The Institute of Mentalphysics

MENTALPHYSICS is that interpretation of all religions and philosophies which is being sought by everyone. Here their inner truths, their practical application in everyday life, and their reconciliation with Science, are embodied. Mentalphysics is the key which unlocks the door to the hidden meaning of the Bible and all Holy Books. It is, in fact, the Gospel of the New Age—a power in the hands of those who faithfully follow its principles which lead to self-mastery, the realization of our highest capabilities, and their actual demonstration in physical vitality, prolonged youth, intensified talents, superior intelligence, growth of character, nobler and more abundant lives.

Happiness, joy, peace, harmony and the victorious accomplishment of our worthy aspirations, all reside in the power to which Mentalphysics is the guide. The practices taught have been found by hundreds to be revolutionizing in their effect. A method is taught, rather than a creed, a method which has been used by wise men for thousands of years to avail themselves of powers little known to the multitude, to approach greater knowledge of the immensity of Man's true capabilities, to rise victorious over sickness, and want, and unhappiness—to realize the final Truth of Life and the final Victory of Man.

THE INSTITUTE OF MENTALPHYSICS
213 South Hobart Boulevard, Los Angeles 4, California, U.S.A.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 8

Man's Ladder to Divinity No. 1

Your First Step to Self-Mastery

By

Edwin J. Dingle, F.R.G.S.

Ding Le Mei

(Founder of the Science of Mentalphysics)

LIBRARY OF VICTORIOUS LIVING

The purpose of the 50 little volumes that will matte 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.

THE EVOLUTION SERIES

These little books, one of which should be your study for a whole week, are available to you as follows:

No. 1—God's First Expression in Man.....The Ethereal Kingdom
No. 2—God's Second Expression in Man.....The Sidereal Kingdom
No. 3—God's Third Expression in Man.....The Mineral Kingdom
No. 4—God's Fourth Expression in Man.....The Vegetable Kingdom
No. 5—God's Fifth Expression in Man.....The Animal Kingdom
No. 6—God's Sixth Expression in Man.....The Human Kingdom
No. 7—God's Seventh Expression in Man.....The Celestial Kingdom

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.

THIS IS THE EIGHTH OF THE "FIFTY LITTLE BOOKS'

Your First Step to Self-Mastery

By Edwin J. Dingle, F.R.G.S.

Founder of the Science of Mentalphysics

INTRODUCTION

This is the eighth of the "Fifty Little Books" which comprise the Library of Victorious Living. Read it, and it is believed that you will be informed somewhat on the apparent external Riddle of the Universe. Re-read, study it, practice the true spiritual lesson embodied in it, and it is hoped and believed that you will be enlightened into "YOUR FIRST STEP TO SELF-MASTERY."

In the previous series of seven volumes, the entrancing subject of the "Mystery of the Evolution of the Universe" was dealt with, as we examined the Seven Kingdoms which form the seven advancing cycles of what may be called God's Expression in the Cosmos, symbolical of God's Expression in Man as he evolutionarily progresses towards his divinity in God. So that we may lay a foundation for

this Little Book and those that follow, I may say that we have taken the whole of the "Works of God" (the outer Universe), so far as we can understand God's Works, and followed the division in the Seven Kingdoms,* discussing God's creation of His eternal unfoldment into nature and super-nature.

With this volume we commence "Man's Ladder" series, in which we shall review the fixed and inevitable Way that **Man can reach his divine estate.** The ancient scientists and occultists, in all philosophies and at all times, have declared that Man is God in human form. They declare that there is a spiritual pathway which Man **must** follow to attain to the divine in him. Of course, the unenlightened person who merely looks upon Life as some unreasoned accident is not able rightly to comprehend God's Eternal Way. For hundreds of years, the ancients have proclaimed that there is, moreover, a clearly defined **method,** whereby the sincere disciple of Universal Truth—(the **Way** of the Universal God)—may safely and successfully reach the highest knowledge of the Universe, of which he is an essential part, for which he is evolutionarily developed.

In a word, they declare that there is a correspondence in Universal Law between God's final and eternal expression in Man and Man's expression in Life Itself (God).

You and I will, I hope, be able to admit that Man is.

