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 9

Man's Ladder Series—No. 2
(Right Resolution)

Awaken Your Own Sleeping Giant!

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 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.

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 NINTH OF THE "FIFTY LITTLE BOOKS"

Awaken Your Own Sleeping Giant!

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

Founder of the Science of Mentalphysics

INTRODUCTION: COMMENT UPON PREVAILING WORLD CONDITIONS

This is the ninth volume in the Library of Victorious Living, "Fifty Little Books" which, it is confidently believed, will do much in the prevailing world conditions to bring to all thinking readers a deeper understanding not only of that which can be seen in what is passing on this earth, but of much that cannot be seen because it is external and everlasting. Indeed, all thinking people will be shown what their mission on this earth really means in their day and generation.

I happen to be writing this on the last day of the first half of this century, so glorious in material progress and scientific achievement, so tragic in its wars and spiritual

desolation. We commence tomorrow the second part of a century that bears every indication that by the year 2000, Humanity shall have found the so far hidden secret of living at peace on the earth, or shall have brought about the actual obliteration of Man's vaunted civilization. During the first 50 years of this century, Man made more scientific and technological advances than he made in the previous 5000 years. That part of human progress we are all more or less familiar with. Industrial society has undergone amazing and constant change, sometimes of an evolutionary nature, sometimes revolutionary. Real Americans believe in what is called the "American System," which is subject to constant advance in the economic field. Had it remained where it was 25 years ago the American System might not be able to meet today's challenge. Our system had, and still has, power of growth, power of renewing its own vigor—it is always changing. The ideas and ideals that gave it birth in the very beginning of our history are the ideas and ideals that give it power today.

As Americans we should factually inform ourselves about our own American nationalistic system and our own ideas of human freedom. We should also inform ourselves fully as to how these ideas are questioned by other nations.

As Americans we deplore the condition of the world, and the part we shall be increasingly called upon to play in this changing world during the last half of this century. As I speak, in undeclared war, we look across

the Pacific, and see hordes of Asiatics ranged in battle against us, wondering whether our brave sons are in ignominy to be pushed into the sea by an incomparably more powerful China Communist Army. But this may be merely the beginning.

As a nation, we are dragging into 1951 active war in Asia, where our forces have been smashed into retreat in Korea, which is not yet recognized by a vast number of our people. Our losses in Korea are mounting at this writing to 50,000 killed and wounded. In my opinion, our intelligence, had it been what all Americans have a right to demand, should have informed us fully about what we had to face, so that this calamity should never have overtaken us. No matter how great the political "face" we should lose in all Asia, we should realize that what is taking place in Korea is our first American "Dunkirk." The Hungnam withdrawal was a most brilliant achievement by our navy, but we should give solemn thanks that the Chinese Communists do not possess an aerial fleet comparable in any way to our own had this been so, our retreat would have meant disaster. He who writes, and probably you who read are not at all militarily minded. We hate war. Speaking personally, it is because I see in our own America greater possibilities for the swift realization of world-wide peace among mankind than I see in any other country or combination of countries, that I declare that we should give long prayerful thought to our own American foreign policy. I listened, as probably did you, to the recent radio speech of our

only living ex-president, Herbert Hoover, as he counselled us to ponder well ere we go forward. With much of what he said, I agree; with much that he said, I disagree. But in Asia, unless we be absolutely firm and fair in all our dealings, we may find that in Mao-Tse-Tong we have—with Russia's underhand assistance in a hundred lying ways—another Kublai Khan. Unless we pray as we ponder our strategy, knowing beyond all doubt that our cause is just, we may see in the first year of the second part of this century an Asia in flames from Siberia to the Mediterranean.

In addition to Asia, we now declare that we are to organize a strong defensive Europe—but few seem to comprehend the staggering difficulties we face. We have appointed General Dwight Eisenhower as Commander-in-chief, but all that he has, so far, is a phantom army. We have not yet made peace with our last war enemies either in Europe or Asia, yet we expect them to come to our aid. It is much to expect. I confess that I do not understand our official reasoning. I concede, however, that if we have one man capable of organizing and solidifying a vast army in Europe, it is Ike Eisenhower, but even Eisenhower is no military magician.

