

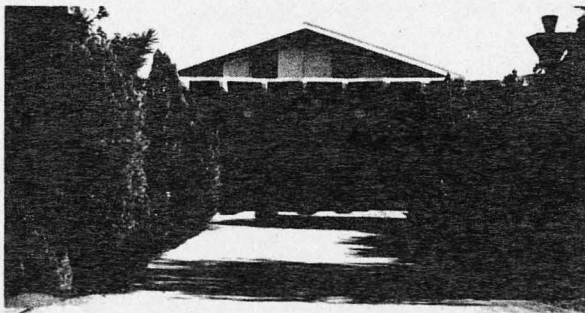
## THE INSTITUTE OF MENTALPHYSICS

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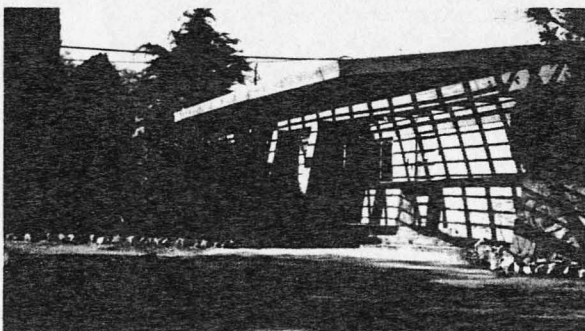


### VIEWS OF THE HEADQUARTERS AND THE TEACHING AND SPIRITUAL CENTER

In the First Sanctuary  
of Mystic Christianity  
the outer teaching of  
the Science of Mental-  
physics is given.

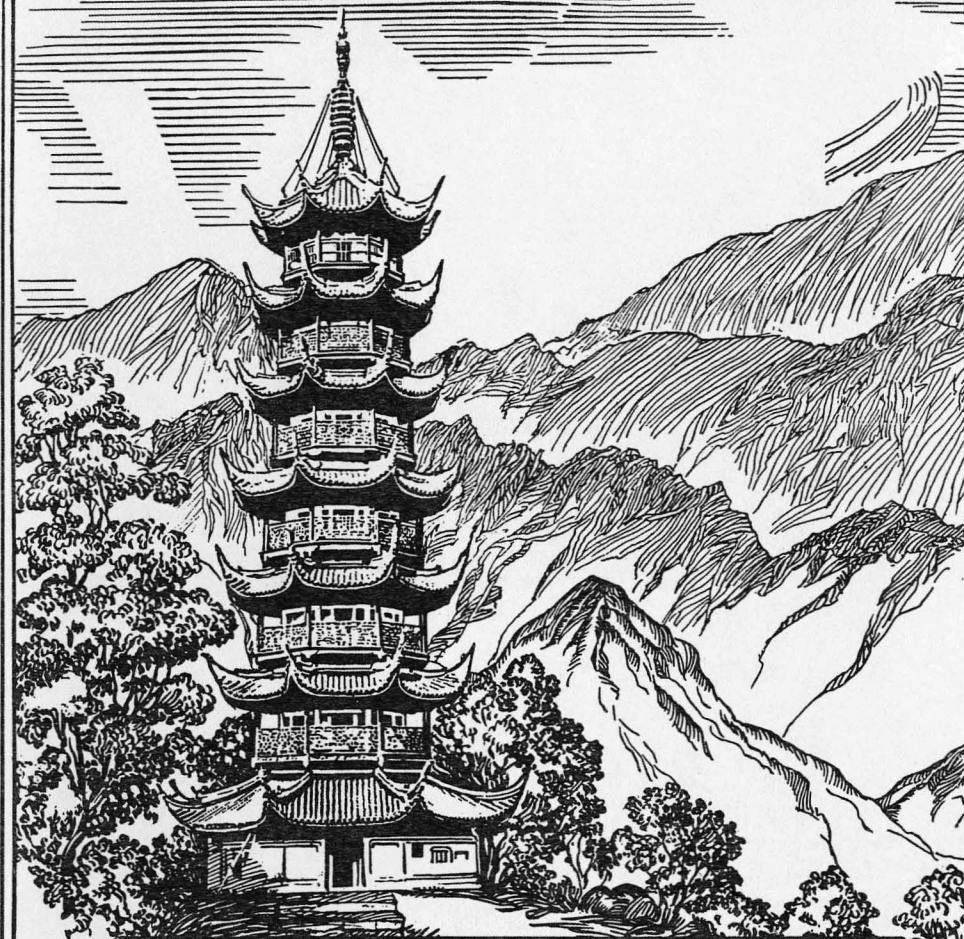


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Light is the teaching  
center where students  
gather from all over  
the world.