"These seven Little Books, forming the Evolution Series, may be obtained from The Institute of Mentalphysics, 213 So. Hobart Blvd., Los Angeles 4, California, U.S.A. Their titles are quoted on pp. 31-32.

made, "in the Image" of God, and subject, of course, to the LAW that God has made. So we see that as God (in His immaculate macrocosm) expresses, so, by the same Law, Man expresses in the microcosm of his own life. The serious reader is advised to closely examine the following tabulation of the Seven Kingdoms of the outer Universe (the macrocosm), so that he may come to comprehend, in this "Man's Ladder" series (of which this volume is the first), how Man must also similarly ascend to his final and true nature in God, . . . step by step—how, indeed, Man's ladder of expression in the microcosm is identical to God's Omnipotent expression in the macrocosm. The analogy is seen as follows:

GOD'S EXPRESSION		MAN'S EXPRESSION
1st Cycle—Ethereal Kingdom		1st Cycle—Right Understanding
2nd Cycle—Sidereal Kingdom		2nd Cycle—Right Resolution
3rd Cycle—Mineral Kingdom	Corres-ponding to	3rd Cycle—Right Speech
4th Cycle—Vegetable Kingdom		4th Cycle—Right Conduct
5th Cycle—Animal Kingdom		5th Cycle—Right Effort
6th Cycle—Human Kingdom		6th Cycle—Right Living
7th Cycle—Celestial Kingdom*		7th Cycle—Right Meditation*
*Heaven; the Elysian Fields; Nirvana, etc.		*Which leads Man into his final Right Rapture in God.

This may all seem simple—indeed, it is; but it is important that the sincere seeker after Truth and his own self-realization and self-mastery thoroughly understand this Way of God. I do not know that this conception of God in Man and Man in God is expressed by any church or philosophy in the Western world quite in this way. But we are able to see how God "starts", so to speak, and

"ends", so to speak. And we can see how Man, made "in the Image" of God, and being what God is, starts, so to speak, and ends, so to speak—the finality being, on the one side, the **Celestial Kingdom**—Heaven on earth, the Brotherhood of Man; and, on the other side, **Right Rapture**—Man's true divinity attained, the Secret of Victorious Living.

PART I: RIGHT UNDERSTANDING OF YOUR PLACE IN THE DIVINE PLAN OF LIFE IS YOUR FIRST ESSENTIAL STEP.

Having shown what God's LAW in the Universe really IS, and how it is eternally sustained; having shown, in the seven Little Books of the "Evolution Series," how Man is potentially what God is . . . what then is your first step, my first step, to SELF-MASTERY.

First, I am to assume, and I do assume that you who read are sincerely earnest in your desire to make of your life precisely what you believe is possible to you—nothing short of the maximum. I trust that you will feel, as you read, that I, as I write, humbly hope that I can help you (and thus help myself) into a true workable way of living that will help you to make your dreams come true. You are not merely reading a book of words. What I am writing comes to you from my heart; and my only purpose in the writing of these "Fifty Little Books" is to inspire you and, if possible (as it is), introduce you to the faultless way to REALIZE the higher things of Life.

(a) Right Understanding Is Your First Step

What, then, is "Your First Step to Self-Mastery"?

In a word, it is RIGHT UNDERSTANDING of your own place in the Divine Plan of Life Itself—this is your first essential step. **Not to understand is not to have: you possess only that which you understand.**

Back in 1893, an eminent English scientist, addressing the British Association for the Advancement of Science, congratulated his fellow scientists upon having lived at the close of the 19th century. He said that he pitied the scientists of the future who could have nothing to do but to repeat the old experiments. This scientist did not "understand," did he? Two years after he so smugly believed that science had reached a dead end, Roentgen's discovery of the X-ray enabled science to embark upon a road whose very existence was not even suspected in 1893. Then look at the two decades from 1919 to 1939. These twenty years saw the most destructive wars in the record of civilization, yet the scientist looks upon this period as the most wonderful in the history of mankind, when triumph after triumph quickly came to every field of science. Scientists came to "understand" more rightly the secrets of what is commonly called God. During the years of war problems that had baffled scientists since the days of antiquity were triumphantly solved. The life of every person on earth is today to some extent beneficially affected by the discoveries of the laboratory. Go back to 1919 and make comparison.

"Yes, but look," you cry; "Man is still at war—what is to be done?"

It is true. The heart of humanity is torn by conditions of war and greed, strife and hatred, and there seems to be no way out of the diabolical dilemma of the opposing ideologies. But science is not to be blamed, nor is the scientist. In a word, ALL that is "wrong" in the life of Man is due to ignorance [wrong understanding) of divine LAW and WISDOM. And, as sure as the sun shines, the day will come when all men must come into Right Understanding. , If "some day", then why not NOW? My appeal to you is to learn how you may allow that bright day to dawn in your consciousness NOW — and, my dear friend, it can be done, though it does not seem to be possible.

