

GRAPHO-PSYCHOLOGY

BY

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“Truth Talks”; “All Health”;
“The Secrets of Abundance”; “Freedom Talks.”



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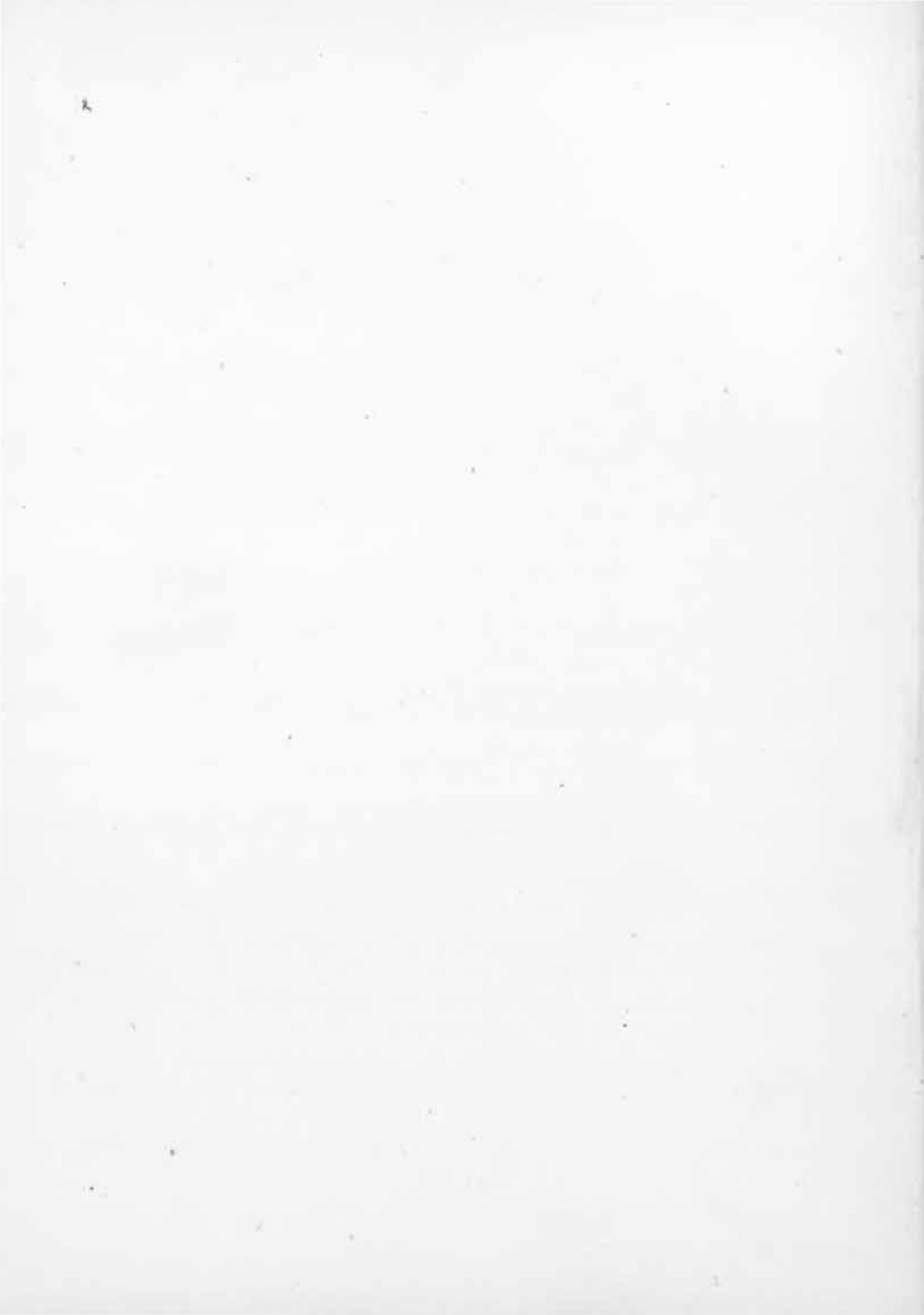
IN THE UNITED STATES AND GREAT BRITAIN

BY JULIA SETON SEARS, M. D.

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INTRODUCTORY

“One searched the town and country through,
In winter’s snow and summer’s heat,
Nor was there any path, but knew
The pacing of his weary feet.
He watched throughout the lingering night,
With lamp well trimmed and door ajar,
And listened, lest some footfall light
Should hint the freakish god afar.

“The god came not. But there was one
Who recked not of the fitting days,
Nor any thought of deeds undone
Disturbed the tenor of his ways.
He toiled not, sought no goodly prize ;
E’en as he slept, the god came there
And poured before his dream-dimmed eyes
His store of treasures, rich and rare.”

Life’s greatest secret is the science of success. The one who has mastered this great problem has indeed the magic wand which he can wield for his own highest development, as well as for all the rest of mankind.

Whenever we ask anyone to tell us what all the world is seeking; what he thinks the mass of humanity desires most to secure; one and all will answer, that in their opinion the whole world is seeking happiness. No matter how diverse, or obscure, the pathway may seem, they

all lead toward this, and everything in our daily life combines to make for this one point of expression.

In order to be happy, man has determined that he must be what he calls successful, and in our search for TRUTH we have at last come to understand that when we find out from an individual just what he calls success, we have mastered the secret of the thing which will make him happy.

We may ask a hundred people to tell us just what they mean by success, and we will get a hundred different answers.

GRAPHO-PSYCHOLOGY has only one answer to success; one thing which can be rightly called success. Success when rightly understood, and interpreted, means nothing more or less, than the POWER TO DO WHAT WE WANT TO DO.

No matter what anyone else wants to do, or what he might accomplish, that would not be our success; no one can ever really be successful except from his own plane of desire, and comprehension.

There are many who look upon money, and the power to amass it, as the only real success; and they might have everything the world offers, and yet they would be unhappy and miserable; another man wants love, and he might amass money until he could not count his holdings, yet, missing love, the one thing he wants, he would be unsuccessful and unhappy. Another consecrates himself to divine wisdom and the giving of himself to loving service for others. He calls success the one purpose he has within his life, and turns sick and disgusted from every other offering, no matter how flattering it may be or what it might bring to him of worldly goods; yet, given the one thing his soul desires, he feels the greatest happiness, and the very glory of success is found in the service from which he secures neither love nor money.

When we measure success by the truth of GRAPHO-PSYCHOLOGY, we come back again and again to the

first statement. Success is an individual quality, and depends for its manifestation upon our own personal expression, and the control and direction of our environment.

Success is not the intangible thing some people imagine it to be; a something to be possessed by a few fortunate individuals. It is a real existing entity, in close comradeship with every life, and can be built and arranged for just as easily and scientifically as we can plat a city or build a house.

Success comes to us because we compel it; it does not wait around and then rush in without an accompanying effort on our part; the ability to succeed or fail is within us; we achieve when we know how to achieve and work scientifically toward that end; we become master workman with our own life, just in the hour that we understand ourselves and our true relations to the things which make for success and happiness within our own environment.

We can have what we want in this life; we have only to know what we want and how to get it. The ALL WILL of the Universe wants us to have whatever we want, and will help us to secure it just as soon as we make an intelligent union within ourselves and work toward it. When we make ourselves a normal, scientific link between our human lack and the great Universal Supply, plenty of whatever we want will come over our line of transference to us; it cannot escape us for we have brought it into our field of attraction by our intelligent union with it.

When we are successful on all planes of being, we are full of health, wealth, love, peace, power, and plenty; we are well placed in a beautiful environment which our very presence consecrates, and we work with a conscious harmony and rhythm, on toward our being's end.