The Administration  
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A BOOK FOR ALL THINKING PEOPLE



# BREATH The Flywheel of Life

by EDWIN J. DINGLE  
Founder of the Science of Mentalphysics



#### ABOUT THE AUTHOR, EDWIN JOHN DINGLE (Ding Le Mei)

The Science of Mentalphysics was founded by Edwin John Dingle, himself a true Mystic of the Great Wisdom. Raised in England and educated in publishing, he spent 21 years in the Orient, where he built a large publishing company with offices in Shanghai and Hong Kong. He became the leading economic and geographic authority on China. Details of his distinguished achievements are related in his books, "Across China on Foot" and "Borderlands of Eternity."

Always within him burned the constant desire for deeper wisdom and he studied all religions and mystic knowledge he found through teachers in the East. His travels led him to a Tibetan monastery, where he was privileged to study under a remarkable Tibetan teacher, a keeper of the Eternal Wisdom.

With the deep knowledge he acquired in years of arduous study, Rev. Dingle (given the Chinese name of Ding Le Mei) formulated the Science of Mentalphysics, which reveals the basic truths that underlie all great religions and philosophies of both the East and the West. Mentalphysics shows the unity between all great Spiritual Teachings and their ultimate harmony with Science. Through the spiritual rebirth of every individual lies the way to spiritual rebirth of every nation and positive peace throughout the world.

# BREATH

## The Flywheel of Life

By EDWIN J. DINGLE, F.R.G.S., R.A.S.  
*Founder of the Science of Mentalphysics*

**I**T IS not necessary to spend much time explaining *why* we must breathe to *live*. It is perfectly self-evident that the best breathers live the longest and get the most out of life. It is equally self-evident that BREATH IS LIFE. From the first faint breath of the new-born infant to the last gasp of the dying man life is a series of breaths.

Breathing is man's most important function, and when we stop to think of it — few of us give any thought to the Breath, however — we find that *all* our functions and all other component parts and functions are dependent upon our Breath. We can, therefore, say that our *Breath is the fly-wheel of our physical and mental machinery*. Every form of life within the universe could not exist without breath, everything — from the amoeba to Man. The ancients declared that the ebb and flow of the tides were the breathings of the Earth.

#### THE IMPORTANCE OF BREATH

Breath is the fount of all Human Power. Radio today can project sound seven and a half times round the earth in a second, carrying sound at the inconceivable speed of Light. And what is this transporting force? It is called ether, and is everywhere in the atmospheric air. This same powerful ether is

in the air we breathe. The power is in us while we live and breathe.

What should concern every human being is *how we may become conscious of it and utilize its vast resources*, as was intended by the Supreme Being. How, then, shall we gain for our daily life the power out of the ether in the air we breathe 24 hours every day?

In Mentalphysics, the faultless philosophy of life, this important subject is presented so simply that even a child can learn and understand. We could go into history and show that with the advance of civilization men and women have lost their original power to breathe properly. We could show how diseases are the result of persistently breathing incorrectly. Let us here be content by asserting the self-evident Truth that

- (a) Our physical health depends materially upon Correct Breathing;
- (b) Our mental health, happiness, self-control, clear-sightedness and morale depend very largely upon how we breathe.

#### WHAT AND WHY DO WE BREATHE

Then let us pass on to —

- (a) What and why we breathe;
- (b) Influence of correct breathing on the health of body and mind.

We all know that the organs of respiration comprise the lungs and air passages leading to them. Any doctor will tell you that unless fresh air in sufficient quantities reaches the lungs, the foul stream of venous blood cannot be purified, and so, not only is the body robbed of nourishment by the waste that should have been eliminated but which is returned to the circulation, and poisons the whole system, but Death appears on the horizon. This can be remedied. Proper breathing gives good circulation, good circulation gives a mental concept of abounding health and vigor, a clear complexion and a manly and womanly attitude toward all the demands of everyday life.

With proper breathing physical appearances change. Lines leave the face. The body takes on a new buoyancy. Men and women who are good breathers give off the dominating notes of health. Rejuvenation takes place. Beauty shines through. The result is a serene happiness, a consciousness of physical and mental well-being.

#### EXERCISING THE INTERNAL ORGANS

Good breathers are always strong. Correct breathing — which is given such importance in all forms of physical culture in the Western world — is the channel through which physical perfection comes to us. Occultists, however, have always regarded correct breathing as vitally important, for it is the only method by which the internal organs can be exercised. The student rapidly finds this out for himself as soon as he begins to breathe properly.

