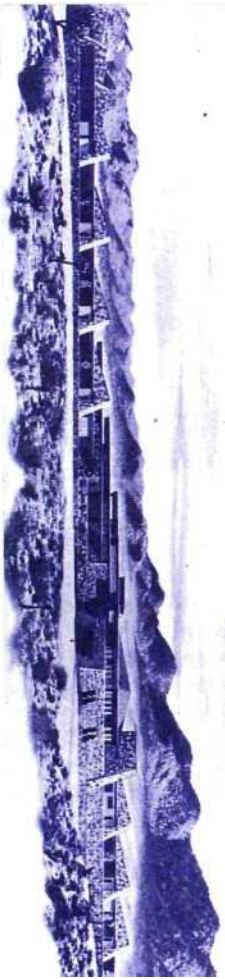

Top: Our Church in Los Angeles, Calif. Below: Caravansary of Joy at Our New City.

LIGHTING HUMAN LAMPS

LIBRARY OF VICTORIOUS LIVING

VOLUME 3

Evolution Series No. 3

The Mineral Kingdom

Mystery of the Life-Giving Principle

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 THIRD OF THE "FIFTY LITTLE BOOKS"

Mystery of the Life-Giving Principle

By Edwin John Dingle, F.R.G.S.
Founder of the Science of Mentalphysics

INTRODUCTION

This is the third of "Fifty Little Books" that will enable you to unravel every tangled skein in your own life, if you will be zealous in study, faithful in the practices uncovered for you—and patient.

In the first volume—"The Secret of Victorious Living"—the one final secret of secrets of Man's life on this earth was laid bare, so simply that a child could understand it. I repeat the "One Final Secret of Secrets". In all ancient schools of philosophy this one final secret is given to the student only as a final initiation, and then only after an ar-

duous probation. It is a secret that, though it may here and there be intellectually recognized, is not by any means generally understood; and consequently it has never been taught openly. Yet—you and I—Man can never understand either the structure and nature of the Universe, nor of our own nature and place in the Universe (even our human nature) until this one final secret of secrets is revealed to *us.* These are powerful words. They are true words. You were also introduced to the first of the Seven Kingdoms of the Universe—the Ethereal Kingdom . . . the womb of all Creation, the kingdom of silence, the state or condition in which all existences come to have their being, composed of the Spirit of all substances—the "beginning of evolution", so to speak. The message of the first Little Book is beyond all price when God's First Cycle of Expression in our life is once comprehended, and brings us the revelation of this final secret, and also because, when we have learned it, it successfully launches us directly into the ocean of Truth and Victorious Living.

The second volume—"Light: the Great Beginning"—proclaims and make's clear the physical, mental and spiritual purpose of Man in his life on earth, showing how God's Second Cycle of Expression (the Macrocosmic) is identical with Man's second step (the Microcosmic) upward in his divine journey to become what God is, and what Light (Wisdom) really is and how it works. You were introduced to the realm of Mind—to your own Creative Faculty (your Imagination, which is that spiritual power within you which creates, and does not reason); to your own Reason (a power of your mind which reasons and does not, cannot, create); to other phases of the process of your own thinking. You were shown how it is incumbent upon you to develop, control and direct your Imagination, for "if you do not direct it, it directs you, according to the tradition of the Race, which is disease, decay, death, failure, disappointment, and so on." You were shown how "the Creative Faculty (your Imagination) will do for you whatever you direct it to do, whatever you train it to do"; also how Reason reasons, but cannot create; how Imagination creates, but does not (cannot) reason, and that there must be no conflict between the two. In short, in the second volume it was made clear that the Second Cycle of God's Expression (the Sidereal Kingdom) is symbolical of the Light of the Universal Mind in Man. Our thought and resolution are the effect of the Light of the Sidereal Kingdom in us.

