The adepts twenty-two laws of mediumship at a glance,

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The Adepts Twenty-two Laws of Mediumship

AT A GLANCE BY

Prof. S. E. Buswell

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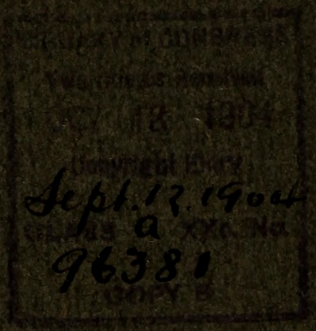

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THE

Adepts Twenty-two Laws

OF

MEDIUMSHIP

At a Glance by

PROF. S. E. BUSWELL

The Master Adept of Occult Science

and Mediumship

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PREFACE.

As I do not desire or expect anything but fair treatment, and believing that my work is the best of any now known, having been gotten up by myself alone as the results of 18 years of study and demonstrated success in the art of developing students, and helping others along the path of light, I believe it is not too much to ask all to be as fair as I have been in endeavoring to teach in this work. what has never, as far as I can find, been taught before. And I ask, for my own protection, for all to take the following obligations. And I now reserve the rights to copy for sale without my consent. And those who believe in fair play will not do so.

PROF. S. E. BUSWELL.

BF1286
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THESE LESSONS ARE NUMBERED AND NAMED:

No. 1. How to sit for clairvoyance.
No. 2. Sensitiveness.
No. 3. How to concentrate the eyes and ears.
No. 4. Concentrate for spirit control.
No. 5. Concentration of the inner spirit.
No. 6. Passive and negative
No. 7. Attraction forces.
No. 8. Repelling forces.
No. 9. Psychometry.
No. 10. Will force.
No. 11. Mental telepathy.
No. 12. Diagnosing disease (without questions).
No. 13. Magnetic healing.
No. 14. How and where to treat various diseases.
Nos. 15 and 16. SUGGESTIONS.
No. 17. Mesmerism.
No. 18. Hypnotism.
No. 19. Different ways of using hypnotism.
No. 20. Sound vibrations.
No. 21. Automatic writing.
No. 22. How to start in the work.

ADVICE.

To the student who is about to become a medium this word of advice is needed: Do not expect too much at once. The world was not made in a day, neither will you get results in a day, but by practice, and that faithfully, each lesson, as a lesson first, then united with others, will produce results as you in turn apply them.

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OBLIGATIONS.

A sense of honor to be given by all students who take up this course of instructions as a part of the valuable information herein contained and for the protection of PROF. S. E. BUSWELL'S work. I do upon my sacred honor agree to keep the following obligations: 1st—Never to use this knowledge of this work to take advantage of my fellow-men. 2nd—Never to instruct any one in this work outside of my own family for less than this amount, i. *e.*, $15. 3rd—Never to loan outside of my own family these instructions for copy or other purposes, nor will will I copy them myself for sale without first obtaining the written consent of PROF. S. E. BUSWELL.

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LESSON NO. 1.

How to Sit for Clairvoyance.

Sit in as easy a position as is possible, not in too much light, and remain in perfect silence in this condition for at least 30 minutes each day for at least 3 days or a week, or until you have mastered the art of being still without a thought going through your mind. Then go on to the next lesson, and do not do so until you do.

LESSON NO. 2.

Sensitive by Breathing.

This is the most important of all the lessons, for by it health is gained and the whole body is put in proper shape for spirit control. This should be done at night, when first going to bed and just before getting up in the morning. Now with an easy position lying on your back, without too much clothes over you and not too many pillows under your head, throw well out your arms and feet so as to have the body divided into parts, the right lung for the right side of the body, the left lung for the left side of the body; now bring the fingers to a close, not with a hard grip, but on an easy fold loosely, then with the head on an easy level with the body breathe through the nose long, deep breaths, fully inflating the lungs and bowels, let the breath out of the lungs as slow as you take it in, always through the nose; do not hold the breath in or out. Repeat this at least 5 minutes night and morning, as you would judge the time. Now the results of this exercise is that you will feel a new strength in the morning, and a restfully soothing feeling at night. But first there will be felt a warm heat or glow, first across the lungs, then down the arms, then down the trunk of the body, then last down the limbs to the feet. Now this is electrifying your whole body, for your body is composed of bone, blood, muscle, nerves, etc. Now it is the nerves I wish to speak of. Your nerves should vibrate keenly, the more so the better, just as the wires of a piano does when one note is struck. Now your nerves are supplied with what is called the electric vital fluid, which is generated by each breath you take in. It is not the food taken into the stomach that you live on, but the air you breathe. Now as there are all kinds of chemicals in this air, and as one or more come together make different things, so, too, when the air rushes into your lungs, coming into contact with the heat of your body, combustion takes place, and the result is this vital fluid spoken of. Now you can give a man all the very best blood that can be had, but take the nerves out of him and what is he? A dead mass of matter. But, on the other hand, give him a large amount of this fluid, and he can lose a large amount of blood and recover. You will say that he has a great amount of vitality. Correct. But when your body is in this perfect vital condition there can be no disease, and now, as you get your body charged up, the small nerves that have so far been robbed in the past by the larger ones, will vibrate to every sound that you will hear, and much more keenly than in the past, but not of a startled nature, for they will be strong and yet very keen, which is the point to be gained.