Occultists in all ages and in all lands have always taught their disciples, usually in secret and by word of mouth, that there was to be found in the air a substance or principle from which ALL LIFE is derived. Also in Christian philosophy and Scripture, "God made Man and *breathed* into him an immortal soul." No matter what the occult teaching or philosophy, you find the same theory regarding this force, although the names employed may vary greatly. In the Sanskrit it is called "Prana," or Absolute Energy.

We must try to visualize that this Prana, this Vital Force, this Principle of all Energy is everywhere present. There is no place where it is not. It is all-pervading. In its operations it eliminates time, distance and substance. Wherever there is life, there is Prana — or electricity or ether. Modern science proves that in every atom, every electron, every ion there is life; then it is evident that Prana is everywhere and in everything that lives.

#### PRANA, THE ENERGY THAT THE SOUL USES

But it is not the Soul or the Ego, that spark of Divine Spirit around which cluster all matter and energy. No. Prana is the energy that the Soul uses. Prana may be regarded as the Soul of Force and Energy in all forms. It is the principle that causes activity and accompanies life. Of course, Prana is in the air — but it is not the air, nor even one of its chemical constituents. All animals, all plants — you and I — breathe it in with the air, yet if you can imagine such a state as yourself being filled with the air, and the air containing no Prana, you would die. Prana is taken up by our physical system along with the oxygen — yet it is not the oxygen. All one can say is that Prana is the *One Force*, penetrating where the air cannot reach, all-pervading, the Spirit of the Breath of Life.

Stop and think awhile. Think about Prana and its powers.

## VITAL IMPORTANCE OF REAL BREATHING

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

Prana is found in its freest state in the atmospheric air. In ordinary breathing men absorb a normal supply, and this is stored away in the brain and nerve centers to be used when necessary. But when we know the way we can store up much greater quantities of Prana, just as a storage battery stores up its power. The many and strange powers accredited to Tibetan and Hindu Yogis and to those advanced in occult philosophy is largely due to this knowledge and the intelligent use of this stored-up energy — Prana.

Now, when we remember that the greater amount of Prana comes to us through the air we breathe, it is easy to see that, when we have educated ourselves to breathe correctly, it is a comparatively simple thing to keep ourselves charged with Prana, the basic force of all life. As the oxygen in the air is appropriated by the blood and is made use of in the circulatory system, so Prana is appropriated by the nervous system and is used in its works; and as the oxygenated blood is carried to all parts of the system in its work of replenishment and building up, so Prana is carried to all parts of the nervous system, adding strength and vitality.

Every one of us uses Prana when we think, when we will to do anything, when we act and so forth. Indeed, every thought, every movement of a muscle, every effort of the will uses up what is called nerve force, which is actually Prana.

How glorious a thought, therefore, that through proper breathing we may acquire for our own use as great a supply of Prana as we may wish.

## LEADING ON TO THE HIGHER LIFE

In the Breathings as taught in Mentalphysics, we have the means of bringing Health, Happiness and Youth to thousands who faithfully put them into practice — we have at our command the “means by which.” There is no mystery about them. They are unailing in their results. The method is a faultless one, but the student must carry them out whole-heartedly, both mentally and physically. Any man who *thinks* will agree that there

need be no ill-health, which by all the different names given to disease is only a lack of or disturbance or unbalance of Prana.

This writer has proved the Scientific Breathings of Mentalphysics to be revolutionizing in their effect, and there is nothing like personal experience to bring conviction to the mind. It is confidentially believed that the man or woman, who, with regularity and reverent perseverance, will follow these Mentalphysics Breathings will find himself or herself being brought back to health. Rejuvenation will take place. There will be an 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 KNOWLEDGE OF THE TRUTH.

## WHAT MENTAL PHYSICS DOES

**A** GAIN and again students proclaim the methods as taught in Mentalphysics as true “door-opening” methods. You are not only led up to the door, but actually given the *key* and *shown how to use it*.

The most that any teacher can wish for is that his Lesson may bring to his Students a knowledge of their True Nature, for ninety per cent of the human race are extremely ignorant of the basic facts and laws of life. All that I ask of the Student is that he will, through what he learns here, himself seek the truth by methods clearly shown to him, believing that the Truth shall make him free. In my Course of Lessons and Instructions I have avoided words that are unnecessary. I have endeavored to make the Life live through the Lessons. The result is that he who really seeks is led on step by step to that point where he finds, in many cases before he is aware of the effect in his own study and practice, that the **WORLD STEPS ASIDE FOR THE MAN WHO KNOWS WHERE HE IS GOING**. Students of Mentalphysics know where they are going (and why).

