

TWELVE LESSONS
in PSYCHIC UNFOLDMENT

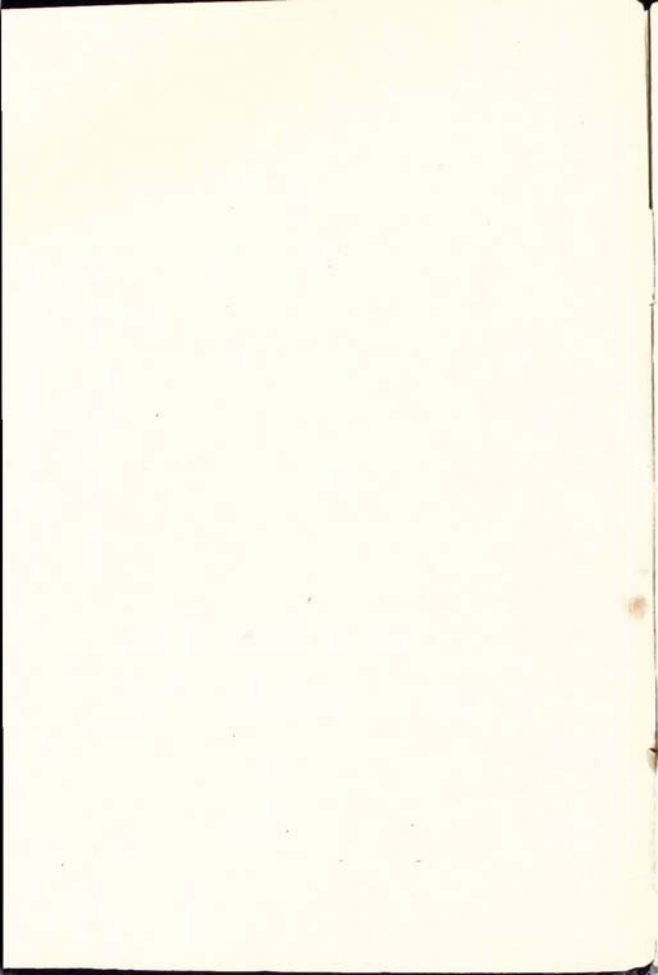
A Simple, Practical
Manual or Guide

*How to Attain Self-Mastery
and be Able to Use All
of Our Powers*

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IN this present age, where so many minds are inquiring regarding the psychic, it seems quite necessary that a simple, practical treatise be published as a guide to the beginner. With this in mind I send out the second edition of this little booklet, hoping it may supply some of the urgent needs along the above line.

—THE AUTHOR



PSYCHIC UNFOLDMENT

FIRST LESSON

One of the first principles the student in occult science must become familiar with is that this is a natural world and that everything has a place according to law, and that the law cannot be broken.

We often make the statement "we broke the law," while the proper statement would be, "we break ourselves on the law."

The one great law of Cause cannot be broken or changed but it must forever bring forth an exact effect which immediately sets up another cause and so on to Infinity.

Life is made up on the part of the individual of one continual setting in motion of causes and reaping the effect.

This is an all important lesson and must be learned sometime, somewhere, before real progress can be made.

We have become familiar with the term that like attracts like and yet so few of us realize its meaning to its fullest extent. Like attracts like because it is in the same vibration and cannot help itself.

Take two violins and key them alike, hang one on the wall, hold the other a distance from it and vibrate it, instantly the one on the wall will vibrate in harmony with it.

Now we are musical instruments of the finest kind and we vibrate together according to the harmony we are tuned to. Thus if we are vibrating in an inharmonious key we will attract to us the same vibration. Vibration is motion and motion is life and everything enters our domain on the waves

of vibration. Thus it becomes necessary in order to protect ourselves that we master the passions and appetites of the body or lower self, otherwise the passions and appetites will master us, the pivot point around which all else revolves is self mastership.

We cannot set in motion hate and reap love, or ignorance and reap knowledge. Each seed brings forth after its kind. The law applies alike in all parts of the Natural Universe, for the universal law is immutable, unchangeable. We may ignore the law and keep on hating and by so doing keep lowering our vibration until we sink lower than the beast, for as the human has the power to rise higher than the beast we also have the power to fall lower. We run the scale from middle C equally up or down.