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LESSON NO. 3.

Concentrate the Eyes and Ears.

First let me give you an illustration. If you were in a lonely place and in the distance an object should loom up and you were not sure what it was, what would you do? Or, if you should hear a sound faintly, what would you do? In both cases you would center your forces on your eyes and ears; you would bring all the strength you could to bear on them—on your eyes to make them strong and on your ears to make them hear more keenly. No one would need to tell you to do this; the fact is, you would do it every time. Now do this after you have taken your breathing at night. As you are getting sleepy bring your forces to bear on your eyes, as if you wished to see with the lids closed, etc, and on your ears to hear any sounds. If you are lying on your side, then the ear that is on top or uncovered center upon. The under one let alone. Now go to sleep in this condition. Let it be your last thought. This in a little while will make your eyes and ears sensitive and strong, and is teaching you how to bring with your own will force that power which you would otherwise only use involuntarily; also it gives your own spirit guides a chance to come and work upon you while you are asleep for clairvoyance and clariaudience. Now before taking up the next lesson, put these into practice for at least 3 to 5 days; or, better still, for good results do not take up the next lesson for a week, or until you get some results of these past two lessons as I have given them.

LESSON NO. 4.

Concentrate for Spirit Control.

Take a small looking-glass the size of the top of a teacup, or 3½ inches in diameter. Place it against the wall door, or wherever you desire, according to your room, in a direct line with your eyes as you are sitting in a chair. Now with not too strong a light in the room, and if the light should come from a window or side of the room, then have the light come over your shoulder. Now let your eyes rest on the glass, looking at it easily but not with a stare. Inside of 15 minutes your eyes will become drowsy and may water a little. If so all right, and should they want to close, let them. Do not resist it. Now the glass that you first looked at will become illuminated, as you will bring your forces to bear on your eyes, and the first lights you will see will be a hazy vapor that will turn to a brilliant arc light color, then shooting lights or stars, then shadowy forms, then faces, etc. Now as your head will want to move forward to the chest of your body, let your eyes come over and center on yourself. If you go to sleep so much the better; but first you will feel an easy chill go over your body (and do not fight it off), and then a floating sensation, as if you were held in boyance by water when in bathing, and if you have a swaying back-and-forth sensation so much the better, or if a sudden jerky convulsion is felt, welcome these sensations with pleasure, as some spirit friend is trying to manifest to you by getting you into the proper vibrations.

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LESSON NO. 5.

Concentration of the Inner Spirit.

This perhaps better should be called the SOLAR PLEXUS development. However, I will give you a little of anatomy. You know that the spinal cords or nerves are a continuation of the brain, and that all nerves of the body center on these spine cords, with but ftw exceptions, they being directly with the head alone. Some of these nerves are nearer the surface than others, like the nerves of the hands and feet, etc. Now just below the ribs, in the center of your body, lies the SOLAR PLEXUS nerves, which are the nearest of all to the surface and therefore more easily to become sensitive, which is the thing you want now. As your eyes close and your head drops forward (in your last lesson) let your forces that you were sending out when you first sat down now be turned into yourself, after you get into the drowsy state, using one hour if possible to this practice, at the same time each day, choosing yourself the time that you can be the most quiet and undisturbed. For I have found, and you will also, that the spirit friends are very prompt when their hour and time is ready for them, and to encourage them to be prompt at your call also. It will make no difference what hour you choose, but remember it must be kept up at the hour set aside for that purpose by you.

LESSON NO. 6.

Passive and Negative.

