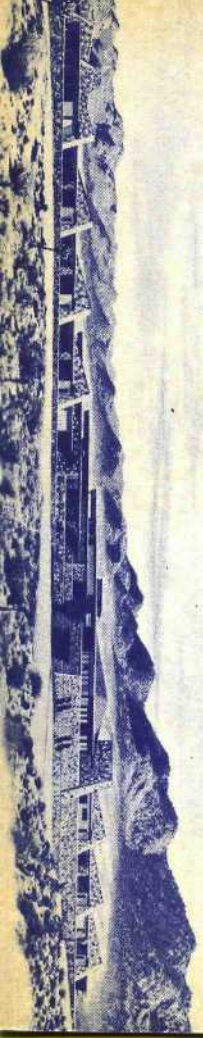

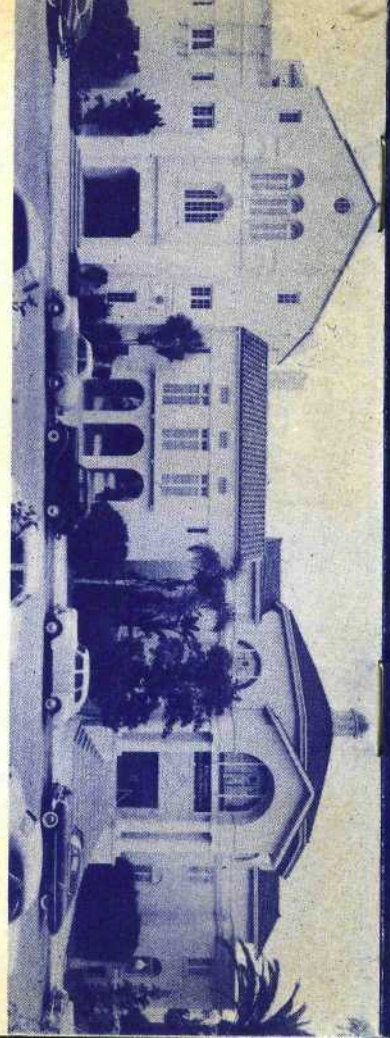

Top: Our Church in Los Angeles, Calif. Below: Caravansary of Joy at Our New City.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 14

Man's Ladder Series—No. 7
(Right Meditation)

The Wise Man's Only Jewel

By
Rev. Edwin J. Dingle
Ding Le Mei
(Founder of the Science of Mentalphysics)

LIBRARY OF VICTORIOUS LIVING

The purpose of the 50 little volumes that will make up the "Library of Victorious Living" is to present to you who read a perfectly simple and ultimate plan for living a highly successful life from every point of view. Each volume is an invitation to learn—as practically as you may learn anything whatever if you put your effort into it—how to discover your own true nature and your own illimitable powers.

Throughout your life, most likely, with much running to and fro, you may have been (as I was) eagerly seeking in books and teaching, in religion and philosophy, for Truth, for Happiness, for Freedom, for God—or for you knew not what. You may today be weary, fatigued, discouraged, almost destitute of hope. Many times you may have glimpsed the Truth, and then it disappeared, and left you still hungering. Hungry, you sought in vain the Bread of Life—thirsty, you sought but could not find The Stream. Your search, my friend, is now at an end, if you have eyes to see and ears to hear.

No matter what your religious beliefs—indeed, no matter what!—that which you have always sought IS WITHIN YOU. This is Life's most sacred secret. From a careful study of these little books, it is given to me to know, you will gain immeasurable spiritual benefit. As you read, it will be to your Higher Self that you will listen.

If you are ready, as you read and study you will hear the voice of your Higher Self speaking forth from your own heart the secret of Health and Happiness, Success and Abundance, Freedom and that Peace that passes knowledge. Be patient. Be zealous. Learn to surrender into the Joy of your own LORD within you.

THE AUTHOR.