GRAPHO-PSYCHOLOGY believes in perpetual success and prosperity for all mankind; and that it is all

dependent upon our own power of comprehending the thousand little psychological signals which are ever present within our own being, and that when we develop our recognition of these truths, and know our relation to the natural laws in operation within and without us, we pass by will, into a condition of attraction which gives us power and plenty on all planes of expression.

It is not enough to talk to the ordinary individual about the ABSOLUTE, the *principles* of success and prosperity; it is not enough to say that God is love and that where there is GOD there is no need; the majority of human lives, while they are struggling with this fight for existence, need something localized, substantial, differentiated, on which they can lay hold, and make of it a real working basis in their life.

We pass from the differentiated to the whole, and when we separate men into the fine divisions with GRAPHOPSYCHOLOGY, it gives us the first clue to our real composition, and makes it a science which satisfies and helps, instead of letting each life pass along in the old way, a mere confused bundle of ideas, thoughts, and dreams.

Mankind, as it is functioning to-day, is expressing on four planes of being; each of these planes are a part of the whole, and each is governed and modified by its own peculiarities; so long as one is only on one plane of expression, he cannot be expected to know about the other planes, and he has to grope his way among the old things unless some teacher finds him, and shows him the way; we did not know how to solve our problems in arithmetic until some one taught us the rules. It is not strange that we blunder on in this problem of life; nor is it strange that there are those who have studied the higher mathematics of life so completely that they are ready to help many to a rule that will set them free from their old work and worry.

GRAPHO-PSYCHOLOGY teaches a correct rule, a scientific rule, by which every life may find its true position, and through natural laws make union in the line of least resistance, and instead of the old useless work of overcoming, may pass into the law of Divine attraction which always existed within them, but which can only be used when the mind is awakened to the truth of their own latent possibilities.

GRAPHO-PSYCHOLOGY teaches the science of success, through the normal understanding and use of individual characteristics and their relation to personal environment.

Through the knowledge gained by GRAPHO-PSYCHOLOGY, we become acquainted with ourselves; we know our friends; we know what parts of our nature are over or under developed; what is harmonious in marriage, friendships, and business attitudes. It teaches the higher laws of individual relationships.

With it we find our line of least resistance for a life's work, and we have power then over all the old inharmonious things which have kept us from the chosen way; we become lords of our own life; master of our life's conditions; and are indeed like

“ He who recked not of the flitting days,
Nor any thoughts of deeds undone,
Disturbed the tenor of his ways.
He toiled not, sought no goodly prize ;
E'en as he slept, the God came there,
And poured before his dream-dimmed eyes
His store of treasures, rich and rare.”

PLANES OF EXPRESSION.

Man, according to the old theosophical teaching, is a seven fold being; he has seven aspects, and may be studied from seven different planes of expression; such as physical body; astral body; desire body; prana; mind; soul; spirit. They work from these seven principles, and give the four lower ones to the human nature, considering this combination as brutal until it makes union with the triad of mind, soul, and spirit, and in this way fulfills the object of being.

Again a later stage of philosophers have recognized ~~the three principals of body, mind, and soul, and talk of a three fold development or trinity.~~ And yet another class separate all of man's expression into four, and these four separated and explained, make the happy working ground between the fine division of the east, and the more crude division of the western field.

With it we can at least understand man in all his expressions, and draw conclusions which give us important precepts on which to base the knowledge of our present unfoldment.

This classification is called body, mind, soul, and spirit, and for the sake of clearness, we will study each one for a moment.

The body is the human vehicle of expression on this plane, and is composed of millions of minute cells, called together and held together, in constant arrangement and rearrangement, by molecular attraction and repulsion. It is governed by sense and sensation, through its finely arranged nervous system, and nourished by the circulatory arrangement of its blood vessels and blood; it is

governed wholly by cell consciousness, and this intelligence, on the physical plane, is called instinct; this instinct varies from the purely animal instinct of the animal plane in the fact that man is the highest expression of localized atoms on this planet, and has called together into form, atoms of a highly specialized consciousness; his whole body is made up of cells which are tuned to move at the highest rate of vibration known to this plane. Owing to the highly specialized character of his cell body, this cell sense, or instinct, approaches that refined type of expression, that is far in advance of the purely animal plane, so that no matter how much the purely physical individual may express animality, he has within his own physical body, the power to become a very high expression even of the physical plane.

2/ The mind plane, or mental expression, is removed some distance from the purely physical expression, and in this plane we have the beginning of the power of reason, and the first organized expression of the will.

On the mental plane man is ruled by desire and reason; he couples his physical instincts with his desires, and works them out through the power of deductions and adjustment. While one is purely mental, he expresses no sign of any higher plane than the one on which he is living, just as do the purely physical beings.

3/ The soul plane is expressed by inspiration; when we find a life on the soul plane we look to find all these fine expressions of high mental activity, flights of fancy, and emotion; here imagination has full sway; and here we live in that world of dreams and visions, and our mental and physical expression becomes characterized with the power of this plane.

Then we come at last to the spirit plane, the world of LIGHT; this is where the physical passes into a perfect expression of sense and touch; where the mental opens its eyes to the truth of faith and facts; and where the soul stands free; in its own inspired dream and sees the fruition

of all its hopes; this plane permeates all the other planes of expression, and is shown, or not shown, according to just how much union the individual has made with himself. This is the plane of intuition. Intuition is the great white light which can penetrate the darkness, and shine on, gilding the life with a glory not its own.

Man, as we know him, is mainly manifesting on one or two of these planes of expression; or if he has them all, he is over developed in one, and under developed in another; he has no thought that his consciousness may equalize them for himself, put them all into normal expression and through this help him to become harmonious and whole.

A plane is only a state, a condition, and we may begin at once to think of man as able to live in and express each of these conditions at will; to be able to function on all planes of his being at once, when he has fully sensed his own power, and has come into understanding of himself.

The truly conscious being is aware of all these planes of expression, no matter what name he may give them, he functions on all of them or each of them at will, and by union of them all, he becomes master of himself, and his environments.

A complete understanding of ourselves and our planes of expression will give us a power of attraction and accomplishment, and a way to approach the Absolute. It is far more easy to determine our relation to ourselves and others, when we study our expressions by those clearly defined lines, than if we take ourselves without analysis, a more confused bundle of qualities and states.

The great human question of the age is: What is man? What is this temple called the body? How shall we become familiar with its law, so that we may use all its subtle arrangements and pass, by this knowledge, into that perfect perception, where what seems to us to be almost miraculous, may become simply the fulfilling of the natural laws of being?

Spencer says: "Of matter and mind we can know nothing," but he goes on in his philosophy to prove the laws which govern both are the same. Hickok says: "The human mind in all its attempts at science can deal with nothing but what it finds within itself, either mediately through experience, perception and reflection, or immediately through some faculty of knowledge which transcends human experience."

It is on this statement that we gain a hope of studying life's relations; for by the knowledge of how to make union on all planes, we come, step by step, into that conscious knowledge that transcends ordinary experience.

The facts in psychology show that not only is the body, mind, soul, and spirit, one, but also that the terms, external and internal, objective and subjective, are complementary factors, in the union of which alone, is knowledge found. Many have spent years working out this problem from the physical side of expression, and equally as many have given their whole life to working out the solution from the subjective side alone. There are those who say it takes a sound mind to express a sound body, and others say it takes a sound body to express a sound mind; there are still another number who say it does not matter either way, and that error on one plane has nothing to do with the other, and give statistics of sound minds in weakened bodies, and vice versa. But it has taken a generation of thinking to at last evolve the truth, that soundness does not concern one plane, but all planes, and that error anywhere in the relation of body, mind, soul, and spirit, gives corresponding expressions on all planes.

