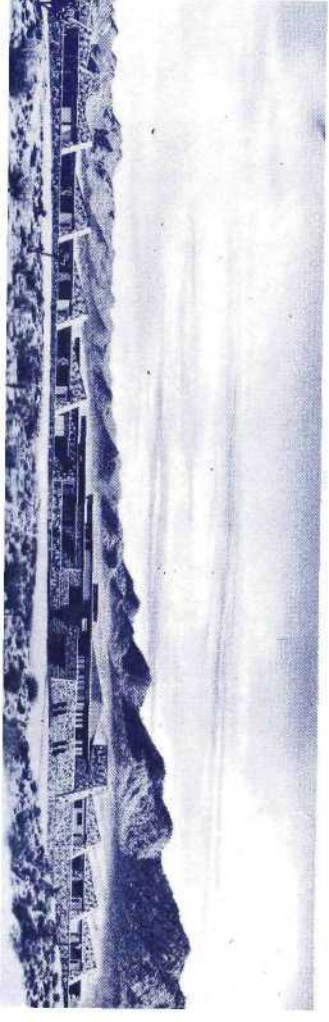

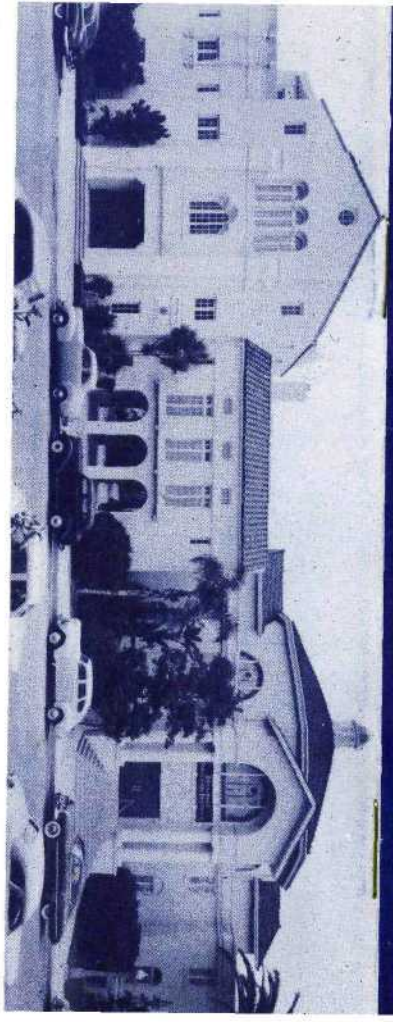

Top: Our Church in Los Angeles, Calif. Below: Caravansary of Joy at Our New City.

LIBRARY OF VICTORIOUS LIVING

VOLUME 22

Man's Triumph Series—No. 1

Grow Young! —How You Can Do It

LIGHTING HUMAN LAMPS

By

Rev. Edwin J. Dingle

Ding Le Mei

(Founder of the Science of Mentalphysics)

LIBRARY OF VICTORIOUS LIVING

The purpose of the SO 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 TWENTY-SECOND OF THE "FIFTY LITHE BOOKS"

Grow Young!— How Can You Do It!

By Edwin John Dingle
Founder of the Science of Mentalphysics

INTRODUCTION: THIS BOOK PURPORTS TO TEACH YOU HOW YOU MAY GROW INTO THE PROMISED DOMINION —YOUTH, HEALTH, SUCCESS, BEAUTY, POWER, JOY, THAT PEACE THAT PASSES KNOWLEDGE; COMPLETE DOMINION IN YOUR OWN DIVINITY.

This is the twenty-second volume in the Library of Victorious Living, "Fifty Little Books" which form a week-by-week whole year's reading, study and practice of the ART of Living. Each volume is complete in itself—that is, it is a complete lesson in itself; but each Little Book lays the

*The titles of the six volumes in the "Man's Triumph Over Negation" series are as follows — see pages 31 and 32:

VOL 22-"GROW YOUNG-HOW YOU CAN DO IT."
VOL. 23-"MAN'S FINAL VICTORY —INSPITE OF HIMSELF."
VOL. 24-"THE GREATEST THOUGHT YOU WILL EVER THINK."
VOL. 25-"THE LOVELIEST THING YOU HAVE EVER KNOWN."
VOL. 26-"YOU ARE NOT SUBJECT TO DECAY AND DEATH."
VOL. 27-"LIFE OF ITSELF FLOWS INTO YOU."

foundation also for the ones that follow. This volume is also the first in a new series—"Man's Triumph Over Negation." The serious student is advised to acquire those volumes which precede this one, so that the whole of the principles, laws and secrets of truly Victorious Living may be systematically studied and practiced.

Titles of the whole Library may be consulted on pages 31 and 32.