Not much ought to be said by this time on this subject, as all along you have in past lessons been taught to hold yourself in an easy, passive frame of mind and body while in your concentrated state. You have a spirit body as well as a material body, and as long as your own spirit body is encaged in your material body no other spirit can come into it or take control of it. And that is the reason that you must learn to both become able to concentrate and become passive and negative. When your state of passiveness comes and you drop away into the semi-trance condition, as it is termed, and go out of yourself, it is your own spirit that leaves you, leaving you in this sleepy condition or state. And just as much as your own spirit goes out, that much can your spirit guides come in. As you go into this trance condition let your mind be still, only what things that come to you while in that state remember or think of, and nothing else. Aim to think of no one thing more than another, and aim to see nothing but what is shown to you by the spirits, and desire to see everything strong. Now put these last lessons into practice until you have mastered them and have been able to receive the results that have been spoken of, and do not go on to the next lesson until these are well mastered. If you wish to have the results that has been desired for you, you should be at least two weeks with these lessons.

LESSON NO. 7.

Attraction Forces.

How to draw this is simple but not easy. First aim to draw the magnetism of the living by personal contact with them. Now take their hand like this: Let your hand with the first finger extended grasp theirs, extending your finger through their palm

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until it runs up their wrist. Bring the other threee over or under the back of the grasped hand. Place them between the cords of their third and fourth fingers. This puts you in contact with the two strongest nerves of their arm. Now with a gentle pull towards you, you can come in contact with your friend's magnetism and you can draw both strength and pain at will as you desire as you find you can draw by the hand so, too, you can by setting the desire to draw. You can draw without touching any one. Draw to you simply by pulling to you. Now as you can draw from the living so, too, you can draw from the spirit forces and people at your desire.

LESSON NO. 8.

Repelling Forces.

If hand to hand you give an apple to another, you would no doubt extend your hand. This would be in line of giving or going against yourself. Now if you want to give out to another your forces and can get the hand, take it, the same as in No. 7, and with a little pressure against the hand (you taking it the same as if you were going to hold on to a friend you had not seen for a long time) press against the hand, and keep it up for a few minutes, and it will convince you that you can give out to another; but do not be too hard on yourself at first, as you might cause a pain, first in your arm and hand and then start up a weakness, but by practice the arm becomes strong and no trouble will be experienced. Now do not be satisfied with the first attempt with this exercise, but try several until you have become sure of your power.

LESSON NO. 9.

Psychometry.

The magnetism of every person goes out constantly and pregnates all things around it. Now, first of all, put yourself into that quiet state just the same as when you sit for concentration. Now take up an article (watch, knift, glove, etc.) of a person whom you well know in general character, his likes and dislikes, temper —quick or slow—in motion magnetic or electric, etc.—some one you are around with a good deal. Now bring the article to the median nerves of your hand or close to your wrist. Now with your fingers clasped around it draw to you the magnetism of the article until you can tell and detect the same feeling as if you were near the person who owns it and felt that instinctive feeling that you would have with that person different from any and all others. After you get one, try another, until you have a number getting the same quality that you know each one possesses. Then take those you do not know. This is termed the material plane. Now for the spiritual plane, as by this time you have found that you can draw and get some things by articles from the living. Now as you find in the magnetism of each some qualities that you have found before a little stronger or weaker, you will say that such a person was of such a temperament, quick or slow. He or she is of such a principle, good and strong in force, or weak and negative; so on you, you will find things come to you that you never dreamed of. Then, with the spirit forces around you, and around the one you are reading for, they being in your friend's magnetism and you having something that belongs to that person, they will impress upon you what they want you to say to

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them. It also causes you to use your clairvoyance, they if possible building up so that you can see them together, with the feeling that though over you, you can tell or describe them and give out their message. Practice here counts, so the more the better in fact. This one phase harmonizes with all other phases, and it makes a way for clairvoyance. First you should seek to get the magnetism, then get or bring your clairvoyant powers upon the article held in your hand and see what kinds of lights you can get around the article. Then, lifting your eyes from the article held in your hand, center upon the person direct, aiming to see what things are around them. More will be said on this later. Now for the different kinds of magnetism. An ELECTRIC person is one of a very nervous disposition, always in a hurry, never still, all the time needing excitement to feed upon—one that will be on the move and travel all the time, quick in temper, and the article of such a person will be warm and hot and vibrating. A magnetic person is one that is just the reverse of the other—never in a hurry to make up his mind, loves to stay at home, wants perfect harmony and must have it. They are perfectly willing to let the world run on in its mad race, but they will lag behind and eat a good dinner, which they are fully capable of doing. Their article will be cold and lifeless, like a stone, no vibration at all. They go through life with the world moving as it will, caring not how it goes. The third and last person is one that has the atributes of both the former ones. They can whip themselves along and drive ahead, or take it easy. They have enough of both the others to have a balance temperament, which they are called. They are the money-makers, as they take advantage of their opportunities and go through life with their eyes open and always profit by experience. An article from such a person will be both cold and hot, dead, without any vibration on the one hand, and then warm and vibrating on the other. You will find both these conditions. Now before taking up the next lesson put at least a week to this practice alone, for the better you master it the quicker and better will be the future results.

