

**TABLE RAPPING
and
AUTOMATIC
WRITING**



By

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*Founder and Principal of the
British Psychological Institute*

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"Practical Psychometry", etc.*

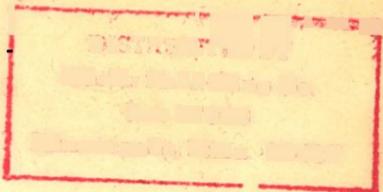


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PREFACE

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In dealing with the subject of Table Rapping and Automatic Writing, I should like my readers to give a fair trial to both systems for communicating with spirit friends. There are numerous ways of gaining information, and also for convincing skeptics. Some say it is all done with "Animal Magnetism," others say "Telepathy" (transference of thought from one mind to another) can explain a good deal. That may be so in some cases, but then we must consider the facts as we find them, and then carefully compare them and see what progress we have made. Some people have said "How is it that spirits condescend to come and lift the table, or rap on the table?" To them I may say, when a person has passed on, he does not feel quite at home for some time-his spirit has its longings for those left behind; just the same when a man goes to a foreign country, he does not get accustomed to the country all at once-his mind travels home on various occasions, but he gets used to his new home in time. It is just the same with the person that has passed to the higher life-he gets accustomed to his new surroundings and conditions in time. He has to begin to learn the differ-

ent ways the same as he did when in the natural world, and when we come to consider the time when he was sitting around the family table at meal times, we do not wonder at him giving us a message, or letting us know that he is with us in the spirit. But he knows how **much we can stand; he does not care to scare us, so he makes himself heard by "tapping"** on the table or bedroom door, or any place where he thinks proper. Sometimes he might show us various colored lights; **other times musical instruments are played, sometimes heavy furniture is moved.** I have seen a large table rise up from the floor, and I have been in a very large house that has been shaken by spirit influences, and the vibration could easily be felt. Some people object to investigate psychic phenomena, and then they condemn it. A person has no right to condemn a subject that he does not understand. He should first study it, with an unbiassed mind, and have patience, and then see what conclusion he can come to. There is only one conclusion he can come to, if he studies the subject fairly, and that is, spirit communion is possible under the right psychological conditions.

ALEXANDER VERNER.