(b) Man the Highest Product of His History

You will agree that Man is the highest product of his own history. The dream that you and I have of what the glory of the Human Kingdom may become is quite beyond our telling. What a world this earth will some day become when all men have the right understanding of Universal Mind (God) and Its Way!

I reproduce here what I wrote in the sixth of these Little Books ("Man—The Monarch of the Universe"):

> "Instead of succumbing to the pessimism of the times, all thinkers should realize that Man has at his command all knowledge—the ALL, indeed, of what God is. To the person who does not think, such a statement would go above his head; but it is true nonetheless. You and I have the power here and now to make of our lives exactly what we with all our hearts desire—we have to learn the way, then work and do the Will. Similarly, with the whole human race. Earth may become Heaven itself—and will—when all men learn the way and their work becomes the Will.
>
> "Take atomic power—probably the greatest unfoldment of God's Wisdom to Man throughout his whole history: the changes that would come over the world with the advent of cheap and abundant atomic energy would be enormous. Who owned the coal mines and the oil fields of the world would offer you little concern. All that you and I would be called upon to do, probably, would be to fill up our car at long intervals with 'water,' and our automobiles would run continuously, and we would have no thought of how much gasoline we used. Airplanes could make non-stop flights around the earth and stay aloft for months if necessary.
>
> "Man will gradually come into the knowledge that he IS MIND; if not eventually, why not NOW? Man is Mind **Now.** Whatever is (call IT what you will), Man is now! . . . YOU ARE — I AM! Man is in Heaven now, but will not realize the fact."

Man simply does not rightly understand—that is all that can be said. Let us, then, consider together this first essential step to your own self-mastery—right understanding of your place in the Divine Plan of Life Itself.

(c) Understanding the Basis of Your Knowledge

My Friend, just rest a moment. Feel within yourself that the very Wisdom of the Eternal speaks to you—more, that you can hear the Voice of Wisdom within you, saying to you:

> "I AM NOW PREPARING MYSELF FOR MY DAY OF TRIUMPH. I AM NOW GROWING IN THAT KNOWLEDGE WHICH IS NEEDFUL FOR THE FULLNESS OF HAPPINESS AND USEFULNESS IN MY OWN TIME, PLACE AND STATE.
>
> "I AM NOW BEING SHOWN THE WAY, AND THE DOORS OF MY MIND ARE OPEN THAT I MAY SEE THE WAY."

Right understanding is obviously the basis of all your knowledge; your knowledge is the basis of your power; your power alone makes your life what you decide it shall be. We must remember that there is **true** knowledge and there is **false** knowledge—the one is reality, the other is appearance.

How beautiful is the song of wisdom in The Proverbs! "Exalt her, and she shall promote thee; she shall bring thee to honor when thou dost embrace her!" Take fast hold of instruction, let her not go—keep her, for she is thy Life. In all sacred books, ancient and modern, are we exhorted to the getting of understanding, leading us to Knowledge—which is our only **power.** Without understanding, we are at the mercy of unconscious forces and never the ruler of our own world. Happy the man that getteth understanding!

(d) What Right Understanding Does

Now, what does Right Understanding do?

Right Understanding links you to Hope, and Hope is like the wing of an angel, bearing you ever on and up.

Right Understanding links you to Faith, which is your mind at its best and bravest, causing you to perform miracles.

Right Understanding assures you gratitude of heart, and compels you to seek the companionship of the great—and in all nature nothing can compare with a great man.

Right Understanding causes you to sing the Eternal Song —"Oh, that men would praise the Lord for His Goodness and for His Wonderful Works to the children of men."

Right Understanding brings your only power, which is knowledge; it crucifies the hypocrite; when you know that you know, and make earnest endeavor to **live** what you know, that is Right Understanding.

To understand UNIVERSAL LAW is philosophy; to love it is religion; to practice it is Science. This is how we begin our path to Self-Mastery.

The ancient philosopher Motse declared that "all calamities, strifes, complaints and hatred in the world have arisen out of want of mutual love."

Right Understanding actually **is** mutual love. It is due to mutual love alone that calamities, strifes, complaints and hatred are prevented from arising.

