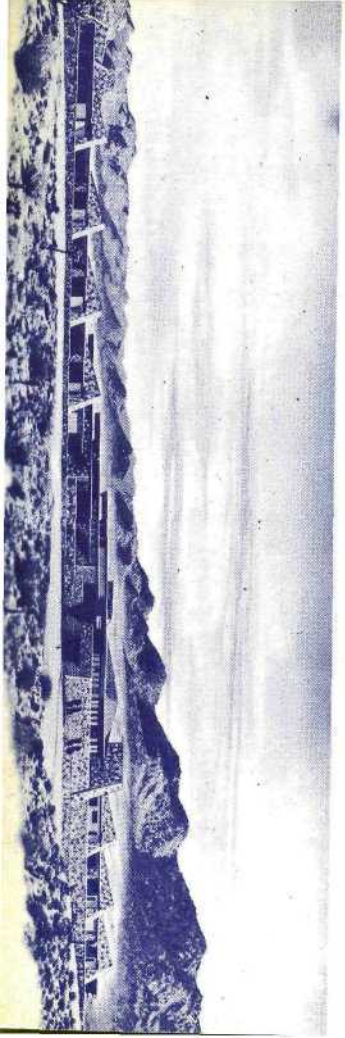

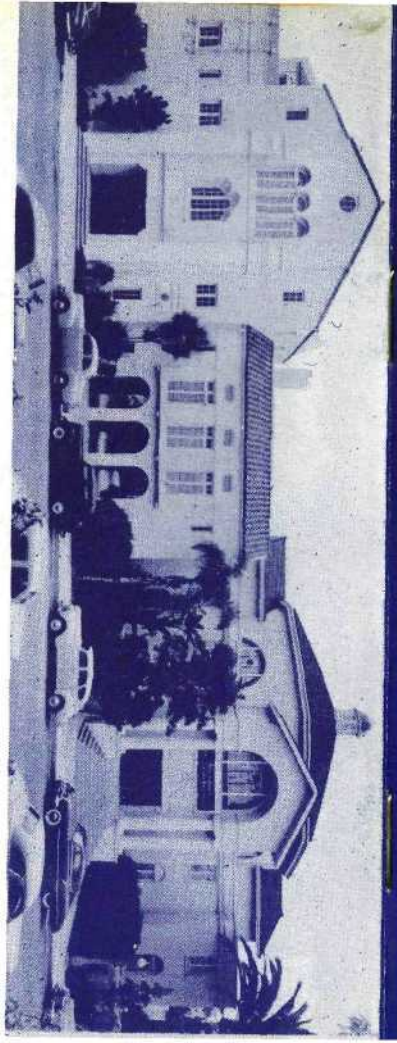

Top: Our Church in Los Angeles, Calif. Below: Caravansary of Joy at Our New City.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 19

Seven Majestic Word Series—No. 4

What Is the One Mystery of Your Life?

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 NINETEENTH OF THE "FIFTY LITTLE BOOKS"

What Is the One Mystery Of Your Life?

By Edwin J. Dingle,
Founder of the Science of Mentalphysics

PART ONE: MAN STANDS AT THE APEX OF CONSCIOUSNESS, HIS LIFE EMBODIED IN UNIVERSAL MYSTERY; PHYSICAL DISORDERS AND DISEASES EFFECT OF IGNORANCE OF THIS ONE MYSTERY.

Fourth Majestic Word . . . Breath, the Mystery of Your Life.

I hope that you who read will have already studied the first eighteen of these "Fifty Little Books" that comprise the Library of Victorious Living. If you have, you will

*"MAJESTIC WORDS" SERIES (Vol. 16 to Vol. 21).

The titles of the Seven Magic Words in the "Mystery of Creation" are as follows—see pages 31 and 32:

VOL. 16-"WHAT IS THE TRUE URGE OF YOUR LIFE?"
VOL. 17-"WHAT IS THE TRUE COMPENSATION OF YOUR LIFE?"
VOL. 18-"WHAT IS THE TRUE ORDER OF YOUR LIFE?"
VOL. 19-"WHAT IS THE ONE MYSTERY OF YOUR LIFE?"
VOL. 20-"WHAT IS THE TRUE SOURCE OF YOUR LIFE?"
VOL. 21-"WHAT IS THE PURE GOLD OF YOUR LIFE?"

much better understand this present lesson-volume; if you have not, I would not delay my reading and study of this volume, but, having read it and made a study of it, I would immediately acquire those volumes (of course, my hope is that your interest will impel you to do so). For you will find these "Fifty Little Books" increasingly illuminating as you seriously study them.