## BREATHING SCIENTIFICALLY

*The Scientific Breathings* which are taught in the classes have been the means of revolutionizing the lives of thousands of people. They will revolutionize YOURS if you will do the work. That is the sole secret of Mentalphysics — work. For what? To discover the basic laws of life. To discover what and where we are — what we can do — how to possess a perfect mind in a per-

fect body — real health and happiness within and without — to uncover the Divine Power within. The Breathings regain for us our equilibrium. They provide the urge for us to reach out to the highest plane of life possible to us.

### THE MANUSCRIPT LESSONS

*The Individual Week-by-Week Lessons*, dealing with first things first, and then leading the Student higher and higher up the Ladder of Knowledge, are the Key which will unlock the door and lead us into the Very Holy of Holies. It has been my good fortune to have spent twenty years in India, Tibet and China. Much of my own knowledge was received by word of mouth through teaching given to me in the temples of Asia, and I believe I am the only white man in the Western world who has lived for a long period in a Tibetan temple and come out again actively to mingle in the life of the Occident.

In these lessons we do not deal in words unless to state some indisputable fact, to inspire the Student to "learn by works," or to induce him really to do his own thinking. We refuse any longer to be hoodwinked. We are all looking for facts and the definite "means by which" we may achieve. Mentalphysics supplies this world-wide need.

### BUILDING A NEW CONSCIOUSNESS

In Mentalphysics the Student is not deluged with a full course of lessons at one gulp, but, commencing with the very fundamentals, is supplied each week, for several months, with a lesson which takes him on one step further in his building of a New Consciousness. Nothing is left to chance. If the student will maintain his zeal for study practice, he can confidently look forward to his entry into the Promised Land of Peace and Plenty.

What I claim to teach is the result of actual demonstration in my own life. Constantly on the search for Truth, I have discovered that IT IS TRUE that we are made "in His Image." No unhealth — no pains and aches — no worries — no lack. These lessons show us how we may scientifically develop power so transcending as to be considered impossible in the present mental vibration of most people. Moreover, all that I teach can be achieved and realized by anyone who sincerely wishes to achieve. When the Mind knows the Truth, and actually lives in the spirit of truth, it becomes a perfect mirror, and in consequence will perfectly reflect the true being of Man.

### THE SEED OF UNIVERSAL TRUTH

Mentalphysics is the Faultless Philosophy of Life. It supplies the Seed of Universal Truth — for every time, for every person, for every place, for every purpose. If YOU are losing your grip on life, no matter what the cause, YOU are urged to take advantage of this invitation. Go within yourself and listen to the Voice of the Spirit, which will unfailingly speak to you if you are not too self-satisfied or too proud to listen. As this is written scores of people just like you are making themselves anew, getting an entirely new slant on life — becoming healthier, happier, more contented and successful men and women. In linking Science with Religion, Mentalphysics stands unique.

### YOU MUST BE OPEN-MINDED

It may be that YOU, like many others of the human race, have never given any thought to your Breath. It may be that you have had your Breath brought before you in a way quite different from that in which you have always regarded it. Do not fail to give heed to the Voice of the Spirit within you if this be the case, for it is only when we break from tradition that we are free to make our own decisions on matters affecting our lives. It may be — if you are really in earnest — that it is necessary for you to put aside much that you have learned before about psychology and many of the multifarious phases of life that you may have studied.

My own experience in taking up the higher phases of scientific thought many years ago was that many things to which I tenaciously held as true were proved later on to be false. I found that I had been steadfastly believing in a lie in much that was of vital importance to my own growth.

### EARNESTLY SEEKING THE TRUTH

In Mentalphysics we uncover the Truth and so drive out the false.

Mentalphysics teaches, however, that all Truth that you have previously learned cannot be lost or changed — indeed, it will become all the more real for you. Place yourself in that attitude of Mind that will allow you, irrespective of creeds or faiths or dogmas or religions, to be willing and anxious to change your mind *whenever you have good and sufficient reasons for so doing*. In Mentalphysics you are like a Scientist, investigating

forces with the same unbiased methods as the scientist investigates all problems of Nature, without fear and without prejudice. We are seeking Truth, fearlessly investigating, having the courage when we PROVE ALL THINGS to grapple our new knowledge to our minds with hoops of steel so that nothing can shake it from us.

