

Guest rooms for visiting students

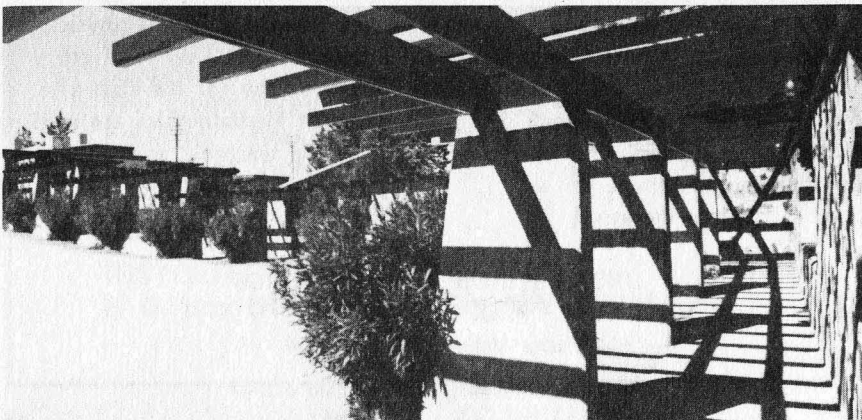
THE MENTALPHYSICS TEACHING AND SPIRITUAL CENTER

Like a garden oasis in the hi-desert of Southern California, the Mentalphysics Teaching and Spiritual Center offers refreshment of body, mind and spirit to visiting students. The site was inspirationally selected by the founder and it embodies the superb climate of the dry hi-desert and sweeping vista of desert, mountain and centuries-old Joshua Trees at an altitude of 3300 feet. Palm Springs is 30 miles to the south.

Master architecture is set off by a great variety of trees and plantings. The 600 foot long Caravansary of Joy is built of native stone from a majestic design by Frank Lloyd Wright, providing motel-like accommodations and a large meeting and entertainment hall. The Preceptory of Light is designed for class work. Public lectures are offered in the First Sanctuary of Mystic Christianity. The Meditation Center provides a perfect setting for the practice of meditation. On Inspiration Heights are the dining hall, residential apartments and guest cottages.

Information on scheduled activities and retreat facilities will be mailed on request and without obligation.

The INSTITUTE of MENTALPHYSICS – P.O.Box 640, Yucca Valley, Ca.92284



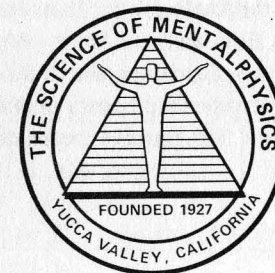
The Caravansary of Joy

Constipation

● A Practical Lesson for all who suffer from the root of all disease.

DEFINITE INSTRUCTIONS AND EXERCISES

by EDWIN J. DINGLE
Founder of the Science of Mentalphysics



INSTITUTE OF MENTALPHYSICS
P.O. Box 640
Yucca Valley, CA 92284



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.

THE GREAT AMERICAN DISEASE

The greatest enemy of the whole human race is CONSTIPATION.

Irregular and insufficient action of the bowels, the commonest of all human ailments, is due either to deficient secretion of fluids in the digestive organs, or to imperfect muscular action of the bowels, or most often to both these causes combined. The retention within your body of matters which should be regularly evacuated as they are formed, and their consequent absorption into the blood and tissues of the body, lead inevitably to a train of dangerous symptoms - headache, pains in various regions of the body, irritability, lassitude, debility and so forth.

These symptoms are Nature's signals . . . Nature's warning, the only way that Nature has of telling us that we are doing what we should not.

Prolonged and severe cases of constipation, and actual obstruction of the bowels may result; and often the bowel becomes so distended and its muscular power so enfeebled that the restoration to a healthy condition is impossible.

Practically Everyone Suffers. — Constipation is especially apt to occur to those who lead sedentary lives or whose diet consists of much animal food and starchy substances. Practically the whole American nation is constipated. Despite all the progress being made in uncovering the effects of many diseases of the human body, practically no thought (except in the case of forward-looking medical men, and they are in the minority) is given to the cause of all disease - CONSTIPATION. It would be literally laughable if not so tragic. Here we have a condition of affairs in the most scientific country the world has ever known, where the people — people just like you, dear reader — while having come practically to the conquest of the material universe, know practically nothing about the world of their own bodies!