To the one who desires to become a medium it is very necessary to master this lesson. The first question you should ask yourself before taking on the negative conditions which places you in vibratory contact with outside suggestion is, "Have I developed self control sufficiently to guard against receiving and acting out suggestions which I would not accept in my normal state?" for remember, no person should ever surrender his will to another so long as he wishes to remain in the body, for if you surrender your care of the body you leave it to be taken possession of by others and then we have a case of obsession. The human mind is like a garden into which seeds are forever falling, and if the will is not strong enough to weed out the growth that is springing from these falling seeds the growth will soon overrun the garden and obliterate the beautiful plants of its own sowing, thus the mind presents a jumbled up growth of ideas dropped carelessly by the law of suggestion and allowed to grow unhindered, the will putting forth but feeble resistance until the originality is blotted out and we become but the echo of others.

This is the tendency of negative medium-ship where without any prior instructions the individual places itself at the disposal of invisible minds who in many instances are incapable of mastering themselves or teaching anything to anyone and

who may still be living on a very low plain of thought. Because the human mind does not change at death, and in many instances changes as slowly after death as before. Thus the student sees the great necessity of careful discrimination and splendid self mastership before it attempts to contact the great invisible world.

Study and think deeply and ponder well this lesson as it is the fundamental or foundation upon which we will build the future lessons. Learn the value of silence and meditation. Keep the mind clean and pure that it may attract only clean, pure thoughts and influences and begin at once the practice of listening to the ticks of a watch or clock. Start with one minute and practice until you can hear every tick distinctly, then add another minute and so on from week to week, you will slowly gain mastership over your mind. Great care should be taken in this exercise to not tire the mind. Always stop when it becomes hard work. At first take this exercise of one or two minutes three times a day and at twelve noon stand straight and let the sun shine into your face and take three long, deep breaths. Inhale slowly and exhale slowly. Do not think that because a little is good more is better, but take the exercises just as given and the result will be GOOD.

SECOND LESSON

Man is dual in his nature, physical and spiritual. The physical is but the machine produced by the spiritual man for his use in contacting matter, thus the physical must be brought under the control of the spiritual. The physical man is possessed of many attributes. First, the five senses, tasting, seeing, hearing, smelling and feeling, and the passions. All these separate attributes are avenues leading in and out of this wonderful temple of the Living God Who dwells within.

Each passion was placed within us for a specific purpose, thus the love of food that we may eat to live. Most people live to eat, allowing the passion for food to rule instead of being ruled. This will illustrate all the other passions: Love of dress, sex and the many desires which are all good when ruled by the spiritual man and made to do his bidding; but when these passions, one or all, are not controlled, then they quickly destroy the physical man, thus the machine built by the spiritual man becomes useless and is thrown aside and goes back to the earth from which it was taken. The first step of the real student must be to learn the wonderful mechanism of his own being before he will know how to control and operate the same.

The training of the passions to obey the higher will requires great patience, courage and determination for the passions of man have been allowed to run wild so long, generation after generation, until we now have heredity to overcome in the form of excesses or uncurbed passions. The sins of the fathers are handed down even unto the fourth generation. Then you have the awful law of suggestion forever operating against you in the form of present environment, constantly suggesting excesses which must be guarded against every moment, thus to the student who desires to become master, "He must watch and pray continually lest he enter into temptation or lower his vibration."

I would have my dear student know in the beginning that you have started a great task and will require all your concen-

trated ever-growing strength to keep your feet on the straight and narrow path you have chosen. It can be likened to a mighty river, and the soul who is being ruled by the passions, the lower man is on that river in a boat without oars or rudder, and is swept rapidly along, sooner or later to be dashed to pieces (DEATH). Knowledge mans the boat with oars and rudder and compass, but it means a constant pull against the current which will mean aching muscles, little progress and possible accidents when you do not keep out of the way of other boats hell bent down the river, but patience and perseverance will in time harden the muscles, temper the nerves, clarify the vision, until you can traverse the River of Life safely, and as you become master of your own boat you may be able to attract others to follow your example, for remember, the greatest and only real teacher is after all—EXAMPLE—We teach by example, we practice by habit.

The mind, scientifically speaking, is made up of forty-two distinct faculties. This is the machinery, by and through which the mind functions. In the ordinary individual there is always a tendency to think at random. A dozen thoughts wandering through the mind without any order or system. It causes the individual to scatter, lack concentration, lack attention, not be able to hold to a given subject, lacking the power to express.

The exercise given in the first lesson is for the purpose of gaining control of the mind. You must first silence it, bring it under perfect obedience to the will before you can use it, and the continuation of the clock practice will finally produce results. In classes of forty students seldom will there be more than three who can on first trial hear every tick for three minutes.