LESSON NO. 10.

Will Power.

This lesson is what I believe one that is not known, or at least given out, by any one, unless by some of my own pupils, and a very important lesson it is. WILL FORCE. This is just as important as the last one, for much of the future depends upon it. Now after going to bed at night before now taking the breathing exercise (which you, of course, have been keeping up) place your hands with the tips of the fingers interlocking together so as to have a sharp edge at the top of the fingers. Now place your hands in this condition with the tips of the fingers locking together under your head where the cords can be found that supports the head. Now bring the fingers to bear just in the center of these cords, letting the full weight of the head rest on the finger tips. Now begin to spell mentally to yourself this word in this manner: W, easily; I, stronger; L, stronger yet; L, still more so. Then, with all the force you can command, pronounce the word WILL. This, bear in mind, is a mental lesson. Repeat this at least 5 or 6 times, and increase as you desire. In a short time you will find there is an increase in your strength of voice,

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eyes and ears. When you are talking to any one it also gives you the needed force to draw from when you need to become positive. It in time causes a fullness in the back of the head, where these cards spoken of are. You are by this exercise sending into yourself the positive and negative forces of your own body so as to have it ready to call upon when you need it for help to strengthen your forces. Now while on no one of the past lessons must you to become perfect quit practicing upon at any time, yet, as lesson by lesson you are given to study, simply add them to what has already been taken, and do not slight any one of them, giving the time to each lesson as I have here laid down to you before taking up the next. If you go over my time set, so much the better will it be for you.

LESSON NO. 11.

Mental Telepathy.

Take some one whom you are well acquointed with, for without this you will not be successful in sending or receiving a message. Now draw to you the magnetism of your friend, so as to seem to you as if you had that person standing before you. Now bring all the forces to bear that you can, then strongly send out your message mentally and aim to reach the solar plexus of your friend, at the same time to have him answer by the same method. Afterwards compare both the message sent and received. Now it takes practice, but not as much as it might seem. You will use drawing force, clairvoyance, sensitiveness and will force here. You know that a person has to have a transmitter and a receiver to send a telephone message, and without it the average could not before the wireless system came into use do anything. Now your body is both a transmitter and a receiver. The transmitting is done from the head. And here let me say that the strongest place to concentrate is between the eyes over the nose. The stronger you can do this the better, and by this time you should be sensitive at the solar plexus, so as to able to receive, fo there is where you receive all intuitive thoughts. Now it is according to all experience that only those of perfect harmony and those whc can draw magnetism of their friends can use this power at all, and to attempt to use it with strangers would not be as successful at first as would those whom you can agreee with. In sending a message be sure and make each word sent positive and strong, and if you keep repeating it for a short time before sending the next word, so much the beter.

LESSON NO. 12.

Diagnosing Disease

Is without question something that every medical doctor cannot do, yet the physic should not find it hard. First take the hand, the same as in No. 6. Draw the forces to you. First find out whether even or not. Get their general condition. Now let your eyes rest over or on them near their head, and slowly drop your eyes over the different parts of their body, and as you do this draw their magnetism from that part of their body to you through their own hand, pulling towards you with a gentle pull in a downward manner. After you get below the waist line then raise the elevation of their hand and draw with an upward pull. This will with a little practice, according to your own knowledge of the different locations of the different organs of the body, put you onto the art of telling any one every ache or pain in them.

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LESSON NO. 13.

Magnetic Healing.

It has come to stay, and people have become acquainted with the fact that the medical doctor is not all there is, and that the healeh who uses natural law can do more and be equally as successful as the medical doctor, but they both should at times go hand in hand, as there are things that the healer should not do; but all nervous troubles and things that come from the field of troubles will yield better to the magnetic healing treatments than to any other kind of treatment. Now you have learned how to draw and give out forces with the hand. Now if you have practiced as you should you will have found developed a battery more or less strong, according to your ability. This would seem to another somewhat of a jarring or trembling vibration, which is what it should be; also you have found you can draw your forces together so as to regulate them at will. Now remember that that force you now will be using is your own vital force, charged as it may be by your own spirit guides that you have by this time drawn around you. Now do not abuse yourself at first, and afterwards you can tell how far you can go with your strength. Then, as you have practice, you will increase in power as you come to understand yourself. Now, after treating any one, be sure and throw off all conditions. If possible wash your hands, if you are so that you can without too much trouble to others. If not, rub your hands with a towel or handkerchief, first sending a battery through your arms into the towel or whatsoever you have at hand so as to drive out all magnetism you might gather from the one you are treating. It is not wise to allow yourself to take any pain up your arm beyond the elbow, for the danger of not being able to discharge it it in time from making your arm lame, etc.