Yet we are all highly "educated". Everyone goes to universities, learns all ABOUT the sciences of the body — anatomy, biology, biochemistry, physiology, etc. — but somehow the great masses of people ignore the needs of their own bodies. Strange creatures, human beings !

Constipation, The Root of All Disease. — Thus we find that modern civilization is being threatened by the ever-increasing tide of Disease. As Sir Arbuthnot Lane (one of the greatest surgeons the world has produced) said, "civilized mankind and its doctors stand, like King Canute, trying to stem this tide by doing nothing

more than bidding it stop." He says further: "By the increasing tide of disease I mean the special and new diseases which afflict civilized man, such as cancer, intestinal and internal troubles of all sorts. Physicians and surgeons, scientists and laboratory workers, are everywhere busy trying to find cures for cancer and diseases of the internal tracts. Daily one reads of new 'discoveries', of sensational 'cures,' arousing the hopes of millions of men and women, only to realize that these hopes are not justified, and that beyond a bit of publicity and gain for individual physicians, nothing real has been accomplished. Millions of dollars literally are spent throughout the world, and nowhere more generously than in the United States for the establishment of clinics and hospitals for the treatment of these diseases; but still nothing is being done to arrest them . . . WHY? Surely it is about time that someone asks why — after years of experiment — men and women in great numbers continue to be stricken. The answer is simple, or should be, except for professional prejudice of thousands of physicians.

"The answer is that merely finding the 'cure' is of no use. It may afford some relief to a few, but when cancer, for example, is under way, and the internal organs have been diseased, it is usually too late to do anything more than offer a palliative.

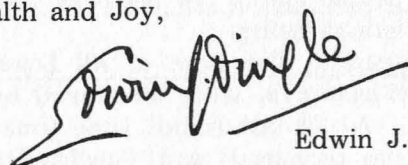
"What is needed is prevention . . . STOP CONSTIPATION, and you will ARREST DISEASE."

THE GREATEST AND BEST ADVICE THAT CAN BE GIVEN TO ANY MAN OR WOMAN IS . . . "KNOW THYSELF — BE CLEAN."

Reader, this writer suffered for many years from Constipation. He reaped the punishment in the form of many diseases. He cured himself, and is writing about WHAT HE KNOWS from his own experience.

You can do the same. You and I are perfect in principle. Obey the PRINCIPLE of Life and we become and remain HEALTH . . . disobey the Principle, in ignorance which is no excuse, or perversely and we must reap the punishment in Dis-ease and Un-health that Nature brings — there is no other way.

Yours for Abounding Health and Joy,



Edwin J. Dingle.

CONSTIPATION

In this Lesson we are principally interested in stating —

- (a) The Causes of Constipation.
- (b) The Effects of Constipation (illustrations).
- (c) What to DO to Rid Yourself of Constipation.

Women suffer from Constipation more than men. A healthy woman is a rare thing to find.

By her very nature as the "minister of the race", woman is neglectful of herself — always prefers to take a risk for another. The general inactivity of women, their WRONG EATING (white bread, fountain concoctions, candies and many constipating combinations), their FAILURE TO PROPERLY USE THEIR BODIES, their IGNORANCE OF THE NEED OF REAL BREATHING, silly methods of Walking, Sitting, Lying and in other ways throwing their spines out of alignment . . . ALL THESE CONTRIBUTE TO ESTABLISH AND MAINTAIN CONSTIPATION — THE ONE CAUSE OF ALL DISEASE.

Most men are nearly as much at fault as women. You find nine-tenths of office workers who never or very rarely have a natural action of the bowels, being eternally at the mercy of some unnatural and harmful laxative.

So, what follows applies to almost everybody — we all need to be re-educated into true values.

A. THE CAUSES OF CONSTIPATION

Some causes are mentioned above. In point of importance, the following may be enumerated:

- (a) Improper Diet First in importance.
- (b) Irregular Habits Ignoring Nature's Call.
- (c) Insufficient Exercise Breathing is the best exercise.
- (d) Long Use of Medicines Drugs make matters worse.
- (e) Use of Strictly Constipating Foods . . . You must learn right Combinations.
- (f) Lack of Green Vegetables.
- (g) "Bolting" Your Food Resulting in Faulty Digestion.

First — IMPROPER DIET: If you rob yourself of what Nature MUST HAVE to keep your body properly functioning, you

can always EXPECT to suffer from Constipation. Remember that you cannot rob GOD — you may rob yourself, but you cannot rob Nature.