"It is of course very excellent when love becomes universal," someone said to Motse, "but it is only a difficult and distant ideal." Motse replied: "This is simply because the gentlemen of the world do not recognize what is for the benefit of the world, or understand what is its calamity . . . Whoever loves others is loved by others; whoever benefits others is benefited by others; whoever hates others is hated by others; whoever injures others is injured by others."

This is the basis of Right Understanding, and Right Understanding is obviously the first step to self-mastery for you and for me.

(e) Masquerading as False Knowledge

Now, I suggest that as you and I consider together, we at once become as little children. We do not know much! We may think that we do, and it is fortunate for us that we do know more than we used to know; but we do not know much anyhow. Sometimes we meet men of great accomplishment, brought about in the only way that true accomplishment can ever be brought about, and that' is by prayerful, meditational practice of Universal Law. Sometimes we meet a man who is able to do more than we can do, and we look upon him and we say, "Why, he is a super-man!" That, of course, is all "wind in the ear" . . . it has no sense, for it is obvious to you and to me that if one man can show that he can do anything at all, then a million other men can learn to do the same thing. » That is, if they **know how!**

At no time in the history of the human race has there been so much false knowledge in the world masquerading as true knowledge. Just think, as you read. That is not altogether bad . . . that is good, if you, being the watcher, finally observe false knowledge, and it awakens you into the pursuit of true knowledge. But in all the avenues of what we call education and in what we call scientific channels, all sorts of information passes as knowledge.

One of the greatest and simplest mistakes that Man has made, even in your lifetime and in mine, concerns the atom, for example. The atom was at one time considered to be the smallest divisible unit of matter. It was so called.

You and I learned it, if ever we learned any physics. The atom was the "least divisible unit of matter."

Well, how foolish that is today, is it not? The atom was considered by scientists (who taught it, and we must not criticize them), to be the least divisible unit of matter. Every school boy and girl today knows that the atom can be split and we have the whole mystery and wonder of the atomic theory opened instantaneously before our mind.

(f) Something Greater Even Than Atomic Power

Atomic power seems to reside (and does reside) in the certain balance of certain elements which Man has "discovered." Yet there is something even greater than atomic power. That "something" is what Man calls "his mind." And this is true also. But there is in Truth no such thing as **Man's** mind—it is God's Mind—the Mind Universal, staggering in its mathematical exactitude—that directs Man into right understanding of atomic energy and its secrets. The philosopher who practices THE LAW OF UNIVERSAL MIND may not know every phase of the materialistic development of atomic energy; but he knows, because he feels through practice of feeling, the PRINCIPLE of atomic power within his whole universe.

Again, there is nothing so important to everything that lives as what is called Breath. The scientist, of course, will take Breath, and be able analytically to describe it; will give his own names to it, so that you will get a final scientific formula of what Breath is. But you and I do not need to be told what Breath is, because, when we think of

it, we can see that our very Breath is our Life. We can see that all that you are, in all your beauty, in all your radiant, glorious virility, all that you are—physically, mentally and in every other way—is a single breath!

So we could go on taking illustration after illustration of simple things within us and around us to show how we are often confused and accept appearance for reality. Any thinking person, however, realizes that RIGHT UNDERSTANDING is the first step in his own self-mastery and self-realization.

We shall now proceed to show HOW you and I inform ourselves on everything that we learn—true or false!

PART II: MAN IS ESSENCE OF UNIVERSAL MIND—MAN'S LIFE IS "GOD'S MIND" IN ACTION

Before you prepare yourself to read this PART II of this Little Book, quietly repeat several times the following; read it with deep feeling, as if you KNOW that it is true:

> "I AM NOW PREPARING MYSELF FOR MY DAY OF TRIUMPH. I AM NOW GROWING IN THAT KNOWLEDGE WHICH IS NEEDFUL FOR THE FULLNESS OF HAPPINESS AND USEFULNESS IN MY OWN TIME, PLACE AND STATE.
>
> "I AM NOW BEING SHOWN THE WAY, AND THE DOORS OF MY MIND ARE OPEN THAT I MAY SEE THE WAY."

(g) The Great Power and Mystery of Mind

Of the making of books dealing with the subject of Man and his Mind there literally is no end. The libraries overflow with literature from the hands of learned men showing

that human beings are actually the sum total of their thinking; yet, if you ask the man-in-the-street "What do you think—and why?" or "How do you think?" he will scarcely be able to grasp the meaning of your questions. Man generally is utterly ignorant of the processes of his "own" mind or of how the Universal Mind works through him. At the same time all philosophers, occultists, scientists and metaphysicians, teachers and writers', through all the ramifications of their spoken and written word, confirm the sublime truth so beautifully enunciated in The Book that "as a man THINKETH, so IS he."