The title of this lesson-volume presents a quite revolutionary idea—"GROW YOUNG—HOW YOU CAN DO IT." I hope that I who write, and you who. read, may find deep inspiration in this Little Book, and that, as a result, your life may be immeasurably enriched as you contemplate what may be to you almost an impossible thing—retarding age, growing young, triumphing over every phase of negation in your life. Think of the word "t-r-i-u-m-p-h," and the word "n-e-g-a-t-i-o-n." Look into the various meanings of these two powerful words. Then, if you can inspire yourself to do so, **believe** that you can train yourself to actually TRIUMPH over all NEGATION IN YOUR LIFE. For that is what you will learn, if YOU ARE READY.

By way of review, let me say that in the first seven volumes in this Library, we covered a sincere search into the methods and means employed in what men call God in

the unfoldment of His Self in His Created Universe—a consideration of the **structure** of the Universe, dealing with the seven Kingdoms (from the Ethereal to the Celestial), presenting an accurate picture of the full expression and way of the Great Mathematical Mind of Life (God). From volume 8 to volume 15, we traced MAN'S place in creation, opening up the faultless behavioristic system by which Man evolves into his own true divinity in creation, finally to unfold into the truth of his own being—God in Human Form, a power unit of God. Volumes 16 to 21 each dealt with one of the Seven Majestic Words in the "Mystery of Creation" series, uncovering unimaginable glories of. Life as to compel any thinking person to stand in reverence before his own Inner Self.

Therefore, those who have faithfully followed these Little Books up to this point are informed (a) On the hidden LAWS of the Universe—what might be called God's Way; (b) on Man's place in the LAWS of the Universe—what might be called Man's Way of Life (the ART of Living); and (c) on how Man may grow into his own promised dominion and conquest, making all his dreams come true—youth, health, success, beauty, power, joy and that peace that passes knowledge . . . in short, complete dominion in his own divinity.

In this present volume, we commence a super-scientific examination of how Man (YOU and I) must finally emancipate himself from all the negation of thought and action with which he has honeycombed his life, and stand once

more, radiantly victorious over this arch-enemy—Negation in all forms.

It is self-evident to you, I am sure, that when YOU vanquish this common enemy, then YOU "enter the Kingdom," YOU become the Master, for then ALL FEAR WILL HAVE BEEN REMOVED FROM YOUR CONSCIOUSNESS.

You wonder what is the first step? My friend, you see it in our title—"GROW YOUNG—HOW YOU CAN DO IT."

PART ONE: IS IT POSSIBLE FOR HUMAN BEINGS TO LIVE AS LONG AS THEY DESIRE, AND TO ACHIEVE WHATEVER THEY DESIRE TO ACHIEVE?—THIS IS THE ANSWER.

The subject of living continuously, with scientific rejuvenation of the physical body, is, I admit, a revolutionary idea. Man has become so accustomed to negation that the great majority of people simply take for granted that the physical body is naturally subject to gradual decay and death. It does not at all surprise them when people are ill. It is natural to see their friends just grow old and fade away. When they see people at thirty or forty who are "old" they are not at all disturbed, and when they may happen to meet an octogenarian who is hale and hearty in body, and whose mind is clear and alert, they look upon this as something of a miracle. Some men are "old" at thirty or forty years of "age," others are "young" at eighty or ninety—and their number is increasing.

But Man, in the mass, is almost totally ignorant of his true nature.

It will be for YOU to determine, as you unprejudicedly read this little book, whether YOU will go the way of tradition and "die" when you desire still to "live"—or WHETHER YOU WILL LEARN HOW TO GREATLY EXTEND THE SPAN OF YOUR LIFE AND ACHIEVE WHAT YOU TRULY DESIRE TO ACHIEVE.

In the Science of Mentalphysics (under whose auspices this Library of Victorious Living is published) living continuously and rejuvenation are stressed for several obvious reasons. Unless you can get your mind to accept the truth that (irrespective of what appears at present) you can greatly extend the span of your life, and live as long as you desire, it is impossible to imagine yourself realizing in life all that you desire to do. If you can do the one, the other is possible; if you cannot control your body so as to command Perfect Health as long as you desire, then your highest hopes for progressive achievement are obviously not possible of full realization.

This writer has been fortunate in having lived for many months with men who had reached what, in our own country, would be regarded as impossible. My own teacher in the Himalayas was 152 when I was under his tutelage, and his body had the appearance of a man of 40 or 50, and his mind was simply amazingly alert, his voice strong and resonant, his movements graceful and rhythmic . . . in short, he was a "young" man.

But, of course, this is a great science, and IT HAS TO BE LEARNED. That it CAN be learned by any sincere person is beyond all question, and it is my hope that you

who read will be inspired to make investigation as to how YOU may introduce yourself to a method of learning and living that will lead you into complete self-mastery and to renewed youth.