If you will bear the division of planes in mind, you can very soon come to the place where you can at sight almost know everyone's position, just as easily as you can your own, and recognize them not only by their hand-writing, but by the signs they have written upon their personality.

There is no mistaking the purely physical man; we recognize him by the absence of any other expressions; he is physical in everything; he has good normal instincts and creature habits, and he demands creature comforts; he must have good food, plenty of it and just on time; he wants physical attainment, luxuries, too, if possible; his soul is asleep, and there is no sign of inspiration in his life; order and law are not necessary to his existence; he does not care for anything he cannot see with his physical eye; he is in a human body, on a human plane, and his higher order of instincts lifts him a little way from the animal; he may vary in degree, but we cannot fail to recognize the type, because it is distinct, and lacks correspondence with other planes.

Then there is the exceedingly mental individual; he has come through the physical, and crude human desires are not satisfactory to him; he wants culture and refinement; order and adjustment; he lives in the exact science of adjustment; only as far as his reason will carry him will he go; he wants facts not faith, and no hint of soul awakening, or inspiration tell him that facts on his plane become faith just a little farther on; his person, his environments, his work, his expression, everything, is made in the image and likeness of the God he worships; he is the type of the last analysis of adjustment on the planes on which he has open correspondence; he may charm us with his intelligence; but he never stirs us to a warmer heart beat.

Then there is another. Who does not at once recognize the psychic, or soul plane people? There are degrees here too; but this is the plane of disease and disorder; on the very high plane they pass into the intuitional, and they are really leaving behind the stigmata of their plane, but on the lower or middle planes they are unmistakable; here we find, many times, in fact nearly always, brains, beauty, inspiration, all the psychological faculties over developed, without scientific adjustment

sufficient to tell them how to earn a living; they have lack everywhere, while they break themselves to pieces on their own emotions; they are open to everything, and their disorganized expressions bear witness to their unpoised lives. We need only take one look often at the personality to know the rest; they all have one or more of the general characteristics. Their careless disorder; the disheveled hair; the mal-adjustment of their apparel; their eyes with light in them that is neither on land or sea; often set in a body that is half or wholly ravaged by disease; the utter sinking of the personality; the incongruity of color; the perversion of vision, where one sees only a gray sky, they find a blue sea; the real is lost in the unreal, and union and usefulness often go with it.

Then there is one more expression—the perverted child of the spirit; they are more rare, but we all have met them; they have come through the physical, the mental, and psychical, and have never seen the truth, that the whole of their life work was to sublime all these planes into union, and take them with them on their Godward journey. They are found in bodies so attenuated that they fail in every normal faculty. They have really lost their personality; they are neither male nor female but simply beings. On the mental plane they reasoned themselves away from physical union, and dreamed themselves into illusion on the psychic, and when they passed on into the spiritual awakening, all correspondence with the other planes was lost; we find them dreaming their life away; filled with ideas which are never vitalized into being; they live surrounded with the fairy children of their brain, and life for them is always a becoming, never a being, for they have lost the connecting link between creation and expression, and they pass on in sort of a lifeless life.

Now, when we review these perversions of the real "I AM," is it not plain to all where the race is working to-day; true you may say these are all abnormal expres-

sions, but if you look at the world full of men and women who pass and repass you on your daily round of life, you will not be long in finding that, while it is true they are abnormal, it is also true that they are perfect types of our present civilization.

The great lesson which we seek to promulgate, is to teach everyone the truth about themselves and their own inherent powers and possibilities; we want to show everyone, ALL of themselves and train them to take every part of their being along with them each hour of their Godward journey. Do not sacrifice one thing to gain another, but keep whatever you have, from plane to plane, and transmute it into a new form, a higher energy all in ONE. This is the pathway to the level of pure light within each soul in which there is no shadow.

The glorious physical, and the knowledge of its subtle laws of instinct and expression; the brilliant mind, with its unanswerable facts, its fine adjustment, and scientific law of order and arrangement; the dream vision of the psychic, with the poets soul and inspiration, and the tender gentle heart of emotion; and life that "knows" when others know nothing; and at last these, blended, transmuted, permeated by that great intuition of the spirit until through it all we become grand, whole, developed creatures, walking in glad comradeship with GOD.

Thus do we secure success in the highest; not by resistance, renunciation, nor denial, but through union. In the light of this higher understanding we find that matter, as we see it here, is only spirit in another rate of vibration, and taking the physical body off the plane of separation, where our ignorance has placed it, we join it with the facts and desires of the mental plane, and through the soul plane shed down into it an inspiration to guide it, and pass with all these into that universal illumination, which is perfect union, with perfect mastery of all of life's conditions.

DEFINITION OF POSITIONS IN HANDWRITING.

In handwriting there are two great divisions: Creative and Receptive. The Creative handwriting is Positive, and the Receptive is Negative. All the other positions are simply modifications of these two.

Creative means that the individual is not easily led, but leads others and creates his own conditions and constructs his own plans.

The Receptive life is always led, always open, and never sets its own lines, but borrows its behavior from the majority. It sinks its will in the sum of other people's wills.

The first thing we do when reading hand-writing is to determine the position of the hand, and we do this by witnessing which side of life is more strongly expressed, and we draw our deductions by the degree of each.

The positions are five in number:

POSITIVE.

NEGATIVE.

POSITIVE-NEGATIVE.

NEGATIVE-POSITIVE.

CREATIVE-POSITIVE.

Positive and negative are the extreme ends of the pole of being. Creative-positive stands for the Equalization of creative and receptive.

Positive-negative and negative-positive are modifications of the extreme ends of expression.

POSITIONS.

I would enter in our
servations with far
greater zeal than you

POSITIVE.

through your character reading if
I am adapted to any business,
and if so what I have been a reader

NEGATIVE.

Mr. Ralph Albertson:
Sec. Nat. School City League

POSITIVE-NEGATIVE.

Mr. Ralph Albertson
Jamaica Plain

NEGATIVE-POSITIVE.

Julia Seton Sears M. D.
Huntington Chambers.

CREATIVE-POSITIVE.

GENERAL CHARACTERISTICS.

Walter Street
Allston Mass.

IMAGINATION.

Mrs. Julia T. J. J. J.
#605 Huntington Chambers

PRIDE AND IMAGINATION.

I would believe it was
not —————
"Not ————— Christ!"

PRODIGALITY.

graduate, with a business ex-
perience of about three years in
stenography and general office
work. Excellent references.

PRUDENCE.

I thought I would
write you and tell

OBSTINACY IN "I."

I have with me
application for the position

INSPIRATIONAL "t" AND TENACITY.

To the care of the Chairman of the Board
Thursday Jan 4, 1906.

If you are not a subscriber
to the ~~Time~~ then this is a

ticket to the Celler. I
as I was not a Deter or

INDICATING A TENDENCY TO INSANITY.

POSITIONS — GENERAL CHARACTERISTICS.

CHARACTERS IN POSITIVE HAND-WRITING. Strong, firm, determined lines; y, p and g with straight plain stems; very little imagination; fair concentration; mildly generous; a well crossed t and dotted i. May express from any plane, but is not likely to show intuition. It always expresses the physical to a greater or less degree, in combination with the other planes.

NEGATIVE HAND-WRITING. Absence of all positive lines and characteristics; irregularity of arrangement; may be either prodigal or prudent. Inharmonious relation of capitals; lack of concentration; poorly crossed t; irregularly dotted i; general malposition; shows general inharmony. May express physical, inspiration, and intuition, but lacks mentality.