The Science of Mentalphysics was founded in 1927

THIS IS THE FOURTEENTH OF THE "FIFTY LITTLE BOOKS"

The Wise Man's Only Jewel*

By Edwin John Dingle,
Founder of the Science of Mentalphysics

INTRODUCTION: THE MYSTIC SIDE OF LIFE REVEALED ONLY THROUGH LIFE'S INNER LAWS

This is the fourteenth of the "Fifty Little Books" that comprise the Library of Victorious Living, and the seventh in what is known as "Man's Ladder to Divinity" series (vol. 8 to vol. 15). These fifty lesson-volumes are designed to give the serious-minded student a full year's study of the Higher Things of Life, and it is confidently

*"MAN'S LADDER TO DIVINITY" SERIES (Vol. 8 to 15)

The titles of "Man's Ladder" Series are as follows—see pages 31-32:
Vol. 8—"Your First Step to Self-Mastery" (Right Understanding).
Vol. 9—"Awaken Your Own Sleeping Giant" (Right Resolution).
Vol. 10-"Your Word Is Your Creative Power" (Right Speech).
Vol. 11-"Mystery of the Warrior Within You" (Right Conduct).
Vol. 12—"Success is Natural as Breathing" (Right Effort).
Vol. 13-"Can We Redeem Our Civilization?" (Right Living).
Vol. 14-"The Wise Man's Only Jewel" (Right Meditation).
Vol. 15—"The Drama of Human Living" (Right Rapture).

believed that the "pearl of great price" may easily be found by anyone who will approach the great Truths which these Little Books week by week disclose.

You are advised, even before you seriously study and practice this present lesson-volume, to re-examine the essential points in Volume 8 ("Your First Step to Self-Mastery"), in Volume 9 ("Awaken Your Own Sleeping Giant"), in Volume 10 ("Your Word Is Your Creative Power"), and in Volume 11 ("Mystery of the Warrior Within You"). If you do not yet possess these volumes, you need not delay your study of this one—"The Wise Man's Only Jewel," but you would probably the better understand and appreciate the great story of MEDITATION which this little volume contains if you had previously studied the numbers I have mentioned. Therefore, I shall very briefly condense the important points of those lesson-volumes in case this Library of Victorious Living is all new to you:

FROM VOLUME EIGHT ("YOUR FIRST STEP TO SELF-MASTERY")-

"The SUBCONSCIOUS (or 'Unconscious' or 'Subliminal') Mind.-This it usually called the Subjective Mind. It is present before birth. Though for long scientists said that this Subconscious Mind resided in the Cerebellum and Medulla Oblongata, it is now generally conceded that it occupies the whole human body. It would seem to be the living, immortal part of Man. Unlike the Conscious Mind, the Subconscious never sleeps—it never forgets—its memory is faultless. The Subconscious builds the body. THINK what a power that is, to build the greatest and most wonderful machine the world has ever seen, more wonderful than the imagination of Man can even imagine. It keeps the body working—controls breathing, circulation of the blood, and all involuntary muscles when you are asleep as well as when you are awake. It is your Sublime

POWER, amenable to control by the force of suggestion and by conscious direction (and much more that we shall now learn).

"With the Conscious Mind it is quite different. The Subconscious Mind has NO FACULTY OF REASON OR JUDGMENT. Therefore, the Conscious Mind has to decide for it, but the Subconscious Mind has all the power to do whatever it is directed by the Conscious Mind to do. Whatever the Conscious Mind accepts and decides upon as true, the Subconscious automatically accepts as true, and instantaneously goes ahead to work it out in your life — FOR GOOD OR ILL."

FROM VOLUME NINE ("AWAKEN YOUR OWN SLEEPING GIANT")---

"First: Your understanding must be Right Understanding; otherwise your Subconscious will be wrongly directed.

"Second: With right understanding established within you—right understanding of the Truth of the LAWS of Life—you are much more likely to be thinking constructively most of the time, and your action (by established habits) much more likely to bring you health, happiness, success and all blessings of the higher things of Life.

"Third: With right understanding established within you, your resolution to do whatever you decide to do will be eminently effective; there will be RIGHT Resolution, and when your RESOLUTION is the expression of your right UNDERSTANDING, you are on your way to self-mastery and self-realization.

"Fourth: Thus by habit of thought and feeling and action, you AWAKEN THE SLEEPING GIANT—your Subconscious-to work for you in truly constructive instead of destructive channels; and your life gradually becomes the reflection of the SUPERCONSCIOUS MIND, and you gradually become the master of all your life conditions on all planes of your existence."

FROM VOLUME TEN ("YOUR WORD IS YOUR CREATIVE POWER")—

"Speech is atomic power—yes, as powerful as the atomic bomb, and speech has similar power and works in similar principle as the atomic bomb. What do I mean?

"Well, we know that the power of the atomic bomb is the same mysterious power that keeps the Universe running. It is the same

mysterious energy that has kept the sun and all other stars burning and shining for millions of years. It has been aptly said that this energy is what mysteriously holds together the infinitely small cores, or nuclei, of atoms, being the tiny building blocks of which the Universe and all that's in it, are made. We know that when atoms are broken up, energy is unleashed. Man hat so far learned to release this energy out from the atoms of one kind of uranium and a few other elements. How does the atom bomb explode?