### SCIENCE AND RELIGION

Science proves that no one fact in Nature is contrary to any other fact, and, therefore, you cannot learn any single fact in these lessons which conflicts with any other fact that you know.

But MOST MEN ARE IGNORANT OF THEIR TRUE NATURE; yet it is known that our lives are based on laws as definite in their operation as electricity, heat, light, gravity, magnetism — all Natural Laws. Though these Great Natural Laws are invisible to our eyes, we know that they exist, and that they are powerful.

No one ever SAW gravity or electricity, but we know their effects.

No one ever saw the force that pulls the compass needles toward the North Pole, but we know that it does pull it.

*You never saw the force that makes you breathe, but you know that you do breathe. We go, in the practice of these lessons, to the place where that force resides — in the silence, and it is from the silence that our knowledge will gradually break through from the great universal storehouse.*

### A PERFECT MIND IN A PERFECT BODY

It is vital, first and foremost, to have a perfect body. These Lessons, with the Scientific Breathings, will work wonders in this direction.

If we think of it in this way it may help us: If we are made "in His Image" it is self-evident that we have the power resident within us to be and remain in His Image. The body, then, should be a reflection of the Image.

As Christian D. Larson says: "The true being of man is perfect, and the Mind is the mirror reflecting the perfection of true being. When the personality does not manifest the qualities of true being, we try to change the personality . . . But remove the defects from the mirror and the reflection will be the exact likeness of the reality standing before the mirror. When the Mind properly reflects the real man, the personal man will ex-

press the perfection of true being; the personal in man will manifest the real in Man, and the real in Man is created in the image of God."

In Mentalphysics, however, we prefer to get away from all generalities.

What IS man?

What is HIS MIND?

What is the POWER that enables him to think? What is the very force that enables him to *breathe and live*? We shall be concerned in Mentalphysics to discover and understand all these problems in a manner which will be beyond disputation, and which will stand the rigid test of scientific investigation.

*"For the true conception of the universe we appeal unto him who is the Giver of peace and happiness unto the wise and those longing for salvation, the soul of the animate and inanimate creation. The exquisite design and arrangement in Nature lead to an idea of the attributes of the Giver of all-knowledge, the all-pervading cause of the Universe."*

### STAND IN REVERENCE BEFORE YOUR BREATH

Unless one is prepared to think of the importance of his Breath he will doubtless feel inclined to pass by what has been written — if, indeed, he has not already turned away.

Yet we have but to think a moment to realize how Life itself depends on Breath. Everything in Nature is similarly begirt by the necessity of breathing to live. We human beings may live a long time, or a comparatively long time, without food. We can live for a shorter time, without drink. But the time that we can go without Breath is very short indeed. Those people who have never studied their own breath would be astounded at what is being carried on for them every moment that they live. In the Western world it is true that physical culture instructors place a good deal of importance on the Breath, but our conception of Breath is, generally speaking, as some action of the lungs which enables us to continue to live. The Westerner rarely looks deeper than that.

But when we come to know, because we can FEEL, the changed condition that a scientific application of our Breath brings about in our physical, mental and spiritual being, we have to stand in reverent wonder at the marvelous Wisdom that has created and directs the Universe. The effect of correct

breathing cannot be explained — it has to be experienced. Everyone, however, will readily see that without breath there would be no life, and without life there would be no Thought (such as most of us understand Thought). Breath is the basis of Thought, and probably the greatest occultist that ever lived left with mankind this transcending sentence to guide him: "*As a man thinketh, so is he.*"

### THE SUBSTANCE OF THOUGHT: WHAT IS IT?

*If you have little force of thought, little power to think, the beautiful truth contained herein will probably pass you by, but if you are intuitive enough to sense the very "presence of God" in this little booklet, then your thought will lead you on and on.*

While we know that we think, few of us know what Thought is, and it is difficult for any teacher precisely to teach his student what it is — though we all must be aware that we have at our command and do use a substance when we think — for we cannot think with "nothing." Everything has an embodiment — some of which we can sense, while others we cannot. *Mind substance* is one of those subtle substances that cannot be put under a microscope and investigated. You cannot go into a laboratory, and place your Thought Substance under a microscope, and then come to me and say, "Look, this is my Thought," but you CAN sit down and talk to me and SHOW me the product of that unseen substance that you are using when you think. The same with many other substances. And Breath is the basis of it all.