(a) There Must Be No Conflict of Mind

In commencing this study and practice, there is one thing of the utmost importance: It is:

THAT YOU GET A CLEAR CONVICTION THAT IS IT POSSIBLE FOR YOU TO LIVE AS LONG AS YOU DESIRE TO LIVE, THAT IT IS POSSIBLE FOR YOU TO ACHIEVE WHATEVER YOU HAVE SET YOUR MIND UPON, SO LONG AS IT APPEALS TO YOUR REASON AS A POSSIBILITY.

The process of your living, and mine, is like this—first, we THINK; then second, we FEEL; third, we ACT—Thinking, Feeling, Acting (doing). Now, as you are reading this, you may have set your mind upon some great achievement that you desire and intend to carry out.

It may be to become well again, if you are ill—to improve your financial status—to go into business for yourself—to take up and succeed in music or singing or sports or whatnot—to make a complete success of your marriage—to develop more poise and culture—to relieve yourself from worry, fear or grief—to gain greater intelligence and mental power—to have greater faith in and love for what you know as God—to seek more knowledge of Life's mysteries—to develop greater talent in any chosen

field—to learn that peace that passes knowledge . . . or ANYTHING WHATEVER. And, of course, to GROW YOUNG!

Well, you must cultivate this **feeling.** Think of it every moment that you can. But you must not stop at merely thinking about it—you must be convinced that you can DO it, for you must FEEL THAT YOU CAN DO IT. The difference between a mere intellectual conception of a fact and a deep spiritual **realization** of a fact are as far apart as the poles. YOU MUST BE **CONVINCED.**

You know because you **feel** that it is possible to you. What you need to learn is the Law by which it is attained. So this conviction must be firmly established in your Mind. That, however, is not enough. This conviction is to pass out of the mentality into THE FEELINGS, so that not only do you feel that you **know it to be a certainty,** but **YOU KNOW THAT YOU FEEL IT TO BE A CERTAINTY.** Do you see the difference?

You must know that you feel it—you are alive with the feeling of it . . . it is burning- itself into your consciousness, because your whole being is alive with the Truth that you feel you will make of your life exactly what you want it to be.

(b) You MUST Be Convinced!

Get this clear in the mind. This is the attitude of mind that you must establish for anything that you intend to do. Without this CONVICTION—unshakeable, fully established—that you can greatly extend the span of your life, that you can live as long as you truly desire, DO what you

truly desire to do, achieve WHATEVER you desire to achieve . . . without this conviction it is not possible to proceed far.

If I were you—of course, I assume that you ARE interested (if not, well, never mind!)—I would take this little exercise every day this week:

(a) Do this immediately upon rising—sit quietly near the open window in your bedroom.

(b) As you sit, close your eyes; feel happy; give thanks; inspire yourself into a glorious belief that you are actually beginning to learn what your own IMAGINATION is.

(c) Then take a few deep breaths—and rest a moment or two.

(d) Then, with your eyes closed, feeling that you are looking within yourself, declare audibly—

"I AM THE MASTER OF MY OWN LIFE!

"I AM YOUNG — GLORIOUSLY YOUNG-FEARLESS-UNAFRAID. YES, I AM YOUNG!

"I GIVE THANKS! I GIVE THANKS! I GIVE THANKS!"

Say the above several times, with increasing feeling and conviction each time! Raise yourself to a high emotional feeling. Be not afraid! FEEL THAT YOU ARE YOUNG!

Say it as if you **know** that you are the Master of your life, for no one else is. Say it as if you FEEL that you know you are the Master of your own life. "I rejoice—I did not feel this before, but NOW I KNOW IT . . . I FEEL with all the power of my being that I am the Master of my own life—and I WILL begin now to TRULY LIVE IT."

(c) The Process of Your Thinking—the Way in Which You THINK

Now, think! Not only must your Reason see and your Consciousness **FEEL** the certainty, but the conviction is still to pass a stage further—INTO YOUR **IMAGINATION.** Dwell upon that word "IMAGINATION." **The Imagination is the CREATIVE FACULTY of you and me.** It is this faculty that causes us to do all that we do, and to be all that we are. Your own **Imagination is the Creative Faculty of the INFINITE CREATIVE FACULTY, which dwells within.** None of us can do anything at all without the idea first coming to us through our own imaginative and creative faculty.

I want you to know, however, that though your Imagination is your own creative faculty—a part, so to speak, which belongs to you of the Infinite Creative Faculty of that which men call God—you have to learn what to do with it, and how to control and direct it. For—if you do not direct it, it directs you; but, remember that YOUR CREATIVE FACULTY WILL DO FOR YOU WHATEVER YOU DIRECT IT TO DO, WHATEVER YOU TRAIN IT TO DO.

If you do NOT direct it, it directs YOU. How? It directs you according to the tradition of the Race, which is disease, decay, failure, disappointment, death and so on. Now, you are a part of the Race; of course you are. **Well, you accept its beliefs and traditions unquestioningly, like a sheep in the flock, not finding out for** yourself **and doing your own thinking, then you cannot escape the results of those beliefs and traditions.**

This is for **you** to decide.