POSITIVE-NEGATIVE HAND-WRITING has both positive and negative characteristics, but the positive lines are the most distinguishable. Has some fine lines and arrangements, ending in irregular, faulty letters and words; expresses mental, inspirational and intuitional, but often lacks physical.

NEGATIVE-POSITIVE H A N D-WRITING. This has the general characteristics of a negative handwriting with here and there good, well-formed and harmonious capitals, but the general outline of both words and capitals is weak and faulty; expresses physical, inspirational, and always lacks mental.

CREATIVE-POSITIVE H A N D-W R I T I N G. Harmonious arrangement; well-rounded letters; fine concentration; well crossed t; fair imagination; reasonably generous; has both accumulation and attraction; may express on all planes of being, but is rarely ever fixed

on the physical or the intuitional plane, but works from the mental and inspirational plane.

SIGNS OF "t." The t is the sign of the will power. A well crossed t denotes a calm, sure, certain, even character. It shows good determination and executive ability. A t crossed high at the top, denotes inspiration and ideal-ity. Small crosses anywhere, denotes prudence and econ-omy. Large, long sweeps for crosses tell of prodigality. A t with a hook on the end of the cross, means tenacity of purpose and firmness. Large flourishes and turns, mean imagination and pretension. A t with a cross downward, means obstinacy, strong opinions and pessi-mistic qualities. An uncrossed t and an undotted i, denote weakness of willing, lack of purpose and deter- mination, and halting accomplishment.

CAPITALS. Long slender capitals and other tall letters are indicative of pride.

Flourishes, frills, and extra quirls of the pen stand for imagination.

SMALL LETTERS. In handwriting, an a and o open at the top, means attraction, inspiration, generosity, free- dom of expression, kind-heartedness, sympathy and affec- tion, loving disposition, forgiving and cannot take revenge. An a and o, closed at the top, denote the power of accumulation, secretiveness, lack of expression, reserve, caution, tenacity of memory, power of logic and deduc- tions, order and arrangement, sensitiveness; and when very tightly closed, we may be certain that they never forget a friend nor forgive an enemy and they hold a grudge for eternity.

The heart type of writing is markedly sloping letters, and in the head type the letters are more straight.

Extremely slanting letters or back-hand always rep- resent original lines of thinking and dislike of conven- tionality.

PRODIGALITY is recognized by long generous dashes across the t and at the end of words and sentences;

by the generally open appearance of the writing; the wide spacing of the letters and lines on the page. When one uses six pages to write a message which would go on one-half of the page you may be sure he is prodigal and generous in his disposition.

PRUDENCE is shown by small dots, small crosses to the t, and close crowding of letters and spaces on the page of paper.

A large open loop to the y and l, and all tall letters like d, y, g and l, shows prodigality.

CONCENTRATION is shown by all closely connected words and letters; long straight lines in writing; attention to details and a general expression of order and arrangement, and is most marked on the mental plane.

INTUITION is shown by separate letters, disconnected at the base.

INSPIRATION is shown by an a and o open at the top, with the base of all letters closely connected or continuous.

REASON is shown by an a and o closed at the top, the letters connected and on the line, with general harmony of letters and arrangement.

PLANES OF EXPRESSION.

Graphologist
Boston Mass.

PHYSICAL AND POSITIVE.

Mr Ralph Albritton
Janaca Plains

PHYSICAL AND NEGATIVE.

Gentlemen:-

I in reply to your "ad"
in today's issue of the above named
paper will say, I am a young

HIGHER MENTAL.

I certainly owe
you an apology for not
replying before to your
kind letter & invitation.

LOWER MENTAL.

Mr. Ralph Albertson
Jamaica Plain

(SOUL) INSPIRATIONAL.

Dr. Julia S. Sears
603 Huntington

(SPIRIT) INTUITIONAL.

Dr. Julia Seton Sears
614 Huntington Chambers

CREATIVE-POSITIVE.

PLANES OF EXPRESSION.

We divide people into four planes of expression, namely: body, mind, soul and spirit, and they function through these in instinct, reason, inspiration and intuition.

BODY PLANE. Purely physical men are found among farmers; laborers; peddlers; section men; miners; also any crowd of men that work under a foreman. Arrangement and order are not necessary.

Purely physical women are simply working women; washwomen; scrub women; household drudges; also those who simply love the creature comforts, and who want all sense satisfaction, but do not want to go to any exertion to get it. They are found among the women who are supported and will marry any kind of a man so as to be taken care of and have a home of ease and luxury.

MIND PLANE. Purely mental men, of the lower mental plane, are the foremen; the section bosses; carpenters; contractors; street-car men; mail men; little store keepers and any type of men who work at physical labor that has some little show of order, adjustment and creative ability.

Higher mental plane men are the type of men who are professors; men who educate other men; chemists; lawyers; assayists; astrologists; socialistic organizers; the higher class of mercantile men and all men who plot, scheme, deal and make big trades, and have skill and management which make for success in material things.

Purely mental women of the lower plane are those in the trades; dress-makers; milliners; trades women; forewomen in stores; cooks; heads of departments in stores.

Purely mental women of the higher plane are those who have great intellectuality and are not contented with the physical and lower expression of mentality. They

want education, finish and culture, and are among the school teachers; stenographers; kinder-garten teachers; are often piano players or instrumental musicians; singers who have cultivated voices but with no evidence of soul.

SOUL PLANE. The soul plane is divided into two expressions, higher and lower. On the lower soul plane we have the professors; doctors; teachers; organizers; dentists; lawyers and people of mild inspiration, with ordinary ideality and imagination.

Women of the lower soul plane are nurses, managers of institutions; matrons in jails; the heads of sanatoriums; the leaders of philanthropic movements. They organize training schools and hospitals and are found in many humanitarian expressions of life.

The higher soul plane, in both men and women, is characterized by high ideality, vivid imagination and extraordinary inspiration. Here we find artists; writers; authors; composers; singers; elocutionists; and writers of drama.

SPIRIT PLANE. Here we get into the world of religion. Preachers; evangelists; great philanthropic leaders; religious organizers; higher educational workers; the inventor; the great composer; improvisors and the tragedians of the drama. People on this plane see everything by faith. Their intuition is their guide, and they find it hard to materialize all their ideas and visions into material expression.

UNION OF PLANES. This is the creative-positive life. It expresses itself in instinct, reason, inspiration and intuition. It is usually found to have a fixed point of attachment on one plane, but it passes to the others at will. We have in this plane the statesman; the great leaders of social and religious science; also the masters of physical expression, such as contortionists, equilibrists, investigators, and organizers of great companies of men. Also landscape gardeners. This latter class know beauty, art, arrangement and physical laws.

This Union of all Planes makes the plane of Equalization, and through the perfect understanding of the laws of being, every life may control its development and make this Union.

THE PSYCHOLOGY OF COMPANIONSHIP.

When studying handwriting for companionship, either married, friendship, or business, remember to look carefully at all the general characteristics, then draw your conclusions first from them, following this with the planes of expressions.

If you find that both are lacking in will power, there can be little hope for them on the plane of material expression; they will be unable to direct their plans, no matter how fine they may form them, for on the plane of competition where most of these lives work, they must have the required degree of will power. If you find one strong willed, and another weak willed, you may easily get a well balanced companionship. If both are strong willed and positive, then you have conditions ready made, for many a long and continuous argument and they will both need to watch the causes which lead to misunderstandings.

If both are physical or mental, they may secure great material gain.