I hope this third little volume will bring great Light to your mind. If you are already a student of the Science of

Mentalphysics, you will, of course, understand. If you are not a student, I come to you today with a message that should be instrumental in tearing out by the roots all of evil, and lack, and disappointment in your life, and replacing it with happiness, comfort, plenty and success. From a far land I bring word that our conception of the shortness of life, and the necessity of sickness, and the inevitability of poverty and want is all a mistake. I bring word to you that we have been deceived in these matters, or have deceived ourselves, and have been suffering unnecessarily, when old age can be postponed for years, sickness made a rare and brief affair, eliminated altogether in many cases, and that there is, available to *us,* health in abundance, happiness supreme, mental power that is simply astonishing, and this world's goods far beyond our reasonable hopes. I bring word that there is **within you** a mighty power that can take you **ten times as far** in the accomplishment of your hopes and ambitions as you have ever before gone. And I bring you an understanding of that power, and methods for using it, that are little known in our Western world, and that have been hidden away, except to a chosen few, for ages.

PART I: MYSTERY OF YOUR OWN EVOLUTION EXPLAINED

Now, the Cosmos unfolds in seven distinct cycles of

God's Expression—in seven Kingdoms, which are as follows:

(1) THE ETHEREAL KINGDOM
—God's 1st Cycle of Expression
(2) THE SIDEREAL KINGDOM
—God's 2nd Cycle of Expression
(3) THE MINERAL KINGDOM
—God's 3rd Cycle of Expression
(4) THE VEGETABLE KINGDOM
—God's 4th Cycle of Expression
(5) THE ANIMAL KINGDOM
—God's 5th Cycle of Expression
(6) THE HUMAN KINGDOM
—God's 6th Cycle of Expression
(7) THE CELESTIAL KINGDOM
—God's 7th Cycle of Expression

The first seven of the "Fifty Little Books" deal with these kingdoms.

This is God's Way—the whole story of Cosmic Evolution (the Macrocosm). MAN'S evolution (the Microcosm) is seen in what in ancient philosophy is called the Noble Eightfold Pathway, eight definite steps in Man's growth to his own divine perfection in God. The various rungs in this Pathway are as follows:

(1) Right Understanding
(2) Right Resolution
(3) Right Speech
(4) Right Conduct
(5) Right Effort
(6) Right Living
(7) Right Meditation
(8) Right Rapture

In simple words, then, we see in the "Kingdoms" the whole of GOD'S Way in the Universe—the Way of Universal Evolutionary Law. In the "steps," we see the interlocking points of ascent Man must take, consciously or unconsciously, to reach what may be called his ultimate destiny in God.

(a) What We Have Seen So Far

Assuming that you have read the lessons in the first and second "Little Books," you have already examined the nature of Cosmic Law—the progress of Cosmic evolution—in the Ethereal and the Sidereal Kingdoms. You have also seen:

(a) How this Cosmic Law (or Mind), which men call God, rules the Universe in Its absolute order—that It is Omnipotent (equally present everywhere at one and the same time), is Omniscient (All Knowledge, All Wisdom, unlimited, infinite), is Omnipotent (All Power, ALL of it).

(b) That the Cosmic LAW (or Mind) is unchanging, eternal, unchangeable, ever the same in its absolute order.

(c) That YOU are a part of the Universe, subject to Its Evolutionary Principle—living, moving, having your being in It—also unchanging, eternal, unchangeable, ever the same, constantly evolving in Its absolute order.

Moreover, once you comprehend this LAW and realize that your life is Its reflection in you, you surrender yourself to It, and IT rules and orders every detail of your own life in ITS absolute mathematical exactitude. That being so, you realize that your success in every phase depends upon your Knowledge (Light of your Mind, Light of God's Mind in you)—success and knowledge are interlinked. Knowledge becomes yours as you work for it. Your life in evolution is an upward process, which coincides with every law in Nature. Everything in Nature struggles upward—so do you, so do I.

(b) The More We Know, the Greater Our Power

The more we know, the greater our POWER. But mere reading and unorganized study "gets us nowhere!" Many people do that all their lives, and never accomplish much. You cannot learn to play the piano by reading about it. Nor can you learn self-mastery and the principles of your own evolution, mind control, body control, through mere study. Self-mastery can be learned only through practice, just as piano playing can be learned only through practice. And you can never master and direct a part of the POWER within you until you have first learned, in great measure, to master yourself and the LAW by which you do it. **There is a reserve of power within you that can take you ten times as far** as you ever thought you could go—in **all** your activities, in **all** your efforts, in **all** your desires, and lead

you info the PARADISE that you have lost. You may be in agony right now, tempted to give up, your problem may seem beyond your strength, but there is still a **ten times greater** strength within you—IF YOU BUT LEARN TO USE IT.