LESSON THREE

Another pertinent question is what kind of mediumship are you looking for, and what do you expect to do with it when acquired? Remember our former remarks in regard to like attracting like; for if you have mediumistic talents, you will, on developing them, attract a class of spirits whose thoughts and desires are in harmony with your own; therefore, if your desires are for money or worldly fame, or what is called success, you will attract spirits whose only thought was and is yet, to make money and fame for themselves. These are the spirits who give us high-sounding names like Abraham Lincoln, George Washington, Tom Paine, and even Jesus Christ, poor ignorant spirits trying to create a little notice for themselves by borrowing names. The medium who is made the butt of this joke, started wrong. She or he got the wrong idea in the start of the meaning of Spiritualism, which in its highest sense was never intended to be the means of injuring human beings, but to help them; but our ignorance of the law caused us to start wrong, and thus we reap wrong results. Always beware of a spirit who glibly gives you a high sounding name. He is 99 times out of 100, a deceiver, and can teach you nothing. But the trouble is, they come to mediums who are so ignorant themselves, they do not see the incongruity of the affair. If they did, they would realize that they are not qualified to cooperate with advanced minds as the above. Also, the more ignorant a person is, the least liable he is to discover his own mistakes; and if another attempts to show him, and thus put him on his guard against being made to appear ridiculous by ignorant guides, these guides (or controls, as they call themselves) will immediately warn the medium against having anything to do with such a person, and will impress it upon his mind that they, the controls, will teach him all he needs to know. They will even advise the medium not to read books or papers; and thus they become the means of shutting out the light from the mind of the medium. This will grow until the medium will become indeed but a tool in the hands of ignorant, and many times, vicious, controls. They will call

the medium "My Instrument," and the poor medium has fallen so low that he cannot see his disgrace. Beware of any guide or spirit who will address you as above.

Of course, it is the medium's fault in the beginning, for not studying more deeply this thing called mediumship, before she or he opened the door and invited anything in the shape of spirits to hypnotize them. The most of us are so wild to rush into the limelight of public notice, and also to find a way by which we can get rich quick, or at least an Easy Way, to live, that we will submit to almost anything to gain our ends. Spirits of real worth, whether in or out of the body, will not associate with ignoramuses, as equals. They soon see the folly of casting their "pearls of truth" before swine, and thus they refuse to be even a teacher to the one who cannot or will not appreciate their teaching. Thus we must signal our willingness to be taught, by living a clean, moral, moderate life; we must be willing to do whatever task may be set for us to do, and lovingly do it well. The first task the Masters will set us is to clean up our own habitation; to learn to become clean in our thinking, and kind in our action. After we have cleaned up our own house and set it in order, the next thing will be to study your immediate surroundings—which will be your home, and through patience, gentleness and love, set it in order. When you have accomplished this, you are ready to try to fix the bigger house—society; but if you cannot manage your own house, by what reasoning do you convince yourself you are ready to give advice to others along the same lines? Remember, the greatest teacher is Example, and humanity is quick to note and criticize a teacher.

LESSON FOUR

I am not much of a believer in long prayers—my prayer is Doing; but if you pray, pray for "**More Light**" for the sake of humanity, yourself included, realize the danger of a little truth; and if your prayer is in earnest, and your desire is above all things to leave the world better than you found it, and you follow this up by a reasonable attempt at right living, you may be sure beautiful, faithful souls will respond. It is a great truth, that: "Knock, and it shall be opened unto you. Seek, and you shall find"—just what you are looking for. Thus, if for knowledge, you will open to the plane of knowledge; if folly, or self-gratification, you will open to that plane, and receive just what you desire. Thus, do not blame the spirits, or any one but yourself, for whatever happens, for you, yourself are in some way to blame for whatever happens.

This seems a queer philosophy after our old teachings, which in substance taught us to blame any and everything except ourselves, until humanity is floundering so far from the shore of truth, in the dark waters of error, we sometimes wonder if it will ever be able to return. On every hand the blind are trying to lead the blind, which only adds to the confusion; or at best, the teachers, or self-styled leaders, have only a half truth, which in many cases is worse than none.

So now, my students, be big and brave, and tackle the big truths, and master them. Never be ashamed because you do not know, but be ashamed if you do not try to know.

The slow growth is always the best. Remember, we have eternity to grow in, and that this is not the only life we live in; thus take time to grow right.

As I am teaching positive mediumship which eliminates the trance condition "in which there is so much danger, establishing in its place self-mastership, and as all Psychic experiences are sensed through the Solar Brain, and not the Head Brain, you see at once the necessity of controlling your mind. The medium who cannot do this will continually mix up their

communication with their own ideas—thus spoiling the communication. The Trance is used by spirits because mortals lack mental control. To gain mental control one should know something of the mechanism of the brain. According to the science of Phrenology, we have 42 faculties, each distinct from the other, and yet all used in the producing of thought, as a mechanic will use many kinds of tools, but as the tools must keep still and only move as the builder moves them, so should the faculties of the brain; to control the above faculties, is the first step in self mastership. Numerous methods are employed, looking at a black spot in a white background, or a bright ball or a crystal are all good. Be careful not to strain the eye. But the method I have found to be the most convenient and proficient, especially for new beginners, is to listen to the tick of a clock or watch; not to count them, but just listen, and not miss a tick. If a thought passes through your mind, you have lost a tick. It is best to start with one minute and when you can hear every tick for one minute then take two, and so on, until you can hold the mind a blank for fifteen minutes at a time.