"You have seen a boy with a string of firecrackers, all of which are exploded as the result of his lighting the very first one.

"The same principle is followed in the atomic bomb—a tiny neutron, fragment of an atom, is shot into the nucleus of an uranium atom—this atom splits into two parts, and a few neutrons fly out of its core—they in turn smash into two uranium atoms, both of which in turn are broken, and the neutrons that fly out from these two cause four more to explode—these, of course, explode eight more—these eight explode sixty-four—and so on. Roughly, this is the way the bomb explodes at incredible speed, releasing unimaginable explosive power. . . . It is the same with your Speech. Speech is the magic spirit that creates Life's Manifestations, but who can explain it?"

FROM VOLUME ELEVEN ("MYSTERY OF THE WARRIOR WITHIN YOU")-

"The Warrior's principles lead you to self-mastery, physical vitality, intensified talents, superior intelligence, higher character, nobler and more abundant living, and prolonged youth."

*** * * * ***

This Little Book—"The Wise Man's Only Jewel"—will be at once greatly appreciated by those who, in the philosophical sense, are "ready." It should be in the hands of every serious student of every branch of metaphysics and true philosophy and religion. It is written in the fervent hope that you who read will, because of what this volume contains, find yourself greatly enlightened and

inspired, and that as a result you will discover your religion, whatever it may be, incomparably more precious and effectual in your life.

PART I: THE NOBLE SCIENCE OF MEDITATION—THE ONE ESOTERIC SECRET OF EXPRESSION—THE HIGHEST THAT YOU ARE EVOLUTIONARILY DEVELOPED TO EXPRESS IN YOUR EVERYDAY LIFE

All great religions have always claimed to have an inner side. This **inner** side has always been revealed as a priceless treasure only to a select few. These "mysteries" of the inner side of all religions have been perforce wisely and jealously guarded, handed down usually by word of mouth for generation after generation.

(a) Only Way to Understand Beauties of Outer World

The initiated know that the Living Truth is embodied in esotericism rather than in exotericism, and they declare that only through **esoteric practices** can a human being understand even the outer or **exoteric beauties of Life Itself** in what appears to be the outer world. In other words, there is a mystic side to Life which reveals its mysteries only through a search and practice of Life's **inner laws.**

All religions have made this claim, Christianity being no different, for the simple reason that such an inner side **must** exist if a religion is to be strong and stable.

All men are not at the same level of evolution, so that it were useless to intellectually give to them the same religious teaching. This fact has always been acknowledged, and I am sure you agree: That which would help the intellectual man would be entirely unintelligible to the stupid, while that simple intellectual teaching necessary to the "young soul" would be crude and boring to the philosopher. While this is clear in regard to the intellectual understanding of religion, the great teachers of all ages have declared that there exists ONE SINGLE ESOTERIC "SECRET" which will enable ALL MEN, irrespective of what they may know or may not know intellectually, to develop themselves spiritually on the inner side, ESOTERICALLY, to the highest point, so that in their OUTER or EXOTERIC life they may express the highest that they are evolutionarily developed to express.

And that, of course, is the ultimate aim and end of Man's existence—finally to express GOD. . . . By our works alone are we known and remembered.

(b) Meditation Is Life's Priceless Secret

Now, though called by many different names in different religions, I may say at once that this secret is the actual coming into direct union with God, with the Universal Intelligence, with the Moving Wisdom of Life, of coming into the heart of Love, of coming to realize in the silence one's own divine nature. What is this way? How is it done?

In this little volume, it is my intention to allow myself to be guided by the Immortal Spirit within me to explain this secret in such a manner that—I repeat, irrespective of what we may know or may not know intellectually—any sincere student, whether studying the Science of Mentalphysics or not, may be able to **learn it and use it.**

The word that we use in Mentalphysics to name this secret is MEDITATION.

I would, therefore, most humbly ask you to prepare yourself to come with me. As deeply as possible we will enter that magic realm of the Silence where we may commune together and together reach the highest spiritual height that we are capable of reaching. But I cannot do it for you; all I can do is to indicate the way. The pilgrim must "reach that fixity of mind in which no breeze, however strong, can waft an earthly thought within. Thus purified, the shrine must of all action, sound, or earthly light be void; e'en as a butterfly, o'ertaken by the frost, falls lifeless at the threshold—so must all earthly thoughts fall dead before the fane."