(d) Will You Break Away From Tradition?

All thinking men and women should refuse to accept Race Beliefs. All people who have the power to think DO refuse to accept beliefs simply because "it has always been so." They think for themselves. I take it that YOU have enough courage not to accept—that you have no **fear** to break away from tradition of age and disease, and failure and disappointment and ALL NEGATION.

I was once so afraid that I might disturb the conventions. As a little boy, I tried to believe all that my elders told me, but I caught them red-handed on more than one occasion offering me alibis when I asked them questions. "It has always been done," they told me. Yes, and the fellow who had always driven a buggy probably told the Wright brothers that machines would never be able to fly. I wonder how many millions of people, following other millions of people who held the same views, declared that iron would never float. Today, we know that Man has made machines that fly, for you can board a plane in New York at night, and get out to the broad Pacific the following morning, and you have only to look at any modern steamer to KNOW that iron floats.

It was the imagination OF MAN that caused these things, though they "had never been done before."

Now, it is up to you to decide. It is up to you and to me, and to every other original thinker, to REVERSE THE

TRADITION OF THE RACE, enlisting the CREATIVE FACULTY to build Life conditions, health conditions, success instead of failure, courage instead of fear, wealth instead of poverty, YOUTH INSTEAD OF AGE.

HOW? By the scientific direction of the very Power of the Sustainer and Controller of the Universe, coming to all of us through our Imagination.

(e) Your Imagination and Your Reason

Nevertheless, you must be warned that no conflict must be allowed between the **Imagination** and the **Reason.**

> YOUR REASON—It may not have occurred to you that your Reason and your Imagination are totally different faculties in you. YOUR REASON DOES NOT CREATE-IT CANNOT. Your Imagination creates —that is all that it can and does da. Your Reason reasons and makes decisions. That is all that it does, for its work ends there.
>
> YOUR IMAGINATION — Your Imagination is that faculty within you that paints the pictures, that presents the images, that inspires you with most fascinating ideas of what you can do. But your IMAGINATION CANNOT REASON —itis non-reasoning, and it is SUBJECT TO THE REASON.

Therefore, when your Imagination, with the fascination of an unseen artist, creeps into your mind with all sorts of schemes and hopes and desires and pictures and images, and whispers to you that you can live as long as you desire to live—tells you that you . . . YOU . . . can be a great man or woman—tells you that you can do something that has never been done before—tells you that you can do what you are doing much better than you are now doing it—tells you that you can be healthy and well and

happy—that you can make more money—that you can become the greatest person that ever lived in your particular sphere of activity . . . AND YOU LISTEN, what happens?

You are in a brown study. You are thrilled. You see all this going on in your mind, and you are intensely happy. The things around you mean nothing to you while you are in that state of mind. You exult. You see yourself triumphant. You are the conqueror. You are the optimist. You are alive with hope, and are radiantly happy. The world floats by, but there you are enjoying in the serenity of your own mind the marvels of achievement that this wonder-worker WITHIN YOU is giving you. You feel that you can be well . . . can be more and do more . . . can live as long as you desire . . . you can literally hear your Imagination saying to you—"YOU CAN BE WHAT YOU WANT TO BE, AND YOU CAN DO WHAT YOU WANT TO DO."

(f) THEN, My Friend, What Is Likely to Happen?

You come out of your brown study and say . . . "Ah, yes, I FEEL that I can be more than I am—BUT I KNOW THAT I WON'T." Then the beautiful work of the Imagination goes for naught. The "I WON'T" is an instruction to the Imagination confirming the Race thought to create negative conditions, and so your desires end in smoke. So it is in everything that we desire to do. This is the process through which we come into achievement—or the reverse.

Therefore—LET THERE BE NO CONFLICT IN THE MIND BETWEEN THE REASON AND THE IMAGINATION.

FIRST—Examine carefully what your Imagination brings to you. Let your Reason endorse the idea. Cultivate the certain conviction of the possibility of doing it—of living as long as you desire to live, to grow young and happy and well—to make of your life an outstanding success . . . anything at all that your Reason endorses.

SECOND—Then train the Imagination to feast upon its delights.

Rest and think. Do you believe that the age-old Wisdom—that Wisdom of the Universal Spirit of All Life—can be made to work out in your life whatever you truly desire, and whatever you can say with your Reason you truly deserve? Make up your mind! Listen to your own inspiration!

Whether you "believe" it or not, IT IS TRUE!

But, my dear friend, you (like everyone else) must settle down consistently TO LEARN HOW TO DO THIS.*

Now, I have no means, of course, of knowing what YOU are thinking after having read what I have written. I do not like to think so, but you may throw this Little Book aside, and declare that you do not think any of these' blessings are possible to be worked out in your life by you. On the other hand, you may be fired with the idea of the possibility of success in everything that you attempt. You may look into the mirror and see the evidences of approaching old age, and feel that—IF ONLY . . .