In this present "Seven Majestic Words in the Mystery of Creation" series, of which this is the fourth, I have already written upon "Joy—The TRUE URGE of Life" (vol. 16), upon "Gratitude—The TRUE COMPENSATION of Your Life" (vol. 17), upon "Reverence—The TRUE ORDER of Your Life" (vol. 18), and this lesson-volume is "What Is the ONE MYSTERY of Your Life?" A more romantic, yet deep and sublime, subject is hard to find, for it is universal to Every Living Thing.

Of course, you will at once see that BREATH—the Breath which is **your life**—is the One Mystery.

It is not necessary to spend much time explaining WHY we must breathe to live. It is perfectly self-evident that the best breathers live the longest and get the most out of life. It is equally self-evident that BREATH IS YOUR LIFE. From the first faint breath of the new-born infant to the last gasp of the dying man, Life is a series of breaths—yes, Life is just a series of breaths!

Breathing is Man's most important function, and, when we stop to think of it—few of us give any thought to the breath, however—we find that **all** our functions and all component parts of what we consider "ourselves" are

dependent upon our breath. We can, therefore, say that our **Breath Is the Flywheel of Our Physical and Mental Machinery.** Every form of Life in all the Kingdoms, visible and invisible, could not exist without breath—everything, from the amoeba to Man. The ancients declared that the ebb and flow of the tides were the Breathing of the Earth —-the Great-Breath of the Universe, which in ancient philosophy is called the **Tattvic Law.**

(a) The Vital Importance of Your Breath

Your Breath, my friend, is the fount of all your power. Radio today can project sound seven and one half times around the earth in a second, carrying sound at the inconceivable speed of light. And what is this transporting force? It is called ether, and is everywhere in the atmospheric air. This same powerful ether is in the air you breathe. The power is in you while you live and breathe—you could not live without it.

What should concern you as a person who wishes to attain to complete success on all planes of your existence is how you may become conscious of it and utilize its vast resources for your benefit. How, then, can you benefit for your daily life from this ether in the air which you breathe for 24 hours every day?

In the Science of Mentalphysics, the Faultless Philosophy of Life, this important subject is presented so simply that even a child can learn and understand. We could go into history and show that, with the advance of civilization,

men and women have lost their original power to breathe properly. We could show how diseases are the results of persistently breathing incorrectly. Let us here be content by asserting the self-evident truth that

(1) YOUR PHYSICAL HEALTH DEPENDS MATERIALLY UPON YOUR CORRECT BREATHING:

(2) YOUR MENTAL HEALTH. HAPPINESS, SELF-CONTROL, CLEAR-SIGHTEDNESS AND MORALE DEPEND VERY LARGELY UPON HOW YOU BREATHE.

(b) Why And What Do You Breathe?

Now, let us pass on to (1) what and why do you breathe, (2) the influence of correct breathing on the health of your body and mind.

You know that the organs of respiration comprise the lungs and air passages leading to them. Any doctor will tell you that unless fresh air in sufficient quantities reaches the lungs the foul stream of venous blood cannot be purified, and, not only is your body robbed by the waste that should have been eliminated and which is returned to the circulation, poisoning the whole system, but death appears on the horizon. This can be remedied, and, as you start your study, as I hope, into wider knowledge, let me say that if there is any disbalance of whatsoever nature in your physical body, or in your mind, any unhappiness or failure in any channel of Life's activities, you may now learn to understand the potent means by which you may be relieved of your burdens.

Proper breathing gives you circulation; good circulation gives you a mental concept of abounding health and vigor, a clear complexion, and a manly and womanly attitude towards all demands of everyday life.

With proper breathing your physical appearance changes. Lines leave the face. The body takes on a new buoyancy. Men and women who are good breathers give off the dominating notes of health. Rejuvenation takes place. Beauty shines through.

The result is a serene happiness, a consciousness of physical and mental well-being. Why? Because BREATH IS LIFE!

(c) Exercising The Internal Organs

Good breathers are always strong. Correct breathing, which is given such importance in physical culture in the Western world, is the channel through which physical perfection comes to us, though few give this truth a passing thought. Occultists the world over—and particularly in the ancient religions—have always regarded correct breathing as vitally important, as it is the only method by which certain internal organs can be exercised.

You have perhaps never thought of this.

As a student, if you become one, you will rapidly find this out as soon as you begin the correct method taught for correct breathing.