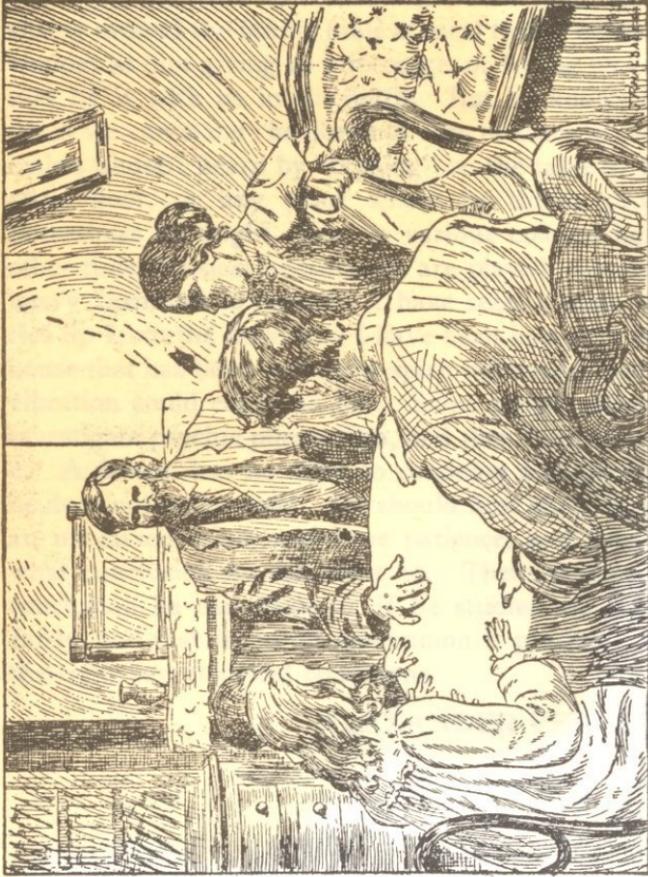


PLATE I. THE HOME CIRCLE

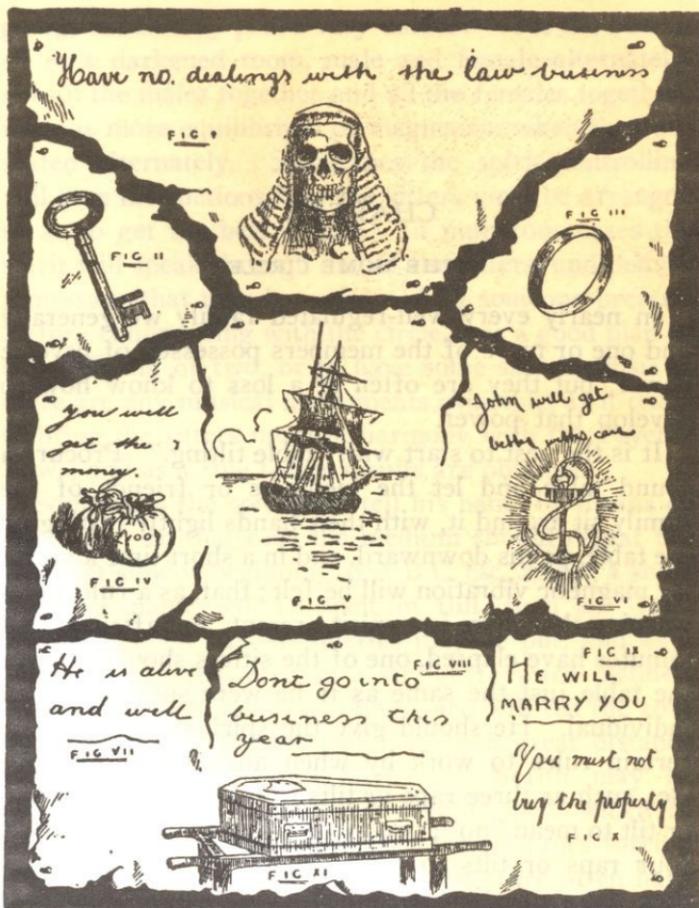


PLATE II. TEST CASES IN AUTOMATIC WRITING

CHAPTER I

THE HOME CIRCLE

In nearly every well-regulated family we generally find one or more of the members possessed of psychic power, but they are often at a loss to know how to develop that power.

It is the best to start with "table tilting." Procure a round table and let the members or friends of the family sit around it, with their hands lightly resting on the table, palms downward, and in a short time a peculiar magnetic vibration will be felt; that, as a rule, gives warning that there is a spirit present, and after several minutes have elapsed, one of the sitters should address the table just the same as if he were speaking to an individual. He should give the spirit communicating certain rules to work by when answering questions, etc., such as three raps or tilts to mean "yes"; one rap or tilt to mean "no"; two raps to mean "doubtful," and four raps or tilts to mean "good-night." You may then put a question to the spirit and see what answer you get, and note it down in a memorandum book.

Reliable information may be gleaned from the fore-

going, which may prove very useful :-It is the best to sit in a darkened room, male and female alternately, not all the males together and all the females together; there is more equilibrium of magnetism when they are seated alternately. Sometimes the spirit controlling will give instructions how the sitters must be arranged so as to get the best results. In numerous cases the spirit will speak through one of the sitters, and deliver a message that may be welcomed by someone present. Before commencing with the circle, it is a good plan to sing a hymn or two, or to have some sacred music if there are any musical instruments available, as it tends to bring the sitters more in harmony with the Psychic Laws, and as a rule better results are obtained.

Sometimes the spirit will tell his name by means of the table. In that case the medium should repeat the alphabet slowly, beginning at ABC, etc."ann in a short time the name will be spelt in full, such as "John Smith." Then various queries may be put, and as a rule they are answered in a straightforward manner. At certain times the controlling spirit will tell the condition of a sick person that may be a great distance away. At other times advice on health may be obtained, and various remedies prescribed, which in many cases prove most efficacious. Sometimes foreign spirits communicate messages, but they are often hard to understand: hut with perseverance and practice you will be able to understand them. Some of the most

remarkable cures known have been given to sitters while under control.

