price 30c Postpaid\* \*-Outside the U. S. A. Prices, each, 35c Postpaid



Success and Happiness

By

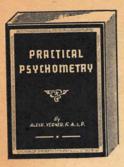
SWAMI BRAHMA

A guide to Success in matters relating to Health, Friendship, Love, Marriage, etc.

"Success and Happiness" tells you how to develop your magnetism and to strengthen your will. It tells you how to influence people to act as you so desire. It gives suggestions on how to relieve pain without medicine.

No. 16-40 Pages, Paper Bound, Size 6x41/2

**Price 30c Postpaid\*** 



# Practical Psychometry

By

#### ALEXR. VERNER, F.A.I.P.

There is a great demand for good Psychometrists at the present time, and in the near future there will be a greater demand for the vast amount of good that can be done by the God-given science of Psychometry (pronounced "Sicom-et-rie").

A Psychometrist is a person able to see these scenes, hear these sounds, read these thoughts, and "sense" these feelings. If therefore, a lock of hair, a letter, a pocketknife, or anything belonging to a stranger be handed to a Psychometrist, he will be able to understand much of the person's past, present, and future—about their character, disposition, health, surroundings, capabilities, friends, marriage, business, etc.

In this way very valuable information and advice can be obtained for oneself or given to others.

Can you Psychometrize? If not, why not learn? You will benefit yourself, and also astound and help your friends.

Full and complete particulars are contained in this book.

No. 17-25 Pages, Paper Bound, Size 6x41/2

**Price 30c Postpaid\*** 



Table Rapping and Automatic Writing

By

ALEXR. VERNER, F.A.I.P.

Founder and Principal of the British Psychological Institute.

"Table Rapping and Automatic Writing" gives full instruction on how to form a Circle for receiving messages from spirit friends; how to enable spirits to make themselves known; how to get written messages, drawings, etc., from those that have "passed over," and so on.

This book is written in plain, understandable language and contains numerous interesting illustrations.

No. 18-25 Pages, Paper Bound, Size 6x41/2

**Price 30c Postpaid\*** 



### Madam Signa Fortune Telling Cards (Illustrated)

#### If You Only Knew

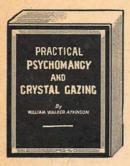
what was going to happen to you, you would be able to avoid many of the dangers and troubles that lie in wait. You would be prepared, at any rate, to face them. Good fortune may await you. Would you not like to learn of this?

This pack of "FORTUNE TELLING CARDS" with direction booklet will enable you to read your own fate, and to see what the future has in store for you. The booklet gives you all particulars, and makes it quite easy for you to lay out the cards. Each of these cards has all the principal meanings, according to the best authorities, plainly printed upon it.

#### **Forewarned Is Forearmed**

This beautifully designed pack of Fortune Telling Cards is printed in four colors on very good quality stock, white, extra smooth. They are the same size as regulation playing cards and are round cornered, each card is numbered. Packed with the booklet in a neat box.

No. 19—Price per Pack (36 Cards) Complete with Booklet PRICE 50c POSTPAID—Outside U.S A, Add 10c



### Practical Psychomancy and Crystal Gazing

By

#### WILLIAM WALKER ATKINSON

A Series of Eleven Lessons on the Psychic; Phenomena of Distant Sensing, Clairvoyance, Psychometry, Crystal Gazing, etc.

#### PARTIAL SYNOPSIS OF CONTENTS:

Scientific principles underlying Psychomancy, Sensing objects by the Astral Senses. Projection of the Astral Body.

How to Develop Yourself. Development Methods. Concentration. Visualization. Psychometry. How to use the Crystal and Mirror. General Instruction.

Simple and Space Psychomancy and their difference. Seeing Through Solid Objects. Seeing Down Into the Earth: Diagnosis of Disease by Psychomancy.

#### The Astral Tube.

Psychometry. Five Methods.

Various forms of Crystal Gazing. Directions of "How to Do It," etc.

Astral Projection. What the Trained Experimentor may do. Space Psychomancy. What may be accomplished by means

of it.

Sensing the scenes, occurrences and objects of the Past, by Astral Vision.

Future Time Psychomancy. Future events casts their shadows before.

Dream Psychomancy. This lesson will explain many instances in your own experience.

No. 20—Paper Bound, 93 Pages, Size 6x4½ PRICE 60c POSTPAID Outside U.S.A. Add 15c