Occultists in all ages and in all lands have always taught their disciples (usually in secret and by word of mouth) that there was to be found in the air a substance

from which all life-force is derived. We find in Christian philosophy, also, and in the teachings of the scriptures, that "God made Man and breathed into him an immortal soul" . . . "breathed into his nostrils the BREATH OF LIFE." No matter what the occult teaching or philosophy, irrespective of the school and the period, we find the theory regarding this force to be identical, although the names employed may vary greatly. In the Sanskrit, this force is called "PRANA," which we will amplify to mean Absolute Energy, the Vital Force, the Essence of Life, and so on. You must try to visualize that this Prana, this principle of all energy in the Universe, is everywhere present. There is no place where it is not. It is all-pervading. In its operations it eliminates time, distance and substance. Wherever there is LIFE, there is Prana, or electricity or ether (if these words will allow you to gain a better intellectual idea of this force).

Modern science proves that in every atom, every electron, every ion, there is Life; then it must be evident that Prana is everywhere and in everything that lives.

(d) Prana—The Energy That The Soul Uses

While Prana is the energy that the Soul uses, it is **not** the Soul or the Ego, that spark around which cluster all matter and energy. No, **Prana is the energy** that the Soul uses. Prana may be regarded as the soul of force and energy in ALL FORMS. It is the Principle that causes activity and accompanies life. Of course, Prana is in the air, but

it is not the air, or even one of its chemical constituents. All animals—all plants—you and I—breathe it in with the air; yet, if you can imagine such a state as yourself being filled with air and the air containing no Prana, you would die.

Prana is taken up by our physical system along with the oxygen; yet it is not the oxygen. All one can say is that Prana is the **One Force,** penetrating where the air cannot reach, all-pervading, the Spirit of the Breath of Life.

You are constantly inhaling the air charged with Prana, constantly extracting the latter from it. It is for thinking men and women, people who want to be and do something in life, to learn how they may, through their breathing, **consciously store it up and control it.** That is the profoundest secret.

I admit that it does not seem to be much of a secret—but it is!

(e) Prana Found in Free State in the Atmospheric Air

Prana is found in its freest state in the atmospheric air. In ordinary breathing, the human being absorbs a normal supply, and this Prana is stored away in the brain and nerve centers to be used when necessary. But **when we know the way**—in the Science of Mentalphysics we are gradually taught the basic principles—we can and do store up much greater quantities of Prana, just as a storage battery stores up its power. The many and strange powers

accredited to Tibetans and Hindu Yogis and to those in other countries advanced in occult philosophy are largely due to this knowledge and the intelligent use of this stored-up Prana. You, too, may confidently look forward to the time when you may be able to do the same thing, if you will learn the way, making of your life whatsoever you will.

When we remember that Prana comes to us in its freest state in the air we breathe, it is easy to see that it is a comparatively simple thing to keep ourselves charged with Prana, the basic force of all Life, when we have learned to breathe correctly. There is no greater service that one human being can do for another than to impart this knowledge.

As the oxygen in the air is appropriated by the blood and is made use of in the circulatory system, so Prana is appropriated by the nervous system and is used in its work; and as the oxygenated blood is carried to all parts of the circulatory system in its work of replenishment and building up, so Prana is carried to all parts of the nervous system, adding strength and vitality.

You should get this clearly in your mind.

Every human being—and, remember, this means YOU—uses Prana when he thinks, when he wills to do anything whatsoever, when he acts, and so forth; indeed, every thought, every movement of a muscle, every effort of the will, uses up what is called nerve force, which is actually Prana. How glorious a thought, therefore, that you may acquire for your own use as great a supply of Prana as

you may wish. You may be on your way to achieve this.*

It is absolutely true that the man or woman who, with regularity and reverent perseverance, will learn and practice HOW to breathe will find himself or herself being gradually and surely brought into a full and harmonious life.

There will be an added physical and mental happiness, and **The Gate to the Road of Knowledge Will Swing Open to Invite You to Enter the Holy of Holies in Your Quest for Still Greater Knowledge of The Truth.**

(f) BREATH IS LIFE—Life Is Breath

Yes, Breath, then, is LIFE—it is the MYSTERY OF LIFE. You can see at once that the subject of this little lesson-volume is one of total universality.