If you don't get any phenomena the first time you try, don't be discouraged; you must persevere, as spirit communion is not possible at any time, but only at certain times and under certain conditions. The best time to get phenomena is in the afternoon or evening. When you have sittings, it is the best to hold them at a given time, say seven, eight, or nine o'clock in the evening, of about an hour's duration, as from eight to nine p. m. Of course you may sit at any time if convenient, it just depends upon the amount of time the investigator can devote to it; but by all means sit at regular times, as better results will be obtained. People that are in poor health will be greatly benefited by sitting in a circle, either public or private-by coming in contact with other people's magnetism or aura, they will thereby absorb a great amount of vitality and strength if the other sitters are in good health.

CHAPTER II

MATERIALIZATION

When you have devoted some time at the home circle, you may be able to develop a certain psychical power. One may develop into a good inspirational speaker; another may be able to deliver an excellent prayer; another may be able to "materialize," that is, being able to produce a body like a living body while being in the trance state. Sometimes hands will appear and touch some of the sitters on various parts of the body; sometimes the hands are invisible, but very often they are visible and can easily be felt. When you are having a sitting in a darkened room, you may look up at the ceiling and in a short time you will be able to **perceive various colored lights which seem to float** about the room and then disappear. I have seen them like bright shining stars, and they have travelled round the room and then disappeared. I have also seen them go towards some of the sitters' heads and then vanish. Sometimes a face will appear to one of the sitters, but not all will be able to see it, or recognize it; only the sitter will be able to see it that possesses clairvoyant power. Another of the investigators may

be able to hear voices; they generally sound rather low in tone at first, but they soon become loud enough to be able to be recognized. At times the voice will say "Father!" "Mother!" or it may call you by your Christian name. It may also tell you their own name, or the name of some person that has passed on. **It is very surprising to hear clairaudient manifestations, and it is also very gratifying to see the bright, smiling face of the spirit.** They can show you some of the most magnificent views that is almost impossible to see in the natural world.

If ever you see a materialized form, whether it is a face, hand, or the full body, you must not be afraid. **If** you begin to get nervous and frightened the form will vanish. **It** is always best to speak to the spirit or vision and question it, then you will be able to see if you know it, and you may also ask the apparition if it has any message for you. **If** it warns you of any **important event or accident, or loss of money, or any calamity, it will be best for you to act on the advice; if you do not, it may turn out very serious.** **I have seen people go into business and speculate money in shares, property, etc.:** they have been warned not to speculate, and they have been very heavy losers—they ha've been sorry when it has been too late.

CHAPTER III

SPIRITUAL GIFTS

In all ages of the world the founders of religious systems-Indian, Chinese, Egyptian, Jewish, or Christian, have attempted to teach the unfolding of the **Natural, Spiritual, and Celestial nature in Man.** The Jewish Bible and Testament abound with spiritual teachings, which thousands of years previously were to be found in the Sanscrit writings. We find them in the Indian Vedas and the Chinese Bible; at later periods in the Egyptian teachings, sculpture, and paintings; and were also taught by the Persian wise men or magicians. Before explaining the nature of Psychic or Spiritual gifts, I will quote a few passages from the New Testament bearing on the subject. Paul says in the first Epistle to the Corinthians (chap. ii. 13-15): "Which things also we speak not in the words which man's wisdom teacheth, comparing spiritual things with spiritual." "But the natural man receiveth not the things of the spirit of God, for they are foolishness unto him; neither can he know them, because they are spiritually discerned," "But he that is spiritual judgeth all things, yet he himself is judged of no man,"

In chapter xii. 1, 8-10, 28-31: "Now, concerning spiritual gifts, brethren, I would not have you ignorant." "For to one is given by the same spirit the word of wisdom; to another the word of knowledge by the same spirit; to another faith by the same spirit; to another the working of miracles; to another prophecy; to another divers kinds of tongues; to another the interpretation of tongues." "And God hath sent some in the Church! First, Apostles; secondarily, Prophets; thirdly. Teachers; after that Miracles; then gifts of **Healing, Helps, Governments, diversities of Tongues.**"

"Are all Apostles? Are all Prophets? Are all Teachers? Are all workers of Miracles? Have all the gifts of healing? Do all speak with tongues? Do all interpret? But covet earnestly the best gifts," etc.

Again in chapter xv. 44, 50, when speaking of the physical man and spiritual man, he states: "It is sown a natural body, it is raised a spiritual body. There is a natural body and there is a spiritual body. Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God, neither doth corruption inherit **incorruption.**"

In the first Epistle of John (chap. iv. 1), John says: "B~loved. believe not every ~pirit, but try the spirits, whether they are of God: because many false prophets have gone out into the world."

