

**LESSONS IN THE
MECHANICS OF
PERSONAL MAGNETISM**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649027682

Lessons in the Mechanics of Personal Magnetism by Edmund Shaftesbury

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

EDMUND SHAFTESBURY

**LESSONS IN THE
MECHANICS OF
PERSONAL MAGNETISM**

Edgerly, Webster

LESSONS
IN THE MECHANICS OF
PERSONAL MAGNETISM.

"PERSONAL MAGNETISM IS AN ART BY WHICH A PERSON
IS ENABLED TO CONTROL THOSE WITHIN REACH
OF HIS VOICE, EYE OR TOUCH."

*For Lawyers, Clergymen, Physicians, Actors, and all Professional Persons ;
as well as for Students of these Professions ; also for all Persons
who wish to occupy influential Positions in the Political,
Business, and Social Worlds.*

ARRANGED EITHER FOR READING OR STUDY ; WITH CERTAIN
EXERCISES SO EXPLAINED THAT ANY PERSON MAY EASILY UNDER-
STAND AND MASTER THEM WITHOUT A TEACHER.

Although not so intended at first, it has, nevertheless, proved an Abso-
lute Cure of all tendencies toward Nervous Prostration
and Mental Weakness.

By EDMUND SHAFTESBURY, *found.*
Author of "Lessons in Artistic Deep Breathing," "Lessons in
Emphasis," "Lessons in Voice Culture," "Lessons in
Oratory," Etc., Etc.

1889.
THE MARTYN COLLEGE PRESS,
WASHINGTON, D. C.

Copyright, 1888, by
WEBSTER EDGERLY.
ALL RIGHTS RESERVED.

DEDICATED TO
PURE ART

"Some ethereal visitor enters now."

182291

100

101

102

103

104

105

106

107

108

109

110

PREFACE.

BY an examination of the literature of the world it will be seen that the subject of Personal Magnetism has never yet been written upon, much less studied.

The author's disbelief in the possibility of acquiring a gift so powerful, prevented him for years from considering it as a subject of study; but a thorough investigation of the matter has convinced him beyond all doubt that the Art may be studied, the gift acquired and the whole character and current of a person's life revolutionized by its acquirement.

This book is not a venture. For nearly twenty years it has been the one great theme of the author. Its exercises are not accidents; they have been subjected to over one hundred thousand tests, in which they have proved themselves to be perfect.

If care and painstaking, long watching and long waiting for results, and an accumulation of proofs mountain high, will establish the certainty of the acquirements of the power of "Personal Magnetism," then this book has its permanent place in the world.

A great work is before it.

It now makes its entrance upon public life, and the people who are interested in it and who know its merits, are watching with some curiosity the manner of its recep-

tion by the great public, feeling sure that time will achieve for it that full success which comes sometimes early and oftentimes late to great undertakings.

This book deals only with the subject of "The Mechanics of Personal Magnetism." The deeper study is found in a subsequent course of lessons.

The exercises herein set forth cannot under any circumstances produce the slightest harm to the pupil. On the contrary, every minute spent in practicing them will be productive of good to body, nerves and brain.

There will be three classes of persons who will undertake the study of this work, and the performance of the exercises:

1st. Those who, through curiosity, or as incredulous investigators, pursue the work with hesitation and indifference.

2d. Those who commence with enormous zeal and determination to succeed, and devote every spare moment to it for a few days, or weeks, and then suddenly cool off. This is a large class, and they have had their ardor as suddenly cool off in a hundred other undertakings before.

3d. Those who commence deliberately and work and wait patiently, plodding along in the dark for the proper length of time, but persisting until the light dawns upon them. When the light does come it seems to break all at once. This class possesses that rare faculty called application.

The foregoing classes embrace all persons. The last named will, of course, achieve complete success. The other two will accomplish something of value in every minute they devote to it. Out of the very many exercises of the book, there is not a *single one* which is not worth more than the price of the work.

When the subject was first being systematized for study, there was no intention on the part of the author to connect it in any way with benefits to the health; but it was found that every exercise produced good results in that line. Therefore, while not claiming or laying stress upon

the fact, in our introduction of the study to the public, we find the following to be always true:

1. It promotes a healthy blood circulation.
2. It invigorates the whole body.
3. It builds a good brain power.
4. It makes perfect nerves, overcoming nervous prostration, and the tendency to insanity.

These are incidentals and facts that were found to exist in the effort to accomplish the grander result—"Personal Magnetism."