LESSON NO. 14.

How and Where to Treat Various Diseases.

Now if your patient has lung trouble, let him or her rest in an easy position as is possible, then with one hand under and back of their lungs and one hand in front send a batery through them, not too hard at first, but stronger little by little, and it may be wise to magnetize the whole body by friction, rubbing, etc. But after sending this current through the lungs make passes in a circle form over them, so as to excite them into action, or, as it seeems best to you, follow your own strong impressions. Heart trouble—This is one of the most useful organs we have. The author has never heard of any on living without one, and if it is of such consequence it behooves us to treat it with care, so therefore if the heart is weak and you wish to strengthen it with the hands in front and over the organ and back of it with a give-and-take movement, send your battery into it as you feel the beating of it, not too hard a pressure at first, and as you find the patient can stand it increase in strength, then with a gente side or edge movement with both hands working from front and back at the same time, coming together at the left side of the body, rub them. Stomach trouble—The best way for this treatment is to have your patient always lying down, then with a gentle movement rub their stomach and bowels in a cross-ways movement from left to right to create a friction, making an increase in the speed and strength of your movements as you find

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you can do so without being too hard on the one you are treating; also send a battery into him as well, taking the front of the body first. Next take the Bladder trouble. With this make a sort of churning movement so as to whip the bladder into a motion, working from the groin in an upward yet underward movement. Kidneys—Treat them from the back on the same lines as the bowels, sending first a battery into them, then crossways from the spine outwards. Rub them, and also with a downward movement over the hips, working if possible from the spine each way, and of course the better to do this if the patient is strong enough to have him standing up back to. Rheumatism—This not only requires strong forces, but the whole body, especially the back, also the shoulders and arms and limbs, rub them in a downward motion, the arms and limbs crossways, the shoulders stright down the back and spine. It it well to get the body well heated up before letting up on the patient, and then see to it that he does not catch cold, for if so your patient will lose confidence in you and go somewhere else. You must use your own judgment in treating always. While there are several laid-down laws or movements, like the circular or rotary motion, I find it best to let the healer do his own work. with this always in mind—never in any movements rub or drive pain or disease to the heart or brain. Work always from these two organs much as is possible, and the nearer the surface of the body that you can work the trouble out of the body from the seat of the trouble the better.

LESSON NO. 15.

Suggestion.

Years ago it was not understood or considered, to-day everything is expected—yes, even demanded—in suggestions. Some claim that it is all there is. I admit that it is a power, but not all, either in the autto or post forms. Now I will give you a few pointers, enough to show what use it can be put to. Now, then, suggestion is what we use every day of our lives, ignorantly or not. When you tell any one you want him to come to see you to-morrow, and you speak those words, then you are giving out a suggestion; or if you constantly speak to one, saying you are looking bad, are you sick, etc. You will soon find that the person will soon take on symptoms of sickness. Just the reverse—if the suggestion is given to a sick one that he is looking better, he will soon show signs of improvement; and let every one say it that is around, and you will find that the sick one will eat better and admit he feels better. Of course, you do not tell the one sick that you are giving suggestions; if so, he would not believe you, and you would not have the good results. Now in giving out a suggestion use only a monotone voice—not a loud, but a steady tone of your own, not any assumed voice, and speak as if every word you believed, and send out that thought in your word of belief of what you are saying. Use the tone that speaks of confidence in yourself and make your eyes do the same, and you will find no end of what can be done by this one thing alone. You will in the next lesson get the continuation of suggestion, but put in practice this in a harmless way until you get some results, as when you are treating any one you will find suggestion one-half the battle.

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LESSON NO. 16.

Suggestions.

Now you will test your mind and will force, for the post suggestion is only used by the mental forces. Just such suggestions as can be used in No. 15 can be used now, but not in the same way,but what I believe the best and most successful. Instead of speaking in an audible tone of voice, use the silent voice, or speak with your brain only. While you are treating some one say 3 times a week, each time you treat that one send out your thoughts in the post manner to him that that he is getting better or over his trouble, is sleeping better, etc. Sending out those thoughts with just as strong a force as you can, send out your suggestion from between your eyes over the nose with force, and direct so as to hit the patient at the solar plexus nerves. Repeat slowly at first, then more rapid, until by some word or action shown by the patient that he has received the suggestion. The next time you treat the same one, repeat the suggestion, making such changes as you see fit.

