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

Author of: Across China on Foot; China's Revolution 1911-1912; Breathing Your Way to Youth; Your Mind and Its Mysteries; How to Meditate, and Other contributions to the Higher Philosophy of Life and the Science of Living.

Editor of: Dingle's New Atlas and Commercial Gazeteer of China; Bi-lingual Map of China; Far Eastern Products Manual; China and Far East Finance and Commerce; F. & C. Year Book, and Other Standard Economic Publications.

EDWIN JOHN DINGLE, Fellow of the Royal Geographical Society of Great Britain, and other kindred international societies, was born in England; trained as writer and geographer; an orphan at nine.

• Leaving England, followed his profession in Straits Settlements and lived in Asia—China, India and Tibet—for 21 years; traveled widely in East Indies studying philosophy and religion; walked clear across China to Burma, returned to interior, met with many accidents and illnesses, lived in Oriental temples, for many months in a Tibetan monastery where he received guidance in the practices of Ancient Tibet (his temple life is the most unbelievably fascinating story of a white man's life in that inscrutable land of philosophy, and is divulged only to his advanced students); traveled, studied, practiced his profession, always preparing himself for final life work; authority on Oriental economics and philosophy.

• Has to his credit an enviable record of achievement in the field of geographical exploration.

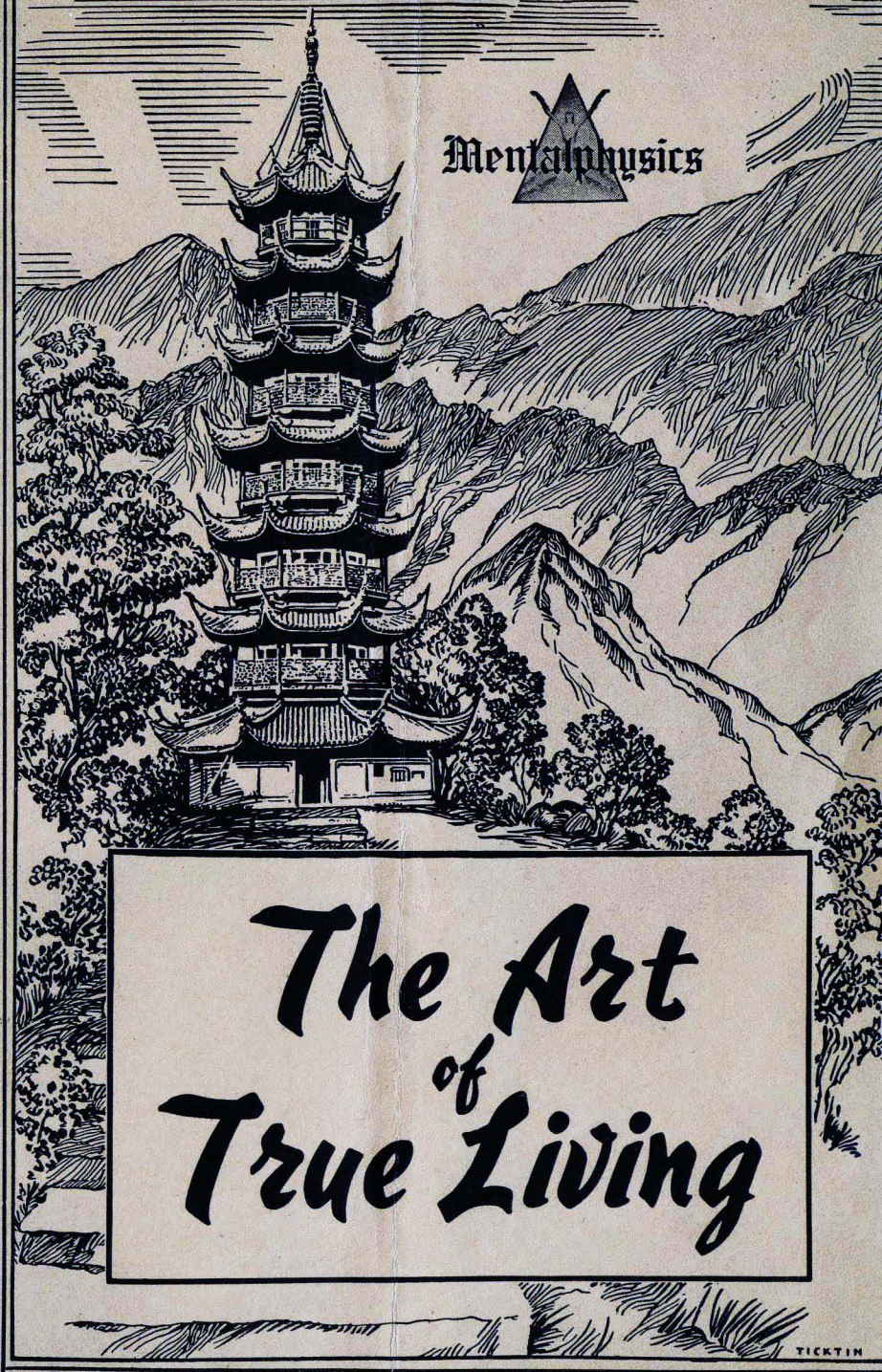
• While in his Tibetan monastery, our beloved Preceptor was selected to have disclosed to him and was systematically taught methods closely guarded for many centuries in Tibet, and by their use restored his physical, mental and spiritual body from almost utter extinction to perfection. Today he is a remarkable living monument to his phenomenal teachings, so that, long past the mark of middle life, his body stands as a splendid physical and spiritual instrument. His mastery of these little known fundamental Oriental laws, which he has adapted to the tempo of the modern mind, is so complete that he possesses the inimitable faculty of uncovering to you the method by which he himself demonstrates that which he teaches. He lived practically in retreat from 1922 to 1927, then founded the Science of Mentalphysics—a practical, Western-understood, philosophical, inspirational and spiritual teaching, declared to be the Greatest Teaching Accessible to Man, and the great World Movement of Tomorrow—available only through the Institute of Mentalphysics.