(c) Introducing the Tried and Tested Modus Operandi

Read and study the following with great care and patience:

During the last roughly quarter-of-a-century that this writer has been a Teacher, I have been sorrowfully impressed on thousands of occasions with the difficulty experienced by all sorts and conditions of people when

they undertake the Noble Science of Meditation. It is generally believed, in and out of metaphysical circles, that Meditation is quite easy; but with the great majority it is not. Meditation—the wise man's ONLY JEWEL—may be regarded as a strictly scientific means of entering that deep spiritual state where all things are made known. The divine channels are opened to us, **as we rightly practice,** through which we may **feel** the Spirit within us. Through Meditation we come to KNOW, and labor to DIRECT, that Force in which we live and move and have our being. He may have a well-stored mind, may know all that there is to be known about the ologies and isms, and yet, when the early investigator attempts to meditate, he usually fails.

That is the reason why people so often say to me: "I believe what you say is true, but HOW do you meditate—what do you do? . . . what must I look for?" . . . and so on. People who are spiritually inclined and honestly wish to unfold along the higher lines of thought, are at a loss to commence the practice of Meditation; and the sad part of it is that many are wrongly taught. What is written in this lesson-volume is the tried and tested **modus operandi.** If you have tried and failed, be glad and rejoice—you have now found the way, if you persevere. A word of encouragement: As we seek, we find! Some, through a sudden flash of intuition, seem to obtain their heart's desires without any great effort, but the majority gain spiritual illumination alone by long struggle and practice. It is to this class of seeker that this "The

Wise Man's Only Jewel" is offered in absolute assurance that they will find Light on The Path if they faint not.

(d) How Scientifically to Tap Divine Power and Wisdom

Those who have learned how to settle all their problems through Meditation will gratefully agree that Man's greatest gift is his ability consciously to enter the Silence. When we know how scientifically to tap the POWER and WISDOM through Meditation, we discover ourselves to be already far along The Path. Life then holds no disharmony for us. We are free from the ravages of worry and time. We come closer to the forces that propel us on our journey, and enter consciously and fully upon the More Abundant Life.

FIRST—YOUR POSTURE.—You should sit in what in Mentalphysics we call the "Sevenfold Position" (as a tailor sits). The "Sevenfold Position" is the most natural way to sit, so that you place the physical organism in perfect correspondence with the living, moving force of Life Itself throughout the Universe. It is well to sit so that the buttocks are as flat as possible, occupying as much space on the floor as possible. Why? It is because your body is truly an **electrical instrument,** and, for the purpose of Meditation, you hook upon it as an electrical instrument. In sitting in the "Sevenfold Position," you are contacted with seven distinct electrical connections, so to speak. Now, with the spine straight, the whole column not twisted or bent in any way, the two buttocks form

the "root of the tree" in the earth upon which you sit—they form **two** electrical connections, the right being the **positive,** the left being the **negative**—but be quite sure that your spine is quite straight. I repeat: **the spine must be straight.**

This position to some is quite uncomfortable. (It may be that your body will not readily adjust itself to this position. If that be so, then sit on a stool or even sit in a comfortable armchair—you must be the judge.) Now, as you sit there, your **two buttocks** touch the earth, making **two** electrical connections; then your **two ankles,** as they rest upon the floor, make **two more** electrical connections, making **four;** your **two legs,** as they are crossed above the ankles, make **one more** electrical connection, a total of **five;** then your hands upon the knees (palms upward) make **two more** electrical connections, a total of **seven.**

(e) The Rhythmic Moving Wheel of Your Breath

SECOND—"WATCHING YOUR BREATH."—And so you now come to the point of "Watching Your Breath." Having placed yourself, then, in the "Sevenfold Position," you are ready. You are the humble meditator who comes reverently before the throne of Wisdom, and the first thing that you have to achieve is a consciousness of a **cessation of your physical forces.** YOU DO THAT BY WATCHING YOUR BREATH. You sit . . . **you watch your Breath** . . . you feel your breath coming in and going out, coming in and going out . . . and as you **watch your Breath,** possibly you may get the idea of a slowly, evenly,

rhythmically moving wheel. The Breath is **coming in**—which is half of the wheel; the Breath is **going out—** which is the other half of the wheel. As you watch, it seems that this feeling of wheel-like motion increases and causes you to imagine that the **wheel grows larger** . . . gradually you find your Breath becoming **longer,** it is extended, it **elongates itself,** it becomes **smoother.**