LESSON NO. 17.

Mesmerism.

I will now call your atention to attraction, for that is just what this is. Its uses are great and varied, but you can find more use for it than I will name. I will for the instructions take up the patient you are supposed to be treating by magnetic treatment. Now it may be a somewhat nervous person and unable to sleep well at night, and you wish to have him or her sleep, so therefore let your patient lay down in an easy position, covered up so as not to catch cold. Remember that the fear of such a thing can act as a suggestion against you. If the person seees you take that precaution the fear is removed. After doing this, tell him to rest easy, to let his mind be at rest. This is a suggestion from you, and do not be afraid if they want to go to sleep to do so. Tell them you desire to rest their nerves, but do not tell them that you are going to mesmerize them. If so it will be all off with 9 out of 10. So many really do not know what it is. Now take a seat in as easy a position as you can. Now place one hand under their head, the other one on top of their head across the forehead. Now let yourself go to sleep—not complete, but to all appearances you are sleepy, holding only enough of yourself awake so as to be able to rally at your will. Let your eyes close and become languid, and if you feel like yawning a time or two so much the better. You will soon find that by your partaking of the sleep conditions your patient is doing the same thing, trhough the feeling that he or she is drawing to themselves If it is hard for them to close their eyes, let your top hand slide easily down so as to compel them to close their eyes. Then when they give up, which can be detected by their breathing or general relaxing of their whole body, and you wish to bring yourself together before removing your hands, give the post suggestions of sleep, etc. If they open your eyes when you do, then be ready to lok drowsy, and close your eyes again, as if you had just opened them, and you will not have to do this more than once or twice before you can get them to sleep. Then easily draw first your under hand from them, then lift up the other one; or, better still, move it downward so as to

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close their eyes stronger. When you have got your patient asleep, either leave the room for awhile or set back and keep still, giving the suggestions such as when you wake up you will feel better, etc. Now when nature becomes rested your patient will wake up themselves, or any one can wake them up. It is not best to let your first one sleep too long—not more than 15 minutes—until you become used to putting people into that condition.

LESSON NO. 18.

Hypnotism.

This is the subtle force that is used by animal trainers, snake charmers, etc., *i. e.*, the power of the eye and will of the brain —nothing more or less—used over another, and although I do not approve of it on the whole, it sometimes comes in handy play, but it should be used with great care, as harm can be done with it when not intended, and for stage tricks it should be prohibited, for, once under the power of the hypnotist, you are like a bridled horse—you have no will of your own, but must mind the will of your master, and when once a person becomes a good subject, then that person can be influenced by any one who has this power and wants to use it. Therefore heed well how you use it. Fortunately the **criminal class** of people do not have this power, or do they make good subjects for one who has it. Now go back to lesson No. 4. There you are told to look into a glass. The object was for your eyes to become sensitive and strong, and, as you were told in the first lesson, that much depended upon your becoming through with them. Now if you have done so you have found a difference in your eyes. Now you want the positive side of your powers. Take your watch, or sit so as to be able to see a clock. Take the same glass you were using before, place it on a table; sit close enough to it so you can see your own eyes, the stronger the better, and quicker in the long run. Then, without a wink of the eyelids, look into the glass at the reflection of your eyes for one minute. Then try it again two, then three, five, ten, fifteen, twenty, thirty minutes, without a wink of the eye. Then keeping your seat move the glass, first one foot, then increase little by little, until at least five feet to the right, looking at the reflection of your eyes in the same manner, only at a right angle, for the same length of time. Then move the glass the same way to the left the same distance with the same results without flinching. The reason for the moving of the glass to the right and left is for you to be able to work from either of these positions. Now if you become successful in this, and there is no reason to doubt but that you can if you try hard enough, you will have all the power that any hypnotist has got, and you have in this one lesson what some have paid $100 for to get at the secret of. Now it remains with you what use you make of it. You will find that no one can withstand your power of eyes unless they are a hypnotist.

LESSON NO. 19.

Ways and Uses of Hypnotism.