But on this New Year's Eve you and I think—indeed, it is a nightmare—of young Americans being shot, frozen and tortured in Korea. It happens as I write, and in a country 7,000 miles from home, about which hardly any of those boys could have given any information six months ago. This Korean debacle started, we were informed, as

a mere "police action," to control North Korean bandits. Then, when the "police action" was eminently successful, and we believed that our boys would soon come home, we were told that they were engaged in the greatest battle for human freedom ever fought. Today it is our "Dunkirk"—the bloodiest defeat in our history.

Where, then, does all that we see at home and abroad lead us?

Where we are going, none can tell; yet upon the deplorable condition of the whole world not more than possibly a dozen men on earth have any final say. For myself, something within me irrecoverably rebels against our policy of committing our men and our resources to wars that could very easily develop all over the world at Russia's dictation. I cannot be persuaded that war can bring about the synchronization of widely conflicting views and opinions on what is to be ultimate in human living on this earth. All that I can see in all this present welter of misunderstanding is that America is being led, as most people say, back to God. All hope for the resumption of peaceful, normal life is denied to practically all people, ourselves included. People do not live—they cling to a harrowing existence under the groaning pall of fear.

PART I: IMPORTANCE TO YOU OF RIGHT RESOLUTION IN THE AWAKENING OF THE SLEEPING GIANT WITHIN YOU —YOUR SUBCONSCIOUS POWER IS LIMITLESS

There is a "SLEEPING GIANT" in you and in me, and in every human being on this planet. Can we awaken

this Giant for peace, for plenty, for courage, for the truth of Joyful Living on this earth?

My answer is a decisive "Yea!" . . . what is yours?

(a) Different Conceptions of the One Universal Mind

The title of this ninth of the "Fifty Little Books" is "AWAKEN YOUR OWN SLEEPING GIANT!" If you have already studied the little volume that precedes this volume (its title is "Your First Step to Self-Mastery"), you will know that the "sleeping giant" is your own Subconscious Mind. In that volume I spoke of the apparent "different" minds, somewhat in this way:

READ MOST CARE-FUUY

(a) The SUPERCONSCIOUS Mind (actually the Divine Mind), with which I must deal in later volumes;

(b) The CONSCIOUS (or "Waking") Mind, 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 is the analyzer, the comparer, the reasoner; acts as a sentinel or watchman at the doorway to the Subconscious Mind; reasons from cause of effect. The Conscious Mind is the man at the wheel, the captain on the bridge, the general in the field.

(c) The SUBCONSCIOUS (or "Unconscious" or "Subliminal") Mind, usually called the Subjective Mind; is present before birth. Though for long scientists said that this Subconscious Mind rested 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, the greatest and most wonderful machine the world has ever seen, more wonderful than the imagination of Man can even imagine; It keeps the body working—controls breathing, circulation of the blood, and all involuntary muscles when you are asleep as well as when you are awake. It is your Sublime POWER, amenable to control by the force of suggestion and by conscious direction (and much more that we shall now learn).

(b) Aspects of Power of Your "Sleeping Giant"

The "SLEEPING GIANT," then, is your Subconscious Mind, which (through the right direction by your Conscious Mind) you control and cause to work for you **in any way you direct;** or (through indifference and ignorance) you succumb to its vagaries. You should be sure, in considering the immeasurable power of your Subconscious Mind,* to fully understand the following points:

The Subconscious Mind has no faculty of reason or judgment; it does what you tell it.

The Subconscious Mind, under the direction of your CONSCIOUS Mind, has all the power to do whatever it is directed to do; it accepts as true, without judgment, what you tell it.

The Subconscious Mind is analogous to the power which drives the ship through the water; it does the work, provides the energy, the force, that keeps the mechanism of the body at work 24 hours a day, 365 days a year, for 60, 70, 80 or 100 years without rest—you (the Conscious Mind) do the commanding.

The Subconscious Mind believes what it is told without question, and faultlessly works accordingly. When you make your decisions, through your Conscious Mind, it sets to work instantaneously, and the result is bound to materialize—it is your own creation, which you cannot avoid.

This is YOUR SLEEPING GIANT!