Most subjects that the human mind is able to consider are confined to the earth, or the solar system, or time, or space, or any one or more phenomena limited to three-

*In these Scientific and Spiritual Breathings, you have the means of faithfully putting into practice the highest principles of health, happiness and youth, as thousands of others have done. In a word, you have at your command the "means by which." There is no mystery about them. Your Breathings are unfailing in their results, if you do your part. The method is a faultless one, but the student must carry his Breathings out wholeheartedly, both mentally and physically, as he is taught. Any man who thinks will agree that there need be no ill-health, which, by all the different names given to disease, IS ONLY A LACK OF, OR DISTURBANCE OF, OR UNBALANCE OF PRANA. I have personally proved these Scientific Breathings to be revolutionizing in their effect.

dimensional application or relation. **Breath,** however (if you understand its transcendental meaning), is unique in its own universality, because all that you can possibly comprehend can be comprehended alone by the originating force of whatever **Breath** is. I mean that, without Breath (if such a condition can be imagined) there could not be any conscious thought force in you, and consequently you would have no understanding. All the world, all things—namely, the true causes of all your sensations—do not exist except in your consciousness. **Breath is the flywheel of your consciousness.**

Even if we consider **Breath** only as the atmosphere, we can see how vital it is to all life embodiments.

We obviously owe to the influence of the atmosphere, the gaseous envelope that surrounds the earth, the possibility of all animal and vegetable life, and the most casual thinker could write a thesis on how all Life is expressed and sustained by virtue of the atmosphere, and how, were there no atmosphere, there would be no Life-forms. You may know a great deal about the **weight** of the atmosphere, much about its **form,** much about its **height,** and its **pressure** and so on. You may know that were it not for the perfectly balanced even pressure of the atmosphere that surrounds you, your arms and thigh bones could not be kept in their sockets, and probably every other bone in your body would snap asunder. As I say, you may know a great deal about the air, and the majority of people believe that the air is the chemical substance that they breathe which gives them life—which is true, and yet not

true. The most common of aphorisms is **"Breath is Life,"** yet who gives this profoundly significant truth a passing thought? That means that Life—your life—is **breath. It means that men are men, and all other living things are what they are, because all Life is Breath. A man, any living thing, is merely breath moving.**

(g) The Mysterious Stage of the World

All the world is a stage, and on this great stage for hundreds of millions of years there has been played the drama of Life. The actors have changed in the course of ages—becoming on the whole finer. The stage has changed—becoming in many ways more beautiful. The plot has changed—becoming increasingly intricate. But in spite of all the changes—defeats, retrogressions, degenerations, and everything that organic evolution has brought—there is a sense in which everything has remained the same . . . **and that is that "BREATH IS LIFE."**

When you try to get a picture of the sublime process of organic evolution, which has no doubt continued for several hundred millions of years, you see the multitudinous production of individualities. The persistence with which every possible haunt of life has been and is being peopled amazes you . . . from sea to land, from earth to air. On this earth there are over a quarter of a million different kinds of living animals, each itself and no other. Then, think! All of these different species on this earth alone could not be here were it not for **Breath.** Without Breath **there would be no Life.**

Where does MAN stand amid all this? He stands, my friend, where YOU stand—at the very apex of consciousness.

"It has been calculated," writes Sir J. Arthur Thomson, one of the world's greatest natural historians, "that if we could arrange a great cinema film of the evolution of living creatures, giving proportionate lengths to the successive geological periods and organic dynasties, arranging the whole so that it could be unrolled at uniform rate throughout the day, beginning at nine in the morning, then man would appear on the film just a few minutes before midnight. Yet man among all living creatures is aware of the long drama, and even he has but a dim understanding of the plot."

We should endeavor to contemplate that all this has been, is and ever will be the result of **Breath** being **Life,** a staggering thought.

(h) Your Life Is Direct Reflection of Your Breath

Now, all that I have so far written is so elementary that people like you, who may or may not have studied Breath in its higher aspects, may wonder why I take the trouble to write like this. But, though the fact that Breath **IS Life** is so obvious, few people ever give serious thought to the fact that their own life and all that it means to them is the direct reflection of their own breath and the way they breathe. Think of the millions of people — though well informed and highly educated in other directions—who

submit themselves to many physical disorders and diseases which are the effect of incomplete and unbalanced breathing. They would laugh in your face if you suggested that their maladies had their origin in disordered breathing—that is, a disorganization and disturbance of the vital Universal Principle which in its absolute excellence we draw into our bodies and minds when our breathing is correctly carried out, but which, when disorganized, cannot but result in what is called disease.