If both are intuitional, they will never be wealthy, although they may have an abundance of love and happiness. If both are prodigal, they will never accumulate; if one is prudent and the other prodigal, they may again balance the general characteristics; if both are prudent or negative, they will eventually become stingy and often really miserly.

If both are intensely mental, they will agree and not annoy each other, but their home and their company will not be sought by outsiders; a mental home is always

perfect in its appointments, its order and justice, but lacking in sympathy and indulgence.

If both are very imaginative, they will make foolish investments; if both lack imagination, they will soon pass to the dull gray of the common place.

The law of life is equalization; never forget this when matching hand-writings and those who combine the needed characteristics for success will have happy unions.

Remember that the creative-positive hand-writing means universal individuality, and that it may marry or work with anyone whom it fancies but that in order to be fully understood, it must seek union with a creative-positive life.

A woman on the mental plane, married to a truly creative-positive man, cannot expect to pass through life without misunderstandings, for a mental plane is not great enough to interpret the desires of a creative life.

Life's relations become much more pleasant and life a much easier problem, if we understand all the psychological connections with the characters within our own being.

Study each hand-writing carefully and remember that every sign in GRAPHO-PSYCHOLOGY means something, and when you are drawing your conclusions, let each sign have its own significance and allow the combined effect to build up the finished product of your deductions.

THE PSYCHOLOGY OF COMPANIONSHIP AS GOVERNED BY THE LAWS OF THE PLANES OF EXPRESSION.

In order to judge exactly as to what will be harmonious in married life or friendships, we need to understand the planes of expression. Every hand-writing contains a distinct key to these Planes. There is never any exception to this rule.

The lines bearing upon happy unions are based upon the law of similars and complementaries. We must be alike in the grand basic principals of our expression, no matter how many other things we have which modify our life.

The law of complementaries is often very satisfactory, for while we are alike in many ways, one may have some little part of another plane, developed to such extent that they can draw out from us a perfectly harmonious desire for growth in their direction; and after a while we pass into harmony on two or three planes, where before we were only together on one.

The lines of life that make for inharmonies are based upon the law of opposites. One may marry opposites, because it is a part of nature that we often desire the thing which we do not have in ourselves; a weak, gentle woman may marry a purely brute man, because of the force and the strength which he expresses, and which for a while enslaves her, and no doubt this infatuation would last, if it were not that, while she really finds what she desires and what would help her to develop herself, she at the same time finds a hundred other accompaniments to this nature which she did not know, and on which she

did not count when she gave her life into his keeping. People have spent years in trying to harmonize these opposites and have sometimes succeeded in getting them to the plane of complementaries; but they find when they have finished, that the pathway is strewn with disappointed hopes, and wet with tears of regret, and look where they will, they see grave-stones that bear only one inscription, "Sacred to the memory of a growing soul."

There are two types of writing for both men and women. They are the marrying and the non-marrying.

All feminine characteristics; small dainty fine lines; slender capitals; weak irregularities; poor t's and vivid imagination, in a masculine hand-writing, class them as the marrying type, and possessed of a nature which has very many feminine characteristics; such as pity, tenderness, emotion, and a great love of nature. They are fond of home, friends, wife and children and are often very domestic in their tastes.

The female writing which has strong positive lines, with little imagination, plenty of determination, prudence and accumulation, and which expresses mental to a great degree, is non-marrying. They can live for an ambition just as well as for a home, husband or children, and they are not domestic by birth nor education.

Purely intuitive hands, negative-positive, purely negative and physical, are classed as marrying; while the purely positive-negative with marked inspiration or mental expression are not always marrying types.

The creative-positive hand may marry or not, and we base our idea of its inclination, by the amount of inspiration, imagination, and prodigality. The more it has of these things, the more likely it is to marry. The creative-positive hand has the advantage of being able to adapt itself to any plane of expression and get on with any nature, so it may do just as it pleases and marry or not as suits it.

Now in order to classify handwritings and decide whom we shall choose for a companion, a wife or a husband, we must know how to determine their planes of expression and then, bearing in mind the rules for positions, we are able to draw our conclusions by careful deductions.

PHYSICAL PLANE. (Instinct.) This writing may be either positive or negative and there is always lack of neatness of arrangement and harmony of letters, words and lines, and there is lack of culture. These people may have good minds, but they are wanting in fine logic, law and order. The whole outline of the writing is crude, even when there are a few good expressions. They may have a little intuition and inspiration, but they do not show much mental, and they are crude and undeveloped in character. They may marry physical, mental or slightly inspirational (lower soul), but never intuitional.

MENTAL PLANE. (Reason.) By mental, we do not mean intellectuality; intellectuality may be found on any plane, but mental means careful attention to the little things.

As soon as we get into the mental plane, we get arrangement. The mental plane is shown by its fine relation of letters, words and lines and harmonious capitals; everything is written on the line. The o's and a's are closed at the top; the loops of the letters are long and slender and tightly closed; the t's have small decided crosses, and there are small dots at the ends of lines, showing lack of prodigality, which is felt even in their lack of believing generously in anything they cannot prove to their reason.

The mental plane is filled with those people whom the world calls hard to live with. Here we find the strong, dominating, powerful wills, and irritable, exacting natures.

When two lives that are wholly mental meet and try to get along together, they will, even under the law of

similar, find that there will be some things which they must adjust before they express perfect harmony, but only the purely mental can fully understand all the peculiarities of the mental being. Any other kind annoys and frets them.

In order to live happily with a mental man or woman, one needs to have a well developed mind, or rather mental plane themselves, no matter what other planes they may be capable of expressing.

The purely mental individual should look for a mate on the mental, or the lower soul plane, or the physical.

SOUL PLANE. (Inspiration.) Here we have also a higher and a lower type or degree of expression. This plane is detected by the general openness of the writing; the rolling letters and words; the prodigal sweeps of the pen; the a's and o's open at the top; the lack of accumulation and the great amount of attraction; the wide spacing of words, letters and lines; the t's crossed very near the top; the u's, n's, and m's all look alike. The line is always connected at the base, thus differentiating between intuition and inspiration. The lower soul people may marry mental, physical, and on its own plane, but two soul plane people will not accumulate money and property, for they lack the power of the fine mental attraction and run to waste in ideality and emotion.

SPIRIT PLANE. (Intuition.) This is determined by the letters being disconnected at the base; each letter may be alone in marked cases; there is a general outline of separateness and the whole hand gives the appearance of being detached. The t's are usually irregularly crossed or perhaps uncrossed, and all attempt at order and arrangement is lost in the confusion of the spiritual. It may be found to partly express from every plane but is rarely ever connected with the mental, only in creative-positive writings.

The purely intuitional individual is the hardest to mate and has the most trouble when improperly mated.

This individual can live in perfect joy of expression with its own kind, but together they are never able to make a living. They do not know how to get material expression. When coupled with a physical, or higher mental nature, they break themselves to pieces over the incompatibility of their natures, for what is normal to the physical and mental, becomes crude and vulgar and prosaic to the refined, visionary ideals of the intuitional nature. Their best hope for happiness is found by union with a life which has intuition, but whose fixed point of action is on the inspirational plane with just a little expression of the lower mental, for by this they find a kindred spirit, and can be taught the finer adjustment to physical environments without laying down their illumination and their dreams.

THE CREATIVE-POSITIVE OR EQUALIZATION PLANE. (Instinct, Reason, Inspiration, Intuition.) These people can live with anyone because they have learned to make union with all planes, but for a continuous, joyful life in which there is no effort, they should marry one of their own kind and both function from the higher mental and inspirational planes.