The trouble with most of the learned disquisitions on the mysteries of Mind is that they leave you cold.

The mysteries become more mysterious. You are not shown the way to unfold them. Most men, however, seem instinctively to feel that deep down within themselves there are forces which, if unleashed, would revolutionize their lives. Men believe that they have powers inherent within them that will enable them to reach heights of achievement far greater than they have so far reached, that the human in them is united with the Divine, and in desperation they are crying **"Show us the road! We believe all that you tell us, but show us the way to unfold the powers of our minds."**

I shall now endeavor to point out the road. I am not so much interested in telling what the thing is as in trying to show "how to do it." You will thus find, I feel sure, a practical means by which you may unfold the mysteries of your own mind . . . and so march more confidently along

to an understanding of that immortal sentence—**"as a man thinketh, so is he."**

(h) The Apparently "Different" Minds

Most psychologists declare that there are three minds—namely, the Superconscious, the Conscious and the Subconscious. With the Superconscious Mind, I shall have little to say here, for the reason that not until we understand the working of the other supposedly "different" forms of mind can we gain any understanding of the Superconscious.

We shall, then, deal with TWO forms of mind.

But when we say that there are TWO minds, we do so for the purpose of clear thinking. There is only ONE MIND—the Universal Mind—but separate functions of the One. Many of the most important controversies of psychology center in the question of the nature and extent of the activity involved in consciousness. The Subconscious Mind is comparatively a modern discovery of science, although it has been known under other names in the occult schools for ages. Man seemingly has two minds, or two distinct phases of consciousness.

(i) The "Conscious" and The "Subconscious"

They are:—

(1) The CONSCIOUS (or "Waking") Mind.—This is usually called the Objective Mind. It seems to be the

result of external stimuli to organized brain cells in the cortex of the brain directed by incoming or AFFERENT sensory impressions. When you "sleep," it sleeps. The Conscious Mind seems to be the analyzer, the comparer, the reasoner, and it acts as a sentinel or watchman at the doorway to the Subconscious Mind. The Conscious Mind reasons from cause to effect. The Conscious Mind is the man at the wheel, the captain on the bridge, the general in the field.

(2) The SUBCONSCIOUS (or "Unconscious" or "Subliminal") Mind.—This is 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 ever 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).

Now, you reason with your CONSCIOUS MIND.

Because you see footprints in the wet sand on the beach your experience tells you that someone has walked that way. But when you stay to enquire whether those footprints are those of man or woman, boy or girl, then you are using your reason—the faculty to consider evidence and form a judgment. We then say that you are using your Conscious Mind, for you are conscious of those facts.

(j) Subconscious Power Is Limitless!

With the SUBCONSCIOUS 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.** The bearing of this upon our subject is of the utmost importance. It will readily be seen that whatever the Conscious Mind accepts and decides upon as true, the Subconscious Mind automatically accepts as true without judgment.

Do not fail to remember this point.

In a state of hypnosis the Conscious Mind is in abeyance, or, as it is said, in the hypnotic sleep. While he is hypnotized, you may give the subject hypnotized a tallow candle, telling him that it is a stick of candy, and he will eat the tallow, thinking that it really IS candy. Ask him whether it is sweet, and he will answer that it is, for he believes it, as the Subconscious Mind accepts what you say as the truth.

(k) How We May Harness Our Subconscious Power

Whether in a state of hypnosis or out of it makes no difference; the only difference is that in the hypnotic sleep the RESULT is more apparent.

The Conscious Mind is like the captain on the bridge of his steamer; he directs its operations. He (or his substitute) must be there all the time while the steamer is at sea—what for? To direct the power that drives the ship along—which is analogous to the Subconscious. Down in the hold of the ship there is a power driving the ship through the water; this is like the Subconscious Mind in you and me.

It does the work, provides the energy, the force, that keeps the mechanism of the body at work 24 hours every day for 365 days every year, and for 60, 70, 80, 100 years or more without a rest, NEVER PAUSING or taking a holiday.

When it Does Stop, It Does So In Consequence of Reasons That Can Be Known, Controlled and Avoided.