This is a beneficial practice to cultivate attention; but the chief value is to teach us to control our minds; which we must accomplish, assuming the positive and negative states at will, at an instant's notice. You must be negative to receive, and positive to give out what you receive.

The mind of the ordinary individual scatters badly, and we desire you to bear in mind this fact, that until you can control your own mind, you will not be able to receive from, or give to another, successfully; but to the extent you can bring your own mind under control, will you be able to receive and give.

This practice is not alone valuable to mediums but to all people in every walk of life. Human failure is due in large measure to lack of self control.

LESSON FIVE

The secret of a circle is to form a magnet, and as the most powerful form of magnet is the horse-shoe magnet, seat your people in that form, alternating them positive and negative, and be ruled in this by the signs of the Zodiac.

The semi-positive signs can be used in the place of either a positive or a negative; that is, if you lack a positive person you can use a semi-positive person in his place; or if you lack a negative person you can use a semi-positive in his place. Always separate fire and water people, as they do not harmonize in a circle. This kind of a circle will be capable of producing great harmony, and can raise their vibrations to a wonderful degree. Have the opening of the horseshoe to the north or east if possible.

The signs of the Zodiac are as follows:

Aries, March 21 to April 19, Positive—Fire.
Taurus, April 19 to May 20, Positive—Earth.
Gemini, May 20 to June 20, Positive—Air.
Cancer, June 20 to July 22, Positive—Water.
Leo, July 22 to August 22, Semipositive—Fire.
Virgo, August 22 to Sept. 23, Semi-positive—Earth.
Libra, Sept. 23 to Oct. 23, Semi-positive—Air.
Scorpio, Oct. 23 to Nov. 20, Semi-positive—Water.
Sagittarius, Nov. 20 to Dec. 20, Negative—Fire.
Capricorn, Dec. 20 to Jan. 20, Negative—Earth.
Aquarius, Jan. 20 to Feb. 19, Negative—Air.
Pisces, Feb. 19 to March 21, Negative—Water.

Learn the above table so you can recall readily the various signs, whether positive or negative or semipositive, and which element.

Human beings are subject to this chemical law and by understanding it much inharmony can be avoided; and nowhere does it operate more powerfully than in a seance room, for there we become more sensitive to our surroundings than at any other time or in any other place.

A great deal of attention should be given to forming a circle or class in occult or spiritual unfoldment. First, you should select your people carefully, remembering that oil and water do not mix.

The student of physical science who has learned to read character from facial appearances will have no trouble to making his selections, but to the one who is not versed in these sciences, he will find it beneficial to know well each individual, their aims, desires, etc.

Those sitting for physical manifestations should not sit in the same circle with those who are seeking mental or inspirational phases, as the vibration is entirely different in the former case from the latter.

The physical phenomena requires a much slower vibration than the mental phenomena; therefore the vital or lymphatic temperament will succeed best in the physical phenomena, and mental and active temperament will succeed best in the mental or inspirational phases. Therefore, I would select the former to sit in a circle by themselves, as the vibration would be uniform and results would be sure to follow. I think here is one of the greatest mistakes the Spiritualists have made up to the present time.

When the above rule is not observed some will develop in a circle and some will only become tired out and will not receive any tangible results. You will often hear people say, "They take from me in a circle or meeting until I feel exhausted." The truth is, no one has taken anything from them, but the vibration is so much different to their own, either faster or slower, that it has the effect of tiring them, and they conclude they have lost something.

LESSON SIX

After you have properly seated your class, the first exercise should always be the deep breathing exercise. Sit straight in your chair and breathe together, the instructor counting for you. The instructor or leader should always sit in the opening of the horse shoe and should count thus: **One, two, three, four.** Now slowly inhale the breath, stopping instantly when the leader stops counting. Now hold the breath a space of two counts, then as the instructor counts: **Four, three, two, one,** slowly exhale the breath—keep up the breathing exercise for four or five minutes at a time for the first half hour. If all is well, no bad effects, add one count each night until you can take ten counts easily. Pause frequently during the half hour for normal breathing and if any one should feel dizzy let that one drop out for a time or stop taking the breathing exercise until recovered. The above is for the purpose of uniforming the vibration of the class and also to raise the vibration, after a few lessons or when you have raised the vibrations to seven counts use the wonderful word **Om**, which should be used while exhaling the breath. Intonate it in three syllables, thus: **O—AH—OM.** Run the sound together.