Now with a look and a suggestion you will be able to do with others almost all you desire up to compelling them to do something the person in their normal state would be opposed to do—like standing in company on their head, if a lady, etc. Now in looking at a person it is the most common plan to look between the eyes over the nose. Some take the eyes themselves; others

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take the corner of the eye near the temple of the head. Sut your self—wherever you get the best results. I would believe you to have at first the best luck with the eye itself, as you have developed on that line, and the expression of the eye should be no bother to you. The most good that can be done with this is the extreme sickness, like paralysis, etc. And it helps along the line of magnetic healing for the cure of tobacco, morphine, drunkenness, etc. All that requires a strong suggestion will yield to the power of hypnotism when nothing else will have any influence over them.

LESSON NO. 20.

Sound Vibrations.

Not much time or thought has ever been given to this subjtca; but how much there is in it may be judged when you come to read character by the sound of the voice, and this can be done. the author has given 150 tests in one evening, and put people to the test or challenge as to being correct. Now go with me to the sea shore. First note the sound of the tide as it goes out. Don't forget it. Then listen when the tide comes in. First, the going out is the weak but mild restless sound; the coming in, sullen, never still and different tone that has the sailor beware in it. Next go with me to the mountain brook and catch the babbling, rippling, runaway, laughing sound. Go deeper into the forest; catch that awe stillness of the wind, mournful, sullen, dreary howl, or the gentle, soothing rustle of the leaves or pine needle. Consider well whether all is well, pleasant or stormy weather. Next let us take the bold lion's mighty roar of self-confidence and defence of all there is in life. Does he not delight in his strength? Yes. But the lioness—not so much of the bravo in tone, but the still caution of not being afraid to defend her young or her rights. Next turn to the bovine tribe for the same results. The strong and courageous bull, with his base bellow challenge to any that cross his path; the cow, with her faint but clear mew for her calf in the barn. Next to the birds in the air. The meadow lark, who is only now and then at times when we are around bold enough to sing; the robin, who is always telling us rain and nothing else; the sweet-singing canary, who is always glad and full of joy, and who can no more keep from singing if we are around than it can take its life, who wants to make life cheerful; the crow, who is only too glad to do mischief, and when at a safe distance sends back the same caw, caw, and no more, only to repeat when your back is turned by doing the same thing over again. How like these are the sounds of the different voices of people. Like them, they tell their story, and, as you know the nature of these different sounds of nature's own, so, too, will you in the nature and character of those who have the same general tone of voice. But that a better understanding will be had by a fuller account, will say that a weak voice is determined in a woman abnormally in every line, in every thing. A blatting voice is a bell ringer or news carrier. A feminine voice in a man is more womanlike all over, and women should be taught to watch them well. Now as you note the different voices and quickly place the sound, either in the mountain heights or what belongs to the mountains, or low down at the sea shore, you can tell that one that their most success will be at the place named; and if you place their voice with either the animals or birds, water or air, you can tell them that they are like them in disposition, and their

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likes and dislikes are the same. For we are all related to one or other of these creations of nature.

LESSON NO. 21.

Automatic Writing.

This is good, and a great many people have this gift, when they can be able to get controls or guides around them, and as you may have these, I will tell the only way is to put yourself in the negative state, with pencil in your hand, proper for writing, and let your hand move as it will, no matter if you do not get at first as much or know what is being written. Fix your concentrated eyes upon your arm and hand, at the same time hold yourself in proper conditions. If you have a guide around that can write, he or she will take the opportunity to do so, and practice and patience counts.

LESSON NO. 22.

How to Start in the Work.

This is now before you If you have a room so as to hold 10 or 12 people, invite them to it. Let them be as strange to you as is possible, for better results will be given to them, and it will set yourself up in their eyes as being gifted. Have a small table near at hand, and as the people come in let them place articles on the table, and you have a minute or two of time to gather your forces, and then when all is ready take up the articles and give out what has comt to you or what you get from it, as you have been told how to do in the past. Let your company say right or wrong. Do not tell them how you get it (that is the law of your getting it. It is enough you get it. As soon as you can give a test without an article, do so, as the more independent you can do your work the better, and the people will think more of you for it, and thereby establishing your power in the eyes of the world. You will use, of course, the clairvoyance, clariaudience drawing and psychometric forces, with spirit control through intuition, etc. Now it will be well at first to do your work free until you have got practice, then make your charges.

EXPLANATION.