Mark declares (chap. xiii. II): "But when they

shall lead you, and deliver you up, take no thought beforehand what ye shall speak, neither do ye premeditate; but whatsoever shall be given you in that hour, that speak ye; for it is not ye that speak, but the Holy Ghost."

In the sixth chapter of St. Luke, 5-19, we read: "And the whole multitude sought to touch Him; for there went virtue out of Him and healed them all."

From the foregoing passages sufficient will be gleaned to show that the subject should meet with the earnest and unbiased consideration of all religious and thoughtful people. I will, therefore, proceed to give my views of man's spiritual gifts. Every man, woman and child has a body, soul, and spirit, with power appertaining to the physical, spiritual, and celestial states. These powers are more or less latent in all human beings, and each particular power can be developed in every human being in the course of his progress through the ages to come.

Amongst the spiritual powers we possess, though but little developed, are the gifts designated--Clairvoyance, Clairaudience, Psychometry, Healing, Speaking with Tongues, Interpretation, Trance Speaking, Impersonation, Seership, Inspiration, Automatic Writing, Discerning of Spirits, Materialization, Impression alism, Physical Mediums, etc.

CHAPTER IV

THE UNSEEN WORLD

If a man die shall he live again? is a question that has puzzled a great many of the world's greatest thinkers. Did ever a spiritual pilgrim return and assure his mortal friends that he still lived, or is there any means by which we can prove a conscious continuity of life beyond the grave? The spiritual answers "Yes," but the skeptic does not believe, and demands proof--positive proof.

I can do no better than reveal to the anxious enquirer the result of my personal investigations in the field of spiritual research, which have been very extensive and has taken a number of years of hard study. Beginning by studying the lowest forms of biological life to the highest phases of human life, through the various chemical and evolutionary stages of life, growth, and development, onward to the metaphysical, ethereal, and psychological realms of the spiritual spheres of the Unseen world." Some people think that they have to die before they can get to the unseen world, or heaven, or hell, or eternity, but that idea is erroneous. We are in eternity now, and we always

have been, and we always shall be, whether we want to be or not.

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It does not matter whether we look upon our body as material or spiritual, because there is no complete annihilation of either our body, soul, or spirit. It is utterly impossible; there is no philosophy, ancient or modern, that teaches it. We always have existed, and we shall continue to do so, only in a different way, and we can commune with the departed under the right psychological laws if we so desire. By the study of chemistry and physics we have enormous avenues of knowledge opened out to us, and their truths cannot be gainsaid. We can see the various chemical changes and compounds taking place, and it is all brought about by "law," there is no such thing as "chance." What we call the supernatural to-day may become the natural to-morrow. When we study the works of Tyndal on "Electricity, Sound, Light and Heat," along with the works on "Natural History" by Huxley and Darwin, we get a knowledge of the real state of things, but we must use our own reasoning powers after we have studied the material, and study the spiritual. It has been said that mind is superior to matter, but we have to be very careful what we call mind. This world is only the world of sense, as we "sense" it by the nerves of touch, sight, taste, smell, and hearing. If we look at a man, we do not really see the man, we only "sense" him by the mind. It is the mind that

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can see, hear, touch, taste, and smell, so we have to be very careful and study this world from a psychological standpoint as well as a physical to get at a true **understanding.**

We owe a great deal of our knowledge and wisdom to millions of spirits that have passed on; they have been a great help to us, we could not have managed very well without them.

We are all composed of the same primary chemical atoms, but some have a greater mind than others. All can develop higher for their good if they will.