Similarly, you cannot improve the work of God — that is, you cannot improve the quality of your food; you may improve its digestibility, but as your body is a chemical laboratory and as Nature demands from you that she shall have the necessary combinations to carry on her work of making a perfect human body for you, get it into your head ONCE AND FOR ALL that if you DO NOT give her what she wants, she cannot give you what YOU want — Perfect Health, free from Constipation.

If you do not know much about food combinations, set out to learn. Write to The Science of Mentalphysics, ask for information, buy their publications; every cent that you spend on your own body is the finest investment that you can make, but the investment must be in YOUR OWN PERSONAL KNOWLEDGE OF YOUR GLORIOUS BODY, which is truly the Temple of God.

For purposes of this Lesson, we may say that the main groups of human foods are:

CARBOHYDRATES: Starches and Sugars, Breads and All Products made from Grains, Cereals, All Breakfast Foods, Cakes, Cane Sugar, Syrup, Condensed Milk, Malted Milk, Macaroni, Spaghetti, Noodles, All Pastries, Sweet Potatoes, White Potatoes, Rice, Rye Crisp, Whole Wheat Products, etc.

PROTEINS: All Animal Foods, All Sea Foods, Bacon, Cheese (factory), Clams, Eggs (except yolk), Gelatin, Jello, Nuts, (except almonds), Lobster, Oysters, etc.

ACIDS: Tomatoes, Grapefruit, Pineapple, Oranges, Rhubarb, Apricots, and All Fruits.

Now, MEMORIZE THESE FACTS:

(a) Carbohydrates are necessary for production of HEAT in the body, but before they can be turned into heat they must have gone into solution, or the body cannot assimilate them. This means that they are to be perfectly digested. But all Carbohydrates are HARD IN SUBSTANCE, hard to digest: they must be thoroughly chewed — thorough chewing means proper mixture of the gastric juices with them. They should be eaten DRY — the saliva should supply the moisture. Otherwise, beware of Gas and Indigestion. The result of poor assimilation, the forerunner of poor elimination, is seen in the illustrations accompanying this Manuscript.

Excess of Carbohydrates means Catarrh, Acidity of the stomach, Dropsy, Pneumonia, Tuberculosis, Diabetes, Anemia, etc. DO NOT EAT CARBOHYDRATES TO EXCESS: EAT THEM ALONE, not in combination with other foods. Supplement them with an abundance of above-the-ground vegetables to supply the necessary Alkaline elements that all constipated people need most of all and which all healthy people need to KEEP them healthy.

(b) Proteins are taken in excess by practically everyone. You probably eat too much Protein. Excess of these foods is one of the most common causes of Constipation. Medical men declare that all the following diseases have their origin in too much protein — Acidosis, Bilioussness, Cancers, Tumors, Intestinal Putrefaction, Reabsorption, Rheumatism, Bright's Disease, Anemia, Teeth Decay, etc.

NEVER EAT PROTEINS ALONE.

NEVER EAT PROTEINS WITH CARBOHYDRATES.

ALWAYS EAT PROTEINS WITH EITHER ACID FOODS (listed on previous page), OR WITH PLENTY OF RAW GREEN VEGETABLES, BUT DO NOT COMBINE FRUITS AND VEGETABLES WITH PROTEINS.

(c) ACID FOODS: The Foods listed on the previous page and the glorious Vegetables which Nature gives us supply principally the foods that are richest in mineral salts. Eighty percent of the food we eat should be Alkaline Foods.

You who suffer from Constipation should keep your mind almost entirely in food selection upon Alkaline Foods, for it is only when the necessary organic mineral salts are combined with the other organic substances — Protein, etc. — that the latter are rendered suitable for healthy and adequate nutrition.

Remember this — That it is the fruits and vegetables — preferably, of course, in their natural state, not robbed of their vital elements by cooking — which supply the unseen forces in the body that give us energy of mind and that vital electricity and magnetism which we call LIFE.

YOU WHO SUFFER FROM CONSTIPATION — EAT FRUITS AND VEGETABLES and WATCH NATURE DO HER WORK !

EAT FRUITS ALONE;

EAT VEGETABLES ALONE — DO NOT MIX.

Second — IRREGULAR HABITS:

You **MUST** cultivate the habit of going to stool regularly. Some people never think of going to stool unless there be some distinct discomfort of the intestinal tract, which is the only sign to them that the bowels want to move.

Immediately you awake, go to Stool. The last thing at night, go to stool. Wait, be still, **FEEL** that you want an action and close the eyes and imagine a perfect action taking place.