*You are referred to the previous Little Books for detailed explanation. Address The Institute of Mentalphysics, 213 So. Hobart Blvd., Los Angeles 4, California, U.S.A.

(c) Great Care Needed in Awakening the "Giant"

Now, it is obvious that you impress and awaken the Sleeping Giant within you according to your own understanding. If, upon anything whatever, your understanding be true (and not false), then you, through your decisions by your own CONSCIOUS Mind, constantly command according to truth (and not falsity). Then, all is well. But remember: if you think you are right in your thinking, but later prove yourself to be wrong, that is no excuse. The negative result is inevitable. You cannot, moreover, immediately remedy the condition, because your Subconscious Mind has naturally worked according to your direction, which was not in **right** understanding but in **wrong** understanding. You see, you stand condemned, by your own conscious commands! Therefore, never forget that the Subconscious Mind does anything that you direct it to do, in the way that you direct.

This is the holy fiat of God's Eternal Spirit in Man!

Therefore, seeing that no matter what you decide the Subconscious Mind starts immediately to work out in your life, it is obviously vital that your decisions be based on TRUTH and your own **right understanding** of Truth. Unless that be so, your commands to your own Subconscious would lead you into all manner of error and pitfall.

(d) Understanding—True or False—Precedes Resolution

Read carefully, then, the following:

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

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

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

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

Having thus—quite cursorily, I admit—explained the need and the wisdom of getting to know what Right UNDERSTANDING is, and of how Right RESOLUTION is born out of it, let us consider together what your Resolution is and how it works in your life. As you probably know, the ancient scientists have always declared that, just as there is clearly seen in God's Universe seven different ascending Kingdoms (from the Ethereal to the Celestial), so there exists a ladder of seven different ascending steps which Man must follow to reach his own divinity in God. The first step in this ladder is Right Understanding; the second step is Right Resolution.

(e) Resolution Only True as Your Knowledge

Now, you see clearly that Right Understanding is the first cycle of Man's expression in his own life, and it is self-evident that that which follows understanding is resolution—**you resolve!** Whether your understanding be "right" or "wrong" (less right), you inevitably resolve to cause that understanding to become materialized, so you just naturally and inevitably enter upon RESOLUTION—its "rightness" being, obviously, to the degree of your right understanding.

All that you **are** is the result of **what you have thought,** so that every phase of your activity, from your "understanding" to the manifestation of the thing you create in your understanding, can only parallel your own thought—which is, of course, creative.

A man, however, can only be as resolute in **right** resolution as his knowledge, as his understanding. "Resolution, when founded on knowledge," says an Oriental proverb, "is the path of immortality. Those who are earnest and resolved in right understanding do not die, but those who are thoughtless are as if already dead." Right resolution makes a wise man steady, meditative, possessed always of strong power. Guarding his thoughts, he is always happy, for he speaks and acts with a pure thought, and joy follows him as a shadow that never leaves him. The first duty of the candidate of wisdom should be to learn from such a man. If a fool be associated with a wise man even all his life, he will perceive the Truth as

little as midnight perceives the noonday, for a fool is always resolute in foolishness. On the other hand, those who are advanced in resolution delight in **right** resolution and rejoice in the knowledge of the elect. While the fool follows after vanity, the wise man's best jewel is Right Resolution; he knows that resolution leads him always into higher action, for he is rooted in Right Understanding as the motivating principle.

(f) Only Resolute Men Can Be Leaders

Popularly defined, RESOLUTION means:

> The operation or process of separating the parts which compose a complex idea or a mixed body; the determination or decision of a legislative body; in mathematics, a method by which the truth or falsehood of a proposition is discovered; in chemistry, the reducing of a body to its component parts; and, in the enlightened human being, plain common sense.

Resolution is the devotion of all your faculties. There, of course, can be no resolution without sincerity. A **resolute** man always commands the respect of his fellowmen, for a resolute man can always find the means to the end he has in view, and if he cannot find them he creates them. **Resolution,** which guarantees satisfaction of both heart and mind, makes you vigorous and enthusiastic, and only a resolute man can be a true leader, his own resolution being contagious among those whom he leads, as he, in turn, is carried by the enthusiasm of those whom he inspires. Resolution stands in Man's attributes for rightly doing what is called GOD'S WILL, which is his ultimate aim and end.

