

# **PRACTICAL PSYCHOMETRY**



By  
**ALEXR. VERNER, F. A. I. P.**  
*Founder and Principal of the  
British Psychological Institute*



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PRINTED IN U. S. A.

ASTROLOGY & SPIRITUAL CENTER

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## PREFACE

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My object in writing this work is to stimulate a desire to investigate the realms of Psychometric phenomena; it is a science that ought to be better understood than it is at the present time. There are a great number of persons that possess the gift of Psychometry, but very often they are at a loss to understand the various impressions or influences that are manifested; it is with the object of enlightening the student or investigator on this subject that I have decided to publish this work, so that he may be able to grasp the meaning of any particular influences that may be perceived. The table of influences and definitions should be thoroughly studied and mastered, especially in the diagnosing of disease so that the patient or inquirer may get the best scientific advice that will help him towards recovery; and also to be of some service to people who are distressed or troubled about business or bereavement, or any particular thing that might be of

some benefit to the querist. I want my readers to study the lessons slowly and attentively, and also to have patience, then success may be expected. 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.

ALEXR. VERNER.

the mind is brought into contact through the medium of some substance which is grouped or touched by the mind or by entering into an equilibrium with the mind.

# PSYCHOMETRY

## CHAPTER I

The study and practice of Psychometry is coming very much to the front, and its scientific value is being greatly appreciated. It is very often asked by people beginning the study of the Psychic Sciences, what is Psychometry?

It is the science or art of delineating the character, surroundings, or influences of a person, by an article that he has worn, also for describing scenes, places, and conditions of a person who might be a distance away.

The word Psychometry comes from the Greek (Psyche and Metron) signifying soul measure, but it is not so much the measurement of the soul, as measurement by the soul; for not only the soul of man, but all things conceived by the human mind can be measured more or less by the possessor of the gift.

Psychometry may be termed the power to sense the condition of things at a distance, when

the mind is brought into contact through the medium of some substance which is grasped or touched by the Psychometrist, or by entering into an atmosphere charged with the aura of the thing to be psychometrized. Sometimes the faculty manifests a phase of Clairvoyance, Clairaudience, or Telepathy, and in some cases the senses of taste and touch are highly developed. I have seen blind men with the faculty of Psychometry highly developed, and they have been able to tell some very wonderful things. You will see them reading their Bibles with their fingers passing over the raised letters in the Book. Experiments that have been made on the fingers of blind men show that they have an abundance of nervous energy stored in their finger tips. That proves there must be a connection between the brain, nervous system, and tips of the fingers, and that is why they get impressions which are generally correct. You will see how quick they are with their fingers in brush-making, basket-making, etc., and in many cases they make good musicians if they are trained. They also have the sense of hearing highly developed, and thereby evading accidents to which they are ever liable. Most people possess the gift of Psychometry if they would only develop it, and it can be developed,

like any other faculty with the right kind of training.

The science of Psychometry was first discovered by the late Professor J. Rhodes Buchanan, M.D., of San Jose, California, U.S.A., and in the autumn of 1842, he gave experiments in the City of New York, proving the existence of a wonderful power, which he called Psychometry.

His experiments proved wonderfully accurate, and also mystified the people to a very great extent. Some brought various kinds of antique things to be psychometrized, and their history was revealed and found to be correct. Scientific men began to wonder about the new science and the remarkable things that could be accomplished by its aid, but some felt rather doubtful because they could not understand it; but nevertheless, its virtues were heralded far and wide, and in a very short time it became known among the leading medical men of America, as well as the spiritualists and mystics.

In a short time people began to study its principles and apply them so far as it was in their power, some could diagnose various kinds of diseases, and they could locate the pains of the patient by merely grasping an article that had been worn by the sufferer. It was found very helpful

in the treatment of the sick, and the advice given was very readily acted upon. In a certain time after the introduction into New York, the news about this wonderful science spread to England, France and Germany, and various other places on the Continent. It was not much understood in England for some time after its advent, but people that possessed the gift soon developed and began to practice, and they charmed people by the various things they told, by simply grasping articles, such as watches, locket, neckties, handkerchiefs, pocket knives, watch chains, locks of hair, and also the parings of finger nails.