Third — INSUFFICIENT EXERCISE:

The majority of people never exercise their bodies. They may stretch in bed in the morning but this is an unconscious affair.

You should take up some form of sport. Walk to work. Walk just before retiring. Do anything so long as you exercise the body.

IMPORTANT: Remember that **BREATHING** is the best exercise of all. This writer saved his own life through scientific and spiritual breathing and you are very sincerely and earnestly advised to find out **WHAT** breath is. We say that **"BREATH IS LIFE."** (I would recommend to you my book, "Breathing Your Way To Youth" which is a course of seven lessons and contains a complete system of physical and **SPIRITUAL** breathings: also much information on Diet and advice, together with recipes. This book, if you will **USE IT**, will be **PRICELESS TO YOU**. Get this book and if you follow out instructions to the letter, I challenge you: **IT WILL NOT BE POSSIBLE FOR YOU TO BE CONSTIPATED** after two or three weeks of practice and your physical and mental health will be immeasurably benefitted.)

Fourth — LONG USE OF MEDICINE:

So long as you are using Laxatives you are inviting Constipation to remain with you, ultimately to bring about your own breakdown in health - facing operations of some sort.

Give up drugs. This was the first step that I took.

I started with the enema — then correct diet and proper exercise. Constipation then disappeared and did not return!

Fifth — USE OF STRICTLY CONSTIPATING FOODS:

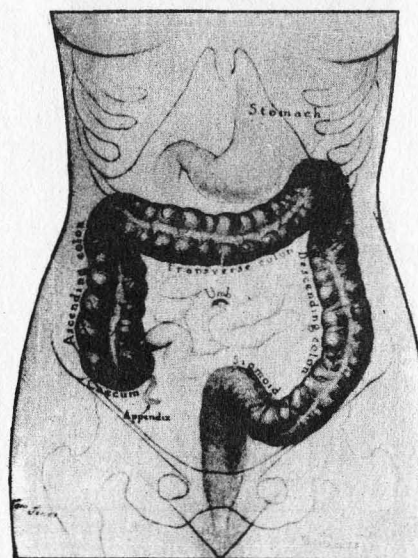
These are cheese, milk, starches and sugars, candies, etc. Cut all these out of the dietary. Follow instructions under Pages 6 and 7 of this lesson.

Sixth — LACK OF GREEN VEGETABLES:

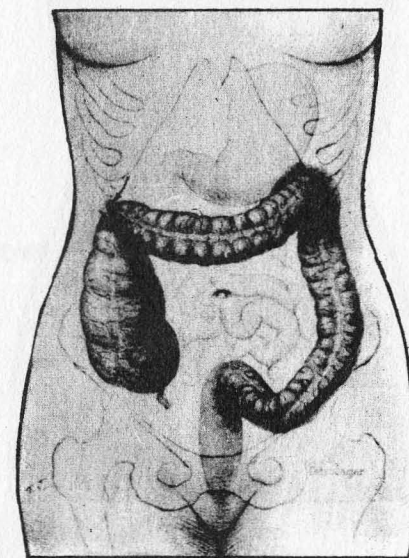
Supplement Carbohydrate Foods with an abundance of above-the-ground vegetables to supply the necessary Alkaline elements that all constipated people need most of all and which all healthy people need to keep them healthy.

Seventh — "BOLTING" YOUR FOOD:

Watch mastication. **CHEW YOUR FOOD !** Watch people in restaurants. See how little they masticate — great chunks of meat and potatoes and white bread go down unchewed — and then they wash all this down with gulps of water.