How important, therefore, that all your resolutions be RIGHT!

If you are convinced, first, that you possess Right UNDERSTANDING—God's first cycle of expression in Man's Life—you should resolve thoroughly, sacrificingly, knowing that your **Resolution** is the outgrowth of UNDERSTANDING; and "all these things will be added unto you." Right **Resolution,** the offspring of Man's will, breeds patience, gives endurance, banishes weakness, sustains hope, annihilates difficulties, causes danger to be ruled by bravery, quickens and multiplies creative ambition, and raises you —YOU, my friend—upward to unbelievable heights of achievement and causes true perception to transcend all logic.

(g) Behind ALL ACTION Is Resolution

True knowledge, which directs the Will of Resolution, results from experimental contact of mind with mystery. When your mind enters consciously into the Universal or Divine Intelligence, the result of such an experience is what Man calls knowledge. His **highest** knowledge is that Man (he, himself) is GOD in his own human form. Gaining knowledge of this or any other related fact of existence is simply **returning again and again into the Divine Intelligence** (which is ALL Knowledge). As the alchemist says: **"The Divine Light, the Essence of the Gold, is hidden in the self-begotten life."** This life of yours, instead of administering to the Divine Life, appropriates it. Behind all action of whatever kind, however, is Will or

Resolution. **Resolution** is very easy to comprehend, because whenever you resolve and your resolution leads you into action, immediately upon completion of the action you are able to see what, through the action, you have created. **There** is the object! **There** is the manifestation! You can see it, you can analyze it, you can compare it.

Longfellow wrote: **"Resolve** and thou art free!" Which is true, your "freedom" being in exact correspondence with your understanding. In other words, your **resolution to do,** no matter how strong, can be no better than your understanding. If your **understanding** be right, your resolution must be correspondingly right, and all that follows your resolution will, if you use wisdom, **be also right** in action. Your understanding is the foundation. Every phase of your activity, from "understanding" to "manifestation" of the thing you create in your understanding, can only parallel your thinking.

(h) Resolution Lifts You To Height of Your Capacity

I am sure you will agree with me—that is, if you are not thinking too hard; don't **think** too much, feel more—that Resolution is something that comes to you and makes itself ring within your whole being. You may be sitting quietly, and you feel a thought rolling around in your mind, so to speak, and as it moves around you feel certain corresponding emotions rising within you. Then, as a result of those emotions, you are impelled to **do** something, and as you look within yourself you find that **Resolution**

has taken charge of you. Resolution is urging you, inspiring you, making you an enthusiast, showing you that you can do whatever is in your mind to do. Until you recognize Resolution's concentrated force within you, however, it will be constantly harassing you to go and do that thing. Then the feeling carries you on; you are happy! You may be striving to attain fame and, as you start, you are radiant with hope, for Resolution constantly ministers to you and gives you enthusiasm. During that "period of time," if you wish, that you feel this way, it is easy to see what is taking place. Then to the degree of your success, finally you see the thing done and you say to yourself, "Well, I am perfectly satisfied with that," or "My, what a miserable failure!" But even if it be a miserable failure and you even fear that you cannot improve upon it, **Resolution,** still urging and inspiring you, will come to you and say, "Yes, you can; you can do better. This should be done this way and that should be done that way; **you can do it!"** And you resolve and resolve, until finally you find yourself going on and up until you reach the heights.

That seems to me to be a process of **Resolution** in the simple psychology of our nature, whose effects we can clearly see.

(i) Miracle of Resolution Born of Knowledge

Now, I do not think there is need to argue about **Resolution** being the motivating force of your existence. It is your **Resolution,** your will, that makes you **do** what you do.

What a wonderful thing it would be, for instance, if all who read this Little Book could, from this moment henceforward, in all that they do, **do rightly!** There would be no waste whatsoever. Every move would be efficacious, effective. What a wonderful human being you would be if you were like that . . . and I, too! But, you see, we all know, as philosophers, that we *are* going through a process of learning. We know a little more than we did know, and tomorrow I hope that we shall know a little more than we know today. That is the law right through the human family, from the newborn child to what is called the "old man".