You will notice that there is nothing said as to the much-talked-of slate writing, materialization, etc. Now the truth of the silence on these lines is that the former-named phase is very doubtful as to being genuine, and the latter—while the author well knows that it is possible for the genuine, yet such is the case that only one in 1000 could get it under the most favorable conditions possible, and then always under the ban of public suspicion, that it has been thought best to leave both alone. Will say, though, that the only way that a spirit can materialize is first to draw enough of your magnetism to make up their form as it was in life, and this magnetism is your very life force, and any medium that will in any science produce more than three such forms in one evening and then repeat in a night or two, cannot be genuine and live six months to tell the tale. And no other law can be found than what has been named for this one phenomena.

Now, wishing you success, I remain yours for help in any way that I can, and any information that is needed will be cheerfully given.

PROF. S. E. BUSWELL,
THE MASTER ADEPT
OF OCCULT SCIENCE
AND MEDIUMSHIP.

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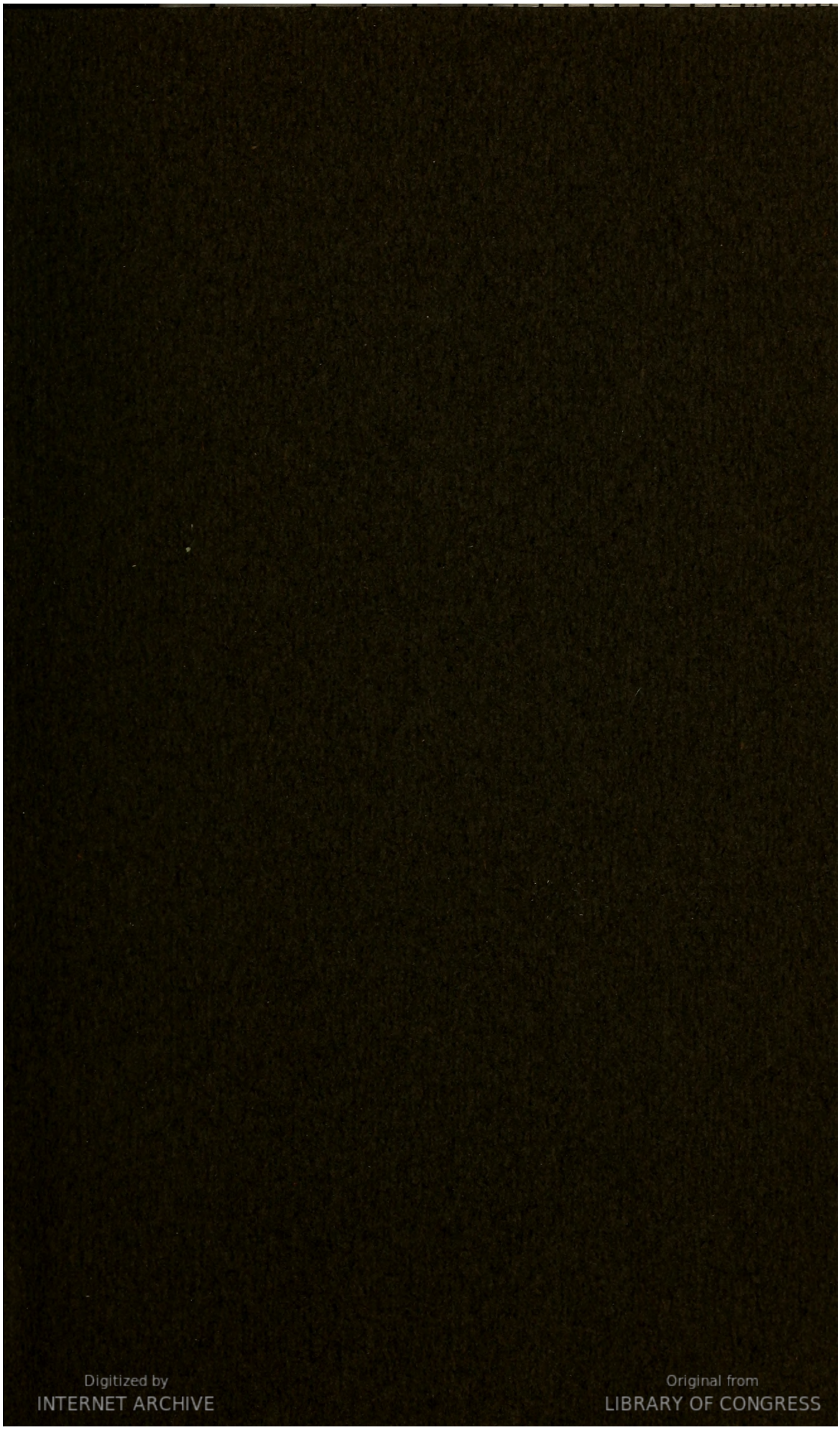

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