The Subconscious Mind starts upon its career of building a human body at conception. Before this it existed in the spermatozoa of the father and the ovum of the mother, and these, in the last analysis, are units of electric energy. In the final analysis ALL matter is electric energy. At the instant of conception the Negative and the Positive Poles are attracted, meet, combine, and from that instant the great Subconscious Mind takes charge, and goes to work very deliberately and confidently, for it knows its work, to build a human body.

(l) Subconscious Knows Exactly What To Do

The CONSCIOUS Mind grows very slowly, and only when the Subconscious Mind has built the body—and then not for several years—does it develop power to exercise the faculty of judgment. During the early years the Subconscious Mind goes on with the work of construction with very little interference from the Conscious Mind—it builds a perfect human form (the word "perfect" is not used in its esthetic sense, for that is a matter of personal opinion). The point is that all the organs are perfectly formed in principle for USES they have to perform. The heart and circulation are so perfect that the brain of Man can conceive of nothing MORE perfect or superior.

But this remark applies to all the organs—in fact, to the entire body.

Can anything be imagined more beautiful in its principle than your eye? Think of the wonder of your skin, with its millions of pores, its capillaries and its network of fine nerves. THEN STAND IN REVERENT WONDER AT THE WISDOM PENT UP IN THE SUBCONSCIOUS MIND that has created and then sustained this marvellous mechanism.

One could write on and on. One stands in the very PRESENCE. But what I want to do here is to make perfectly clear to you, so that you may never forget, that the INFINITE WISDOM, the CREATIVE SPIRIT, ACTING THROUGH THE SUBCONSCIOUS MIND, KNOWS NOT ONLY WHAT TO DO WITH EXACTITUDE, BUT HOW AND WHERE to do, and TO MAINTAIN THE DOING as long as we live. For think! In the human machine—that marvellous Temple of

the Living God, there is a power that built the body (the cells) and stays with it all the time, and goes on with the work of construction and repair 24 hours a day, 365 days a year, and every year.

(m) We Are Not Created in The Human Matrix

An important error that most of us have to correct is that of thinking that we were created in the human matrix. Now, that is only partly true. It is true that the foundation is laid there, for the babe is a mature embryo, not a Man; the Subconscious Mind has laid this foundation whereon to build the human being. The work of building is going on all the time, to bring into existence a Perfect Human Being, the PERFECT WISDOM which is its source being used to perform its perfect work IF WE WILL ALLOW IT AND NOT INTERFERE.

Interference starts, however, in nine cases out of ten, with the Conscious Mind of the parents and those most near to the child, impressing its Subconscious Mind with the ideas, habits, and traditions of the Conscious Mind of the family and the race. In short, the interference is from the Race Mind.

Now, we have seen how easy it is to impress our thought upon the Subconscious Mind, for WHATEVER WE TELL IT, IT BELIEVES, HAVING NO FACULTY OF REASON. Do you not see, therefore, this great factor in our lives: That the CONSCIOUS Mind can just as easily direct the Subconscious Mind into CONSTRUCTIVE CHANNELS as into destructive ones?

(n) Matter of Scientific Direction

Read over again carefully the last sentence—**"That the Conscious Mind can just as easily direct the Subconscious Mind into constructive channels as into destructive ones."**

Here lies the crux of all your success and happiness—scientific direction of your Subconscious Mind. This writer truthfully can say that he has never met anything so simple to do—when you know the way. Anyone can learn the way. Many of my students, when first coming to me—because of deep-rooted inferiority complex or a hundred other causes—have feared that the vistas which a conception of the Science of Mentalphysics spreads out before them were too good to be true. Many, indeed, admitted that they had for years been studying and had not succeeded—yet in less than a month in Mentalphysics they so revolutionized their lives as to be amazed at the inherent power of their own minds.

It may possibly be the same with YOU. If so, I pray you thoughtfully to read on. You may be on the verge of discovering something of immeasurable value to you in gaining perfect health, success, permanent happiness—in short, you may literally be opening the door to your Kingdom of Happiness.

(o) The Immovable Laws of the Universe

THINK as you read. The Laws of Life are Health, Strength, Wisdom, Beauty, Power, Energy, and so forth.

These laws are also Eternal. Inasmuch as all the principles are resident in the Subconscious Mind as the result of its conjunction, so to speak, with the Creative Spirit—the God within us—it follows that we are only voicing the truth about ourselves in making these statements.