Marvelous things were told about certain things which completely amazed the inquirer, or wearer of the articles.

## CHAPTER II

### HOW TO DEVELOP A SENSITIVE TOUCH

To be a successful psychometrist, one must possess a delicate touch, so as to be able to distinguish various sensations, and also to be able to sense any impressions that may be received from the article that is being experimented with.

The best way to develop the sense of touch is to get a number of small articles, such as pieces of cloth, flannel, calico, wrappering, velvet, silk, furs of various kinds, also some geographical or botanical specimens, pieces of rock, coal, various kinds of rough and smooth stones, pieces of bark from different kinds of trees, or anything that you can handle.

It is best to go through the specimens about three times a week, look at the specimens first and learn them off by heart, then you may take hold of a piece of bark, and close your eyes and try and sense what kind of a tree it belongs to,

and where it can be found, and any other characteristic that you may be able to tell; the same may be done with a piece of rock or coal; also with the ores of gold, silver, copper, iron, etc.

Sometimes a client might give you a piece of gold ore to psychometrize, it might have come from America or Australia, you will be quite surprised to see how quick you will be able to read the influence that will come from it and you will be able to tell various things about it that will surprise the client.

You may psychometrize a piece of cloth, silk, fur, or anything else in the same manner, the more specimens you can lay your hands on the better, then you make notes of anything that strikes you as strange or peculiar. It is also well to visit Museums of Natural History, and if they will allow you to handle anything you will gain some knowledge by so doing.

In the material way a goodly number of our tradesmen and textile workers, etc., have the sense of touch very highly developed, such as surgeons, watchmakers, and jewelers, engravers, sculptors, painters, artists, draughtsmen, shavers (hairdressers), cotton spinners, and a host of others. I have seen a green-grocer put his hand into a box of oranges, lemons, and onions, and he

could tell if they were good without looking at them. He was the buyer for a very large firm and the sense of touch was well developed and it was a good help to him. I have also seen a warehouseman that could take hold of any cop and tell what counts it was by simply breaking a piece of the yarn.

Musicians have the sense of touch very well developed. A pianist needs it to play expressive pieces; a violinist must also have it if he wishes to make any impression on his hearers. A highly developed touch is indispensable to a good musician.

By experimenting with various objects the student will readily develop a good sense of touch, and it will be of great service in the practical part of Psychometry.

The sense of touch should be well developed in both hands, and any strange or peculiar influence should be particularly noticed; it is a good plan to experiment with letters that you may receive from friends or lovers, you should try and get their conditions by concentrating your mind on the letter, and then make notes of anything you may have perceived, you will be quite surprised what you will be able to tell by simply holding the letter in the right or left hand.

You must always tell what you get for a person, do not be afraid whether it is good or bad, because valuable advice can be obtained by the science of Psychometry. Remember, the more you practice the more proficient you will become.

You ought to practice with the various specimens in a quiet room where you will not be disturbed with noises or other things; a sensitive touch can soon be acquired if the above rules are persevered with.

### CHAPTER III

#### A TABLE OF INFLUENCES

After the student has gone through a preliminary training with various kinds of specimens, he may study the following table of influences for they will be able to guide him to the path of success; it will not take long to learn them by heart.

INFLUENCES	DEFINITIONS
Animated .....	Physical purity or Health
Abhorred .....	Unclean
Antipathy .....	Similarity of Discord
Abstracted .....	Visionary
Buoyant .....	Hopeful
Censurable .....	Envious or jealous
Drowsy .....	Bilious or costive
Despondent .....	Impure blood
Doleful .....	Liver trouble
Dreamy .....	Idealistic