Correct breathing has for many centuries been regarded as **the** most vital spiritual exercise by the elect in most Oriental countries, and has remained to this day a great occult mystery closely guarded by the few who understand it. And it is a deplorable fact that learned and "scientific minds" in our own and other Western countries have rejected, without experiments that would dispel their incredulity, systems of correct breathing which for centuries have been known to a select few in the world to bring most beneficial results to mankind.

(i) Controlling Life Current Should Be Our First Study in Life

The one truth generally uncomprehended by the masses is that Breath is the universal current of life, the vital force that pervades all space, and is compounded of atoms, or electrons, which are differentiated by their characteristic motions into five subtle forms of vibrations. These correspond, roughly, with air, earth, fire, water, and ether.

These are the "five vital airs" or ethers of Oriental philosophy. How to control these life currents, promoting health, happiness and efficiency, is the primary purpose of all ancient philosophy, so that the heart-throbs of the Eternal Spirit shall pulsate through us.

It. is in this way that we gradually come to be conscious of actually living, moving and having our being in God and in His Light.

We students in Mentalphysics, I am most grateful to say, have learned more about our breath than any other group of people in the Western world, and as we learn we discover, alone through our practice, and the results that our practice brings, that a full knowledge of our breath solves the mysteries of the Omniscience, Omnipresence and Omnipotence of what men call God, for there is nothing where what is called God is not. We come by practice to know that to live in tune with the Universe, we must live in harmony with its laws—and so will you, if you do not already know. As breath is the nearest thing to us in the Universe, and the essential of the working of Universal Law, a full knowledge of the Breath which IS LIFE gives us the master-key. No study and its practice will lead you so swiftly to spiritual consciousness.

The law of Breath reconciles science and religion as nothing else can.

Breath is the one circulator of the heavenly Light of Wisdom, of the universal ever-moving Wisdom of God.

Breath is the organizing agent of all your creative, formative powers.

Breath is the center in the midst of all conditions.

The equilibrium of Breath is the great root from which grow all the human actions of the world, and this harmony is the universal path which we all pursue, whether we know it or not. In a word, BREATH **IS** LIFE!

(j) Breath of Universe Is Free, as Man Should Be

This, my friend, is Life's secret. It is hidden from the minds of the profane, and the beautifully mystic truth of Life's Holy Heart is that, when we grow into understanding of what I am now thinking and writing about, we truly become free. As the Breath of the Universe is free, so does Man, consciously surrendering in spirit to the Holy Breath, embody Lite's freedom. Yea, BREATH IS LIFE!

PART TWO: MYSTERY OF BREATH LEADS US TO WHAT IS CALLED THE "MIND OF GOD"; PHASES OF PRACTICE OF ORIENTAL YOGA BREATHINGS

Now, I ask you if you would be good enough to stop reading for a minute or two, and think upon these two words—"Breath" and "Life." Think of the many meanings that will come into your mind. Think that Breath is LIFE . . . that Life is Breath. That means that Breath is ALL that Life is—that Breath is what Life uses to express Itself in every possible action, experience and way that you can even imagine. Get the true meanings of these words in your mind; then continue reading.

You will agree with me that as we THINK, so is our life. As we **breathe,** so do we **think**—one is interrelated with the other, and the quality of one is the quality of the other.

(k) Three Outstanding Facts

In the general confusion of the world today, it seems to me that three facts are seen by everyone:

FIRST—all thinking men are seeking something upon which they can DEPEND, upon which they can rely, always categorically true, unchangeable; when they come back to it, it is as when they left it.

SECOND—human wisdom has failed humanity. I am not a pessimist, but human wisdom has failed. Look forward today, but you cannot see very far; better look backward, and see from the past what you may expect in the future.

THIRD—man is seeking for a higher guidance.

We need not pat ourselves on the back, and say, "Oh, yes, I agree"—because Man has ever been seeking higher guidance. But these three facts stand out as we view the state of human society today. Wise men of old were prophets, inspiring men onward to attainments. Modern leaders seem to be mostly doubters. Take your mind into what you know of history, to the days long ago, of the ancient scientists. Suppose that they then knew what the scientific world knows today about the material Universe, about the earth and its possibilities; **do you think the ancient scientists could have ever brought upon humanity a condition of life as we look out upon today?** Modern leaders are mostly doubters, and their guidance continues to lead men backwards to war, to underground activities, to darkness

and negation, and such mutual destruction that the human race seems utterly impotent to avoid. To save itself mankind must turn to spiritual guidance, and men have to learn that the guidance they may receive from "On High" is within themselves. Our subject—"Breath—The Mystery of Life"—naturally leads us into the foundational and basic way of coming to know what is the "Mind of God" in the Universe.