*Read page 30 of this Little Book right now.

Well, this is your chance. It is not I, the writer, who alone is speaking to you. It is GOD also that is speaking, whatever God your God may be. In my opinion, you will be wise to listen, and, what is more important, to really investigate.

PART TWO: AMAZING HISTORY OF THOMAS PARR, ENGLAND'S MOST FAMOUS OLD MAN, WITH FACTS BY ENGLISH AUTHORITIES.

Many inquiries have come to me because of the information I have given out as to Thomas Parr, a man who was married at 120 years of age and who lived to be 152. I have been asked to prove this statement and it gives me pleasure to do so.

(g) The Skeptic Always Refuses Facts

The greatest vice of humanity is skepticism. It is said that a majority of the people of the world are gullible and believe anything that is told to them. Beliefs never hurt anybody with a sincere conviction, even when wrong, for we progress through believing and learning through error. It is disbelief that is a sin and of all the vices from which mortals suffer, in my judgment the worst and most general is skepticism. Even when proof is offered to a skeptic he refuses to accept it.

My contention is said to be a startling one. It is that we can live as long as we desire and that Death is not a

law of Life, but a human concept that has become a race-inherited conviction for so long a time that the idea of it is stamped upon our minds and our imaginations from infancy to what is called old age. LIFE NEVER CHANGES AS A PRINCIPLE. It is always existent, rich, flowing, profuse and vital. The man of 80 or 100 years of age who says that "he feels just as young as he used to be" is telling the truth about Life. Life is just as strong and vigorous in extreme old age, if we will allow it to be and realize profoundly that it is so, as at any time in youth.

(h) Man Prepares Himself for Death

You don't believe it? Well, give some thought to what I declare here and now: Man dies because he prepares himself for death as an inevitable happening in an uncertain future and thus, through the training of the sub-conscious mind, spends his life in calculating upon a certainty of its end through debility or disease. Further, thinking himself into eventual collapse, he kills himself. Life is always young, abundant, flowing and seeking more life. Jesus advised "let the dead bury their dead" and frequently spoke of those who were dead already although alive in appearance. He said, also, that he came so that we might "have life more abundantly."*

*Readers of the Bible may recall the recorded ages of some of the descendants of Adam. Adam himself lived 930 years (Gen. 5-3); Seth, 912 (Gen. 5-3 to 32); Enosh, son of Seth, 905 years; Kenana, 910 years; Mahalalel, 895 years; Jared, 962 years; Enoch, 365 years (and it is added that Enoch walked with God and "he was not, for God took him"); Methusaleh, 969 years; Lamech, 777 years; Noah, 600 years when the flood began but lived after the flood 350 year?, a total of 950 years.

Why? Because all teaching in the Christian world has looked upon Man, following the Hebrew thought, as "of few days and full of trouble." Under our common teaching "life is short and time is fleeting," and the necessity of preparing for death as a thief that comes in the night is impressed upon us as a religious duty, based on "fear" as a religious principle.

Everyone familiar with the study of psychology knows that, by impressing upon the mind an indelible thought, that thought will assume form and manifest substantially, given time to do so. We think ourselves into death. Change the thought to the truth, that Life is always Life and cannot be anything else, that it is something for us to cherish always as God's most precious gift to us, and that for that reason we are to retain forever a sound body and a sound mind, and we can rest assured that we may live as long as we desire, providing we do not injure or abuse the body or the mind.

(i) Ancient vs. Modern Conceptions

Proof? I have seen it in the Far East where I spent twenty-one years of my life, part of it in a monastery in Tibet, receiving the formulae of a culture old millenniums before the Christian era. Remember that if we regard our civilization as the foremost in history it is because we have an exaggerated conception of our progress in the mechanical arts. Other times, other manners. The ancients in the Orient believed that the highest civilization was that which"

produced the highest reaches into the spiritual life through an understanding of the chief instruments of life, the body, the mind and the spirit. We talk of our emotions and think that psychology is one of our special sciences, but we have no words to precisely define the nature of the spiritual or emotional life. What do we mean when we speak of "spirit," of "mind," of "heart," of "soul," of "God," or "Creator," or "Force," or "Nature?" No two men will agree as to precise meanings because our entire vocabulary is based on the physical or material. But the Orientals, and especially the sages of India, have words for every shade of mental and spiritual experience and these are taught to their children as fundamentals in education. We hear of the East only that which is most shocking and dismiss its philosophies with the thought that they are superstitious and idolatrous. If God is presented in many aspects in specific words and worshipped under various names, with pictures or images for the stimulation of the mind in concentration upon the thought of that special aspect of Deity, we turn away in horror from such teaching, though we may know that the members of one faith in the West invariably emphasize about another faith those appearances which are certain to create prejudice.