Disturbed .....	Troubled in mind—Sleepless
Discontent .....	Craving for something unattainable
Fear .....	Aggressive, quarrelsome
Gloomy .....	Sorrow, impending
Heaving of the Chest .....	Ambitious
Sharp pains in the ankles or knees .....	Rheumatism
Sharp pains in the thighs and hips .....	Sciatica
Depressed and pains in the head .....	Insanity
Pains in stomach .....	Indigestion
Shooting pains through the breast .....	Cancer
A swollen feeling about the body .....	Tumors
A peculiar sensation in the abdominal region .....	Pregnancy
A hot feeling all over the body .....	Fever
Gasping for breath .....	Bronchitis or Pneumonia
Ill (in head) .....	Nervous troubles
Irritated .....	Impulsive, impatient
Loathsome .....	Filthy
Meditative .....	In love
Pathetic .....	Faithful
Pall .....	Death not far off, either pertaining to the individual, or one in sympathy with the same.
Yawning .....	Negative to recipient former drawing or absorbing Magnetism by rapport.

There are numerous other influences, but the above will do for the present purpose.

When the student has learned the above influences, he may practice the following:

Take hold of a letter or article of wear; hold it in the right hand, and if an influence is received, not previously noticed, the recipient in coming en rapport (in contact) with the owner's magnetism, as it was precipitated at the time of writing the letter or wearing the apparel, and from which his or her moral status or health condition—often both—can be delineated or read. Thus if the feeling that comes from the letter or article is animated, it indicates physical purity or health; if debilitated, the reverse, or that the owner is depleted magnetically by being ill or suffering pain, even if not markedly so; for many are ill, but rise above it by necessity or the exercise of their will, their talents, or their spiritual gifts; while others may be perfectly healthy, but suffer from daily excess or foolish habits (though in danger of becoming ill from them.)

The recipient, therefore, psychometrizes the cause—not the effect—and may thereby prophesy as well as read character, and diagnose disease.

Almost anything can be psychometrized, but the following will be best to start with:—a letter,

lock of hair, a collar, shirt, necktie, watch chain, stud, watchkey, a ring, a penknife, trimmings from a hat, parings from the finger nails, etc., etc., or any other article that can be grasped by the hand.

If you fail to perceive any influences, you must persevere and if you cannot feel any vibration in your hand, you must put it closer to the center of your forehead and think for a few minutes. You will soon be able to perceive various influences.

You must speak out and do not be afraid of any influence, the more you tell the more successful you will be, do not keep anything back or you will be sorry you did not tell it. By merely grasping an article, you will soon be able to tell about births, marriages, deaths, accidents, sea sickness, losses of money, changes in work or business, sea voyages, enemies, thieves, murderers, suicides, and various other things; also for perfecting inventions, and finding patents outs.

Speak out what influences you perceive, whether you insult the person whom you are psychometrizing the article for or not, for by so doing you may be able to forewarn him of some calamity and thereby save him a lot of unnecessary suffering or loss.

## CHAPTER IV

### HOW TO BECOME A PSYCHOMETRIST

To become a good psychometrist takes a long time, but some learn quicker than others according to their temperament. There are different temperaments, so there will be different kinds of Psychometrists, some will be very good at one thing, some at another.

A person with a full base to the brain and large in the organ of Acquisitiveness, will be good at finding lost or stolen property; some will be able to describe thieves or murderers, and tell their surroundings or whereabouts.

If the psychometrist has large Locality, Sublimity or Inhabitiveness, he will be good at finding water in places it is not expected, also wells, springs, etc.

Nearly all people of refined tastes or habits are more or less sensitive to the magnetic influence emanating from persons or objects with

whom they come in contact, by touch, presence, or otherwise; but not all understand the meaning of those influences—those sensations and emotions beyond a vague consciousness that they are pleasant or unpleasant, agreeable or disagreeable, good or bad, or that they attract or repel, are sympathetic or repulsive, animating or debilitating.

It is best to take particular notice of any influence you do not quite understand, and study it very carefully by comparing it with other influences, take notice if anything unusual happens then you may form your own idea.