The word "**O—AH**" mentioned in the above paragraph, is a prayer, a cry of the Soul to its parent for help and conscious recognition. It has wonderful power to raise the vibrations. Twelve o'clock noon is a good time to use this word, when used by the individual.

If singing is introduced, let it be soft and low; it many times tends to assist the medium in attaining that esthetic state known as self-hypnotism, which is required to enable us to reach the spirit world. We often remark, 'The spirits come to us'—The truth is, we go to them, especially the higher or more spiritual spirits, higher in their acquired state of vibration.

I have had spirits lift me almost off my feet and give me a rapidly moving sensation; then again they would seem to

have the effect of lowering my vibration until I would seem to sink down and almost cease motion when they came in contact with me; thus the necessity of one being able to control himself at such a time.

On entering the seance room, be quiet and orderly. Do not enter into conversation, but quietly take your accustomed seat, and place yourself receptive to receive; but **always retain your judgment**, to weigh and balance what may be given.

One trouble with Spiritualists is, they leave their reason and judgment outside the seance room too often, and therefore, are easily fooled.

LESSON SEVEN

In cultivating mediumship three things are absolutely necessary—self-control, order and regularity; and in no place is this order more required than in the seance room, which should be held a sacred place, the Holy of Holies, not a mere side show, to admit the common herd and entertain them at so much per head. Music, while valuable, should be used aright; if singing is used, let it be soft and low, and all should join if possible. Harmonious singing raises the vibrations; also listening to fine instrumental music. If you have the opportunity to hear good music, do not miss it, or if you can play yourself, try to play some each day. But, as good music is beneficial, poor music is detrimental.

Each seat should be numbered in a seance room, and each member should know his own number and be sure to take the same seat each time. The reason for this is that the chair has its response to magnetism, and after a few times of being occupied by the same person, it will respond quickly, and thus assist rather than retard. Everything in nature is subject to this law of vibration, and when its is properly understood it can be made to serve man, and not hinder him. Electricity is vibration—and it becomes a mighty power when understood and handled by experts who know what they are doing; but it will destroy as readily if not understood. So with the Psychic Laws that bring out such power in us that can make gods of us, or the opposite, as it has all potentialities, to destroy, if not properly understood. Remember, no man can break a law, but he can break himself against the law.

So with mediumship, he can break himself against it or he can work intelligently with it, and get the good that is intended for him, and open up a new and marvelous world, by not losing control of himself. In mediumship, as well as all other circumstances of life, keep a firm, strong hold on the staff of REASON.

The law of vibration expresses itself between human beings in many ways. The one who is operating on the same plane

of vibration will think the same thoughts; will express themselves in the same manner; disagreements are the result of two people operating from different planes, or degrees of vibration. Notice this in walking with another; the one who walks faster or slower tires you, while the one who takes your exact gait rests you; thus the habit of keeping step. With such a one you can walk far without fatigue. In this way you can tell whether people are vibrating with you or not; if they rest you while in their presence, all is well; if the opposite, all is not well—GET OUT. The same way with spirits, as you begin to feel their presence, be guided by the same rule; remember, the lowering of your vibrations makes you feel sleepy, dull, morbid, melancholy, also dull anger, envy, revenge. The raising of your vibrations above normal makes one nervous, flighty, fidgetty, quick to take offense, sensitive to heat or cold, fluctuating appetite, great restlessness, wakefulness. Remember, a steady breathing exercise taken **each day** at the **exact same time**, according to need, will correct whatever the condition may be. If the vibration is too low, raise the number of beats, or counts; if too high, lower the number. Thus, if the condition comes under too slow, take the exercise in the early morning, or at 12 noon; inhale the breath while you count eight, hold for a moment, then slowly exhale while you count eight, and continue for five or more minutes. If this exercise is continued, I will guarantee it to cure any case of low vibration. When the vibration is too high (as above) take the exercise the same way, only in the evening, inhale the breath slowly, and only while you can count two, or four, at most. Sickness is the result of this lowering or raising of the vibrations. No one need be sick who knows the law, and keeps the same.

To be a healer you have but to observe the above law, and have the patient hold such positive words as Love, Life, Strength, Power, God, or Good.