• If ever in this life you will meet a Teacher whose whole life is devoted to humanity through his ever-increasing circle of followers, it will be in Edwin John Dingle, beloved of all who know him. There is nothing in the Western world that begins to compare with his true Inner Teaching.

• Much more could be written about the head of this institution, but, as he himself says, "words are the leafage—the fruit of the tree is in the deeds of life."

TREATISE NUMBER ONE

Mentalphysics



The Art of True Living

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Mentalphysics

EDWIN J. DINGLE, F.R.G.S.
Founder of the Science of Mentalphysics
Internationally-Known Psychologist, Author and Philosopher
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The Institute of Mentalphysics

Treatise No. 1

The Art of True Living

by

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

(Founder of The Science of Mentalphysics)

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A STRANGE MESSAGE FROM A LAND WHERE THE ART HAS NOT BEEN FORGOTTEN

■ 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 our 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 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 MONEY 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.

That is an astounding declaration, I know. Especially when I say that these things can happen here and now, in the year in which we are living, not in some dim and distant future, or in the next life. Especially when I say that they can happen to YOU, easily and naturally, as well as quickly. I do not ask you to accept this staggering declaration now. *I ask only that you keep an open mind until it is proved to you, that you give me enough of your time to present that proof.*

A Three Thousand Year Old Legacy For You

■ I take no credit, personally, for discovering these truths. I was as amazed as you will be when they were first disclosed to me. I am merely the instrument through which they are passed along from far wiser and better men than I am—men whom I believe to be the wisest on earth today—the latest of a three-thousand-year-old UNBROKEN CHAIN OF WISE MEN.

When I say, therefore, that for three thousand years this message has been on its way to you, relayed from generation to generation, carefully guarded and cherished in the hands of a select few, refined and simplified and added to by the great spirits of their time, you will, I am sure, give it serious consideration. For it is all true, as you may see later on; and no sensible man or woman could refuse to investigate such priceless knowledge when it is offered.

Methods That Have Tremendous Effect

■ I am sure that you, like all intelligent people, appreciate that the greatest truths of life have not hitherto been printed—or if printed, have not been completely understood or realized. Mere intellectual understanding is nothing—the Wise Men have discovered that truth makes men free only when it is FELT to the very depths of the soul, made a MAINSPRING of our every thought and action. Then, as many great men have demonstrated, it gives men power undreamed of, the might to shake the world. Then, as stories of apparent miracles in many parts of the world confirm, it gives the energy to accomplish the seemingly impossible. My great mission in life is to disclose to you methods and practices these wise men used in ESCAPING from mere intellectual grasp of truth, in making truth a part of the VERY BEING, its VAST POWER theirs to do with as they will.

Simple Ways That Have Been Proved Through the Ages

■ That tremedous power within us has been dimly realized, of course, in our Western world. But our writers and our psychologists have had only a faint idea of how to USE THIS GREAT POWER, how to call upon it when and where we will. Usually, their methods do not work, except in rare cases. YET FOR THREE THOUSAND YEARS COMPARATIVELY SIMPLE METHODS FOR USING ALL THIS POWER HAVE BEEN KNOWN AND USED BY THE WISE MEN OF THE EAST. From generation to generation the methods have been improved upon and simplified, until now they can be used with TREMENDOUS EFFECT by almost any ordinarily intelligent person. They can be used by *you*, as I expect to prove to you, in meeting your personal problems, in building the superior mind and ability and power necessary to carry out your ambitions, to fulfill your desires, and in giving you greater strength to fight off sickness and old age.

Wishes Made To Come True

■ Like all *honest* people, you no doubt feel that honesty should always be rewarded, that the good things of life should not be only for the selfish. I say to you that if you get in tune with the great power within you, honesty is RICHLY AND QUICKLY REWARDED, and that THE GOOD THINGS OF LIFE PILE THEMSELVES UPON THE UNSELFISH.

Like all *generous people*, you want the ability to help your loved ones, to bring their hopes, as well as you own, to fruition. I say to you that *the*

power to do this is already within you, ready to be called upon and used, and that the methods of these wise men WILL SHOW YOU HOW TO USE THAT POWER IN SEEKING THE FULFILLMENT OF SUCH A NOBLE AND UNSELFISH PURPOSE.

Like all *sincere people* you are probably mystified by the seeming cruelty of sickness and poverty and old age all around you. I declare to you that all these are unnecessary, not intended by a kind Creator, brought on, principally, by too much reliance on ourselves and too little upon the great power within us—and that the methods developed by these wise men are effective in relieving sickness, maintaining youth through many years, and eliminating poverty altogether.

Be Master of Your Own Destiny

■ Like all who are not *craven slaves*, you want to be free of bosses, and debts, and worries—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.*

Finally, I am sure, you do not want to be hindered in these high endeavors, by any handicap whatever—whether real or imaginary, whether of the mind or the body, whether sickness or old age, lack of money or lack of youth. I 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.

Long-Hidden Practices of The Wise Men

■ Do these statements seem to stagger you? I confess that they did me when they were first made to me. But since then, I have learned even more astounding truths about myself and you. I don't ask you to accept them now, any more than I did until they were *proved* to me. I ask only that you give me an opportunity to *present such proof*, only that you accept these amazing facts when they are proved in your own life, by *your own greater achievements*, your own more glorious health, your own *richer possessions*, and the happy and abundant life in *all* fields that this way of life can bring.