My Master in the East was a man now over 152 years of age, yet, as I have said, he has the appearance of a young man of not over 40. His physique is well-muscled, his movements agile and graceful, his hair rich and abundant and of its original hue, his eyes youthful, his complexion rich and ruddy, and he has never lost a tooth, yet

as years go by, his body remaining ever young and active, he is not of different appearance from many others whose ages far outrun his own, exponents of the practical side of the ancient philosophies, whose teachings are that Life is always abundant and may be commanded by those who have learned the way by following the right path.

Recollect that it is less than 100 years since Sanskrit became known to the English-speaking world through the works of Max Muller, the famous Orientalist, and that even today the literary masterpieces of the East, the oldest and most venerable that man now possesses, were closed books to the English-speaking peoples. These far antedate the Christ, the Buddha, Krishna and other world teachers, carrying human history back to a time even further than any of the monuments of the past so far found by archaeologists, guessed at as 10,000, 25,000, 50,000 years ago. Recall that our own Bible books were not fixed in literature until 500 years B.C. Up to that time each consisted of scrolls or traditions, whereas the Books of the East have been in written form for a vast time beyond that occurrence.

(j) Can We Deny These Historical Facts?

We have many evidences of the truth of the everlasting principle of life in man, even from modern times. Roman authors quote cases of longevity and Onomocritus, an Athenian, tells us that certain men of Greece, and even entire families, enjoyed perpetual youth for centuries. Old Papalius was reported as 500 years of age and a Portuguese, Faria, 300. Strabo says that in the Punjab people lived over 200 years. Epaminondas had seen three centuries pass. According to Lucian, Tiresisas lived 600 years "on account of the purity of his life," and the inhabitants of Mt. Ethos had the faculty of living a century and a half. He tells us of an Indian race, the Seres, who lived 300 years (because of a temperate life and scanty food), while Pliny tells of an Illyrian who lived 501 and the King of Cyprus who lived 160 years. Litorius of Aetolia "was happiest among mortals for he had attained 200 years." Apollonius, the grammarian, tells of people who lived thousands of years.

Of the condition and status of old people through the Christian centuries down to the age of authentic statistics we know very little. Roger Bacon tells of a man who appeared in Europe in 1245 and "in whom everyone was interested." He claimed that he had attended the Council of Paris in A.D. 362 and also the baptism of Clovis (A.D. 600). Bacon's skepticism reduced the claim of this old man to 300 years. In 1613 was published at Turin the life of a man who was said to have lived nearly 400 years, enjoying full use of all his faculties; and in the 17th century a Scotchman, MacCrane, aged 200 years, remembered the Wars of the Roses. The lives of the Saints are rich in old people: St. Simeon, 107; St. Narcissus, 165; St. Anthony, 105; the hermit Paul, 113; while the monks of Mt. Ethos often reached the age of 150 as did the first bishop of Ethiopia. Seneca said: "Man does not die: he kills himself."

(k) Parr Was Married at 120!

Now as to Thomas Parr, whom I have advertised as "Married at 120," his age of 152 is well-authenticated. He died from over-eating and from the results of abandoning simple living for the gaieties of London as well as from a change of air from Sallop, Where he lived, to the fogs of the metropolis. I have taken the following facts about Parr from The Dictionary of National Biography (English edition), and yet skeptics question the statements herein so fascinatingly clearly set forth:

> PARR, THOMAS, (1483-1635). "Old Parr," described by John Taylor, the water poet, as the son of John Parr, of Winnington, a small hamlet in the parish of Alberbury, 13 miles west of Shrewsbury, is said to have been born in 1483. He is stated to have gone into service (domestic) in 1500, but, upon his father's death in 1518, returned to Winnington to cultivate the small holding which he inherited there.. The lease of this property was renewed to him by John, the son of his old landlord, Lewis, Porter, in 1522, and in 1564 he received a new lease, renewed in 1585, from John's son, Hugh. In the meantime, in 1563, being then 80 years of age, he married his first wife, Jane Taylor, by whom, the legend avers, he had a son John, who died aged 10 weeks, and a daughter, Joan, who also died in infancy. Parr was now, according to his biographer, the water poet, in the prime of life. Years elapsed without in any degree impairing his vigor, which was so far in excess of his discretion that, in 1588, he was constrained to do penance in a white sheet in the neighboring church of Alberbury, for having begotten a bastard child by a certain Katherine Milton. Seven years after this exploit, being then 112 years old, he buried his first wife, and, ten years later, in 1605, he married Jane, daughter of John Lloyd, or Flood, of Guilsfield, in Montgomeryshire, and widow of Anthony Adda. Thirty years now passed peacefully over the head of "Old Parr," until, in the spring of 1635, Thomas Howard, second Earl of Arundel, the most accomplished curiosity-hunter of his day, visited his estates in the neighborhood of Shrewsbury. The fame of Parr soon reached the Earl's ears; he saw him, "and the report of this aged man was certified to him." Determined to exhibit this "piece of antiquity" at the Court, Arundel had a litter constructed for him and sent him up by easy stages to London, where, in September, 1635, he was presented to the King. Charles said* to him: "You have lived longer than other men; what have you done more than other men?" Parr replied: "I did penance when I was an hundred years old."