LESSON EIGHT

There are many phases of spiritual phenomena, physical and mental, but the most desirable is the mental because of its educational tendency. The mental phenomena of Spiritualism is bound to lift the mediums higher in their mental and spiritual natures, just as reading a good book tends to refine and cultivate the mind, because it brings you in contact with pure and unselfish souls. As we cannot touch smut without becoming tinged with it, so with the pure. If we come in contact with great souls we partake of their greatness. Some of the popular phases of phenomena are materialization, slate-writing, trumpet speaking, table tipping, levitation of heavy objects, etc. All of the above is mystifying and startling, it attracts attention, but it does not educate, it only prepares the way.

Spiritualism without the phenomena would be no better than any other religion, as they are based on belief. But Spiritualism with its phenomena becomes more than a belief; it proves its assertions, and thereby establishes the truth that souls survive the change called death.

The mental phenomena may be described as follows: Clairvoyance, or clear seeing; Clairaudience, or clear hearing; Psychometry, or soul reading, trance or inspirational speaking.

Automatic writing is a phase embodying both the mental and physical.

In forming a circle for physical phenomena, observe the same rule as in the mental circle, placing the sitters according to the signs of the Zodiac and in the form of a horse-shoe; only have a cabinet in the opening of the horse-shoe, and take turns sitting in the cabinet each evening, especially if you are seeking materialization or slate-writing. If you have no cabinet, place a table in the center of the circle with the slates, paper, pencils, and have a light always. This light should be the same color as used by photographers and should be quite dim.

Observe the breathing exercises, also introduce low singing, in which all should join, if possible. No conversation should be entered into during the hour of sitting. I have seen in-harmony produced in a circle as the result of some one starting a conversation, or of telling what they have seen or heard. You only disturb some others from their development if you begin to tell your experiences. I have seen whole circles disturbed and completely spoiled for the evening by one person demanding all the attention. Of course, such an one would lack self-control, and should not think of sitting until they have learned to control themselves. I do not think it requires a great while to develop mediumship; if you will develop at all it will show itself as soon as you place yourself in the proper condition. If, having the proper conditions, you do not at once show signs of unfoldment; better wait a while than to tire yourself out trying to receive manifestations when perchance you are not ready. Remember, God's, or Truth's, time is not necessarily our time; so bring yourself to say, "God's will be done." One of the first manifestations of mental phenomena is to see large globes of yellow light roll toward you and seem to burst in your eyes while they are closed.

One of the common sights in a phenomena circle are small lights as large as buttons seen floating about the room, and raps on the table, chairs or wall.

LESSON NINE

One of the essential faculties for a medium to cultivate is self-confidence, or faith in yourself; otherwise you will not give out what you see or sense. What you receive is for use, either for yourself or others, and if you fail to use it, then it is useless to give it to you.

Many times what you get is given in symbols.

You will also be able, as your sight clears, to see colour auras surrounding human beings, and it is very necessary that you should understand the meaning of colours, or you will make mistakes in your interpretations.

I will give some of the definitions of colour and symbols in this lesson.

Taking up the colours first: Primary colours are what you want to learn as the different tones and shades are only sub-divisions, or blendings of the original colours.

In this lesson we will also try to show the relation of music and colour; in fact they are of the same vibration. In the beginning, we are told, all was dark, and dark shadows floated on the face of the waters. Then all was in a low, almost motionless state of vibration. Then God said, "Let there be Light," etc.

The first light to appear in the prism is the white light, which holds all possibilities, as the pure white light is the body of all colour. So it came to pass that white light dispersed the shadows and the varied vibrations of colour and sound began their mighty work of moulding and shaping matter.

We have seven notes in music, and seven colours in the prism. The low bass note has a slow vibration and a very dark colour; each ascending note gives a higher vibration and a lighter colour. The "do" of the second octave would be of the same colour as the "do" of the first octave, only lighter in shade. The "do" of the third octave would be still lighter, and so on. The lower octaves all below middle C represent

the masculine, or positive; the higher octaves above middle C represent the feminine, or negative. The study of music reveals the mighty lesson in connection with the duality of forces; here again we see the feminine shine out as the leader; the masculine is but an accompanist, a supporter, as is the positive force in all Nature,—thus the necessity of cultivating our finer feminine qualities whose attributes are Love and Intuition.

If the aura, or atmosphere surrounding a human being is dark, you will know that they are in a very low state of vibration mentally, and would repel the light you would have for them. But if there are light streaks through the dark you will know that they are beginning to move in their spiritual nature, and whatever you say to them will have the effect of inspiring them toward a still higher rate of vibration, until, finally, their Aura will show a pure white light. Now you have the expectant vibration of a child—"Except ye become as little children, ye can in no wise enter into the kingdom," etc. Therefore the white light is receptive to truth, while the black is repulsive to it. Thus we fear the dark, and love the light.