THIRD—YOU STILL WATCH YOUR BREATH.—Now, O Candidate, when you first begin to watch your Breath, it will seem that there are many rough, hard and uneven points over the surface of your breathing; some breaths are longer than others; some breaths are cut up, but gradually, as you watch, you find that your Breath becomes smoother and fuller. As the Breath becomes smoother and fuller, and as that can only take place gradually, it seems that your body is moving. It seems that your body is slipping away, melting itself into the atmosphere, so to speak. "There is no feeling in my body, and yet I am **all feeling**. . . . I could not tell whether my hands are here or there. . . . I could not tell the difference between the top of my head and the soles of my feet . . . **all seems to be making itself known to me in a peculiar** UNITY OF FEELING. My body is gone!" Now, as you sit still, your body, though it may seem to be gone, may seem also to grow larger, may **seem** to grow heavier or lighter, as the case may be, and you may seem, so far as your feelings are concerned, to be seated in the very center of the thing that you call "your body," filled with feeling, and yet having no physical feeling. .

(f) That Unspeakable Feeling of Equilibrium

FOURTH—SEEKING EQUILIBRIUM.—As your body becomes thus rested and stilled and in repose and fully equilibriumized, you get a feeling of beautiful "balance" and "rhythm." Breath is the only thing that you can feel coming evenly and restfully in . . . going evenly and restfully out . . . becoming so soft and smooth and true that you can scarcely differentiate between the incoming of the inhalation and the outgoing of the exhalation—**it makes you feel so perfectly at peace** . . . peace . . . peace. The more reverently you watch your Breath, the more serene and happy and peaceful you will feel. The forces of your body will seem to die down—and, with reverent practice, all the forces of your body will seem to be going in the same direction, bringing you an all-pervading feeling of deep and holy Peace . . . Peace . . . Peace.

You should encourage this feeling, O Candidate! Imagine that you are completely at peace. Imagine that all the divine forces of Eternal Wisdom are flowing in one deep rhythmic peaceful river within you. **"I am so grateful. I thank Thee, Lord—I give thanks ... I give thanks . . . I give thanks."**

(g) Sitting in the Center of the Great Crystal Jewel

FIFTH—CONTROL OF YOUR MIND.—You now know the technique of "Watching Your Breath," controlling your body. Your next step is to endeavor to do with your mind what you have already done with your body. Your body

is calm and peaceful, but your mind? . . . "Why, my mind is jumping about . . . it seems to be like a maddened monkey! It brings me all kinds of ideas! I think of something in the office, something at home, did I lock the garage door, I wonder what is going to happen, I am thinking of this, I am thinking of that—all kinds of ideas are passing rapidly and in a medley and chaos through my mind." Indeed, O Candidate, some of the pictures coming to you may even be cruel—they may shock you! But have no fear; just sit and watch. That is **your** mind, that is just how **your** mind **acts upon itself,** even when you are aware of watching, and also when you are not watching. So, as you sit in meditation, watch the performance in your mind, *as* if you were watching a movie; and then when you feel you can control it, and you feel that you have seen what is going on, gently take charge, gently declare, with great inward emotion . . . **Peace . . . Peace . . . I am at peace! . . . Be still . . . I am still!"** . . . In a very little rime, after proper practice, you will find that your mind, too, will seem to fall down. It will seem to relax, it will seem as if a cloud has fallen from your mind. Your brain activity will not be so intense. You will feel that you are having great difficulty, perhaps, in conscious thinking; you simply cannot think, so powerful is the spiritual essence of yourself portrayed through your mind and your feeling.

And gradually it will seem almost as if there is sleepfulness in your mind. You will feel, with such infinite inner stillness, that your mind is like one great ocean, or

you may feel that your mind is like one great, eternal crystal—and, then, YOU ARE SITTING IN THE VERY CENTER OF THIS GREAT CRYSTAL JEWEL WITHIN THE CRYSTAL.

Then you may feel the same feeling of "emptiness" in your mind as you felt in your body. YOU ARE NOW READY TO DECLARE THAT WHICH YOU DESIRE TO FEEL, WHICH IS PEACE . . . PEACE . . . PEACE!

Do not make any **effort;** remember that that which you are seeking WILL REVEAL ITSELF TO YOU. You are preparing yourself to ascend from a three-dimensional state of mind into the True Superconscious within you. Thou dost ascend from Man to God.