(l) Buried in Westminster Abbey

He claimed to have lived under ten kings and queens, well remembered the monasteries, and, when questioned on religious matters, replied that he held it to be safest to be of the religion of the king or queen that was in being, "for," he said, "he knew that he came raw into the world and accounted it no point of wisdom to be broiled out of it."

But the "old, old, very old man," as he was styled, did not long outlive his fame and hospitable reception in London. The change of life and plethora of rich diet to which Parr had been subjected, proved fatal to the man who had lived the simple and abstemious life of a husbandman. Parr died at Lord Arundel's house on November 14, 1635, and on the following day an autopsy was made by "the great physician," William Harvey. Harvey reported that his chief organs were in a singularly healthy condition and attributed his death mainly to the change of air to which Parr had been subjected on his removal to London, "from the open, sunny and healthy region of Sallop." (See Harvey, **Report;** c.f**. Diary of Lady Willoughby,** 24 Nov. 1635.

Aitzema, the Dutch Envoy, visited "the human marvel" on the day before his death and deemed the circumstance worthy of communication to the States-General (c.f Southey, **Commonplace Book,** iii 311). Parr was subsequently buried in the south transept of Westminster Abbey, where is an inscription (re-cut in 1870) to the following effect:

> "Tho. Parr, of ye county of Sallop. Borne in A.D. 1483. He lived in ye reignes of ten Princes, viz., K. Edw. IV, K. Rich. III, K. Henry VII, K. Henry VIII, K. Edw. VI, Q. Mary, Q. Elizabeth, K. James and K. Charles. Aged 152 years. Was buried here Nov. 15, 1635."

(m) Man Has Lost Knowledge of His Spiritual Sovereignty

Many people believe that their bodies grow old with use, and wear out as do old shoes or anything else; and, despite the fact that Western medical science is today freely admitting that the cells of the human body are potentially immortal, despite the fact that (properly understood) all religious knowledge proves that Man is immortal here and now—in eternity now—**human beings, generation after generation, have believed and do believe that the span of Man's life and the length of time that he has power to live on this earth is limited to three score years and ten.**

Since the dawn of history, Man has lost knowledge of his own spiritual sovereignty. He has lost the power to see things as they are, and sees them only as they **appear.**

Man has been and still is under the dominion of his senses, with the result that men everywhere are deceived into thinking that they were born but to DIE.

This is Man's outstanding illusion, outstanding fear. Though in saying what I am about to say, we prove ourselves to be probably a hundred years before our time, I declare that **this is also Man's outstanding falsehood, from which he has to emancipate himself before he can enter into the true conception of his own spiritual nature, and the true spiritual realization of his true spiritual being in God.**

(n) Death the Universal Human Fear

Death is the universal human fear—intolerable, diabolical. Man fears death because he instinctively believes that his thought, his feelings, his actions—the net residue of his personal expression in Life—does not measure up to the divine expression of his Inner Self. In the hearts of men, rather than strictly in their minds, there is a desire to be immortal; but "immortality" is some quality or state of existence that is in the "future." It is, of course, true that men have to die to live, to pass through the valley of death before they reach the height if immortality. We have to leave the earth before we can enter Heaven. But all this is sublimely opposite in its glorious truth to the popular belief that Man has to forego and lose all that he considers and feels himself to be before he can become "immortal." Yes, death is the outstanding falsehood of Life.

I admit, however, that I hardly know how to begin to convince an unbelieving person. I am sure you, too, feel the same. Everyone of us students in Mentalphysics believes —and in practice we believe that we prove—that Man has the power to live as long as he desires. We reverently bow our heads before the Author of Life that we have come into an intellectual conception and a spiritual belief that this is true. At the same time, we may feel in pur hearts that we are not yet sufficiently free as to have lost ourselves completely in God's Being as to achieve it . . . **but we are on our way!** And we should raise our hearts in reverence if, though not yet completely convinced, we hope that this truth may flow into our consciousness.

THE BLISSFUL FACT REMAINS THAT, MADE "IN THE IMAGE," MAN IS WHAT GOD IS.