These were the first astounding truths that were passed on to me by one of the latest in that long chain of wise men. We have, within us, not merely the mind and soul power of a thousand men, but the great wisdom and power of God Himself—or the Creator, or the Supreme Intelligence, or whatever name you wish to call Him. Of course, most religions recognize this—we have no quarrel with any religious belief, but honor and respect all sincere faiths. BUT THE STAGGERING REVELATION MADE TO ME BY MY MASTER IN THE ORIENT WAS HOW TO USE THIS VAST POWER IN OUR DAILY AFFAIRS, TO HELP BRING ABOUT OUR PLANS, FULFILL OUR PRAYERS—ON EARTH, HERE AND NOW.

Immense Powers Never Before Realized

■ This mighty Niagara of Strength has been with us since time immemorial. Three thousand years ago wise men had discovered it and learned methods for using it. Why is it, you wonder, that we have gotten so far away from it, that we are blind to our own greatest heritage, that our scientists and psychologists don't know more about it and cannot instruct every man in its use?

It is because they are *afraid to acknowledge man's kinship with the Supreme Creator*, because they try to explain things *materialistically*, instead of *spiritually*, because they rely upon *earthly* knowledge and hesitate to accept anything that cannot be understood in the light of that knowledge. But *even they stand in awe* before some of their more recent discoveries, and are beginning to perceive that the wise men of old were more nearly right than had been supposed. *Even they* are probing into what they call the subconscious and superconscious mind, and perceiving something of its *immense powers.*

Unbelievable Things Accomplished

■ Before long, perhaps, they will acknowledge that the wise men were correct, and that this power is the wisdom of the Supreme Creator—God Himself in each and every one of us. Before long, too, they may be able to explain why the methods developed by these wise men are so *tremendously effective* in utilizing that power within us. Right now, no one knows exactly *why* these methods work. We only know that they do, and that in the East are men who accomplish almost *unbelievable* things through them—things which our materialistic scientists have *never* been able to duplicate. You no doubt have read about the masters of the Far East and their wonderful powers.

The Easy Way of True Genius

■ Do you think a mere *man* wrote the best work of Shakespeare, or the sublime music of Beethoven? About all either of them did, after learning to get in touch with the Divine Source within them, was to *listen* to the poetry or music of that INNER VOICE and write down what they heard. How can scientists explain the Inner Voice of Mozart? Frequently, while composing, if he dropped a sheet of music, he found it easier to write another than to pick the first one up—so *rapidly* was his Inner Voice pouring forth the melodies of Heaven.

That Inner Voice is in all of us. If you will but learn to listen to it, *you too can pour forth an avalanche of mighty words in your chosen field of effort.* But the more we rely upon materialistic knowledge, the deafer we become to that Inner Voice. Like Adam and Eve, we are "banished from Paradise" because we are filled with the fruit of the Tree of Materialistic Science.

Make Your Own Heaven

■ But please understand me. Our scientific knowledge is *not an evil in itself.* The fault lies with *ourselves alone.* We become blown up with *conceit* in this new-found information, think we know it all, we rely upon material facts *alone* for our guidance, when such knowledge is INCOMPLETE, and is not likely to *be* complete for another ten thousand years.

This conceit, this reliance upon UNRIPE materialistic knowledge, has become an almost universal habit with us. We have, most of us, forgotten how to rely instead upon the Great Power within. We have forgotten how to use this power, we no longer can hear the inner Voice, WHICH CAN MAKE OUR HOMES HAPPY AS THE GARDEN OF EDEN, WHICH CAN MAKE US VERITABLE GODS AMONG MEN—IRRESISTIBLE, UNCONQUERABLE, VICTORIOUS IN ALL OUR ENDEAVORS, MAGNIFICENT IN OUR STRENGTH, SUBLIME IN OUR WISDOM.

Hidden Wisdom From a Land of Miracles

■ But down through the ages, *uncontaminated by our materialistic knowledge,*

in a far country where such knowledge couldn't reach, the ANCIENT WISDOM has been *kept alive.* How thankful we may be that, sheltered behind the highest mountains in the world, *this sacred heritage has been preserved for us*—a higher understanding of the Creative Power within us, and the methods wise men have discovered for making the most of that power *in our daily lives and our daily affairs?*

The few travelers who have visited it call it the *land of miracles*—as indeed it is—for men there can do things that *cannot be seen anywhere else in the world.* Century after century, a carefully chosen group of wise men have here passed on, from generation to generation, carefully guarded secrets that were held *too precious* for the multitude, *too potent* to be permitted to fall into the hands of the unworthy. I have witnessed many of their powers made manifest, and I want to prove them to you.

Revealed Only To a Chosen Few

■ These wise men are the latest of a long, *unbroken chain of wise men* extending back *certainly* for three thousand years, a thousand years before the Christian era, and no one knows how many thousand years *before* that. To this day, these sages preserve the use of Sanskrit, the earliest known language, from which some scholars believe most of the white men's languages sprang. Our great museums, various temples of the East, contain manuscripts in this remote tongue, the wisdom carefully guarded in parable and poetry.

A Message From the Last Home of the Unknown

■ In the heart of ageless Asia, in the strange land of Tibet, the torch of this wisdom *still burns*, carefully tended by a chosen few. Into this forbidden place of mystery, this last home of the unknown, this "roof of the world" as it is called, foreigners are not allowed to enter, except in rare cases and under special conditions. It is still the *least known country of the world*, brooding silently over the riddles of the ages, carefully guarding itself from the pollution of a materialistic age.

And here one of the latest of the age-old chain of wise men became my teacher. My profession of geographer and map-maker brought me to the country. Through a weird combination of circumstances, I was fortunate enough to enter, and to sit as a student at the feet of this remarkable man. What I learned there I wish to disclose to you, for I believe THE TIME HAS COME FOR THE TRUTH TO SET MEN FREE.

Inconceivable Immensity of Mind

■ The *effect* of this knowledge upon a person is *indescribable.* No one could without experience conceive of the power it gives, the immensity of mind, the control over yourself and over others, the mastery and ability it provides in all fields of endeavor.