Right Understanding should, of course, be allowed to bear its own offspring, and its own offspring is **Resolution.** We resolve to do!

Now, as I write you feel in your very being that it is really a wonderful thing for you when you resolve, but it is an infinitely more wonderful thing to resolve when you know that, back of it, you have knowledge. To write a book is easy—to those who can write a book. To those who have never written a book, and who know nothing about the making of books, which is a sort of a trick, they look at a man who can write a book and they say, "My, how wonderful!" It is not wonderful at all. To do anything . . . to play an organ, to me is a mystery! When I hear a pianist over the radio or see a pianist at work and I see the agility of the fingers, the wisdom in those fingers —and I, too, have great wisdom in my fingers but cannot play the organ or the piano, . . . to me, it is a great mys-

tery! But do you think that I could not play the piano? Why, of course, I could! But, how? First, I must get the understanding. Therefore, you see the importance of Right Understanding and you see the importance of **Right Resolution,** but there must be a union between the two. Then, nothing can keep you back!

In other words, I must get the Right Understanding to link with the **Right Resolution.**

Right Resolution is the yeast of our Spirit. We prime the pump of Living through **Right Resolution!**

Beware, however! Always resolve and be sure that you resolve rightly, but again be sure that your resolution is the offspring of Right Understanding. Then, we can safely go ahead.

PART II: TRUE SUCCESS LIES IN OUR DISCOVERING "SLEEPING GIANT" WITHIN; NEED OF CARE IN CHOOSING OUR TEACHER—WE FIND AS WE SEEK

But, my friend, our lives are ordered! YOUR LIFE IS ORDERED! Of course, when I write a sentence like that, I want to again write another million sentences to show how and why IT IS ordered and how IT HAS become ordered, as the result of what you have done throughout your individual existence, but I cannot do that. You and I must take it in faith! Our lives are ordered! If you are able to be still and will cease talking, and if you will merely sit down for two minutes and watch, you will be able to prove, beyond any possibility of doubt to your

own individual self, that your life **is** ordered. But when we learn that our lives are ordered, we will not be able, at all events with great facility, to tell another that they are ordered, and how and why they are ordered. But when we are still we can see, running all through the Universe, all through what seems to be and what we call "our" life—or what seems to be and what we call Life, in general—certain great, ever-moving streams. We can see, for instance, a stream of Life running through all the apple trees in Life. An apple tree will never, no matter how long you wait for it, produce for you a carrot! We can see these streams of Life flowing faultlessly and eternally right through what we call Life and all classes of Life's varied embodiments. When we have informed ourselves and when we watch, it seems at first that Life is extraordinarily varied, and so it is, in its manifestations. I am not you; you are not me, yet we are one and the same! We see simply countless differentiations, differentiated particles, differentiated embodiments, running all through Nature, all through Super-Nature, all through what we, knowing so little, consider to be Life!

(j) "Sleeping Giant" the Originator of Life's Order

That that runs through you, and very largely is the cause of all your Life expression, is the SLEEPING GIANT. It is the originator of the order of the way in which you live your life, for good or ill.

I hope that you who read have studied the eight "Little

Books" which precede this one (you may see their titles by referring to pages 31 and 32—look them up right now). The reason that I hope you have studied them is because I am endeavoring to follow a definite system of study and practice throughout these "Fifty Little Books." It is true that each volume tells its own story, yet study will reveal that they are all linked up together, this week's volume being an outgrowth of all earlier volumes, and also laying a foundation for what are to come.

(k) The Story That Cannot Be Told

You may recognize, in reading, that there is much not written that you wish had been written—you may feel that as I am writing I deliberately keep back something. This, my dear friend, is true. Why I do so, and must be so, is at once understood by the initiated, he who has to some degree been spiritually introduced into the mysteries of Life Itself. It is always unwise to endeavor to put into print deeply significant truths at which the uninitiated would be inclined to scoff. Those who know, know; those who do not know generally look sneeringly or with skepticism upon Life's deep secrets until they reach a point of spiritual readiness to understand . . . "when the pupil is ready, the Master appears." And I would not willingly tamper with any one's faith.