(o) We Find as We Seek

My Friend, this is a subject of such deep outer complexity that it is only in FAITH that one can begin by first accepting the truth. It cannot be explained. It cannot be proved. It cannot be measured and blueprinted. Nevertheless, the final results in understanding is **sure,** IF ONE HUMBLY SEEKS. That is the answer. Let our search be a search of humility. No matter what science of the physical body one may study, no matter what higher philosophical teaching and practice one may follow, he ultimately brings himself to a position where he dare not but recognize the Truth that Man is what God is . . . embodied in a substance which is **GOD'S substance,** using force in his living which

is **GOD'S energy,** feeling that he is directed by **GOD'S wisdom,** and knowing that his whole being is **GOD'S quality and nature—finally coming to know that what appears to be his body, his mind, his Spirit, his life is not his own but GOD'S. Man's life is GOD'S LIFE—Man's hope, aspiration, action are God's Wisdom ever moving. All is God.**

No, he who has come into this knowledge, though he cannot intellectually convince another, is, however, able often to guide and teach. And anyone who will undertake a serious study of the **exoteric** body of Man will soon lead himself into a knowledge of Man's **esoteric** nature. Take the ductless glands for example: The ductless glands of your body (and endocrinology, the science of these glands, is comparatively new in the Western world) profoundly influences the life of your body, as we all know. Yet they are so small that you could put them all into a small test-tube. Each of these glands, however, has its own work to do, and does it instantaneously. The ductless glandular system produces what are almost invisible substances, yet the ductless glands maintain the balance in the process of building the human body, which is going on all the time. An automobile wears out. It must go to the garage for overhaul, and for new parts. Not so with the human body. Creation and re-creation go on always, 24 hours a day, 52 weeks in a year, and never stop except at death The building and rebuilding of the body goes on all the time. Imagine what a wonderful machine it would be if the automobile had the power to replenish and renew

Itself in all its many hundreds of parts, as the human body possesses and uses this power!

(p) Man Alone Builds His Body

Not only does this take place constantly and uninterruptedly in the human body, but Man has the power to decide what kind of a body he shall build. We all know that the human body is made up of countless millions of cells. We know that Man, the **thinker,** directs these cells by his thought. You and I are generals in charge of many armies of cells that will work for us all the time **in the way that we direct.** How? Through the quality of our **thought,** operating every moment that we live upon the ions and atoms and cells that compose our bodies. And this is just where Man may triumph; he may, and someday he will, become immortal in the most literal sense. What I have just said is extravagant and meaningless to most people. They might question even the sanity of a person who would dare to use such words; but, again, our only retort is that **unless we have prepared ourselves for such lofty thinking and high hope, we simply cannot begin to understand that "You Are Not Subject to Decay and Death."** Such a hope even cannot come overnight, and the idea that Man can rise above what he has seen—and still sees around him on the earth, in negation and death—is simply a forlorn hope if he **does not practice.**

Man generally knows little about his body. **"My Whole Body,"** our phrase in Mentalphysics, "this wide Universe"—who of us knows anything about it? But individual Man

very rarely knows anything about his body. Have you ever stopped, while watching people, and been struck by the dire ignorance of people in such things, perhaps, as walking, talking, digesting their food, what they shall eat, and so on? Look out upon human beings, made in the Image of God, and you must immediately be impressed with the colossal ignorance, not only of people who may be called academically ignorant and uneducated, but also of educated people—scientists, who teach the sciences of the human body in a professorial way, who do not know anything about their bodies!

CONCLUSION: YOU MAY LEARN THIS GREAT SCIENCE WHICH TEACHES THE ART OF CONTINUOUS LIVING.

The final question is "How can we do it?" In a small lesson-volume like this, it is naturally not possible to teach this science of continuous living—indeed, it cannot be taught in words alone. There are definite exercises which must be scientifically learned and practiced, and every sincere person may learn them. These exercises are physical, mental and spiritual in nature. They become in time a part of the daily regime of the day. Their beneficial effects are rapidly realized by anyone who enters upon this work with sincerity and zeal. Thousands of people have most gratefully acknowledged that they have not only benefited in their general physical well-being as a result of this science, but have attested that a remarkable change comes about in their mental attitudes. Best of all,

however, they believe that they have at last discovered the spiritual secret of truly victorious living on all planes of existence. No matter how men may scoff at such an idea as the "impossible," those who take up this great science are on the laughing side. It is naturally the hope of the human heart to live a full and abundant life, to feel that health of body and mind is our natural birthright, which can be regained by spending a short time every day in the simply glorious secret practices which the science unfolds. It is a grand thing to come into the knowledge of our own true spiritual nature, for therein lies our final victory.

Just rest within yourself as you conclude the reading of this Little Book. See whether YOU BELIEVE I am telling you the Truth that I know. If your answer is in the affirmative, and if YOU WOULD LIKE TO LEARN, you may address me in the care of The Institute of Mentalphysics in Los Angeles, and I will disclose to you what should be your first steps. This great Science of Mentalphysics, however, is not for the merely curious and the trifler. If you are sincere, write to me, and I will gladly help you if I can, the same as my own great Teacher helped me.

Peace be unto you.