Perhaps a certain experience of a friend of mine will give you a partial idea. When a youth, my friend was fond of swimming. He had never swum more than a half-mile in his life, however, when one day he decided to attempt a five-mile swim. As he passed the first half-mile, he began to lose his wind. Soon his heart started pounding, he was gasping for every breath, and his face became a mask of agonized effort. Presently, when he thought he simply had to give up, he suddenly drew a deep breath, then another and another, and his troubles were over. To him it seemed a *miracle.* He had never before realized what "second wind" was. He almost shouted for joy

in his new-found strength. He swam on and on, going *ten times* as far as he had ever gone before, and finished the five miles tired of muscle, but with lungs breathing easily and quietly, seemingly ready for five more miles.

A Power That Can Take You Ten Times As Far

■ *He had never known power was within him.* Yet every long distance runner, every long distance swimmer, is familiar with the miracle of second wind. In *every* long race, the participants are in agony, tempted to give up, before it comes. My friend went through the same experience time after time, after his first attempt. Always he went through the breathless stage, and always the miracle came to solve his problem. He learned, as other long distance athletes do, that "second wind" *inevitably comes*, that there is a vast lung power in reserve that *other people know nothing about*, a power that can take them TEN TIMES AS FAR as most people can go.

Mysteries No Man Can Explain

■ *And so it is with you. 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 into 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.

Let me tell *you* what my master taught me of the methods of these wise men. I cannot tell you exactly *why* they work. I only know that they *do*. The wise men themselves cannot explain all the whys and wherefores. It will probably be several thousand years before the explaining can be done. *But the using can be done right here and now, to give you a "second wind" with which you may soar to the very heavens of earthly accomplishment.*

How absolute is the Justice of Life, which promises that we may use this great power in whatsoever way we may! Through it we may gain greater health, greater success in whatever enterprise we choose, greater happiness, greater courage, sublime poise and peace—we may use it to become "perfect as the Father in Heaven is perfect." That promise was not made in vain. Nor was the promise vain that "Heaven is within you," for you are indeed *"God in human form."*

How joyful and thankful we should be that this God-given power is within us! One of our wisest men, Beethoven, has proclaimed the great truth to those who have "ears to hear." In his Pastoral Symphony, Beethoven began to write of the shepherd's happiness that a storm is over. But the Supreme Creator of All Inspiration took over the composer's pen. That simple shepherd's melody became a mighty paean of joy, echoing from crag to crag, swelling from mountain top to mountain top, with all the creatures of earth swinging in a dance of rapture, and the stars of the heavens bursting forth in song. An overwhelming tide of thankfulness sweeps over us, that God is so good, the world so beautiful, and men so divine. All the storms of life are gone, and at last we see the IMMENSITY of the DESTINY which is ours! Such is the joy and gratitude which YOU should feel, and which you WILL feel, WHEN THE REAL TRUTH ABOUT YOUR OWN GREAT POWERS FINALLY DAWNS UPON YOU!

The Institute of Mentalphysics,
Los Angeles, California, U. S. A.

Edwin Dingle

Start Using These Strange Methods At Once

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Get Your Share Of Health, Happiness, Power and Plenty

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THE FOREGOING LECTURE BY MR. EDWIN DINGLE, we are sure, will convince you that he is, indeed, an unusual man, one who can reveal mysteries of life you have never before known, and help you in a way that is astonishing. No matter what your position in life, no matter what your problems, no matter how great your ambitions, you owe it to yourself to make use of his wisdom that has been preserved for you through so many ages.

What Mr. Dingle learned in the strange land of Tibet, and elsewhere in the Orient, is revealed in the SCIENCE OF MENTALPHYSICS, the Victorious Philosophy of Life. Through the *secret* use of the principles here disclosed, you will find yourself rushing toward fulfillment of your desires, and accomplishment of your ambitions, with such electrifying power of mind and strength of body that you can *no longer be your former self*, but a man or woman REBORN into a glorious new life of ever-growing happiness and success.

For the benefit of those who have special problems, or particular ambitions, we shall here show in more detail what Mentalphysics means to you. Under one of the headings which follow, you will no doubt find YOUR particular ambition discussed. Be sure to look for it. Some of the problems may not be your immediate concern; but you undoubtedly wish to know what amazing results may be expected from this revolutionary disclosure. We, therefore, recommend that you read ALL of the material which follows, even where the problem is not at present yours.

Why Worry About Lack Of Money? . . . Get Your Share Of Universal Supply

• • • "ALL THESE THINGS SHALL BE ADDED UNTO YOU," is an old promise and a true one. Once the Kingdom of Power within is found, the daily needs of life, and even its luxuries, automatically follow. When you learn the principle of UNIVERSAL SUPPLY, as disclosed in Mentalphysics, you will soon be on your way toward that Kingdom of Power and its AUTOMATIC REWARDS of plenty and abundance.

Unsuspected Opportunities—Overlooked Resources

• People bring on their own lack, through unknowing or *unconscious interference* with the law of Universal Supply. It is heart-breaking to see people, hard-working, conscientious, intelligent, deprived through no fault of their own from enjoying

the plenty and happiness they deserve. And, though it happens every day, it is ENTIRELY UNNECESSARY. Such people need only follow the principles of Easy Plenty and Personal Mastery, which reveal *unsuspected* opportunities, *unforeseen* sources of positions, *unthought of* plans for money-making, and *resources right at hand that have been overlooked.*

You no doubt remember the story of the man who searched the world over for a way to wealth—only to return home, an apparent failure, and find an acre of diamonds on the old homestead. Thus it is with all of us. Right at hand are resources undreamed-of, which we overlook.