Always beware of spirits who come into your vision dressed in black or dark earth clothes, unless it is only for a moment to prove their identity. By some peculiar way they used to dress, but if they immediately change to light garments all is well. If they cannot do so, you will know they are earth-bound souls. An earth-bound soul is one who is still bound by some of the controlling habits of earth life and as such they are no guide for us.

LESSON TEN

The human voice also denotes character. The low, heavy voice is strong physically, but will not be as strong mentally; they do not balance well, too much male or positive force. The other extreme is the high pitched female voice, too much female or negative force. It is to the contra-alto or medium pitched voice that we look for the balanced natures. Below will be found the seven notes of an octave and the colours that correspond with each note:

Do—Black; Re—Brown; Mi—Red; Fa—Blue; Sol—Yellow; La—Violet; Si—White.

These are the shades of the first octave; black or brown are dark shades and except as they become mixed with other colours their vibrations are, as has been previously stated, very low. The red shows the first step in the developing of love and raises the vibration in a powerful manner. As the shade of red grows lighter and clearer, the love grows more divine or unselfish.

This was first evolved by the love of the mother for her offspring. In all the lower kingdoms of animal life as well as the woman, the female developed this love first and from the developing of love for the offspring comes the next step—intellect or reason to plan ways and means to protect that which was loved.

Blue shows the first rays of intellect, and as it advances the love of science, truth and reason is shown.

The "advancing" means as the blue is dark or light in shade you would judge your vision, if dark blue a low form of intellect or reason growing more brilliant as the blue grows lighter.

Yellow shows the awakening of the higher self, commonly called spiritual development; the higher self is spirit and when we become what is called spiritual we have only become ac-

quainted with the higher self which is all good or God, unselfish, pure, universal in thought and action.

In the violet we see a perfecting of the highest contained in all. As we raise in the octave of colour the violet becomes more and more perfect and powerful. It gives love of truth, goodness, humility, lowliness, divine zeal and spiritual affection.

Be careful we do not confound violet with "purple" which is made by blending red and blue—which gives rulership—which is very different to the qualities of violet. When we can show the violet colour our friends will surely know it as it is the beginning of mastership.

Now the different shades of colour are made by blending these primary colours with the mother of all colours—light or white; thus the sun, moon and stars, lights in themselves, are only recognized through the great white light of our being, which is the higher self or Spirit.

LESSON ELEVEN

There are two types of Clairvoyance and Clairaudience. The most common is to see and hear. You will hear a medium say, "I see a vision of a green field," which will signify so-and-so. Now, this is common Clairvoyance, or "I hear a spirit speak to me and he says so-and-so." This a Clairaudience. But when you hear a medium say, "I sense a spirit is near, and I am impressed to say "so-and-so," this is called Impressional Clairaudience or Clairvoyance, the far more reliable and better types. The former you may wrongly interpret, but the latter with a little careful consideration on your part to put into words just what you feel, you are bound to get it correct.

This is the secret of Psychometry. You take an article in your hand and then become passive and note carefully your feelings and tell exactly the different sensations that pass over you. Do not stop to reason; just speak out what comes in your mind.

We use Clairvoyance a good deal in Psychometry, the impressional mostly. Now for a few words on symbols. There are such a variety of symbols I could not name them all, but will try and give the rule that governs symbols. In the first place, if you have mastered the colour lesson you have the ground-work for symbols.

If a spirit comes before you dressed in black or very dark clothes, you will know at once they are undeveloped, unbalanced entities, too much positive force; but if clothed in light shades of color or pure white they are progressive to the degree of the purity of their robes. As the robes but represent their auras, this is the best way to test spirits. Sometimes your symbol will come in the form of a landscape; note closely how it appears. If the fields are green, or freshly plowed, or the grain seems grown or ripened. If the field is only plowed it would indicate a start the individual had made, but if the field is green a still greater start, but it would take time to develop results. If the grain was ripe they would be very near their success. Sometimes a wild, barren field will be

shown, all covered with rocks and weeds; then the one you are reading for would be like such a field, wholly uncultivated.

Then mountains will be shown and you will see the person either climbing or standing at the bottom; now, wherever you see them you will read them accordingly. If at the bottom, they have started to conquer self, for, remember, all success is contained in those two words—self-conquest—but if the person is climbing or at the top, they, by their own efforts, are succeeding.

Trees are read in this way: A beautiful tree, symmetrical in all its branches, but bearing no fruit, represents a life capable of great work, but so far giving but little to the world; but an ugly, gnarled looking tree with no fruit denotes a miserable, selfish nature, expecting everything and giving nothing in return; a tree laden with fruit shows a useful, valuable life. Sometimes you will see a person picking fruit from a tree. This will indicate splendid success for the individual.