These are the SECRETS of Life. You must LEARN THEM. I hope that in reading this little volume, you may inspire yourself to find the way.

The darker your life appears to you, the more eagerly should you look forth from the window through which the Light Ineffable that bathes the Universe and gives it life (the Sidereal Kingdom) can be seen. How can you look? Well, in the second Little Book, you were brought into contact with the difference between your **Imagination** and your **Reason**—the two great divisions of your mind by which you first, **receive the Light of the Divine Wisdom,** and second, **decide how you shall use it.** You will have gained knowledge as to how the Imagination works. You will see that a trained Imagination is the greatest gift possible to man.

(c) Develop Your Visualization

Now, you are an aspirant. Blind aspiration, however, is characteristic of plants and the things called inanimate, while the higher animals are conscious of their needs, and pursue (as they know how) the objects of their desires. You can only rightly aspire to that of which you have some

knowledge, your present knowledge, giving definiteness and light to the mysterious impulse within you that presses you upward and onward towards things higher than any you now know. A knowledge of how your Imagination, your great wonder-worker, works for you, will enable you to train it to perform miracles for you.

Therefore, the first step toward your own self-mastery—so simple that anyone of ordinary intelligence can do it—is the development of your power of Visualization. This means that **you must create for yourself pictures in the mind of those conditions which you wish to realize** in your life. The Imagination is the CREATIVE FACULTY, that is, the wonderful instrumentwith which we all work, whether we know it or not. You must also know that **Thought is an immeasurable force, and you are using it for good or ill, consciously or unconsciously, every moment that you live.** You cannot SEE thought, **but you know that you think.** Thought creates images just as real as you might when you take, say, some lumber to make a shelf for your kitchen. There are men who have actually seen the forms that Thought creates. You have not gone far enough yet to develop this power, but I hope that, as you study these "Little Books", one each week, you will realize that you are on your way.

This should be our first exercise:

Practice this when you have completely read through this third of the "Fifty Little Books." Endeavor to get into a state of perfect peace, make a slight effort of the will,

without any strain, that you are to **CREATE THE NEW PHYSICAL, MENTAL and SPIRITUAL YOU.** Sit calmly, with the eyes gently closed, the eyes slightly raised, as if you were looking upward to your forehead. Be very still, so still that you do not move at all for a long time. Then mentally state that you are about to form a picture of your Perfect Wondrous Self. **Will that this picture shall come before your eyes. Then wait and watch, perfectly still.** Don't strain. Soon you will see just a little removed from the front of your eyes a picture being painted for you, so to speak. There it comes. "I see that beautiful head—thick healthy hair, perfect features, a face unlined and happy, the eyes bright. I see at strong neck, a full chest, strong arms and hands. I see MY PERFECT SELF before me, powerful and strong . . . and harmonious in every muscle." . . . Mentally go down through your body, and note the beauty, the strength, the youth, the very glory of Life within.

Then imagine a Great Light around your Perfect Self pictured before your Mind. You are bathed in light. Perhaps the light will be so strong as to seem to blind your physical vision. Hold it! Then—still, VERY still—bring that picture nearer. Say mentally to yourself that it is coming nearer to you. Watch it. Bring it so near that you can see every part of your beautiful body. Then bring it still nearer, nearer, nearer, and finally let the light sweep down through you as the picture is lost in the absorption of your mind. The light will bathe you from head to foot.

Affirm that that Perfect Self has now been unfolded to you, and visualize the truth of this statement in your body.

You should feel a deep peace within, and when you come out of your Meditation you should be bathed in light and happiness, for the work that you have done is now going on in your own body, leading on to Perfection in every detail. A week of this exercise, if you can induce the state of abstraction and perfect stillness, should enable you to witness considerable advance towards improved physical condition. That is your first step, building a perfect instrument, through which, later, you will learn once and for all the way to Success, whatever your own ideas of Success may be—for success to one may not be success to another.