CHAPTER V

AUTOMATIC WRITING

To become an automatic writing medium, it is necessary to sit at a table with a pencil and some note paper. Hold the pencil as if about to write; a feeling of numbness or trembling will come over the hand, the pencil will begin to move, and in a short time you will be able to write and answer questions that may be put to you, either mentally or in sealed packets by persons that you may sit for. To develop this power may take a few weeks. Some persons develop sooner than others. **It is the best to sit about twice a week. Everything should be quiet, and the mind kept passive. In some instances the spirit communicating has given information on various points, places, and things. that were altogether unknown to the medium. It is a very valuable means of ascertaining whether one's relatives, friends, or acquaintances in foreign parts are well or ill.**

The writing may not be very good at first, but it improves as the medium develops. Some mediums can write beautiful poetry, and in some cases music, when under control. Handel, the great music composer;

wrote the "Messiah" through being under control. He thought he saw God and the angels, and also the opening of the heavens. His hymns and music are full of spiritual and inspirational power, especially the "Hallelujah Chorus." **A great amount of information on various subjects may be gleaned from a good automatic writing medium.** I have seen persons that could not read or write in the natural state; but when **they have practiced automatic writing, have in a very short time been able to write short sentences and answer variolls questions.** Sometimes the writing has been bard to decipher, but it has been found to be correct, although the spelling has been faulty, but that does not matter. Others have been able to draw various pictures. The illustrations in this book have been drawn by a clever young medium. He is highly sensitive, and when he commences on a drawing he says he feels something guide his hand, and he follows out any impression thus received until the picture is finished. Some can paint the most beautiful pictures **when under control, and in some cases they can paint pictures of people that have passed on, and who have been completely unknown to the medium.**

In some cases "independent writing" is produced simply by having a pen and ink and some paper on a table and writing a question, and the answer has been written without the aid of any person; but there must be some invisible power at work to be able to account

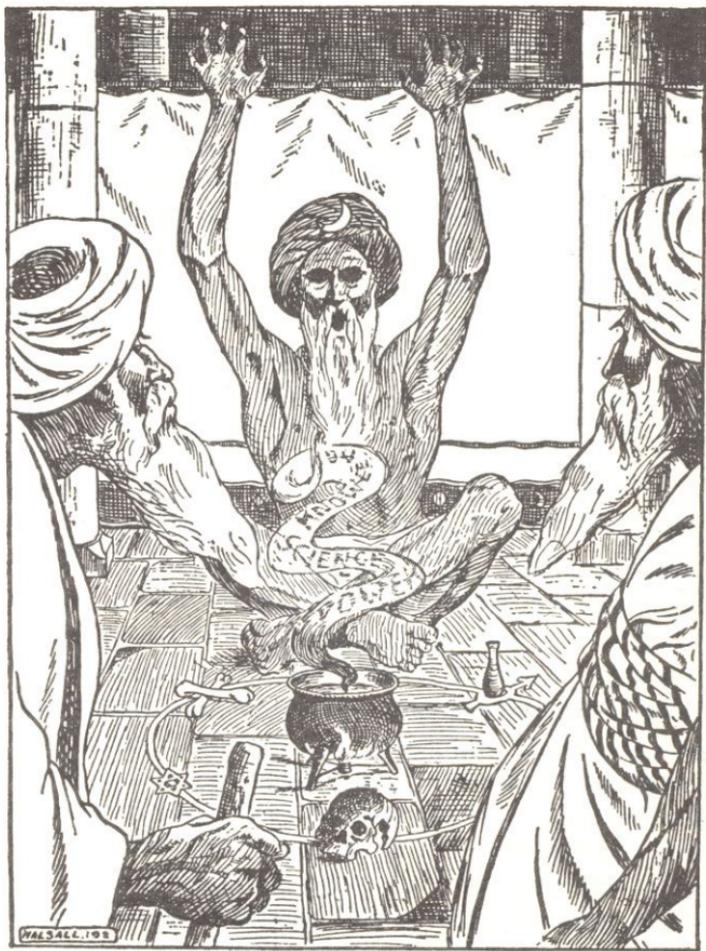


PLATE III. EXAMPLE OF AN AUTOMATIC
DRAWING

for it, and that invisible power or intelligence is a spirit. Of course it takes a long time to develop the power of independent writing; but automatic writing, as a rule, is very quickly developed. I have seen all kinds of geometric drawings, such as circles, triangles, squares, etc., as well as some of the most magnificent architectural plans and drawings, that have been worked out automatically.

THE OUIJA BOARD

The Ouija is a very mysterious little writing machine. It can be used by one, two or more persons. By placing the finger-tips on the board, various messages and answers to all kinds of questions can be secured. It is very amusing, and can be manipulated by anyone of ordinary intelligence.