Many years ago, this writer traveled very widely in China—as a matter of fact, his first experience in what the Chinese call the "Celestial Kingdom" was to walk across China. I had lived in Singapore, following my profession as a journalist, being the general manager of "The Straits Times." Being from boyhood deeply interested in modern and ancient religions, I sought a teacher, a man who was known as the Sage of Singapore. Probably finding me a proud and wayward pupil, my teacher one day told me that I was to travel considerably in Asia, and very soon thereafter I undertook to walk straight across China from Shanghai to Bhamo, in Upper Burma. I did so.* Then, under spiritual instruction, I made my way into Tibet, where I finally met my Master.

I was very ill. Indeed, foreigners—officials, missionaries and others—were "kind" enough to tell me that I would

*My experiences are recorded in a volume "Across China On Foot" (Henry Holt & Co., New York), to which was added thirty years afterwards "My Life in Tibet." The combined volume was published in 1939 under the title of "Borderlands of Eternity," and has run through several large editions. It is obtainable from The Institute of Mentalphysics, 213 So. Hobart Blvd., Los Angeles 4, California.

never leave the Far East alive. Finding me very ill, my old Master asked me whether I thought that I could come back again into perfect health. Had he not been there silently to inspire me, I think I might have said, "No, this is the end," because it looked as if I would not be able to regain my health. But I said, "Yes," and then in the course of our simple conversation he said, "Well, now, you have come here and you have come to learn. If you will learn, I will teach you." Then he asked me probably the very simplest question that he could ask me. He said, "What is the nearest thing to you in the universe?" And **I didn't know!** Do you?

He said, "Yea, I will teach thee, My Son, if . . . thou dost desire to learn!" All through life I had been a seeker —now I was to be truly taught, for I had found my Master! How easy it would be! How wonderful to have revealed to me the secrets of life mastery! How easy it would be! My search had ended—as I thought!

"What, then,' my Master went on, in that soft strong voice, 'wilt thou incline thyself towards? Desire to know how to renew thy body, then must thou know somewhat of the Universal Life and how it works within thee. Would'st thou learn of things afar, thou must learn of things nigh unto thee, nearest unto thee. What, thinkest thou, is nearest to thyself—nearer than hands or feet?'

"He seemed to look straight through me.

" 'The nearest thing to me? . . . Oh, that—that is,' I quickly answered him, 'this rug I sit upon.'

" 'Nay, My son. Take time to think—much is nearer to thee than the simple rug beneath thy body. Take heed—and think!'

"Again I sat and wondered what he meant. You see, I knew so little, though thinking that I knew so much. If the rug beneath me was not nearest me, then what was?

"My body is not Me, so that my body was, of course, not nearest to me. . . . But what causes my body to function? ah, my heart, my heart. . . . That is the nearest thing to me! And so I answered him. He informed me that I was not quite right, for there was something much nearer to me than my heart, which merely moves my blood. But though I sat and thought—I smile at this late date to think I could not even guess—I could not for the life of me determine the nearest of all things to all of us until two days thereafter when, sitting in a chair, watching my breath, i stumbled upon the verity of life—Life Itself. . . . 'Why, of course, my breath . . . my Breath!' . . . and, looking up, amazed, I saw my Master standing there.

" 'Yea, thou hast done well, My Son. Thy breath is the nearest thing to thee in the universe. Make no false promises to thyself, but will that thou shalt conquer in due time. Thy breath truly Is thy life. Watch, then, thy breath and all its movements so far as thou can'st follow them.'

"He paused awhile—his body, filled with light, was so magnificent to look upon. Then—

" 'Harmony, My Son, is the cause of all life's order. Find it in thine own body, watching it, thou hast found the principle inviolable of all life, of the Whole Universe. To live in tune with the universe, we must live in harmony with its laws, when we have learned the way. The basis of it is the rhythm of the great and Holy Breath of Life. Look for the principle in thine own breath —first, of thy body; then, higher, in thy mind and of thy mind and spirit, and having sought correctly, then thou hast the secret. BREATH IS THE MASTER-KEY TO ALL THE LAWS.

" 'Through a study of thine own breath, thou art to find that thou art the principle of embodiment—thou art thyself the Principle that embodies, the embodiment being in exact relation to thy creative thought, and breath and word. This means, My Son, that thou hast the power, though humans do not enjoy constant awareness of the fact, of constant re-embodiment. It is the balancing process. It is the circulation of The Light of Life's own Wisdom, and to know this, thou must learn to feel it . . . losing thine own life in THE ONE LIFE to find it.'