In speaking about the SLEEPING GIANT, however, we stand actually in The Presence. Look again for a moment at these two facts of your existence, and of mine:

(a) Your SUBCONSCIOUS MIND (the Giant) is your willing slave. It believes what it is told without question. When you consciously issue to it your orders, it sets to work immediately, according to your own decision. No matter what you command—true or false—the result worked out by your Sub-conscious Mind is bound to materialize in your life. Remember for GOOD or ILL, according as YOU decide and command.

(b) You, through your CONSCIOUS MIND, can just as easily direct your Subconscious Mind into constructive as into destructive channels.

(l) What You Are Conscious of Must Materialize in Your Life

Here then lies the crux of all your success and happiness —scientific direction of your Subconscious Mind according to the divine principles of the Superconscious or Universal Mind. Then, what? . . . as I remarked in the little book, Your First Step to Self-Mastery: "As the new and beautifully true ideas of success, of health, of power, of joy, of harmony—become part of your 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."

And, my friend, this is all TRUE. Why do not more people know of this transcending Truth? I simply do not know. It is likely that many to whose attention this has been presented have either failed to perceive the deep inner meaning of this grand truth, or have been skeptical about it. I once knew an editor of a London newspaper who, on a wager that he could do no business in the matter, went to the London Embankment on the River Thames and offered to exchange golden sovereigns for silver shillings. He spoke to many people and pleaded with them to enrich themselves twentyfold—but he brought back all his sovereigns and not a single shilling. Man generally is ignorant of his own true divine nature—and very skeptical and filled with fear. Many men, professing to "believe in God," are so honeycombed with fear that they are afraid to find out the nature and substance of God; others are disinterested. The same in regard to the true nature of what is called MAN: men often prefer darkness rather than light. To tell men that they possess within them, in the SLEEPING GIANT of their own being, the power of a thousand minds would be putting yourself in the position of being scorned.

(m) "Search for the Place Whence . . ."

But it is TRUE, my friend; and because it is true, I hope that you who read will not turn away from that which can—if YOU will, revolutionize your life. Of course, there is no means of my telling what YOU think about

what you are reading. You may possibly think—"Oh, I've heard that all before, and there's nothing to it. I suppose he is trying in some way to enrich himself at my expense." Many people are so skeptical that they seem to have lost all power to recognize that what is called God still works out His Way on this earth through human beings. God's Way in ALL THAT IS cannot be changed or destroyed, however.

You are greater than you seem to be. And so am I. There is no doubt about that. And you are greater than you seem to be because you are not near as much mere Man as you believe you are.

> BUT NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN. WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE WHENCE ESSENCE AND LIFE ORIGINALLY SPRING.

Yes, we must "search for the place where Essence and Life originally spring." Where is that place?—you ask. As you seek, so will you find.

(n) How You May Prepare Yourself

It may seem to you who read to be possibly an outrageous assertion when I say that students of Mentalphysics, knowing that they are God in Human Form, are already reborn. We are already reborn! For us, there is no grave! For us, there is no death! For us, there is no failure! For us, there is no darkness, no negation, no despair! We are reborn! We are already there! Now, if

I desire to do anything and I have not the right understanding, all the resolution in the world, all the stubbornness and all the pigheadedness and all the vainglory and the foolishness in my belief in myself, my own pride of mind, will not enable me to do that thing. If I desire with all my heart to do it, I must prepare myself.

That is the question, of course—HOW can I prepare myself? Sometimes we feel that we are ready. With all our hearts we desire to learn. Every day of my life I receive letters from students and non-students who confide in me that several times in their lives they have believed that **at last** they have found what they were seeking. But no! Again and again they were disappointed, and their search was delayed. Even when we are "ready," it does not follow that we surely shall find . . . "Seek after Him—if haply ye may find Him." There are naturally many ways that we may discover. One way is right for one, utterly inexpedient for another. Many people, having read many books about what they consider GOD to be, think that their discovery can be made along purely intellectual lines—they doom themselves to disappointment. Others feel that it is only possible to find what they seek by much rushing to and fro, believing that "things will work out"—they doom themselves to disappointment.