THE IDEAL COLON

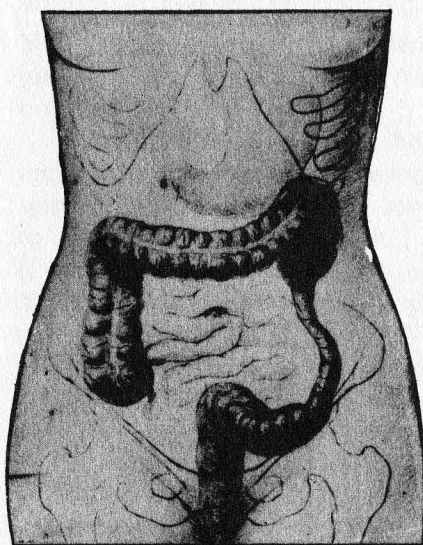


BOWEL ADHESIONS

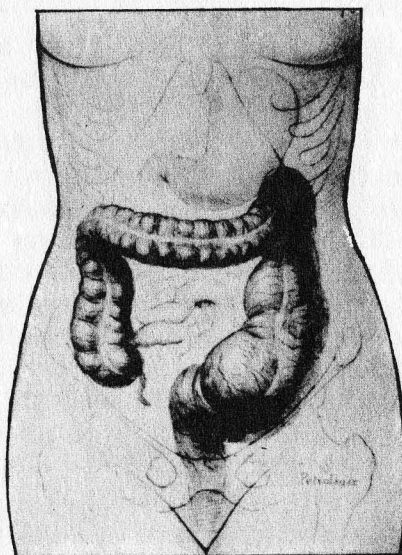
B. THE EFFECTS OF CONSTIPATION

“Clean the colon,” writes a prominent physician and you will agree with him, “and you have gone far towards success in your battle with disease.”

But it is hard to find a satisfactory eliminator, a FOOD that will feed the body with the precious elements it needs and at the same time assist in elimination.

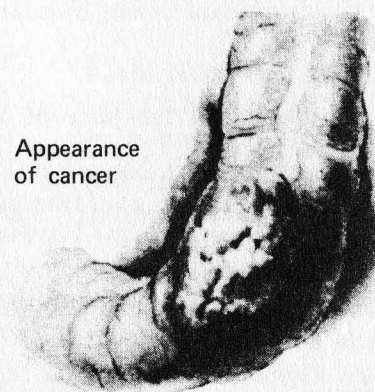


SPASTIC CONSTIPATION
Pinching down of the descending colon

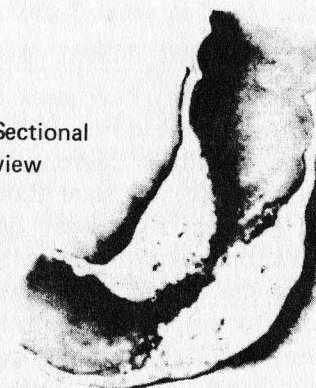


ATONIC CONSTIPATION
Abnormally distended descending colon and sigmoid colon

You are advised to acquire a copy of “INFORMATION ON DIET”, published by The Institute of Mentalphysics and written by this writer. The address is P. O. Box 640, Yucca Valley, CA. 92284. This book will assist you in your start to diet on scientific lines.

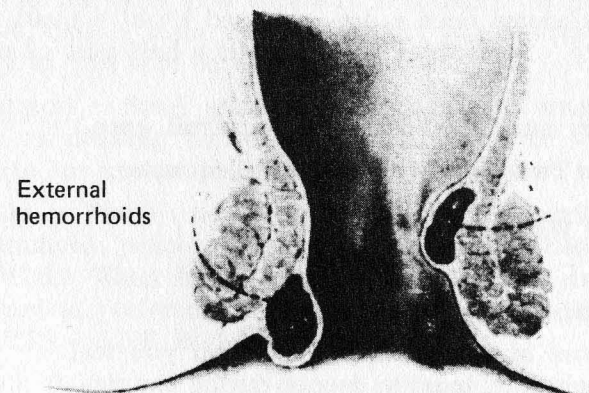


Appearance of cancer



Sectional view

CANCER OF BOWEL



External hemorrhoids

Internal hemorrhoids

HEMORRHOIDS

C. WHAT TO DO FOR RELIEF OF CONSTIPATION

What follows is what this writer did after having suffered himself from Constipation for many years. Hundreds of others have followed this regime and are now free from this terrible malady.

This, then, is what I did:

DURING THE FIRST WEEK —

On Rising: (a) One glass of fairly warm water, with the juice of a lemon; gulp it down, drinking as quickly as possible. (b) Some Deep Breathing Exercises (see Dingle's "Breathing Your Way to Youth"). (c) Physical Exercises — (a) and (b) under heading "Special Physical Exercises" detailed lower down on this page. (d) Drink one or two glasses of cold water. (e) Go to stool and nurse the action — be patient. If there is the feeling that you require to empty the bowels, apply a little soap into the rectum, then sit on the stool gripping the hands, locking the fingers of the right hand over the fingers of the left, with the elbows out from the body, pulling the hands as if trying to pull them apart; this will cause a "bearing down" feeling, and is the natural way to expel anything from the body.

Enema — Take an enema once a day — I used about a quart of warm water usually. Sometimes I used about a half pint of olive oil.

Breakfast — Twelve ounces (at least) of grapefruit juice.