(IMPORTANT NOTE: It is not necessary for you now to know exactly what you are doing when you undertake the above exercise. You, however, will be able soon to see the good result. Rest assured that in due course the explanation of the work you are starting will all be scientifically given to you in subsequent volumes of this "Library of Victorious Living." In a word, one may say now that in this exercise you are bringing into perfect rhythm all the forces of your body, bringing them all into one direction so to speak, just as in the light of the electric bulb all the molecules are magnetized to flow in one direction, and so we get the light. But we do not need to hamper our progress at the moment by technical explanations. We are interested in results.)

These Laws of Mind may be entirely new to you—but I ask for your patience.

You sense, of course, my dear reader, that I am endeavoring to lead you very slowly into LAWS of the Mind which may be new to you, but these laws have been kept secret in high occult and philosophical schools for centuries. I advise you not to argue—if you **know,** you will know. If you are **not** familiar with the Laws of your own mind, just practice, be humble, be patient. Let me assure you that you are laying a firm foundation for your future success and well-being in every phase of your own Life-expression. Before you conclude the above exercise, sit perfectly still, and audibly say to yourself many times these words—say them with deep feeling, as if you know that you are telling yourself the Truth. No matter how contradictory the statements may seem as you view your own conditions, **declare them:**

I am Whole.	I am Powerful.	I am Rich.
I am Perfect.	I am Loving.	I am Young.
I am Strong.	I am Harmonious.	I am Happy.

This is one of Life's deep secrets.

PART II: LESSON FROM THE MINERAL KINGDOM

Now, having gained a little knowledge of how your life is made up by your Thought (Your Light), we shall go on now to examine the third cycle of GOD'S expression in the

Universe—the Mineral Kingdom, from which you may learn much of the mystery of the Universal Life-Giving Principle (which men call God).

You will immediately notice that in the Mineral Kingdom you come for the first time to **forms** of Life, for in both the previous two kingdoms (in the **Ethereal** kingdom and in the **Sidereal** kingdom) we have naturally had to deal first with the basic etheric substance of Life; and, second, with that Light by which all from which LIFE FORMS come is energized into readiness for Life expression in definite varied forms—in your form, in my form, in every form from the atom to the sun. We now study the Mineral Kingdom, Where from out the womb of Nature we find the earliest coalition of matter and see the first material effect of the mystical Life-Giving Principle. You may be able to trace the background of the world's history in the millions of years that have affected the present formation of the earth. You may know all there is to be known about cosmic geology and the relation of our earth to other bodies of the solar system; about geognosy, the materials of the earth; about petrology, the origin and texture of rocks; about dynamic geology, the forces which change conditions continuously; about structural geology, the classification of rocks and strata; about paleontology, animal life of the geological past; about economic geology, the minerals, oils, soils and water supply; about oceanography, the study of the bottom of the sea . . . and about all else.

Yet I say that you would even then not necessarily be

able to understand the Mineral Kingdom from the true and occult point of view of the seven kingdoms of God's eternal Universe.

You may know all about the sun, the moon, the planets, the comets, meteors, and the stars.

You may know all about how the earth began, of time and temperature and the atmosphere.

You may know all about molecules and atoms, heat, sound, light, magnetism, electricity, and chemistry.

Yes, you may know all these things and yet, I repeat, not necessarily know aught of God's eternal spiritual way of Man's progression into becoming God. Unless you know the grandeur of the mystery and order of the Ethereal Kingdom, as you are enlightened by the spirit of the Sidereal Kingdom, you merely look into the infinite beauty and balance of the Mineral Kingdom and remain ignorant of that of which it is the glorious symbol.

(d) Your Thought Is the Light of You

Now, Friend, bear with me. So far in this "STRUCTURE OF THE COSMOS" we have seen—

(a) That the **Ethereal Kingdom** is the kingdom of silence, the primordial home, the origin of all things, from out of which all in creation is expressed.

(b) That the **Sidereal Kingdom,** which succeeds the Ethereal, is the birth or outcoming of Light. To gain the full significance of the Sidereal, v7e have first to imagine what the **Ethereal Kingdom** is; then we can imagine that in that first stillness that envelopes everything, there is a slight movement (Wisdom's first approach), which means the Divine activity which is the progenitor of Light (the Light of God). The magnetism of this movement, the first movement, of course, means attraction and repulsion, expansion and contraction, and so we naturally discover the resultant evolution of Cosmic **forms,** which is the **Mineral Kingdom.**

You follow me, of course. You—your body—is an aggregation of cell life. The particles of matter, if you wish to speak like that, are drawn by you . . . **you** being the magnet. And so, the atoms, if you wish, are held together by you. (In other words, your life is made what it is by the quality of the thoughts that you think. Thoughts of Power and Wisdom—then SUCCESS in every way. Thoughts of doubt and negation and darkness—then ill-health, unhappiness, failure. It is as simple as that, though you have to LEARN THE WAY.) So it is right through the Universe. Wherever you find Truth, you find it universally. If it applies in one instance, it applies in all instances.