When you have gone through the various specimens to be psychometrized, and learned the meaning of the influences, you will soon be proficient. You must set aside a special night for practice, and let the sitting last about an hour or longer. Always go through a few specimens first, then you may take hold of a letter that may have been sent to you, and you may try and tell what kind of a person has sent it, and you must persevere and try and describe the surroundings of the individual; also whether the letter contains good or bad news, and make a note of any other influences or impressions you may perceive. You will be able to tell some wonderful things in a

very short time that will quite surprise you. You will then be able to get complete control of your mind through concentrating on any article, letter, or anything else. Be very quiet when developing and grasp any article in a smooth manner, the sensations will travel instantly to the brain through the nervous system, and you will soon be in contact with the person who has sent the article or letter.

Locks of hair and photographs of people that have passed on (dead so called) are very good to practice with, because you may be able to see and describe them if the faculty of Clairvoyance presents itself. You would then be able to get some wonderful proofs of Psychometry that will astonish you.

To diagnose disease it is a good plan to get a lock of the patient's hair, then when you have held it in your right hand for a few moments you might be able to feel some pain, such as pains in the head, body or limbs, wherever you feel the pain you can depend that is the place where the patient is afflicted. It is then best to advise him to see a doctor and have a course of treatment that will suit his case. Sometimes the psychometrist will get impressed of some remedy that would be good for the patient, you may prescribe

it, but in all serious cases it is best to let the patient see a good doctor.

Psychometry is a very useful science for diagnosing disease and in treating the sick, very valuable prescriptions can be obtained if the medium can induce trance psychometry (that is, going into the trance condition, a kind of deep sleep) while psychometrizing an article.

## CHAPTER V

THE BENEFITS OF A PSYCHOMETRICAL  
READING

A psychometrical reading is of a very great value. It tells you about your character, disposition and capabilities; it tells you if it is wise to speculate, or go into business; also if you will be successful or otherwise; or if it is wise to go into partnership; also tells about enemies, false friends, deception, legacies, policies, wills, deeds, sometimes about lost or stolen property. It tells which is the best direction to work to meet with success, "It is no use working in the wrong direction when success is certain in another." Tells all about health and disease and the best remedy, in fact, it tells everything that is useful to the querent. A good psychometrist should be consulted frequently, especially if you want to know anything special, as a lot of time, trouble and anxiety can be saved. Advice should be sought before going into any particular business, there is no harm

in getting to know what you can from a reliable practitioner, because you can use your own judgment in the matter.

There are periods in one's life when at a critical time you do not exactly know what to do for the best, and that is just the time to seek advice. You may have trouble over love affairs, marriage affairs, law business, deaths, money matters, etc., by getting advice in time and acting upon it might be of great value to you.

I have seen people that have lost money and failed in business because they commenced in the wrong place, and very often without any previous knowledge or training. That is a wrong thing to do, it is always best to get a good working knowledge of any business that you are not acquainted with, and after that consult a good psychometrist and see if you can get any advice that will be helpful to you before launching out. By these means you will be saved a great deal of trouble and worry, and very often a great deal of money can be saved by speculating in the right direction.

All persons should seek advice from a reliable clairvoyant or psychometrist whenever they feel undecided, or when they are in any serious trouble, for to be forewarned is to be forearmed.

## CHAPTER VI

### EXPERIMENTS IN PSYCHOMETRY

In the beginning of 1902, a gentleman came to me for psychometrical advice, he gave me his watch to psychometrize; after holding it a few minutes, I told him he was consumptive, and that he was contemplating going a sea voyage, he said that was so; I advised him not to go, I told him that he would be buried at sea and that he would not land. He went on a voyage to South America, and was taken seriously ill, and died just before he should have landed, and was buried at sea, as predicted.

A gentleman came for advice. He gave me a pair of gloves to psychometrize, in a few minutes I told him that he was living very unhappy with his wife, and that they would separate, and also that his wife would not be a long liver, and he would share two deaths in that year. In May

his wife gave birth to a child, after they had agreed to separate, she put the child out to nurse, and in August the child had the fever, the people that were nursing the child sent for the mother, she came to see it and caught the fever, and both she and the child died the same day. The husband called and told me about the sad occurrence, and said that all that I had told him had come to pass.