Animals will be read in this way: A horde of half-starved looking animals following you, or the one you are reading for, is in possession of a truth for which souls are famishing, and you or they should turn and teach them. Fat, sleek cattle will indicate success in some form for you. A medium can read for themselves in this way, applying what they see to themselves.

To see or sense yourself riding on the back of an animal is the symbol of great success brought about by others helping you.

Inspirational speaking takes two forms, the unconscious and the conscious state. The unconscious or trance state is frequently used when the medium lacks in self-confidence, but the spirits usually remove their influence as soon as the medium can stand alone. Then we become perfectly conscious of what we are saying, but we recognize a peculiar help like the words will seem to be put into our mouths. This is commonly called inspirational speaking. All speakers are helped more or less

in this way, according to their degree of receptivity. Well-balanced natures who have themselves under splendid control will manifest the best form of inspirational speaking. Remember, we must study and practice the former lessons to arrive at this state. Remember, Heaven or Perfection is worth striving for, and that everything comes to one who is willing to make the attempt and put up a good fight to conquer self.

Again I say, lose thyself in the physical to find thy higher self, which is perfect even as God is perfect.

LESSON TWELVE

One has many experiences in dreams that are valuable in teaching the lessons of life, and as you pay more attention to your dreams and try to remember them they become more distinct and real. The soul functions on the Astral plane during sleep and the trained Psychic can soon learn how to gain great experiences in this way. Some of my greatest lessons I have learned in this way.

If you dream you are flying or being lifted up and see beautiful landscapes, flowers or colors around you, all is well. Creeping along on the ground in your dreams, or constantly feeling depressed, are certain indications that you are in bad company. An earth-bound spirit cannot injure any one unless we enter their domain. Now, when we speak of spheres, or domains, we do not mean a place or location, we mean a condition, or state of mind—in other words, vibration. The Christ said: "Be ye in the world, but not of it." Which means we should be able to associate with all kinds of people, or spirits, and not be influenced by them, if we are constantly on guard. If we constantly carry love in our hearts for every creature, then hate cannot reach us; but if we forget, and drop to the plane of hate, then all that lives on the plane of hate, will at once be attracted to us. Allow yourself to get angry, and note how the means things will shape themselves in your mind to say, "Now say it," and you will sink to lower and lower planes, and baser suggestions will be made, until you will be swept along by a seeming current to ever lower planes of thought. No one is to blame, (certainly not the poor, ignorant spirits who are doing the damage), but only the one who lost control of himself, and by so doing dropped to the plane of Hate, where he would be injured.

I have had some peculiar experiences, which have proved many things to me. I have made many trips to the invisible world, in the psychic state, and learned many lessons, I will take the time and space to relate one to you, and hope you may get the same lesson from it that I did.

As nearly as I can remember, I seemed to go to the dark world of spirit on this occasion, to find a young boy who had become lost. I searched long and patiently for him, and at last found him surrounded by a number of women who in life had lived immoral lives. They seemed to be trying to get to him, but while they held him a prisoner, his own purity protected him, and they could not quite reach him. He seemed to be badly frightened and was trying to get away, but his very fear made him **negative**, and held him under their spell. I had traversed the dark sphere, up to this time, without being seen by any of the inhabitants, and while I could see them plainly, they could not see me. (The greater can always see the lesser, but the lesser cannot see the greater). But now, naturally, when I saw the way those bad women were surrounding the dear boy, who appeared to be no more than fourteen years of age, I allowed myself to become angry, and in a moment they saw me, and with a yell, they came at me. I have the remembrance of picking up a board and beginning to strike right and left. **Now** I had become one of them, and had reduced my strength to the level of **one** of them. The result was that they soon had me down, beating me in an awful manner, and they said: "Let us rub our sores on her," which they did, though I fought as hard as I could, but to no purpose, for I was getting the worst beating. But in the midst of it all a thought of pity seemed to shape itself in my mind for those poor souls, and I began to feel sorry for them. In an instant I was on my feet, and to my utter amazement found that they had lost sight of me. My thought of pity had raised my vibrations until I had vanished from their sight again. I stepped up to the boy, who could still see me, and said, "Come quickly," and we started to run, thereby evidencing **fear**, and as we did so, they saw us again (**FOR REMEMBER, FEAR lowers the vibrations as much as HATE**), and started after us, but we outran them and got away.

From this experience I learned what it means to be able to, **under all circumstances, keep an even mind, or vibration.** When you, my dear student, have learned this lesson, and can practice it in your daily life, you are thenceforth **MASTERS** on earth, or in heaven, or in hell.