### THOUGHT IS UNIVERSAL

The occultists teach, however, that Mind-substance is universal and omnipresent. You already have your idea of Prana. Well, *Mind-substance* may be likened to Prana in the sense that it is found in every place in the Universe. Its sum total is fixed and cannot be added to or taken from, and therefore it is unchangeable. Mind-substance can be regarded, as a matter of fact, as a higher phase of Energy or Matter, just as Matter may be considered as a grosser form of Mind-substance or Energy.

The Yogis claim to have proved that Mind-substance was the First Manifestation, and from it emanated Energy, and from Energy emanated Matter — so that all form parts of one real substance — the *ALL THAT THERE IS*. One may say that there are three manifestations of or emanations of the Absolute.

### DIFFICULT TO CONCEIVE

If it were possible for me as a Teacher to exhibit a certain quantity of Mind-substance and show it in my classes, there would be no need to try to explain, nor would there be any need for the student to try properly to make the personal effort to gain his own conception of its power. But that cannot be done. We have then to regard Mind-substance as the thing by which is set into operation the Energy that causes Matter to be in Motion. *Mind-substance can only be KNOWN to us by its results — Thoughts, Thought-force, etc.*

The differences are — and we should get this deeply in the Mind —

- I. *MATTER* — Is the thing that the Soul uses to clothe itself in.
- II. *ENERGY* — Is the thing that the Soul uses to act.
- III. *MIND-SUBSTANCE* — Is the thing that the Soul uses to THINK with.

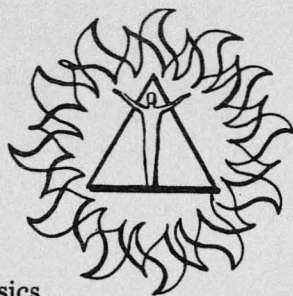
It is necessary to get this conception if we would approach the truth that Thought is the ONLY thing that we have and that we use — everything being dependent upon this, and emanating from it. In contemplating this truth regarding Breath and Mind substance, you will see that the mind of each one of us represents so much Mind-substance, *apparently separated* from other substance, you will see that the mind of each one of us represents so much Mind-substance, *apparently separated* from other Mind-substance; yet in reality (though we cannot yet realize it) each Mind is in touch with other separated Minds — and with the UNIVERSAL MIND, of which it forms a part. You can see, then, that after all *THE UNIVERSE IS SIMPLY ONE GREAT, WONDERFUL, VIBRATING, THINKING THING*. Thinking may vary, as it does in all embodiments from the atom to the Sun, but there is a universality of Mind-substance, of which we may use and control just as much as we desire — *when we know the way.*

What is the amount of that Thought substance, that Thought power, that YOU control?

The answer is — "as a man breathes, so he thinks," and "As a man thinketh, so is he."

I can only hope that *YOU* — if you are ready — may revel in the delights of new knowledge that may await you in Mental-physics, and that your life will become a much more beautiful and abundant thing for you through the practices laid down in this beautiful philosophy.

Joyously in your Service,  
EDWIN J. DINGLE



## AN INVITATION TO YOU

The valuable truths given in this booklet are only a small part of the teaching of the Science of Mentalphysics, available to any sincere seeker. The complete study of Mentalphysics leads a student to perfection of body, mind, and spirit through his own self-development. The student becomes master of his own life. He learns how to solve all problems. He partakes of the abundance of the Universe. He lives a life of joy and gratitude. And he tastes the delights of the spirit in knowledge and understanding of the Creator of all things.

You are invited to take up the study of the Science of Mentalphysics, contained in the Initiate Group Course of 26 lessons, the Inner Chamber series of 124 lessons, and the Preceptor course of 48 lessons. The cost is slight for the beginning lessons—just enough to pay for the cost of printing, handling and mailing. The major costs of Mentalphysics are paid by the many students who have benefited from the teachings and want to pass them on to others.

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Use the coupon on the next-to-last page and the first two lessons and introductory material will be sent to you. The enrollment donation for this is \$10. Four lessons will be sent thereafter for a monthly donation of \$5. If you choose to return the first two lessons and introductory material, your \$10 will be refunded to you. The lessons may be discontinued at any time by a simple notification, but most students find the messages so inspiring and helpful that they eagerly await each new one.

## THE WONDERS OF THE WORLD ARE WITHIN YOU!

The latent powers within you revealed by the Science of Mentalphysics await only your knowledge of how to command them. This great Teaching shows the inner meaning of all worthy religions and philosophies and their reconciliation with science. It leads to spiritual regeneration of the individual, which leads to spiritual regeneration of every nation and final peace throughout the world.

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