(e) The Mystery of "Space"

The Science of Mentalphysics teaches that what is called space is peopled with worlds and systems of worlds, all interior to other worlds and systems of worlds, until there can be no such thing as "space". In what is called "space", if men were sufficiently refined in their senses to

take cognizance of all the conditions of matter, they would perceive millions of worlds, interior to still other worlds, all interpervaded by the One Essence. And the One Essence men call God. Mentalphysics also teaches us about the **order** of the Universe, so that we know that the whole of creation is founded upon and sustained in the **order** of Life Itself. Order pervades everything, and we know that not a plant can grow or any life organism exist outside of universal **order.** In the **Ethereal** Kingdom we see this order in apparent nothingness, in silence, in non-action. In the **Sidereal** Kingdom, however, we see this order in a different way, in **light.** You may think of all **forms** of Life that you know—yourself, you are a form of LIGHT. You are Light moving. You may think of yourself, then, or you may think of the slowly-evolving forms of the **Mineral** Kingdom, or the more rapidly-evolving forms of the **Vegetable** Kingdom, and you discover how **all** forms and expressions of Universal Life (God) come only as a result of **Light. The royal secret of your life and mine** (though not understood by one human being out of a hundred thousand) **is the complete surrender of ourselves into this self-creating Kingdom of Light, and that is the secret of secrets.**

Whether we view the Sidereal Kingdom from a macrocosmic angle relating to the whole Universe, or from a microcosmic angle relating to a single man, we find perfect light, perfect measure, perfect movement, perfect balance. **Perfection!** "Be ye perfect as your Father which is in

Heaven" (and Heaven is what we are talking about)—Heaven on earth! **"Be ye perfect as your Father which is in Heaven is perfect."**

In short, then, the Sidereal Kingdom is the first motion that comes out of the "enveloper" (the Ethereal Kingdom); without it, we would be totally impotent—with it, we are possessed of all its eternal potentiality.

(f) Silence the Path to Knowledge

Now, my friends, the **Mineral Kingdom,** as I have said, is the third cycle of God's expression—the first kingdom of forms. You may at first sight wonder what the philosopher may learn from such a mass of apparently uncoordinated forms as we find in the Mineral Kingdom. But all in this kingdom, as in all others, is most convincingly symbolic. First and always, the principles of this great kingdom, so far as we can understand them, teach us silence.

Think of the Mineral Kingdom! The principles of this great kingdom teach us silence and the path to knowledge—knowledge comes best to us in our own silence.

In everything within this kingdom, you see, do you not, the beauteous effects of silence and stillness, and how beauty in all its principle is the **effect** of silence? The sparkling jewel in the ring on your finger has been perfecting itself in millions of years of silence in the Mineral Kingdom, typifying to us the wisdom of human-beings acknowledging that same law in their own Human Kingdom—how silence and stillness of the Universal Spirit are necessary

for **us** in the advanced **Human Kingdom** to unfold into the perfection of God within us. Astronomers declare that if it were possible for one single star among the countless numbers of stars in the firmament to be out of time for a single second that all systems would be thrown into chaos, so perfect is the unknowable machinery of Nature, working in absolute harmony. Quite naturally, as you look into the **Mineral Kingdom,** you see this absolute order in silence . . . you seem literally to look into the Divine Mind that holds everything in its place, that controls all in its perfect order, **the example of which we humans have in our own will governing the machinery of our own wonderful bodies.**

In the Mineral Kingdom, moreover, you find the first glimmer of sacrifice—universal sacrifice. I do not mean giving up something which you regret because you have to give it up, but I am using the word "sacrifice" in its right sense and true meaning—the first glimmer of "making everything sacred." I look upon you, and I am a fool if I do not see you perfect. Why? Because I am a good man? It may be, on the contrary, because I do not see you "perfect as your Father Which is in Heaven is perfect" . . . that I, myself, build into my own consciousness, in my own very body, that which I see evil in you.