Get Your Share of the Flow of Abundance

• Let Mentalphysics help you find those resources, which are ALWAYS there for those who *have eyes to see.* Few people who have plenty of money and success really know how it came about. They only THINK they know. Learn the real principles underlying the flow of abundance, and it will come to you steadily and automatically, instead of haphazardly and accidentally. The good things of life are always at hand, always trying to find you, if you will but OPEN THE DOOR. *Your* Acre of Diamonds is very likely right under your nose as you read this, but you haven't the EYE TO SEE. Let Mentalphysics tell you about the INNER EYE, and enjoy the bright new world and the amazing possibilities it discloses to you.

That Ambition Of Yours—That Dream Of Success—Cast It Aside—You Can Accomplish a Ten Times Greater Success

• • • TO PROVE IT, WE SHALL TELL YOU THE TRUE FACTS about an advertising man of our acquaintance. He had a five-thousand-dollar-a-year job. Just above him was a man making ten thousand dollars a year. The latter had induced the advertising man to take the job by intimating he was about ready to retire. The advertising man's one great ambition was to get that ten-thousand-dollar-a-year job. For almost two years he waited for the man above him to step out. Then the great disappointment came. His superior signed a contract for another year, when the advertising man felt that surely his time had now come.

In a dudgeon of chagrin and anger, the advertising man resigned his position. His house of cards had fallen down. His one ambition had collapsed. He went through a lot of foolish agony about the matter—entirely needless—for, though he didn't know it, HIS AMBITION WAS TOO SMALL. Unknown to him, an acre of diamonds was at hand.

Did Not Know What He Had

• Like many another advertising man, he had spent idle moments in what he thought to be FANCIFUL pictures of business that might be tried some time in the *dim and distant future.* He used to laugh at himself for this habit, and quote the old song, "I'm forever blowing bubbles, pretty bubbles in the air." Except for amusement, these "bubbles" seemed to him to be entirely too fantastic. Without the INNER EYE to see with, he didn't know what he had—just as you, probably, don't know of the GREAT WEALTH that YOU can have.

Now, without a job, with two years apparently wasted, the advertising man decided, in fear and trembling, to try one of his "bubbles." *Within two years he had a fortune of one-quarter of a million dollars.* His "bubble" turned out to be an acre of diamonds that all along had been *under his nose.* Instead of making ten thousand dollars a year—all he hoped for—he made TEN TIMES that much and more. He learned that the way is made smooth, once you are headed in the right direction, and that a man can SLIDE to success like a toboggan speeding down hill through the snow.

His success was more or less a matter of accident—and if you wait for such

accidents you are likely to wait forever. But there is no *need* for YOU to depend upon accident and circumstance. Instead of waiting for sheer luck, you can acquire knowledge of the INNER EYE which helps you to SEE the acres of diamonds around you.

For thousands of years wise men have been pondering the matter, and have discovered methods and practices, little known in our Western world, that are astonishingly effective in disclosing the great possibilities of fortune around you. THEIR WISDOM IS YOURS—you have but to reach for it—and those "bubbles" of yours may leave the air and COME DOWN TO EARTH, enabling you, too, to SLIDE toward success. Much of that wisdom will be found in Mentalphysics. Reach for it. Head yourself in the right direction, make the way smooth, and SLIDE to fortune. Leave no stone unturned, when there is at hand A TEN TIMES GREATER SUCCESS THAN YOU EVER HOPED FOR.

Why Successful Men Cannot Tell You How To Succeed—What Is Wrong With Methods You Have Been Taught

• • • LIKE THE ADVERTISING MAN whose story is given above, most of our successful men head in the right direction through pure accident. Others unknowingly and unconsciously follow the right principles part of the time, and only THINK they know the reason for their success. That is why few of them can really tell others how to succeed.

Oh, we know they get together in their chambers of commerce and their millionaire clubs, pat themselves and each other on the back, and tell one another what great fellows they are. We know that they try to tell us that it was superior brains, or ability, or industry, that accounted for their success. But don't let them pull the wool over *your eyes.* Most of them haven't any more brains and ability than you have; many of them have far less education, and some of them are downright lazy. You'll find one who was given a PUSH by apparently hard luck, like the advertising man, and practically STUMBLED upon his acre of diamonds—another who was so lazy he wouldn't work for other people and HAD to go into business for himself—still another who did the same thing because he was NOT ABLE to earn a comfortable salary working for other people—and others who were practically FORCED into a fortunate investment by some high-powered salesman. No wonder they cannot tell us the laws of success!

All this is contrary, perhaps, to the "go-getter" books and the "success psychology" you have been reading. You will find much in Mentalphysics that is ABSOLUTELY CONTRARY to Western ideas. The wise men of the East are too keen, too penetrating in their thinking, to allow the wool to be pulled over their eyes. They know that many successful people JUST HAPPENED to be heading in the right direction at the right time.

But they know something *more,* they have gone far *deeper,* through thousands of years they have found ways and means of FINDING, WITHOUT WAITING FOR ACCIDENT, THE ACRE OF DIAMONDS AT THE HAND OF EVERY MAN AND WOMAN.

The Easy and Calm Way to Success

• Our Western "go-getter" methods often bring on only nervous collapse, physical and mental exhaustion, premature old age, and a thousand other ills, without, in most cases, bringing any success whatever to the sufferer. The great medical problem of today, in America, is the rapid increase of nervous ailments in the nation. As never before, doctors are besieged with nervous wrecks, complex-ridden people—and the population of medical institutions is growing so rapidly as to *alarm* and *amaze* those who know the facts. This "strenuous life" psychology is all wrong; the entire country has entered a blind alley.

WE are JUST IN TIME to save ourselves by turning to the wise men of the East, who have developed methods for achieving success, and meeting our prob-

lems, EASILY AND CALMLY, without such prodigious effort and nerve strain. You, too, can use the easy and calm methods, when the truths of Mentalphysics are disclosed to you.

Enjoy Glorious Health and Strength — Feel and Look Younger — Delay for Years the Advance of Age

• • • IT IS BEGINNING TO BE RECOGNIZED, in the Western world, that THERE IS SOMETHING WRONG WITH THE WAY WE THINK. Our writers and our psychologists, some great religious and new thought movements, are pointing out that many of our ills, our weaknesses, our failures, and our lack of vitality, are due to MISUSE OF MIND POWER.