The more positive a life is, the more it makes for inharmony. It sets the pace to the exclusion of others' rights, opinions, or dictates; and many who are not developed war with it simply because they do not understand it.

The more negative a life is, the more it makes for harmony, for it will have peace at any price and it breaks its own life trying to adjust itself to others until it loses its own expression and becomes helpless.

A good rule to follow for happiness is to choose a mate who is negative to your positive on the same plane with yourself or vice versa.

If you will follow these rules in choosing a companion, friendships may endure forever and marriage cease to be a lottery and a failure.

GRAPHO-PSYCHOLOGY. ITS PRACTICAL USE IN THE BUSINESS WORLD.

When studying handwriting with regard to business ability, be sure that you carefully pick out all the general characteristics (see first lesson); then determine fully, the plane of expression. You can know at once that if the writer has his fixed point of expression on the intuitional plane, and the position which he is occupying and from which he must realize an income is one of the mental plane; then if his expression does not suit him you know at once that if he ever hopes for success he must hunt the work with which he is related, or develop within him the other planes which are latent.

A business man could not afford to send an intuitional man to purchase real estate for him and take his opinion as to the likely value of the same; the judgment of an intuitional man in such material things would not be good. The business men who do this sort of thing in the business world without knowing the law, can only hope for failure and failure they have over and over again, just because the law of each life is fulfilled.

When they can be taught GRAPHO-PSYCHOLOGY, they will know how to pick out the men who will attend to their business on the plane where it belongs, and they will pass from success to success.

If one is contemplating a lecture tour and wishes an advance agent, he will never know the truth about the condition of the people and the manner in which he will be received if he sends an agent who is purely on the mental plane; such an agent will be able to gather the

exact data as to time, place, price, transportation, etc., but all the finer psychological laws will be unknown to him; and he will fail to the same extent if he sends a wholly intuitional man, for such a man would bring him an exact report of the psychological side, the likelihood of an audience, the lines of attraction, etc., but he will find, when he starts, that all such little things as transportation, halls, programs, and fees, have been entirely overlooked.

Many a woman who is a good designer in millinery, dressmaking, or art, if she wants success, is forced to associate herself with a mental and physical individual in order to manifest her best. She plans, the other executes, and realization follows. Inventors would often die penniless unless some well defined mental plane individual took them up and pushed their creations into actual development.

The creative-positive life is the only really powerful one on all planes, and if one of these seek you for advice, you may be sure that their lack comes only from the fact that they are directing their plans ignorantly; for they can do anything they want done and can do anything for anyone else, if they know their own power. When a life is really equalized on all planes, it stands as a great power from which all the half developed world may draw support and instructions.

Teach your patrons the value of studying all of life's relations and the importance of knowing just where they are and how to connect with what they need; union will make any life successful and attractive, and pass it quickly from lack to opulence of supply on all planes.

SUCCESS AND HOW TO ACHIEVE IT.
GRAPHO-PSYCHOLOGY POINTS OUT THE
LINES OF LEAST RESISTANCE FOR
A LIFE'S WORK.

This is one of the hardest parts of GRAPHO-PSYCHOLOGY and you will need to study it closely before you will be able to tell at a glance just how to advise anyone to begin a work that will bring them into success.

The reason that so many are seeking and never finding; beginning and then losing out; is simply because they have no way of knowing what they want to do, or if they know what they want to do, they lay their desire down, and go out to work at anything, not knowing that this aimless drifting will take them years to find their lines of least resistance.

There is a work and pay for all, just as there is a climate, and country for all. Many a person knows what they want but they have no idea where or how to get it. They do not choose the line which will connect them with their desire. When one wants to be a farmer, he does not go among preachers, nor does he haunt the stage if he wants to be a bookkeeper. First know what you want, then determine on what plane you are expressing, and find out just where you and your work belong, and then get union.

Remember the planes of expression for a life's work are the same as any other: Physical, mental, inspirational and intuitional.

PHYSICAL PLANE OF WORK. The person who is meant to express on the physical plane should have

fine instincts and comfort-loving characteristics; not too high ambitions, and no marked intellectual desires. You can see that, given the qualities which express a physical man, if you find him working in a place where everything calls for fine mental manifestation, you will know he is out of his place, and his lack of material gain will be easily answered.

MENTAL PLANE OF WORK. The mental plane is the true plane of success, and union with this plane, no matter what else you may express, will aid you to a yet greater degree of perfection. When we take every life that comes before us and dissect it for business ability, those on the mental plane stand the test for material gain and personal power. This is the plane of fine adjustment and purpose, and of all the things which go to balance the otherwise over-wrought life. Lack of mental signs do not mean weak mentality nor weak expressions, but simply means lack of law, order, fine judgment and absence of attention to details, with poor material expression. The mental plane is the connecting link between the spirit and the physical planes, and when rightly connected, may become the working ground for all planes of expression.

INSPIRATIONAL PLANE OF WORK. On the inspirational or soul plane we find the generous, loving, inspired, sympathetic people. These people, on their own plane, are successful to a very great degree, but off their plane they are failures. They have a great desire to carry out their inspirations and give them to the world, but often they lack union with the two lower planes, mind and body, and they go on year after year planning but never materializing. When they are found off of their own plane, we easily recognize them by their exalted ideas and visions. They are working in one world with their hands while their whole being is in another world, building castles, which again and again are destroyed by the cold material facts of their work-day

plane. We find these people often trying to make a living in the trades, or at the work of the higher mental or physical plane, and laying down their own desires in the vain hope of making a better material expression. After years they leave their work and take up what they should have done from the first, but all these years of vain effort and regret might have been saved them, had they only known the truth about their plane of least resistance. When you see an individual from the soul plane and one from the mental plane applying for a position in the mental field of work, you will always see the soul plane individual lose out to the one who brings into his work all the characteristics of the mental expression. It is an unwritten law that your line of attraction and the thing you want must be equal or you will never succeed or keep what you desire.

INTUITIONAL PLANE OF WORK. Here we must remember that we have the very last analysis of visionary people. They live in a world of dreams, surrounded with the dream children of their brain, and life for them is always a "becoming," never a "being." Their hand-writing bears witness to the irregular, disconnected manner of their life, and their material environment often awakens our greatest pity. We see at a glance that when we are asked to direct these lives toward a successful expression, we need to know better than to take them out of their fairy land of promise and pitch them into a world of facts and realities. They must be given a knowledge of their true position, and their lack of union with things which make for success, and by careful training they can be brought to pick up the scattered threads and make a new pattern.

CREATIVE PLANE OF WORK. The creative life is one who is master of his own conditions; he knows himself and all parts of his expressions, physical, mental, inspirational and intuitional, and does not run to waste in any of them. He stands sentinel of his expressions

and joins them by his will, and the success and strength and power of his daily life bear witness to this union.

The true law for a life's work is, First: Know the plane on which you have normal expression; then stay on that plane and put into your daily work all the attributes of the other planes until you have a perfect union. This is the line of least resistance. Get the work that fills your whole life, and then if you starve at it, don't blame anyone but yourself, for you need never starve, if you will learn all the fine lines of union which are needed to connect you with the other planes. Learn what you lack; then develop it for perfect realization.

HOW TO CORRECT OLD HABITS AND FORM NEW ONES.