(g) Two Points to Remember

So, you see, in the Mineral Kingdom, you find the first glimmer of sacrifice, living not for self, but for the whole—

making life everywhere sacred and holy, giving life to others through its transformations. As the great Laotze, the dean of Chinese philosophers said:

The universe is everlasting.
The reason the universe is everlasting
Is that it does not live for Self.
Therefore it can long endure.
Therefore the Sage puts himself last,
And finds himself in the foremost place;
Regards his body as accidental,
And his body is thereby preserved.
Is it not because he does not live for Self
That his Self achieves perfection?

I suggest, then, to make this very simple—the **Mineral Kingdom** teaches us two things:

(a) Silence, and its manifold hidden principles.

(b) The steady rhythmic, eternal action of God and His Full Creation in apparent non-action.

I hope you will remember those two points. Remember that the **Mineral Kingdom** teaches you Silence, and its manifold hidden principles, and the steady, rhythmic, eternal action of God and His Full Creation in **apparent non-action.**

(h) Life-Giving Principle in Your Own Life

Pretty well every important newspaper headline today gives an idea of the disorganized condition of the world. I won't talk about them, but it is an awful picture. Where is mankind going?

I know that you who read (you would not be reading

this unless it were so) desire to see this whole world—the whole human race—as happy as you would like to be. You feel you would like all men and women everywhere, irrespective of color, creed, or birth, to feel that serenity and safety of the Eternal Spirit in which you know you are held, irrespective of what may come to this earth. If the atomic bomb is to be finally employed by human fools to blow vast sections of the human race to pieces and to destroy the very home of Man, it will not affect you. **Think** as you read! It will not affect us. You, naturally, would not desire such an unspeakable catastrophe. Probably, in one great supreme moment of exaltation and inspiration, you would give your life that it should be prevented, but in your heart you feel that you are so serenely anchored and rooted in Truth and the Way of God—what is called the Way of God—that you have no fear. I hope that that is so. But, you see, **you** cannot save the human race. I cannot save, the human race. I know that just as any individual human being has to save himself, so it is with all things. **All life forms are in a state of becoming from lower to higher.** In the Human Kingdom, to the great majority of human beings, it does not seem to be so, because the great -majority of human beings do not even know the elementary essentials of Truth. It is sad, but it is true. It has always been so, and so long as this earth endures, it will be so to a steadily diminishing extent. And when, as must finally be, the whole human race learns fully otherwise, then there will be no "earth." Do you see

what I mean? "Earth" will then have been transmuted. Heaven will then have come down.

You are advised to read the following very slowly and carefully. Read it, indeed, with your heart.

You and I, and everyone, **are all in a state of "becoming"—**subject to the Law of Evolution. How do we know that? How is it that I, assuming to speak to you at this moment like this, categorically declare to us that we are all in a state of becoming; that we are all evolving, and that today should be a greater day than yesterday, and next year should be a greater year than this year. Why? There was a time when I did not know. There was a time when you did not know. There was a time, and you can at this moment look back as you read, and you can **see** what a tremendous change has come about in your own consciousness. Compare today, with all the **Light** of you—-the knowledge that you have, the recognition of the mistakes that you have made, the ambition that fires you, the hope that inspires you, with that period of your life when you did not **know.** You look forward today to a glorious, wonderful future—or do you? You look back, as I say, to certain times or epochs in your life when you were downhearted and downcast . . . you could not see any pattern to Life . . . you could not see any hope . . . you were maudlin . . . your thinking processes seemed to have been corrupt and low and dark. Why? Why, by comparison, has such a change come about in you? Simply, of course, because **you have grown!**

Grown in what? Grown in KNOWLEDGE!

Do you recognize, my friend, that you really **have** grown; and do you know fully and control fully the processes by which you have grown? Are you the maker of your life—or are you still fearful, unhappy, discontent, ill, distraught, a square peg in a round hole. If so, read on.