We are groping toward the truth at last. We have found that our minds have TREMENDOUS INFLUENCE on our health, that within us is a STRENGTH NEVER BEFORE REALIZED, which can accomplish apparent miracles in the conquest of illness and the prolonging of life, in retaining youthful vigor and handsomeness for many years longer, and even in rebuilding weakened and invalid bodies.

Methods Average Person Can Use

• But it's an old story to certain wise men of the East. And though we have discovered methods that work in OCCASIONAL cases, only a few people find themselves able to use them effectively. Yet these wise men have methods that many members of the Institute of Mentalphysics consider *far more effective*, far more certain, and FAR MORE EASILY USED BY THE AVERAGE MAN OR WOMAN.

Wise men for many generations have CONCENTRATED upon the development of mind power PRACTICALLY ALL THEIR LIVES. So it is not at all surprising that they appear to know more about mind-power than we Occidentals do. They started on the problem some thousands of years ago, preserving their methods through the centuries, while we in the Western world are JUST BEGINNING to realize what mind-power can do.

Unbelievable Powers of Mind

• Travelers return from Tibet and other remote corners of the East with stories of men living to incredible ages, retaining youthful strength for many years, showing a mastery over other people, over their bodies and circumstances, that is almost unbelievable. The highly intelligent leaders of these experts in mind-power do not stoop to vulgar display. But occasionally some hermit who has learned some of their secrets will perform amazing feats that cannot be duplicated anywhere else in the world. Visitors to these far lands tell of men walking on red hot coals, or of a man sitting for hours naked on the ice in bitter cold weather, comfortable where another man would freeze to death, and even melting the snow around him for five or six feet with the bodily heat he seems to control with his mind alone. These, perhaps, are mere demonstrations to prove their powers to the populace, or exercises to maintain the control of Mind over the body. But the *real wise men* are men of balance and keen penetration, and use this power in far more worthy purposes—as you and any other sensible person would do.

If you wish to learn more of the apparent miracles accomplished by men of the East, you need only go to your public library—in book after book, especially in books about Tibet, examples of remarkable feats of mind-power are given—witnessed and authenticated by well-known people.

Mind Makes People Sick or Well

• You have no doubt heard of many of these cases, you have no doubt been reading of the recent discoveries of the subconscious and superconscious mind in every one of us. You can no longer question, therefore, that mind has a tremendous control over our bodies, that it can make us sick or well, can shorten

our lives or lengthen them, can cure us or kill us, make us strong, vigorous, handsome or make us the reverse.

But, like many another, you have perhaps tried our crude and hastily-formulated Western methods and find that they do not work, at least in *your* case. And little wonder!

Be the Person You Can Be

• But there ARE methods that can work, and which WILL work. Let Mr. Dingle disclose to you what he has learned from his wise teacher in Tibet, and then apply his methods to YOUR health problems—to quote only ONE avenue through which you can bring benefits to yourself. See for yourself WHAT AMAZING CHANGES CAN BE BROUGHT ABOUT. Even if you THINK you are in good health, learn how much MORE VITALLY ALIVE, how much STRONGER, how much more immune to disease, how much more YOUTHFUL in body, spirit and appearance you CAN be.

If we were to put in print the changes that hundreds of Mentalphysics followers have testified have taken place in their physical bodies alone, the story would be so striking that it would be regarded as incredible.

Fear - Timidity - Inferiority Complex - Unsocial Habits - Worry Quickly Mastered

• • • EVERYONE KNOWS THAT THE RELIEF of these handicaps lies in the MIND ALONE. And none know it better than those who suffer from them. Yet, knowing that in their minds resides a power for overcoming these habits, the sincere and earnest sufferers find themselves unable to reach that power.

Practically all have tried the usual formulæ—telling themselves that they must have confidence, faith, hopefulness, self-esteem, and so on. But they find this easier said than done. And no wonder!

Doing all this is not as easy as some of our psychologists would have us believe, nor is it as complicated as others would intimate. By Western methods, of course, it is extremely difficult in most cases, because the problem is approached from the wrong viewpoint. Often the methods only aggravate the difficulty by centering the thoughts too much upon it.

That old quotation "As a man thinketh, so is he" is relied upon too much in our Western world. It is not so much how a man thinks, but how he FEELS. Thinking confidence is far different from FEELING it. Thinking hopefulness and happiness is not alone able to make you *feel* that way.

We can, when we think of it, control our thoughts, but controlling our feelings, moods and emotions, is a different matter. And it is our FEELINGS that are at the bottom of fear, inferiority complexes, worry and other mental difficulties.

Long before we in the West realized the vast power hidden within us, wise men of the East perceived it, and discovered ways of reaching that power through the *feelings* as well as through the thoughts. They aim to control the *powerful moods* that make or break one, the underlying *cause* behind success and failure.

Mentalphysics has adopted their astoundingly effective methods, and through comparatively simple practices, inspires FEELINGS of confidence, happiness, superiority, faith, energy and ambition. Thus, through simple control of your moods and emotions, you BECOME self-reliant, courageous, joyful, VICTORIOUS in thought, feeling and manner, and EQUALLY victorious in your endeavors. Feelings of fear, worry, inferiority, and so on, are *crowded out.*

More Friends — Better Friends — Greater Influence Over Others — Success in Your Social Life

• • • AS ONE HAPPY MAN OR WOMAN after another has proved, nothing can stand before the person who FEELS his great destiny. In Mentalphysics you learn that WITHIN YOU, ready to be used, is a divine power—hidden, little

used, tremendously powerful and awaiting your command . . . an UNCONQUERABLE POWER, and when you feel that, the world and all that's in it are yours for the taking—you really BECOME the splendid, admirable, divinely capable and powerful person you OUGHT to be.