There is only one way. When you have determined where you are functioning and your life does not suit you, just understand that you have not yet found that fine balance which makes for success. Determine the plane with which you wish to make union, and then force your will power into action and hold your every action servant to its bidding. If you are disconnected with the physical and mental plane, teach yourself concentration by doing everything your hand finds to do and doing it with your might; do everything "PURPOSELY"; put your mind on it, no matter how small and insignificant it may be, and finish it with your mind, soul, spirit and body before you leave it. Begin to express order. Do not allow a trace of disorder to evidence itself anywhere; train and train each day; obey the commands of your will; never put off for to-morrow what you can do to-day; listen to those who are wholly material, and get some of this expression worked in with your own; pay attention to your own body; learn the gospel of good clothes, good gowns, good food, and the importance of attention to the smallest thing in your own appearance. If you do these things in your work, your play, everywhere, you will soon find that you are getting an expression of concentration; and when you do have concentration fully developed, you will abide in a condition where you can do whatever you will to do, and life will become for you, the perfect expression of all planes which gives peace, power, and plenty on the material plane, and opens the door for divine inspiration and illumination to the soul.

If you are purely physical, or mental, and your work makes you unhappy, learn that you need inspiration to a greater degree in it; lift it into the plane of a privilege and not make it a drudgery or a duty. Work is the perfect fruit of the tree of life; but toil is a perversion. We can pour inspiration and illumination through our every day humidrum existence if we so will, and lift ourselves and our work, and our life, above the dull gray of the common-place into an enchanted land, where we live in sweet comradeship with faith and facts, and our discontent is made glorious, and our material and spiritual expression is faultless.

System
of life

In placing people for a life's work, make it a part of your study to find out at what they are working; then determine what they *ought* to do. If they are not satisfied with themselves, and yet at the same time seem to be rightly placed, as far as the planes are concerned, you may be sure they are coming into that peculiar transitory point of unfoldment, where they are sensing the need of union with other planes of expression. If you study them carefully, you will be able to detect their need and by fine deductions can tell them what they need to do in order to make the union necessary for further growth. A life always shows dissatisfaction, when it is ready for another step forward, and the thing for the teacher to determine is in what direction they need to be sent in order to find their own union.

HOW TO CONNECT WITH OTHER PLANES.

This is done by first recognizing our own expression, and settling beyond doubt the question of just where we are functioning; then recognizing the existence of other possible planes of expression and determining to bring their expression into our own life. Decide what is lacking, and what we have; then take up and study carefully those expressions in which we find our life faulty.

The will power is the monitor, and after our mind has filled our field of consciousness with the idea of what we

need to make our life more successful, our will power can be taught to hold our expression servant to the union. We must be patient and in a year we can completely change our whole expression and environment.

HOW TO WRITE A GRAPHOSCOPE.

First read the general characteristics in full; draw your general conclusions from all the things shown in the writing. Then convince yourself, beyond doubt, as to just what plane the writing belongs. You cannot write or talk of planes, in the ordinary interpretation of the subject, for an individual will not know what you mean by planes. It should be used as your key to the life.

If the handwriting is purely physical, or mental, or intuitional, or inspirational, you will know at once just where it belongs, and you must say, in common words, just what you mean.

If one is purely inspirational, you know at once that he has a character of ideality, hope, etc., (look over your lessons on planes and find just what everything means) then relate the writer with the things which belong to his expression.

Tell first his general characteristics; then the kind of a disposition he has; whom he shall marry and just what he can do for a life's work; then tell the things he lacks and needs to develop. Tell him how to do this by your key to the planes in his writing, which are over or under developed.

This is only a brief outline of what might be written but it is enough to give the student a clue as to how to frame his readings. As you grow more and more deft in deciphering the combinations and drawing your deductions, you can pass your knowledge into any words that will fit your ideas; and find that those for whom you write will be aided, instructed, and more than delighted with your helpful directions.

Do not be afraid to go into details in your explanation. Every one who consults you is anxious about him-

self, and anything that has to bear directly on his condition will always be of interest to him. Do not give a lot of glittering generalities; talk and write vital truths as you read them in the writing. Say just what he may or may not be, without any illusive atmosphere.

THE PSYCHOLOGY OF COLORS AS EXPRESSED IN HANDWRITINGS.

Every body that moves in space gives off vibrations; these vibrations have color and sound. Grapho-Psychology deals with colors. Every handwriting is an immediate materialization of the sense vibration which the writer is expressing, and when we find out, through the medium of the handwriting, just where the individual is functioning, we at once secure the key to the vibratory rate of his life and can determine his color.

Many lives are so developed that they can see these colors and hear the sound, but that belongs to the higher psychological instructions and is not a part of these lessons.

The very deep heavy shades of red, blue, green, brown, yellow, etc., belong to the physical plane, and are seen by those expressing strongly in instinct and cell sense, and denote virility, strong physical activities, power of self reconstruction, etc. A patient writing a persistently physical hand gives his physician the clue to the kind of disease which he is likely to express, and one can easily determine, almost before they read the letter, that they will get a history of gastro-intestinal troubles, or plethra, or congestion of the important organs, lack of elimination, perhaps a breaking down of tissue resulting in open sores, also rheumatism, etc.

The people of the physical plane yield quickly to treatment; they get well quickly, but they also die quickly, for the resisting power is all on one plane and if that is overpowered, there is no correspondence with any latent force, and they yield to the disease. They may also become very powerful agents in curing disease as they

have great personal magnetism, and can give magnetic treatments, massage and all physical applications with great advantage.

The people on the mental plane are persistently in some shade of yellow or green; the medium shades represent the lower mental, and the very light shades the higher mental. When we receive a letter from a patient on the higher mental plane, we know at once what his complaint will be, for a fixed attachment to the mental plane gives almost every form of nervous trouble; neurasthenia, in all its expressions; indigestion, with its corresponding mal-nutrition; eczema; hay-fever; neuritis; functional blindness; all are the trophies of a prolonged mental atmosphere. The life subjected, year after year, to the laws of the mental plane cannot hope to escape collapse and complete nervous exhaustion. The lower mental attachment gives us the expression of mental degeneracy, known as melancholia and despondency, with pessimistic ideas.

The inspirational handwriting shows that the lives are expressing in blue or pink; the lighter the color, or the more pronounced the signs of the writing, the higher the vibrations. These patients tell us the story of their polarization in terms too plain to be mistaken. Here we have the mildly insane; the slightly paranoic; the mild delusions; the manic-depressant and all forms of mental diseases which accompany loss of nerve control, such as hysteria, emotional insanity, etc. Tuberculosis is an inhabitant of the inspirational plane. It belongs to those families who, for long generations, have lent themselves to lack of self-control, extreme intellectual and emotional exaltation, and who never understood that the emotions have power to make and unmake the life.

The purely intuitional handwriting expresses in all shades of violet and in white. Here we have the wilder or more aggravated forms of mental diseases. The insane asylums are full of those who function perpetually

on the intuitional plane. All the forms of extreme mania belong here, and it is from this fact that they become incurable, for depolarization on this plane renders it impossible to connect or relate them to the other planes.

It is a certain and unwritten law that fixed points of attachment to one or two of these colors will invariably lead the life into an expression of depolarization. It is said by neurologists that the greater number of their worst patients come from among farmers and farmers' wives. Is it not plain that, given an emotional, inspirational nature, coupled with the physical color, and given the plodding environments of the farm without any chance for expression of the inspirational part, that this very energy allowed to run riot, uncontrolled, or unused, must in time depolarize a life.

These colors also have their relations to health, wealth, and all the powerful things in life, and the really normal expression may be understood by studying the characteristics given in the different colors and their relations to life in general.

The creative-positive life expresses all the colors in varying intensity; through training, one can pass all the colors into a white light so that all divided sense perception is lost in the higher power of expression; this is the place where any kind of disease may manifest, but where few are found, for when we become really creative-positive we have power over our own body and it is on this plane of higher development that we receive the key to self-healing. Through the power of mind, we are lords of our own life. When we have true equalization, we can rescue our own life from lack in any form, be it lack of health, wealth or love.