You may easily learn the surest and safest manner in which the Subconscious Mind may be impressed into obedience to the Laws of Life if you desire to do so. This may be undertaken by any individual, no matter what his "education."* I know this to be true, and, if the reader be ready for the Higher Teaching, I would strongly advise him or her to seek, though I must add that unless you be ready for the unfoldment of the Law, and anxious to get out of the rut of the past, no outside power can bring help to you.

(p) Subconscious Mind Is Your Willing Slave

We know that the Subconscious Mind believes what it is told without question, and it immediately sets to work to do what you command according to the principles that you have claimed for it. And no matter what your direction may be, the result is bound to materialize, for the Subconscious Mind accepts without question what you tell it.

And then what happens?

As the pew and beautifully true ideas of success, of health, of power, of joy, of harmony—become part of your

*See page 30 of this Little Volume.

new consciousness, the erroneous and false ideas fade away into obscurity—they are expelled by the new ideas.

When you are no longer conscious of evil, for you evil does not exist.

When you are no longer conscious of poverty, for you there is none.

When you are no longer conscious of fear, it slips out of your mind.

In this manner you become free of the conditions you have set out to overcome.

Insofar as the body is a machine, most of its work is carried on involuntarily—that is, we have no conscious control over it. What I mean is that we do not CONSCIOUSLY control the circulation of the blood. Indeed, few of us know anything about the work of the blood, and still less about the corpuscles and the liquid in which, like fish, they "swim." Still less do most of us know about the **modus operandi** involved not only in the building of the body, but in its marvellous maintenance.

(q) A Study of Our Emotional Life

Nor need we dwell long upon it. We may dismiss it by stating that all this work is carried out by the Subconscious Mind.

The BREATHING is as involuntary as the circulation, until we THINK about it, and then it seems to pass from the Subconscious Mind to the Conscious Mind for the time that we are thinking about it.

While you do not CONSCIOUSLY have much to do with all this work, still you DO influence the work UNCONSCIOUSLY BY YOUR EMOTIONS. The emotions are closely related to the thoughts: in fact, they RISE OUT OF THE THOUGHTS, and thus, whether you know it or not, you are playing upon your human instrument ALL THE TIME. The emotions all affect the body for good or ill. For example, we all know how the heart beats faster when we are excited—we get hot in shame, cold in terror, and so on. Yet WE ARE NOT CONSCIOUS that our Emotions are affecting this "Temple of the Living God" every moment that we live.

Is it not obvious, then, that you ought to see to it that you THINK RIGHT in order that your Emotions may operate in a constructive manner instead of the reverse? Remember the truth: "As a man thinketh, so is he."

Watch a man's Emotions, and you will find that his success in life is the correct measure of his emotions.

(r) Emotions Are the Feelings of the Soul

The emotions are the feelings of the Soul, fluctuating from one state of the affections to another, for they change from hour to hour, even from moment to moment—look at the changes of Emotions that you go through when you watch a thrilling movie, for example, or when you listen to fine music. But an Emotion that you cherish GETS FIXED, and when it is deeply rooted you call it a MOOD, and these moods become so firmly rooted in the

Mind that you GROW UNCONSCIOUS OF THEIR EXISTENCE. But because you do not know they are there DOES NOT PREVENT THEM FROM AFFECTING YOU.

The Emotions move in two directions, having, like the magnet, a Positive and a Negative pole.

The Positive is that of ATTRACTION—or Love.

The Negative is that of REPULSION—or Hate.

But just as a ray of light may be split into primary colors by the aid of a prism, so the Emotions are divisible **ad infinitum.** I will quote just a few of the qualities of Love, and invite you thoughtfully to compare them with those of the opposites:

Some of the Qualities of LOVE, The Positive.	**Some of the Qualities of HATE, The Negative.**
Wisdom - Knowledge - Benevolence - Virtue - Innocence - Fearlessness - Happiness - Joy - Peace - Youth - Faith - Resolution - Fortitude, - Health - Strength - etc.	Ignorance - Vice - Guilt - Fear - Despair - Sorrow - Grief - Worry - Sadness - Cowardice - Revenge - Selfishness - Disease - Doubt - Death - Discord - Sensualism - Envy - etc.

(These can be multiplied easily with the aid of a Thesaurus).

(s) We Must Develop the Creative Principle

The above are but a few of the Emotions, and each of them can be divided and subdivided, as when Fear becomes Anxiety, Misgiving, Despondency, Gloom, and so on. By a study of the different human Emotions you will be able to see how, WHETHER YOU KNOW IT OR NOT, these complex emotions and affections are playing upon

the delicate instrument which you call your body all the time.