The world stands ready to pay homage to such a magnetic personality, to give its *choicest gifts* of friendship and influence. People eagerly help such a person, are flattered by his or her notice, and follow such leadership. And that is the kind of person YOU can be—the power is within you as much as in anyone else—all you need to do is to keep in *touch* with it. In Mentalphysics you will find methods that are unusually effective for getting in touch with that power—methods worked out through thousands of years by generation after generation of Wise men, methods found remarkably effective by many of our members.

Poise, Charm, Personal Magnetism

• Poise and charm, magnetism and character, are the natural attributes of one who finally comes to know the real power within him. To such a one, these world-conquering attributes come without effort, without strain, EASILY and NATURALLY. They become the HABIT OF LIVING. All the good things of life pour themselves upon such a person.

The woman thus endowed finds herself *popular,* invited everywhere, asked to be *leader* in various social activities, with a *choice of friendships* that makes her life a rarely pleasant adventure indeed. She finds her husband a grateful and devoted helpmate, her children worshipful, and her home a haven of loyalty and devotion—all through the influence of her own gracious presence.

Friends to Help at Every Turn

• The man thus endowed finds opportunity coming his way, with employers *clamoring* for his services. He is able to help his children in the right paths, the way is made easy for the carrying out of his plans, and friends are ready to help him at every turn.

With such rewards in sight, every man and woman should find as quickly as possible the real POWER WITHIN. Let Mentalphysics guide you toward such a goal, as thousands of others have done, and seize from life the great rewards in store for you.

Greater Mental Powers — Greater Development of Your Talents — Greater Knowledge

• • • In the West, we do not appreciate sufficiently 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,* who do not seem able to use their knowledge to good advantage, who are not given the RIGHT THOUGHT AT THE RIGHT TIME.

• Nothing of value, permanently, has ever been accomplished without INSPIRATION. 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, *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.

Inspiration Multiplies Your Talents

• In Mentalphysics you ARE taught such methods—practices which have been found very effective throughout hundreds of years of careful experimentation by keen minds. Inspiration comes from the Supreme Intelligence within. It is not a matter of reason, or of mere education. It is a matter of getting in touch with that vast mind within you that is many, many times more powerful than your conscious mind. That subconscious mind is ready to do your bidding, when you learn how to command it, to bring forth great works, original ideas, the right thought at the right time—so that *your words are apt, your thoughts timely, your ideas inspired, and your actions successful.*

No matter what your talents, no matter what your ambition, you should learn the way to call upon that SOURCE OF ALL INSPIRATION within you. Thus you may become a brilliant conversationalist, a moving public speaker; thus your letter-writing may accomplish its purpose, your daily work stand above the ordinary, your greatest ambition in all fields realized. What have you done to get in touch with the Source of all inspiration—the Divine Power within you? The supreme purpose of Mentalphysics is to do this for you. Call upon its *powerful aid* in this high endeavor.

Mentalphysics Offered At Minimum Cost

• • • Though the benefits to be expected from Mentalphysics should be worth hundreds, even thousands of dollars, we ask Initiates only for sufficient donations to carry on the work. There is necessarily expense incurred in record keeping, in preparing and issuing the messages, preparation of printed and photographic material. This and the constant enlargement of our efforts require a small minimum donation from each Initiate. The required donation, to be sent with the Application Form, is $5.00. This is sent to us before study can begin. Thereafter, the required monthly contribution is $2.00.

• By continuing this monthly contribution, you have the right of advancing in the Great Revelation as far as you desire to go. So long as you remain a member, messages will be mailed to you every fifteen days. Many find the messages so inspiring and helpful that they NEVER want them stopped, but the very first messages that you receive should show you that you are well on your way, and not long thereafter you should begin to perceive ACTUAL RESULTS. We urge all students, however, to complete the entire twenty-six-week Initiate Course, in fairness to themselves and their own wondrous powers.

How the Great Messages Come to You — Our Method of Presenting the Science of Mentalphysics

• • • Every thinking man and woman, young or old, is consciously or unconsciously seeking what Mentalphysics teaches.

When you enter as a member of the Institute of Mentalphysics, this is your official procedure. During the whole of your progress, you are in direct touch with your Guide, Edwin J. Dingle, our Preceptor and President of this Institute. You are dealing with a human, helpful and considerate man, who has made your troubles and your purposes the study of many years.

You Receive Upon Acceptance

1. ***First Week's Message***—"Guidance for the Initiate"—a manuscript of great *usefulness and profound interest.*

2. *Second Week's Message*—"Entering the Gate"—a manuscript unfolding your tremendous possibilities.

3. *Photographic Material*—illustrating practices for you to make use of *immediately* in forwarding your purposes.

4. *Printed Matter*—explaining some of the principles, so far as we can know them today, behind the strange methods.

5. *The Method Itself*—the first revelation, which you can apply at once, and *see the effect for yourself.*

NOTE: The methods and practices, effective as they are, can be used by anyone of ordinary intelligence. The principles, however, are given for those keen minds who delight in scientific and philosophical inquiry. Enough is given in the first installment alone to give to such people a month's rare adventure into little known but astonishing mysteries of life. Many of them are today unexplainable, and may not be explained until science has advanced a thousand years or more. We only know that they work—how and why must be left, in a great measure, for future ages to discover.

You Receive Each Month Thereafter—

• Four weekly messages and photographic material. Methods for special purposes. Practices designed to mould your life, in all aspects, into the beautiful and triumphant pattern in which it *can* be moulded.

After 26 Weeks

• Complete review of your progress, with full examination at no extra cost to you. Then, if examination is satisfactory, you are given a Diploma signed by the Preceptor Emeritus, testifying that you have successfully passed the examination.