(h) You are Ready to Use the Word

SIXTH—DECLARING THE CREATIVE LIVING WORD.— You have now been introduced, O Candidate, into the techniques of "Posture," of "Watching Your Breath," "Relaxing Your Body," and "Stilling Your Mind." Let us proceed slowly. You are now ready, and, as the willing apprentice of Life in the secret place of The Most High, **you declare the Creative Living Word,** and **as** you DECLARE it, so you **CREATE it in your own life.**

Therefore, you take whatever Denial or Affirmation you wish to use (see pp. 20-25), and you declare aloud to yourself the words. You do not say the words alone with your mind and your tongue—no, you say them with your soul, with your love, prayerfully, reverently, NOT DISTURBING IN A SINGLE DEGREE YOUR BREATH WITHIN

YOU. Without interrupting the even, hushed, restful rhythm of your Breath, you cause the Word of you to ride out on the Breath of you, something like this:

"DEATH IS NOT . . . (breath) . . . A LAW OF LIFE
"MAN IS NOT SUBJECT . . . (breath) . . . TO DECAY, DISEASE . . . (breath) . . . SICKNESS OR OLD AGE.
"THERE IS NO OLD AGE . . . (breath) . . . THERE IS NO DECAY . . . (breath) . . . THERE IS NO DEATH.
"I AM NOT SUBJECT . . . (breath) . . . TO DECAY AND OLD AGE.
"I AM FREE . . . (breath) . . . FREE, FREE . . . (breath) FREE FOR EVERMORE."

The manner in which you begin your speech is of first importance—no disturbance of your Breath, no heavy inhalation or exhalation, no disturbance of your mind, no slightest change in your inward feeling, no change in the peacefulness of your mind; but if this should occur, merely chant peacefully and softly, "Peace . . . peace . . . peace," which will again lull the being of you into restfulness and equilibrium.

(i) Your Superconsciousness Speaks

You are being lifted into your Higher Self, and it is as if this Higher Self is speaking commandingly in utter reverence to something infinitely higher than you. You are in this way beginning to awaken your Subconscious Mind, and you will notice, as you go along and practice, that the Breath will grow very much longer and smoother. Indeed, it may become so smooth that you will feel that

the Breath is **entirely** stopped; and when the Breath (seemingly) has entirely stopped, you will then know that you have come to the **inward Breath,** the Holy Breath, than which there is naught higher.

SEVENTH—MEDITATION BY THE TRIANGLE.—It is not necessary, of course, for me to emphasize that you enter upon this holy work in a deep devotional attitude of mind. Here, O Candidate, you are to be instructed on Meditation by The Triangle.

If you declare, for example, **"I am Light,"** how do you know that you are speaking these words? When you say, **"I am Light,"** it seems that, in what is called your mind, your command to speak goes forth to your tongue or your throat—that is the FIRST SIDE of your Triangle. When you say, **"I am Light,"** your sound rides out on your breath, and goes as far as your breath goes. The further your sound goes, the more perfectly does it penetrate the veil of your own aura to enter the Universal Aura. You have command of your mind to speak, but **how do you know** that you are really speaking? You hear it, and it seems as if there is a faculty within your brain or within your mind that looks outward to the end of your sound, and you hear the sound riding out on your breath. You see, then: First, the one side of the Triangle from your mind to your throat; Second, the next side of the Triangle from your throat outward on your breath; Third, the last side of the Triangle from your mind looking outward, listening to your sound.

Three distinct lines: From your mind to your throat, from your throat to the end of your breath, and then again from your mind, watching the sound to the end of your breath.

And so, you have your idea of your sound by the Triangle. The further your sound goes, the smoother your breath; the smoother your breath, the further your sound will go. You may say, "I am Light," and say it so quietly that even those roundabout you cannot hear you; or you may say it with decision, "I AM LIGHT!" so that on the other side of the street somebody may hear. The **manner** in which you declare the word is determined by your mind and your emotions.

(j) Watch This Revelation of the Technique

And so you, the meditator, are now ready. You quietly, restfully, rhythmically declare, "I am Light . . . I am Light . . . I am Light," and the slower and longer your breath, the further your sound goes. Gradually, the pronunciation of the words may become indistinct. The words run together, becoming one sound—for example, the words "I am Light, I am Light," may become gradually "I AM L-I-G-H" (the final T being omitted). For example, **"I am Light" . . . "I am Light"** . . . gradually becomes "I am L-I-G-H" and so on.