From a study of the Emotions you will come to the conclusion that LOVE embodies all the Creative Principles, and that the Creative Principles are classifiable under the positive element, LOVE. These principles preserve the body intact.

When you think of it you will find that all the principles known—to science, to architecture, to engineering, etc.—are based on this Law of Love. The Principles are in operation everywhere around us all the time. Principles known to Science are in operation constantly, and underlying the whole material universe the laws of Beauty, Strength, Order and so on, are the principles upon which everything rests.

You can use these Creative Principles and USE THEM CONSTRUCTIVELY if you so desire.

We are fortunate indeed if we learn how to successfully uncover these Principles from the hidden depths of our own Being into the Conscious Mind, so that they may be established consciously in the Conscious Mind. Then we are no longer fooled by the illusion of the senses, for we shall know who and what we are.

(t) The Arch Enemy of FEAR

Therefore, you should examine yourself to discover your permanent moods. You will be surprised. You will doubtless, like most people, find that you are dominated

by some phase of FEAR. Of such people we say that they are gloomy, despondent, serious, apprehensive, worrying, etc., and if such people happen to be happy, cheerful, joyous, it is a lapse from their permanent mood. WE HAVE, THEREFORE, TO LEARN THE WAY TO REVERSE OUR MOODS, so that some aspect of the Love Emotions dominate—like Cheerfulness, Gladness, Hopefulness. We shall then declare the truth that we are cultivating a happy disposition, a Happy Mood.

By this means, thus co-operating with the creative principles, you eliminate the destruction wrought within you by the disintegrating emotions and so automatically attract success.

(u) Cooperate with the Creative Principles

It is unnecessary for me to point out to you that the Negative Emotions are DESTRUCTIVE. They cause sickness, senility, disease, decay, old age, failure, cowardice. So venomous are these Negative Emotions that the death of an infant has been traced to poison generated in its mother's milk by anger. The perspiration of a human being can be suddenly changed and charged with venom, and such perspiration, fed to rats, has caused their death.

When you know the way, however, you preserve the temple of the body. By consciously co-operating with the principles existing within us, and establishing them in the Conscious Mind, by making these principles our permanent moods, we conserve the life energies. We then

find that we can direct them into construction and so avoid the factors of disintegration.

CONCLUSION

It will have been seen that the so-called "mysteries" of Man's mind cease to be mysteries when we uncover the principles and laws through which our minds work. It is perfectly obvious to the thinker that every detail of the working of the Universe is possible to become known to the human mind, in fact, it is already KNOWN to the Universal Mind; and every human soul contains, POTENTIALLY, the knowledge of the Universal Mind.

The laws of the Universe are immovable and fixed—that is why we call them laws. The human mind works by law—your mind, my mind, works by law, and cannot work in any other way. Therefore, when we know the law of our own minds there is nothing that we cannot do, remembering that the Subconscious of us—the eternal power within us—will do ANYTHING that it is properly directed to do by our Conscious Mind. This is good news indeed. Better news is that you may learn the way if you wish truly to make the effort to do so. Your search is ended if you know what I am writing. This Little Book will bring within your reach the "means by which" you may revolutionize your life, if you sincerely wish to do so. Mentalphysics seeks to develop practical methods of application of laws, by study and practice, whereby the earnest seeker after Truth may obtain the most perfect physical develop-

ment, greater length of life, increased mental power, unfailing happiness, mental and spiritual unfoldment, and an abiding knowledge of the Art of Living.

Mentalphysics will lead you step by step away from weakness and inefficiency and inferiority complexes, away from inharmony and want, away from unhappiness and discontent and fear and worry, to personal poise and undreamed of power, to joy and wealth and, efficiency through an understanding of evolutionary law. But this high teaching is not for the trifler. The principles and laws disclosed in Mentalphysics will be worth nothing to the student unless he or she USES them. But they will be worth everything—everything to YOU, dear-reader, if you are ready—when you use them as they are disclosed. Students enthusiastically and gratefully acknowledge that their new knowledge of these principles and laws of life are worth ninety-nine per cent of what they have really attained and what they themselves have become through this beautiful philosophy.

But reading about these principles and laws, these "mysteries" of mind, will not do much for you. It is only by (a) first learning about them, (b) then using them, and (c) finally REALIZING them in your life that you can extract from them their full value. I can but hope that you who read may look within yourself to make the greatest discovery any man can make—to discover the eternal fact that "Whatever the Creator is, I am."

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