Like all who are not craven slaves, you want to be free, do you not? Free of bosses, and debts, and worries, and pains, and fears. You wanf to be captain of your own ship, master of your own fate, free to carry out your plans, and victorious in accomplishing them. I say to you that SUCH IS YOUR DESTINY—**and the only one who can prevent it is yourself.** I truthfully declare to you that, instead of being limited by a one-man-power mind, **you have at your disposal the mind-power of the ages—**a thousand man power or more—which can brush aside such petty handicaps as if they were nothing, when you learn the **way.**

(i) Nothing Mysterious When Mystery Is Solved

Nothing is mysterious any longer once we solve the mystery. You see, the whole Book of Life has been written, paragraphed, chapterized, indexed, cross-indexed, bound up eternally, and each of us has been given his personal volume . . . the Book of Life. In the Book of Life there is **ALL!** It has been done! It is final! It can be read **without** us—it can be read, as many people get to know, **within**

-us! And yet, so many refuse to learn it, and refuse to live by it. But that is what you and I—and every other " I " on this planet—have to learn.

Modern science with its manifold inquiries into Life, and the philosophy of modern times, consist of experimentation and research tending to ameliorate Man's social conditions and to contribute to the ease and indulgences of his life. In its original acceptation, philosophy had quite another purpose, and that purpose signified a love of Wisdom. **Wisdom comes to us only through experience,—and we are wise to the degree that we can demonstrate (make real to ourselves) that which we say we know of Universal Law.**

You are, therefore, advised not to be led astray by mere intellectual consideration of the Thing Itself (God). Every man has within himself the **cause of his own** existence, and when your consciousness can be brought into contact with the FIRST CAUSE, you will, by knowing IT, know the Cause of ALL, since Existence (as you surely know by this time) is everywhere one and universal, and the one ultimate, essential mystery. But this can only come with practice, therefore, "Know Thyself!" The Science of Mentalphysics reveals the secrets of practice. Not by reading about it and objectively thinking about it only, but by using it rightly, as you come increasingly into knowledge of IT, through practice!

(j) You Must Create New Habits

Read, and re-read these paragraphs:

(a) **To Be Perfect, your Life Must Be Orderly.** There is **Exterior Orderliness** throughout the Universe, and you can say that you understand that from the atom to the Sun, from the amoeba to YOU—MAN, made "In The Image"—there is perfect Order in that Perfect Law which propels and sustains the perfection of The Universe. You can also say that you understand that, as in the Macrocosm there is this Orderliness that is exterior to you, so in the Microcosm, which is YOU, there is that similar Law, that similar Perfection of Law, that similar Orderliness . . . and the **interior** Orderliness, though depending largely in principle on Exterior Orderliness, is the more important to you.

(b) **Life Is Nature's Full Expression.** Your life is the triumph of that Principle in Nature which is everlasting. Your Thought is the substance of that Principle. As you are an Idea of God, so your Thought is the substance of God in transit, and your life is Nature's full expression just in relation as you manifest rightly Creative Intelligence. Nature works by Law, so do you—how? By the Law of Habit, which is part of Nature. Habits may be bad, indifferent or good.

(c) **Habits Create Memory,** and the human being is the sum totality of all his habits. Every good habit is a milestone on the progressive, constructive Path—every bad habit is retrogressive and destructive. Habits are caused through Thought. Because the Universe is essentially perfect, human nature is essentially veracious, so that every idea that a sane human mind is capable of holding must be true—those ideas (from which habits are formed) which are contradictory are to be reconciled by eliminating their negative elements, when the positive elements will be found to coalesce. Which means that where there are bad habits, all that we have to do is to hold the thought of good habits, so that they may be bom in the consciousness and so eject the bad.

(d) **Memory Built up By Good Habits** brings your life into Nature's full expression . . . brings your life into correspondence with exterior orderliness—and a realization of exterior orderliness means full recognition of interior orderliness, and vice versa. The "Me" is orderly, and the "Not Me" is orderly, until there is a merging into consciousness of only "THE ONE"—and men call it God.

(e) **The Purity of a Thing Is Its Perfection.** Purity is freedom from contamination by substances lower than the pure substance of the thing itself . . . think of your own pure breath (the result of interior orderliness of the organism) and the impure breath of one who knows less than you know (the result of interior disorderliness or lack of orderliness.)