Let us pursue this a little further. Suppose you meditate upon **"I am Light" . . . "I am Light" . . .** the more your mind becomes stilled, the less pronounced the words be-

come. You feel your body completely relaxed and still. Your Breath is completely even and rhythmic. Then you say, "I am Light," which gradually becomes "I am Li---" . . . "I am Li—" (long drawn out). Soon the "L" is omitted, the words you pronounce distinctly being merely "I am" (though you are still adding "light" mentally). As you become absorbed in the silence, "I am" becomes simply "OM . . . OM."

The sound thus becomes an indistinguishable chant or hum accompanying the thought—it is the UNIVERSAL SOUND ("OM"—the sacred word of the ancients, from which we derive the words "omen," "omnipotent," the Latin word "omnes," which means "all"). From this word all separate sounds come, and finally go back to their origin. For example, "I am L-I-G-H-T," when in perfect accord with your breath, goes out to the extreme point and then loses itself, into the "OM." Remember—you do not think—you wait upon God. The deeper your concentration and the more consecrated your body seems to become, then the less attention, the less "mind stuff" can be placed upon the actual framing of the words, so that "I am Light" merges into "O-M-M-M . . ." right to the end of your breath. Then your meditation is established —you have reached the center of the center of yourself. Your mind is at peace, established in peace; your sound goes out, your breath coming in and going out, and the outward motion (the sound) simply brings complete rhythm in that sacred Thing that you **are** and **that I am.** And so you find yourself chanting to the point, perhaps,

where the sound may entirely cease; you lead yourself from concentration into meditation, you lead yourself from meditation into Silence. You have not even thoughts of your own, you await God's Wisdom, in that Great Peace that passes knowledge.

(k) Your Journey from Sound to Soundlessness

My dear friend, the hope of my heart is that you have learned how to come into the Great Peace, from which you lead yourself from sound to soundlessness, from cause to causelessness, and finally, if you be blessed, and if you have patience, you lead yourself from self to self-lessness—**at one** with God. Then in your meditation, it seems that all has left you, and yet you have found everything. When sound ceases, if you could only watch it—that is, watch two things at one time—you would find that it becomes the Breath of Peace, and so, as deeper, and deeper and deeper you go into yourself, you find there the profound silence where even the sound listens; indeed, you have at last **come** to Silence, and the greatest gift that one human being can endeavor to offer to another is a knowledge of the Eternal Silence.

Therefore, O Candidate, learn to meditate—the one great esoteric secret—and remain, through meditation, "in the shadow of the Almighty."

Practice! As you practice, so will you be rewarded. Let me tell you that the purity of your sound will insure the living Truth of Life within you, and you within the

Light of Life. There is so much that I could tell you about SOUND,* but you will discover, in the perfect time, that you must perceive these secrets through your own practice. If I tell you, you will forget; but if you discover it for yourself, you will remember.

PART II: SCIENTIFIC MEDITATION UNCOVERS THE ETERNAL PRINCIPLE, THE ONE LAW THAT APPLIES IN THE REALIZATION OF ANY WORTHY AMBITION

Do Not Meditate Soon After Eating. Meditational exercises should never be undertaken until three hours after a meal, and more rapid progress will be made at the start if the food bulk be considerably reduced. But REMEMBER:

(1) YOU are to decide what are YOUR own particular needs.

(2) IT IS YOU who must live your own life.

(3) YOU most do your own thinking, and you are the sum total of your own Thought.

(4) ALL that any teacher can do is to shed Light upon the Path: you yourself must tread The Path.

So that you may lay out a programme for yourself, I have devised for you a series of Denials and Affirmations for your practice. These should be memorized, so that you will be able to meditate without any mental effort. May you be blessed as you sincerely practice.

*Read "Your Word Is Your Creative Power," the tenth of the "Fifty Little Books," obtainable from the Institute of Mentalphysics, 213 So. Hobart Blvd., Los Angeles 4, California, U.S.A.

MEDITATION FOR PSYCHOLOGICAL HANDICAPS
MEDITATION FOR PERSONAL SUCCESS

DENIALS

For any sense of WORRY

"I am free from all worry—nothing nor no one can worry me."

For any sense of FEAR

"I am free from all fear—I have no fear—there is no fear for me . . . I have nothing to fear . . . I AM FREE."

For Development of POWER

"I am power—full, free, active POWER . . . None has more Intelligence than I have, none more ability, none more POWER—I AM POWER . . . There is no obstacle I cannot overcome, no problem I cannot solve . . . I AM POWER."

For Development of PERSONALITY

"None is more admirable than I am, more divine, more loved than I am . . . I AM JOY . . . I am admired, I am liked by all people . . . ALL stand ready to help me . . . ALL desire to be my friend, as I am friend to all . . . I AM JOY."