A lady sent me a lock of hair to be psychometrized. I sent word back that she was suffering from cancer, I prescribed suitable remedies along with hygienic advice, and told her not to undergo an operation as her life would be in danger. She persevered with the treatment for some time and said she felt better, but people kept telling her tales that frightened her, she consulted two doctors and a specialist, and was advised to undergo an operation, she went through it but only lived four weeks, thus proving what I told her (she might have been living yet had she not gone through the operation).

A lady brought a ring to be psychometrized. I told her that she was in love with a tall gentleman but she would never marry him; I also told her that she would marry a gentleman that would

come from across the sea. She went away rather disappointed at what I had said, but in a short time after she had trouble over love affairs which ended in a broken engagement. Soon after that, a gentleman who had been fighting with the Yeomanry in South Africa came back, they became engaged, and in a few months time she was married to him, and so far she has had no cause to regret.

I had some clay sent me from Staffordshire to psychometrize, the gentleman who sent it wanted to know if it were wise to buy the land that the clay came from, as he wanted to start a brickworks. I sent word back that it was wise to buy it as soon as possible if he had money enough. I told him the clay was of good quality and that if he would sink a shaft in the west side of the land he would come across a very valuable seam of coal. He sent word back that he could not find the money to buy the land outright. I told him to get three more working partners. He succeeded in getting suitable partners, and the land and clay pits have proved a great success, and they are also using their own coal from the seam that was described to them. It has proved a wonderful investment so far.

A few years ago Mrs. Verner was helping me in clairvoyant and psychometric work, and one Monday morning a gentleman came and asked if he could see the lady psychometrist, as he had some very important business he wanted to know about. I took him to the ladies' room, and he pulled a pair of gloves out of his pocket. He gave them to the psychometrist, and having held them a few moments, she began to sing and to imitate playing a piano. He was rather surprised, but he said he was not satisfied as it was a particular friend that had told him to come with the gloves, and that they belonged to a person who was missing from home. (The person had left home a few days.) But it was no use, she could not get anything only singing and playing; so the gentleman said he would go back and bring an article that the person had worn the last time he could remember. So he returned and put an article into the psychometrist's hand. It had not been in her hand many seconds before she uttered a loud scream, and fell on the floor helpless, gurgling and choking. The gentleman was very frightened. The psychometrist went into a trance, and whilst in this state said she saw water and a white house, which statements the gentleman wrote down. On the following Wednesday

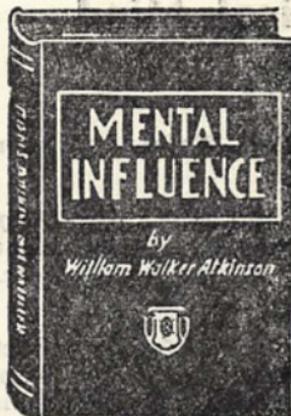
the person was found drowned near the white house. It was a very sad case, but it proved the science of Psychometry to be reliable and true. The person, it seemed, had worn the gloves about a week before he was found drowned, and he was then in cheerful spirits. He was also a musician.

### CONCLUSION

It will be seen from the six cases described that a great many things can be told by the aid of Psychometry. In case No. 6, the faculty of Clairvoyance manifested itself, sometimes various other senses get stimulated, such as Clair-audience, and then names of persons can be given, also dates when important things are likely to happen. The student must diligently work at the lessons and he will be well repaid for the time devoted to the cultivation of the gift. The psychometer has no need to be short of specimens to practice with, precious stones, bark from various kinds of trees, letters, handwriting, photographs, locks of hair, or anything that is worn by any person. Always name your first impressions as they will generally be correct.

In medical cases great care must be taken, sometimes the psychometrist will be able to prescribe remedies, but this should not be done unless the student has a knowledge of medicine. It is best to advise the patient to see a good and reliable physician or surgeon as the case may be. The value of Psychometry in the diagnosing of disease is simply marvelous.

**FINIS**



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