(f) **Light Is Life.** Read thoughtfully the first five verses of St. John. ". . . and the LIFE was the LIGHT of men." Light once kindled, spreads till all is luminous. As Light is Life, there is naught BUT LIGHT, and Light thus is the first emanation (of God).

If you are truly interested in yourself, and believe that what you are now reading is the Truth, you may learn, through the Science of Mentalphysics, how simple is the Secret of Victorious Living. Even in the reading and study of these "Little Books" you may learn how **step by step, onward and upward, God does all things . . . how God does His Works;** and there is no error anywhere. There is no vacuum or vacuity at all. It is final. It is complete. And there is nothing whatsoever in the Book of Life, through its index, you cannot find.

CONCLUSION: READ THIS CAREFULLY

Now, my friend, my work in the writing of this little volume comes to an end. I know that from these "Little Books" you may learn much about yourself and your own self-mastery. You are, of course, free; but so often freedom evolves into license. I most sincerely advise you, if you are not already a student, to investigate the Art of True Living through Mentalphysics literature, which is available to you without charge—merely write and ask for it.

As you have read the foregoing, you may be so spiritually informed as to understand and endorse all that I have written—and also all that I have not written. On the other hand, you may say to yourself, "Oh, what's the use? My life is all dark and I know not what to do or where to turn! 'This is all Greek to me'!" You may have felt, as you have read, that you have been merely reading words,

addressed to you by a mere human being. But you have not been listening alone to my voice—you have, I trust with all my heart, been listening to another Voice . . . the Voice of your own Highest Self, the Voice of your own divine nature, the Voice of what you may term God within you.

If so, continue to listen.

"Yea, listen to Me, that you may learn of Me and my Eternal Way in you. You desire to learn of My mysteries? Then, fear not, and My mystery in what you call 'your life' will be revealed to you, if you truly wish to know.

"Who am I? I am YOU, I am Your Divine Self, I am the Master within you. I am that part of You Who IS—the same yesterday, today, tomorrow, forever — I am the KNOWER within you, your True SELF, your Teacher, your God. It is I who sit within you that you now hear. I always await my opportunity to speak, for it is I who directs your thought, your feelings, your actions and all your ways.

"It is I who have been with you always, through all your joys and heartaches, your successes and achievements—also your mistakes.

"It is I who have been with you through all your evil-doing, your back-sliding, your wanton ways, your crimes against your brother and against God.

"No matter where you went—onward, backward—upward, downward—straying helplessly from the Path you knew you should have trod, it was I who brought you

through. And I shall continue to stand by and show you how to do all the things you wish to do, for your own eternal growth or even for your own undoing.

"I am your Innermost One. I am the Cause of your Being, and the Root of all that you are. I am Infinite. The Universe is My Body. I am All Intelligence, All Love, All Power, All That There Is. I am You—I am the Dweller in You. You know Me, and sometimes incline yourself to listen to what I say.

"You have read about the Mineral Kingdom today, learning its stillness, rhythm, eternal action of Me and My Creation in what seems to be non-action. But you do not believe all that you have read, for you still rely upon what you fancy to be yourself, not knowing yet that you are what I Am in you, the Root of you. You have not yet found perfect joy in your life, because you do not yet know that My Life is your life, and do not yet know the happiness of those who have learned how to be still, rhythmic and in My Peace. When you shall have come to know, you shall speak, and My sound through you shall be as if water is flowing, and My understanding and My Wisdom alone shall be expressed through you.

"Would it not be better for you if you listen to My voice in you this very day, and settle down in stillness, preferring to hear within yourself the music of My spheres?

"All the sub-human existences of Me and My Cosmos exist for the purpose of your observing, being still, not saying, 'See how great I am,' but submerging, effacing

thyself that thou may'st recognize Me in thyself—I am YOU.

"Thus will you forget what seems to be the real of yourself, but which has only to do with your own individuality, and is not Me in you.

"If you will recognize Me in you, the 'Little Book' in your hand will bring you Truth. Follow after Me if you wish to be wise, and heed My instruction. Rest, and feel ME thinking through you, and as I think in you, so shall you become. Fail not in this instruction. Peace be in your heart forevermore!"

213 South Hobart Boulevard,
Los Angeles 4, California, U.S.A.