AFFIRMATIONS

For Personal Development in Every Avenue of Life Activity . . .

"I am now master of my mind and body . . . I am WHOLE . . . I am proud of the man (or woman) that I am, of the things that I can do, the strength of my character, the courage of my heart . . . I AM MASTER OF MYSELF."

"I am making of myself, now, the most admirable and capable of men."

"I am sought after . . . popular, honored, respected."

For Development of COURAGE

"I am courage . . . I eagerly recognize opportunities to show my courage."

For Development of Personal Influence

"I am intelligence . . . I am influential . . . I am powerful in all that I do . . . my whole life is goodness, and my influence is everywhere for good."

"My influence over others is powerful . . . I influence people as I desire . . . my influence is always for good."

"I am all-conquering . . . courageous . . . powerful . . . positive . . . strong . . . energetic . . . I AM THE MASTER."

Be sure that you familiarize yourself with the technique. Do not hurry! Be of good courage! Practice will bring you into victory!

DENIALS

For any sense of FAILURE

"I cannot fail . . . there is no failure for me—I am free from all failure whatsoever."

"Seeming delays and setbacks are merely preparation for greater things."

"There is no failure for me . . . NOTHING can withstand my efforts—NOTHING can prevent my triumph."

"No man can deny me what is rightfully mine . . . none can prevent my securing it . . . I am free from all sense of failure . . . I am free."

For Development of Personal SUCCESS

"I am strong now . . . I am powerful now—I am supremely capable . . . divinely inspired . . . I am the Master of my whole life . . . I am victorious for. evermore."

"I have all the imagination of the universe—my imagination works miracles for me."

"I am power . . . I use my divine power every moment that I live."

"I am Wisdom . . . the wisdom of Life Itself is within me. It is guiding my every thought and action to full achievement."

For Development of Personal ENERGY

"The foundation of my life is now complete . . . I use endless energy towards inevitable success . , . my energy is boundless."

"I breathe success . . . I speak success . . . I AM SUCCESS."

"Outward evidences of my success manifest every day, every hour, every moment. My present enterprise is being crowned with victory . . . all efforts are being richly rewarded . . . wealth and success are on their way to me."

"Glory—Fame—Honor—Power . . . All are mine, now . . . I know it now—the world shall know it soon . . . The world and all that it can give to me is mine now for the taking."

Remember it is repetition that ensures success.

The average person is quite unconscious of the fact that he can know anything, except that which is received through the senses. **He is just as ignorant, too, that his senses are deceiving him every moment that he lives. He is subject to this constant betrayal. And this must, unfortunately, continue until such time as he is able to realize what his senses are doing with him.** How frequently do we hear people say, "Oh, how beautifully those flowers smell." Reason dictates, however, that flowers do not and cannot smell. And so on.

If you will sit and think a little you will find that there are thousands of similar apparently unimportant deceptions of mind created thus by the senses. During the next day or two watch the conversation of yourself with other people and see how many things we say which are not correct, and consequently (as words are the containers of Thought, so to speak) our minds are deceived. Your life is a **constant fight against Unreality.**

Mentalphysics is the key to enable us to unlock the realities of our own life.

You will find that the Mind is enslaved, deceived by these expressions into a state of auto-hypnosis. It would be easy to fill volumes with evidence of the Illusion of the Senses. The great majority of mankind are in urgent need of correcting their present ideas of their own very existence and their own powers. We have supposed that we live in our senses; thus, unless our senses are being occupied in some pleasing manner, we are unhappy, some people even quite miserable, not knowing that **WE ARE MIND, and the senses merely the avenues by which we are related to the world of objects that is other than ourselves.** This does not mean that we are to decry or belittle the senses as something bad or useless. No, the senses are a part of us, but not the REAL part. Our blessing in Mentalphysics is to EMANCIPATE THE MIND from their dominant control. **INSTEAD OF THE SENSES MASTERING THE MIND, THE MIND MUST MASTER THE SENSES.**

BUT THE MIND CANNOT BE MASTER UNTIL IT RECOGNIZES ITS POWER. JUST AS THE HORSE WILL REMAIN THE SERVANT OF MAN BECAUSE IT IS NOT AWARE OF ITS SUPERIOR STRENGTH, SO MAN WILL REMAIN A SERVANT, BEATEN ABOUT WILLY-NILLY BY ANY WIND THAT BLOWS, UNTIL HE REALIZES THE GLORY OF THE HIGHER POWERS OF THE REAL SELF OF HIM.