"He paused again, and then asked me humbly whether I understood. I did not speak in answer to him, but he knew that some of what he said was becoming a reality to me. Then he continued:

" **'Right understanding of the circulation of the LIGHT, which is Life's essence in everything that is, gives us the**

explanation in many conditions in human experience which otherwise seem wholly unjust. Life, My Son, is not chance, nor accident. Everything that we say and feel and think and do is under the direct and perfect Law. Everything within thy consciousness has a former cause, and everything is the cause of a future effect. Every thought and act is recorded in the atmospheric ether, the Akashic Records. When one has attained to true dominion, he can reclothe any Akashic record he desires to make visible.'

"He then went on, in simple language charged with simple metaphor, to tell me much which I had, I thought, already been conversant with—of the various forms of higher breathing which, in some sections of the Western world, excite the greatest incredulity. He told me that, through the right nostril, the positive life current flows, and through the left, its opposite, the negative. Much more, at this first sitting, he told me—of Prana, the origin of life expression on all planes, of the subtle ethers that have such profound influence on all living things, and make them what they are. And then—which was more important—he showed me **how** to watch my breath, so enlightening me, as I intently watched him, that within a day or two I literally could feel the finer forces of my nature flowing in and out of me. By this time I was able to walk about, and, guiding me one morning across my own cloistered courtyard, through a narrow gateway, he pointed to a pile of shining white sand in a corner beyond the wall.

"This, My Son,' he said, **'is thine own pile of sacred sand.'**

"Somewhat in wonder, I looked enquiringly at him, but saw no sign. This, my pile of sand? . . . 'Yes, what is this for?' I asked, quite inoffensively, of course.

" **'Go and find out, My Son** . . . **go and find out!'** was all that I heard in his reply; and then he left me.

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"Of course I could not tell what he meant. Nor would you have known. For a minute or two I confess I felt annoyed that he should leave me in this manner, after having promised that, if I desired to learn, he would teach me. My pride was touched. I remember I was quite upset, and returned rather sullenly to my own quarters. How very foolish of me—and egotistical!

"And there I remained for several days, unvisited and apparently forgotten.

"Having recovered from my pique, however, two or three days later, I strolled further into The Temple yard,' and, entering a small rectangular place quite sequestered and shut off, I saw some little boys, kneeling down, their hands locked behind their backs, with a lama standing over them, counting and beating time.*

"I was thrilled!

"I stood there for several minutes, watching them as they would breathe a minute breath, then relax in silence for two minutes, then breathe another minute breath, then relax again.

"Oh, I remember how happy I felt! At last I had, I believed, discovered the secret of breath. They used no force to hold their breath—they simply arrested the outward motion, and, as I was soon to learn, caused the whole passage over which the vital current flows, from nose to base of spine, to be perfectly free. I shall never forget the feeling that came over me. How grateful I was that I had previously read so much, had asked so many questions—many of which I had had no right to ask—of the Sage of Singapore and others from whom in earlier years I had sought the secret. A great awakening seemed to come to me—yet, as I contemplated much I had read and heard about, I was nonetheless bewildered.

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"But so inspired was I that I turned about and made hurriedly for my own courtyard. . . . I tried to do what I had seen the little fellows do. . . . And as I sat on the floor, spluttering and coughing and spitting, my Master mysteriously appeared, as out of space. There was pity in his eyes, I thought, as he looked down upon me.

" 'Thou hast been faithful, My Son,' he said, without ado kneeling down in my place, himself going through the exercise. Under his direction, I then breathed the breath several times successfully, which was an important lesson with him in the ancient art."

On closer inspection, though keeping at some distance, I saw that they were just being taught how to breathe.

(The above was taken from "My Life in Tibet," by the author of this little lesson-volume.)

Suggested Introductory Programme in Scientific Breathing

If you are interested—and let me assure you that you will soon see good results from your practice—the following two of the early Spiritual Breathings in the Science of Mentalphysics are suggested to you. Follow instructions to the letter:

THE HARMONIC BREATH

(a) Stand or sit erect, and see that the spine is straight.

(b) Close right nostril with the right thumb; breathe in steadily (not too slow) through the left or negative nostril, counting FOUR during the inhalation.

(c) Hold the breath without any strain anywhere, and while doing so count SIXTEEN.

(d) Close left nostril, and exhale steadily through the RIGHT nostril, while you count EIGHT.