No Interference With Your Religion

• Mentalphysics is not designed to take the place of your religion. Most religions of today will find in Mentalphysics nothing to conflict with their teachings. Most religions teach that there is a spark of the Divine in every human being. Mentalphysics merely helps you to *realize this more clearly*, and to *use* that Supreme Intelligence within in a *practical* way. It should help to give you *more faith than ever* in a worthy religion. Those not belonging to any regular faith should find in Mentalphysics the Victorious Philosophy of Life, a beautiful conception of man's place in the Universe, as practical and useful as it is beautiful.

Health By the Modern Way

• The purpose of Mentalphysics is to use ALL the gifts of a generous Creator, no matter what their origin. Just as Mentalphysics need not interfere with your religion, it need not oppose your ideas of medical science, or anything whatever that has a foundation in the good of humanity. Mentalphysics honors the inspiration of modern medical science equally as the heritage of wisdom from the Wise Men . . . it bows in reverence before the genius of Lister, Harvey, Pasteur and our great modern physicians. They were and are inspired by the same Universal Mind which is the origin of all great work in *any* field of human endeavor. But many people, when they utilize the physician's services, deny him the help that *they* alone can give, and the help of THE GREATEST HEALER OF ALL within us.

This help can come through YOU ALONE. Every forward-looking and broad-minded physician will admit that *without it* he is often *helpless*, and that *with it* the apparently *impossible can be done.* What is it? It is the divine spark of Creative Intelligence that is in all of us, and which can be used to break down habits of thought and mood which *oppose* the vast healing power of your subconscious mind. Why not, by practicing the principles of Mentalphysics, add to your own efforts the SUPREMELY POWERFUL AID of the all-conquering Creator within you?

Begin Today to Live the Life You Ought to Live

• Can you see yourself radiantly full of life, successful, happy—with plenty of this world's goods and property, USING what you have? Can you see yourself a leader in 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? You can—and MUST—if you are to be the person you CAN be. Let Mentalphysics show you what a powerful aid it is in making you JUST THE PERSON YOU HAVE ALWAYS WANTED TO BE. Be honest with yourself. Answer frankly the questions below which may apply to you.

• WHY BE SUBJECT ANY LONGER TO PARALYZING FEARS, OR INFERIORITY FEELINGS?

• WHY BE THE SLAVE OF MOODS, WHEN YOU CAN BE THEIR MASTER?

• WHY TAKE A BACK SEAT ANYWHERE, AT ANY TIME?

• WHY LET OTHERS, WITH NO MORE REAL BRAINS THAN YOU HAVE, GET AHEAD OF YOU IN ANY RESPECT WHATSOEVER?

• WHY LET YOUR NEIGHBORS HAVE GOOD THINGS OF LIFE, WHILE YOU DO WITHOUT?

• WHY LET DISCORD AND LACK OF HARMONY RAISE THEIR HEADS IN OUR 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 LET ANYONE HAVE A FALSE IMPRESSION OF THE INTELLIGENT AND WONDERFUL PERSON YOU REALLY ARE?

• WHY NOT SURROUND YOURSELF WITH DEVOTED AND LOYAL FRIENDS, WITH YOU PROUD OF THEM AND THEM PROUD OF YOU?

• WHY NOT LIVE A LIFE OF RARE BEAUTY, OF GLORIOUS ACCOMPLISHMENTS, OF RICH REWARD, AND SUPER-ABUNDANT VITALITY?

There is only one answer. You WILL correct these things. You WILL take advantage of the ways and means the Wise Men have discovered for bringing about what they desire. You WILL send for the first great messages of Mentalphysics in which long-hidden methods are disclosed to you.

The time to do it is today—NOW. OBEY THAT INSPIRATION. Fill out the enclosed Application Form, and let your progress toward your purposes begin AT ONCE.

Personal Service

• • • EDWIN J. DINGLE or his Staff are ever at the service of students to assist them by personal letters in their practice of the principles of Mentalphysics. Counsel is the result of vast experience with students throughout the world as well as personal observation and consultation arising out of personally conducted classes in Los Angeles.

Start Now—Mail the Application Form

• • • ENCLOSE WITH IT $5.00, and all the material which an Initiate receives upon enrollment will be on its way to you. Your GREAT ADVENTURE into the mystic powers of your own mind will have begun. The fruition of your purposes, the achievement of your ambitions, the relief of your handicaps and worries, will be no longer a dream of the future, but things which can soon be achieved by that power within you. Time passes swiftly, tomorrow sometimes never comes, today will soon be in the irretrievable past. Make use of today, let it be the TURNING POINT in your life, when you start FULL SPEED AHEAD toward the splendid man or woman you CAN BE and ARE. Let not another minute pass, when everything good in life is trying to FIND you.

THE INSTITUTE of MENTALPHYSICS
Mentalphysics
LOS ANGELES-CALIFORNIA

SECOND AND HOBART BLVD.
LOS ANGELES, CALIF., U. S. A.

The Science of Mentalphysics is the Inner Teaching of The International Church of The Holy Trinity.

"If we work upon marble, it will perish; if on brass, time will efface it; if we rear temples, they will crumble into dust, but if we work upon immortal minds and imbue them with the principles, with the just fear of God and love of our fellow men, we engrave on those tablets something that will brighten to all eternity."—WEBSTER.

There will be added physical and mental happiness and the Gate to the Road of Knowledge will swing open to invite the student to enter the Holy of Holies in his quest for still greater and greater knowledge of the Truth. The practices as taught in Mentalphysics have been found by hundreds to be revolutionizing in their effect. It is confidently believed that the man who, with regularity and reverent perseverance, will follow the laws, secrets, practices and principles of this Faultless Philosophy of Life will find himself back to Life Balance.

The above flashlight photograph was taken in the Senior Beacon Chamber of the Institute of Mentalphysics, at Los Angeles, California, showing as much of the Chamber as the position of the camera would permit.

DEDICATION CEREMONY
"THE VOICE OF DING LE MEI"
MAY 4, 1939