During Morning — Two glasses of pure distilled water.

Luncheon — More grapefruit juice.

During Afternoon — Three glasses water.

Dinner — More grapefruit juice.

(Use your sense in not overdoing things; if you feel hungry, drink water; breathe deeply during the day, and FEEL that Constipation is being successfully grappled with.)

Special Physical Exercises.

(a) Lie on your back and "knead" the abdomen. Do this in the morning, before lunch, and before dinner.

(b) Lie on your back; place hands, with fingers locked, over abdomen, knees drawn up (the right leg over the left) so that they rest as near to the floor as possible. Now force the spine back flat on the floor — hold it a moment, then relax; do this seven times, holding spine straight on the floor for slightly longer periods each time. Do this morning and night, lying on a rug, NOT ON YOUR BED.

(c) On going to bed, and immediately before going to sleep, in a relaxed state, audibly declare:

"I AM NOW PREPARING MY BODY TO BE CLEANSED . . .
I am CLEAN — CLEAN — CLEAN . . . in BODY and MIND."
Say it many times until you FEEL that it is TRUE.

This mental exercise may seem to be of no importance, yet its importance cannot possibly be over-estimated. It is vital that you should so train your mind, for by making this declaration before going to sleep and BELIEVING THAT IT IS TRUE, you are impressing the Subconscious Mind to carry on the work while you are asleep.

DURING THE SECOND WEEK —

On Rising: Same as the First Week. Carry out this regime thoroughly.

Breakfast — Raw apples — skins and all (never peel fruits of this kind as the skins give necessary roughage). If you cannot eat apples, choose some other fruit that you like and stick to it. As many as you care to eat.

Luncheon — Small salad of lettuce leaves, a small ripe tomato; olive oil dressing; half a baked potato may be substituted for the tomato, or you may eat the potato two hours after luncheon.

Dinner — Fruits (such watery fruits such as apples, pears, ripe figs, persimmons, peaches, apricots, plums, etc. These are FRESH FRUITS.) When fresh fruits are not available, dried fruits should be used in preference to canned fruits. USE NO SUGAR WITH FRUITS — USE HONEY.

Before Retiring — Eight ounces of grapefruit juice.

Enema — Use olive oil enema during second week if bowel action is not properly established. Best time is at night, but stop as soon as natural movements begin. Trust more to breathing and abdominal exercises.

Exercises — Same as the First Week.

Water — Ten glasses, but NOT WITH MEALS.

Sleep — Sleep REGULARLY — in fact, do everything regularly and so bring order into your life.

Olive Oil — Take a teaspoonful of olive oil after each meal.

DURING THE THIRD WEEK — Use commonsense and live according to system. Never again entertain a single thought that Constipation will return. Fuel your body in the knowledge that it is CLEAN — a fit Temple of the Living God.

Send for a free catalog of these valuable publications.

Breaths that Renew Your Life

How to Meditate

Your Mind and Its Mysteries

Your Imagination

My Life in Tibet

Borderlands of Eternity

Breathing Your Way to Youth

The Voice of the Logos

Diet

Information on Diet —Guide to Your Chemical Type

Your Eyes

Your Ears

Constipation

Supply

The Living Word

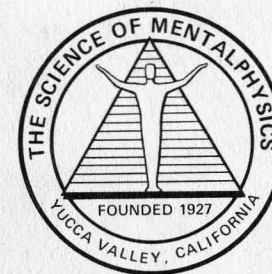
Food for Thought — Cookbook

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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 can lead a student to perfection of body, mind and spirit through his own self-development. The student becomes master of his or her own life. One learns how to solve problems. One partakes of the abundance of the Universe. Also, one lives a life of joy and gratitude and tastes the delights of the spirit in knowledge and understanding of the Creator of all things.

The Science of Mentalphysics reveals deep wisdom, treasured for centuries in a Tibetan temple. Developed for the New Age, Mentalphysics shows the great potential that lies hidden in every man and woman. The immense power of the subconscious can be commanded, through yoga breaths and affirmative meditation that can lead to better health, success, abundance and love for all mankind.

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 can lead to spiritual regeneration of the individual, which leads to spiritual regeneration of every nation and final peace throughout the world.

You are invited to take up the study of the Science of Mentalphysics, contained in the Initiate Group Course of 26 lessons and a series of advanced lessons. The cost is slight — 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.

Write for free literature.

INSTITUTE OF MENTALPHYSICS

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A non-profit organization founded in 1927