(e) Close left nostril with the left thumb; breathe in steadily (not too slow) through the right or positive nostril, with the same count as above, breathing out through left nostril.

Note.—Do not strain at all; merely snap the lips and do not allow any breath to escape. Do this exercise FOUR times—twice through the left nostril and twice through the right, and go into the exercise three times a day—immediately upon rising, at noon, at dusk.

In this Breath, imagine that you are gaining Youth every time you bring in the Life Force. Try mentally to imagine the current going down

the right and left sides of your spine—cleansing, revivifying, strengthening, rejuvenating. This practice purifies the body through the impetus it gives to the expulsion of all wastes.

THE VIBRATORY (MEMORY-DEVELOPING) BREATH

(To be practised, following the Harmonic Breath, immediately upon rising in the morning—get up half an hour earlier; before an open window.)

Sit in straight-backed chair, or stool, with the spine erect—take time to see that spine is straight.

HANDS—On the thighs, palms downward; FEET—Heels must be together, with toes slightly apart. SHOULDERS—Relaxed (not drawn up), with no tension in the neck. In this position, begin to get the rhythmic action by pulling the head backward, without strain, and without moving the rest of the body, then downward, so that the chin is brought as near to the chest as possible—DO THIS SEVERAL TIMES TO GET THE SWINGING MOVEMENT, after which actually begin the Breath thus:

(a) As the head swings back, take a deep breath in through the nostrils.

(b) As the head swings forward and downward exhale vigorously through the teeth—a deep forceful exhalation. (No movement of the arms; the back remains straight, nothing moving except the head.)

(c) Repeat this seven times (Seven swings back, and seven forward, like the pendulum of a clock, without pause, the forward motion of the head beginning as soon as the backward motion stops). Then rest a few moments, watch-

ing and feeling the different sensations of your body. Then do another seven breaths—then a few moments' rest; and so on until seven sevens have been breathed.

Note.—The spine must be kept straight all the time. You must not lean back against the chair. Remember, this is a rhythmic breath, the head swinging like the pendulum of a clock, without jerking. The swing should be timed slowly enough so that you complete the inhalation at the same time the head gets all the way back. Then immediately begin the forward motion of the head and the exhalation, timed so that the breath is completely exhaled at same time as head reaches the lowest point. Then immediately start inhaling again.

SUMMARY—Take in breath through the nose while head swings up and back, blow it out through the mouth as head swings forward and down. Do this vigorously and without stopping until you have completed seven complete breaths. Then rest a few moments, watching the sensations caused in your body. Then take seven more complete breaths, and so on until you have taken 49 complete breaths.
After Completing 49 Breaths—Sit Quietly and Rest.

CONCLUSION: YOUR LIFE IS BUT ONE BREATH—BREATH IS THE ORIGIN OF ALL FORCES AND ALL FORMS, IT IS THE SPIRIT IN MOTION.

I hope that, having read what I have written for you in this "What Is the One Mystery of Your Life," it will have been borne in upon you that what is called a human being is simply ONE BREATH embodied. Your life and mine—all that we consider ourselves to be—is just ONE BREATH: not even two, but ONE. In speaking of Breath, however, there unfolds in the mind of the thinking person a far deeper meaning. Breath in our own language has

a very narrow meaning, compared to the word **Prana** in Sanskrit. **Prana** may be said to be the Holy Mystic Breath of Life. It is the Universal Thing in which all life forms live and move and have their being. It is the origin of all forces—it is all forces. It is the origin of all forms—it is all forms. It is the origin of Life Itself, it is what Life uses to express, it is all that Life produces. It is the moving force of the Spirit—it is the spirit in motion. **Prana** cannot be defined. It cannot be described. You could take your Breath and analyze it and tell exactly what it is composed of; but that is not what I have had in mind as I have written this Little Book. I do mean Breath, if that is the limit to which your consciousness can go; but I am sure you will have a good idea of the deeper meaning I have in mind.

You may learn the deep secrets of the substance in which you live and move and have your being (turn right now to page 30, and read the invitation). With all my heart I hope that you will do so, for learning HOW TO BREATHE will enrich your life immeasurably on even the physical and mental planes—and do so with such speed that in two or three weeks you will be astounded. And if, through sincere practice of the laws and secrets and principles, you allow yourself to be led on into that secret practice of true living in its higher spiritual aspects, I assure you that this will be the supreme triumph of your life.

Thank you for reading this Little Book. Peace be unto you forevermore.