(o) Usually Preparation and Search Are Not Easy

If you who read are what is called metaphysically-minded, you will know what I am talking about. You will

know how, dissatisfied with yourself, you began to travel around: "Lo, it is here . . . no, no, it is there!" A little journey, another disappointment. "Lo, it is here—at last, at last! No, no, it is there!" Another journey, another experiment, another disappointment. I admit that that is the most difficult and discouraging part of the quest for knowledge of the higher things of Life—finding your Teacher.

As for myself, interested as I was from early boyhood (and as proud and stubborn as many human beings are), I can see now later in life how very foolish I was in my early search. Many times, as it appears to me today, I deliberately doomed myself to disappointment; and at long last I found it necessary to travel around the world several times in my search, and finally to undertake a 3000-mile trek from the Pacific to Tibet, where I at long last found my Teacher—a man of 152 years of age, the greatest man I have ever met on this earth.

You see, my dear friend, it is hard to find—**as** we SEEK, we find. Let us assume that you are interested—that you are interested in even the little (though divinely vital) knowledge with which this little volume deals. You believe that you desire to learn. **How** shall you seek? Well, you will agree that the nearest way to get from one point to another is by way of a straight line. To fly from New York to San Francisco by way of a straight line, all things being equal, is the quickest way. You could, of course, wander up around Canada, then fly the Atlantic and wander about, and by a torturous round-the-world flight finally

bring your plane down at San Francisco; and know that you have completed your journey. But you would have knowingly entered upon many possible risks and hazards which could easily have upset your plans. The nearest distance from one point to another is by way of a straight line. A word to the wise is often enough; I direct your attention to the Invitation (on page 32 of this Little Book).

(p) Begin to Live the Life You Ought to Live!

We do not appreciate sufficiently, do we, that mental power, talent, ability, and wisdom are largely a matter of INSPIRATION. We depend too much upon arduous acquisition of detail. Our colleges turn out young men by the thousands who have quite a grasp of detailed information on various subjects, but who **lack inspiration, and resolution,** who do not seem able to use their knowledge to good advantage, who are not given the RIGHT THOUGHT AT THE RIGHT TIME—to Awaken Your Own Sleeping Giant.

Nothing of value, permanently, has ever been accomplished without RESOLUTION. The permanently successful man or woman, in all fields, is the one upon whose mind FLASHES the right IDEA when needed. Ability is chiefly a matter of the frequency and dependability of such flashes of intuition. They break out of the Subconscious Mind into the Conscious Mind—no one knows exactly how—to blossom forth into **great works** of writing, of music, of finance, invention, art in its various forms. In other

spheres, these flashes of inspiration lead to quick decision, originality, unerring judgment, the ability to penetrate to the heart of a situation and thus master it, ideas for improved methods in office, farm, shop and factory. The right words come to the lawyer, the right diagnosis to the physician, the right approach to the salesman, and the right manner to the man looking for a job.

Without such inspiration, attended by Resolution, **no one can get very far.** Yet, where are we taught methods for inviting such inspiration? It is usually left altogether to luck and chance.

(q) Be the Person You Have Always Wanted to Be

May I, my dear reader, ask you some straight questions?

Can you see yourself radiantly full of life, successful, happy—with plenty of this world's goods and property, your chosen field of endeavor? Can you see yourself engaged in work that you like—many friends about you—people looking up to you, and YOU making them happy by helping them? Can you see yourself, day after day, year after year, doing what you want to do IN THE WAY YOU WANT TO DO IT? Be honest with yourself.

Why be subject any longer to paralyzing fears, or inferiority feelings? Why be the slave of moods, when you can be their master? Why let others, with no more real brains than you have, get ahead of you in any respect whatsoever? Why let discord and lack of harmony raise

their heads in your home? Why deny your loved ones the comfort and little luxuries they deserve? Why deny them the greater influence and help which you can give them, once you know your own powers? Why take life the hard way, when an easy way is at hand? Why not live a life of rare beauty, of glorious accomplishments, of rich reward, and super-abundant vitality?

"Yes," you may say, "I agree with you. But HOW?"

The answer is: Awaken Your Own Sleeping Giant.

CONCLUSION: THE "SLEEPING GIANT" SPEAKS

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. 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—it is the Voice of your own "Sleeping Giant".

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.

"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.

"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!"