DIRECTIONS

Place the board upon the laps of two persons, lady and gentleman preferred, with the small table upon the board. Place the fingers lightly but firmly, without pressure, upon the table so as to allow it to move easily and freely. In from one to five minutes the table will commence to move, at first slowly, then faster, and will then be able to talk or answer ques-

tions, which it will do rapidly by touching the printed words or the letters necessary to form words and contents with the foreleg or pointer.

2nd. Care should be taken that one person only should ask questions at a time, so as to avoid confusion, and the questions should be put plainly and accurately.

3rd. To obtain the best results it is important that the persons present should concentrate their minds upon the matter in question and avoid other topics. Have no one at the table who will not sit seriously and respectfully. If you use it in a frivolous spirit, asking ridiculous questions, laughing over it, you naturally get undeveloped influences around you.

4th. The Ouija is a great mystery, and we do not claim to give exact directions for its management, neither do we claim that at all times and under all circumstances it will work equally well. But we do claim and guarantee that with reasonable patience and judgment it will more than satisfy your greatest expectation.

CHAPTER VI

TEST CASES IN AUTOMATIC WRITING

On Plate II., Fig. 1, is a drawing of the skull of a judge, with the words "Have no dealings with law business." **That was written for a lady who was in trouble connected with a dispute about the price of some deeds belonging to some property. She was advised to have no dealings with law business; but she took no notice, and went on with the case, and lost over \$500. A solicitor said he would make the deeds out for \$25, but there was more work than he anticipated, and he charged \$50. She said she would not pay it, and went to another solicitor. He advised her to have the case tried; it was tried, and she lost the day. I advised her to pay the \$50; but she was rather firm, so she had to pay for it.**

On Fig. 2 we find the shape of a key. That was drawn for a gentleman who had held a responsible position for a number of years. I told him that it **meant a removal. He said he was not expecting to remove.** A short time after he had a position offered him in a large warehouse. I advised him to take it; he accepted it, and has prospered ever since.

Fig. 3 denotes a wedding ring. That was drawn for a young lady. I told her it meant an early marriage. She said that could not be as she was not engaged. **But, nevertheless, in seven months after she was married,** and it caused her to be greatly surprised. She is now in a very good position.

Fig. 4, "You will get the money." That was an answer to a question that was put in a sealed envelope. The person was very much upset about some money that had been left to her by a relative. She thought **that the money would never come; but it came in a very short time after.** She has had more faith in automatic writing since then.

On Fig. 5 we find a ship. That was drawn for a young man. I told him that he would go across the sea. He said he had no desire to go; but he had a very speedy offer to go to South Africa, which he accepted. He is now in a prominent position, and doing remarkably well.

On Fig. 6 we find the drawing of an anchor, also the words "John will get better with care." That was **done at a private seance in our own house by a young lady named E. B.** She has now passed on to the higher life. **We wanted to know about a relative that was lying seriously ill with pneumonia.** She went under control and answered the question, and then she made one of the most beautiful prayers I ever heard. Everything came true as she predicted.

Fig. 7, "He is alive and well." That was the answer given to a question put by a lady that wanted to know if her husband was alive or dead. She had not heard from him for eighteen years. He went to Australia through family troubles, but he sent word over to England with a man that used to work for him. His wife could hardly believe it, but it has been proved to be a fact.

Fig. 8, "Don't go into business this year." That was given to a lady, b-Jt she went into business. She was in about eight months when she lost all her money. She has been sold out since.

Fig. 9, "He will marry you." That was given to a young lady who had been deserted by her lover. She was told that he would marry her, and he has done. He came back two years after.

Fig. 10, "You must not buy the property." That was given to a gentleman that wanted to buy a large place to open out as a business place. He did not buy it, and it was lucky for him, for a short time after the foundations gave way owing to a coal pit being under.

Fig. 11, we see the drawing of a coffin on a bier. That was drawn for a gentleman that got killed. He was warned about an accident six months before it happened, but he never thought that it would have come true; but it did, and in a very unexpected manner.

CONCLUSION

Enough will be gathered from the foregoing, and they are only a few cases. Hundreds of cases could be quoted, but these will suffice. I have interpreted quite a number of drawings and writings for clients, and I have advised them for the best so as to be able to get all and meet with success, as well as to live a good life, and in a large number of cases the advice has been readily acted upon, and found to be true and satisfactory.