Black and white are neutral expressions and, we might say that to the undeveloped lives, white becomes negatively good, and black becomes positively disintegrating. No one should persistently wear either one of these two colors until they are certain that they have sufficient

power over themselves to master any external rate of vibration and poise themselves, through the power of the mind, just where they desire to vibrate.

Individuals who are not polarized within themselves, should never wear colors which represent vibrations that are not pleasant to them, nor should they clothe themselves in garments which they are obliged to dominate; it wears out their nervous energy and is a line of most resistance in their life. People of great physical power, can most successfully dominate mixed vibrations from colors.

One who tires easily should not wear black or gray but should secure blue, golden brown, orange, and the deeper shades of purple.

As we grow in our development we each and all come by natural choice to a more careful selection and relationship with colors, and attention to this detail is necessary until we have made union on the creative-positive plane of expression, and then all colors, as well as all conditions, become only aids which we use in our journey through life.

HOW TO SEE YOUR OWN COLOR. Close your eyes gently, shutting out the light. Wait a few moments, and a haze of light will begin to manifest in the darkness. Watch it carefully, with the eyes closed, and it will assume a color. In the center of the haze there will appear a small spot; both the haze and the spot will be filled with rays of color; at first one may find varying rays of color, or one color with varying degrees, but after a while he will be able to scientifically follow his vibrations from day to day, and in a short time will know just what color is normal to his ordinary life. As soon as he knows this, he will know just where he is living, and what to expect of himself and his environments.

HOW TO CHANGE YOUR COLOR AND VIBRATIONS. When you have decided that you are

living too much of your time on one plane and in one color, and want to leave it, what shall you do? Just put in the things of some other plane; change your thought position. If you are purely intuitional and living in the violets continually, go into the country, or the garden; do some physical work which will take all your attention and strength, and stick to it until you see red, green, or any of the heavy or mental colors.

If you are in the pinks and light blues and are all expression and emotion, hunt up those who are thoroughly practical and listen to them; fill your life with the common place, and force yourself to control your emotions; repress them until you are equalized.

If you are caught in the haze of the mental plane and get up and lie down in yellow; then persist in giving yourself more expression; dare to say what you think; look at beautiful pictures; hear grand music; allow yourself to dwell in the beauty of some grand master painting; let yourself feel, and live.

If you find that your color is persistently physical, and you see the heavy rays of red, blue, black, brown, etc., be sure you get away for a while from the thoughts of and association with material things: Study the mystics; occult sciences; oriental philosophies, and everything which will lift you into a higher rate of vibration through feeling. Fill your field of consciousness with the sense of the unreal, until you find that your colors have changed to keep pace with your own increased vibrations.

When an individual is taught to understand his expressions both in disease and health, also in lack and supply, it will not be long until, through the power of conscious willing, he can pass his life from plane to plane until he reaches the point of development where he is perfectly normal, and can stop at any point on the pole of being and function normally.

All life is a process of selection, and with GRAPHO-

PSYCHOLOGY, selection becomes based upon normal scientific laws, so certain that all the changing conditions of life cannot prevail against them. Life then becomes built on the rock of higher understanding, and while some of the parts of this psychological temple may seem perilously high, the very highest points have habitable chambers, for beneath it are the rocks of human experience, the great vital cosmic truths, which never die, but which are caught and handed onward through the ages by the minds of those who know, and see, and understand.

SCHOOL OF MENTO-PSYCHOLOGY.

Julia Seton Sears, M. D., Pres.

Instructions in the following Course of Lessons will be given personally at the School of Mento-Psychology, Huntington Chambers, Boston, Mass., or will be sent by mail at price named for each course. Students may take any part or all of the course.

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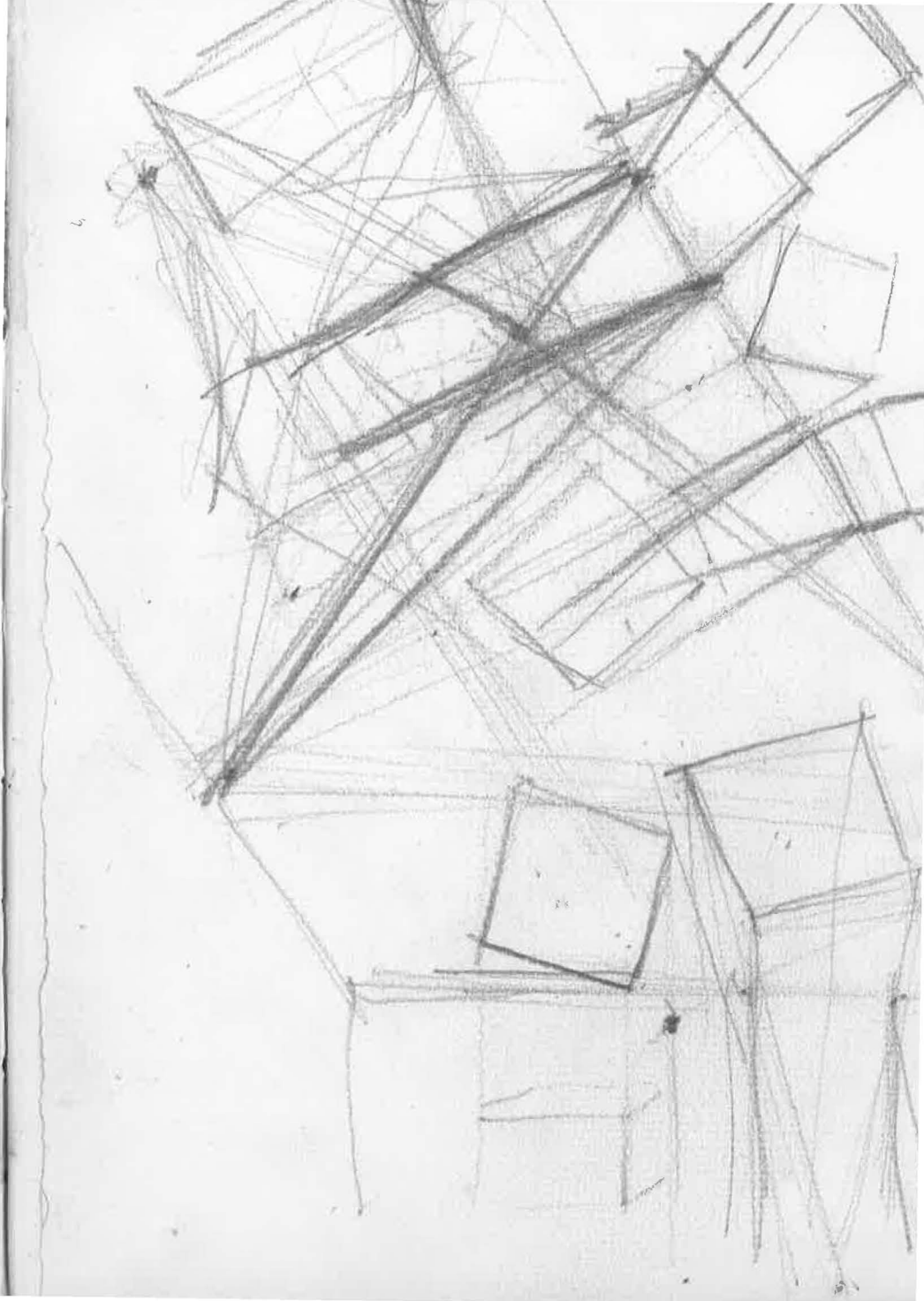
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