

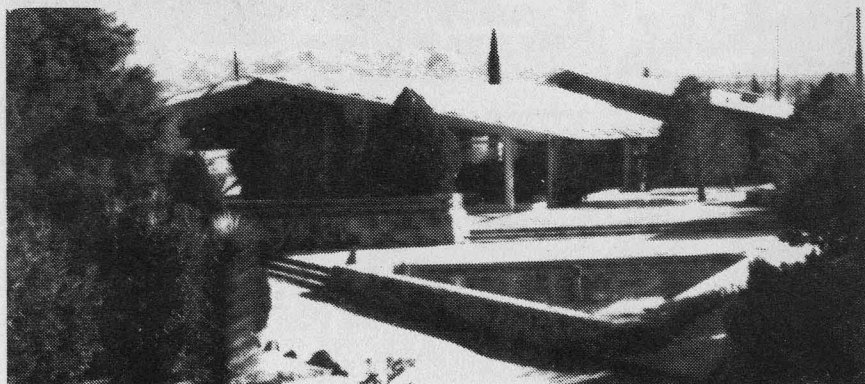
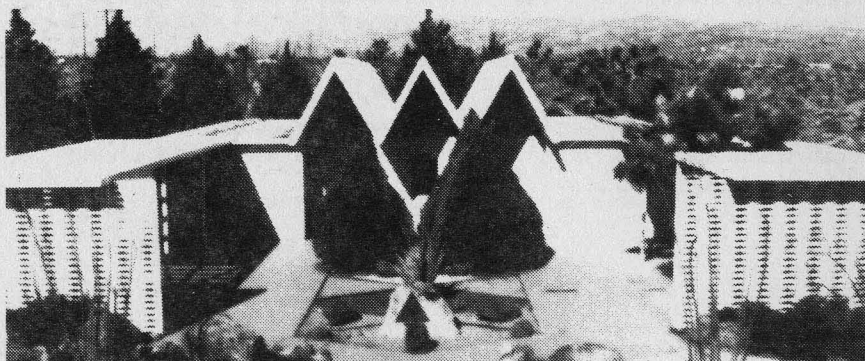
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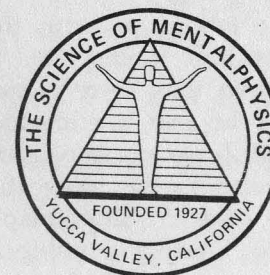
# Supply

A Practical Lesson for all who suffer lack in any direction of Life

DEFINITE INSTRUCTIONS AND EXERCISES

by EDWIN J. DINGLE

Founder of the Science of Mentalphysics



THE INSTITUTE OF MENTALPHYSICS

P.O. BOX 1000 JOSHUA TREE CA 92252



S U P P L Y  
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A P e r s o n a l M e s s a g e t o Y O U .

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“You cannot talk of the ocean to a frog in a well - the creature of narrow bounds . . Nor of ice to summer flies - the ephemera of a day. You cannot speak of The Law to a pedant - his limits are narrow. But now that you have emerged, that you have seen the great ocean, you know your narrowness, and I may speak of great principles.”  
— From Oriental Writings.

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Wherever you look you find people who declare that they have not enough of this world's goods.

Not alone among the poor, but among the rich; there is something apparently in the human mind that prompts us all to believe that we can get more — and more — and more. Most people are dissatisfied with what they HAVE.

It is the same with the laborer as with the millionaire. Though the “working man” cries out against the “capitalist”, my observation leads me to believe that there is not a single working man who would not, if he had the chance, change places with the capitalist. You and I are no exceptions. We all, in the very nature of Life, desire to BE more than we are and desire to Have more than we have. Values may vary, as they do with human beings, for often we find a millionaire who, despite his great wealth, feels that he is justified in yearning for some “SUPPLY” that he has not yet acquired.

Rarely do we find a man contented with his “lot”, and so it has ever been with the whole human family.

1. CAN WE FIND WHAT WE TRULY DESIRE?

Can We Find All We Need?

I answer categorically that WE CAN!

Am I right when I say that it should not be beyond the skill of Man to find a solution to the problems that press so heavily upon the whole human family? But I cannot understand the whole of the problems of the whole human family, you will say . . . “I am interested in the problem of my own supply”. Well, should it be beyond YOUR own personal skill to find a solution to the problems that beset YOUR own life? Again I declare that IT IS POSSIBLE for you to solve ALL your problems and get out of life precisely what you truly desire for yourself.

But we each must LEARN THE WAY. I cannot do it for you, you cannot do it for me . . . we EACH FOR HIMSELF and FOR HERSELF BY OUR OWN EFFORTS must do the work. But it is essentially simple. SUPPLY is strictly a personal affair. What we all want to learn is HOW to do it, and we will now proceed to investigate the means by which we may come into conscious control of this all-absorbing question of S U P P L Y.

The answer to this first question — “CAN WE FIND WHAT WE TRULY DESIRE?” is a decided Y E A!

The next question is “WHERE WILL IT COME FROM?” . . . the answer, the only one, is FROM UNIVERSAL SUPPLY. So let us proceed.

2. S U P P L Y U N I V E R S A L .

What is written here will convey nothing to you unless you think as you read.

Look around you. Nature is smiling and happy and quiet. But you feel that there is WORK going on everywhere. You say that GOD, the Giver of All Supply, is in Nature. Nature, you will say, is the fringe of God's garment. You feel that GOD IS IN NATURE. God, you will admit, is in everything, everywhere.

GOD IS ALL THAT THERE IS. (Of course, it is understood that we have gotten away from the old anthropomorphic idea of God, and see God, as He works through all Nature as a CREATING GOD, a CREATOR, a CREATIVE SPIRIT.)

Therefore, we speak of the CREATIVE SPIRIT, and as we look anywhere in Nature we see this Creative Spirit is ever at work, never ceasing in its activity, and possessing Absolute Knowledge of what TO DO and HOW it has to be done. This oak tree . . . once it was an acorn. It became an oak tree because the Creative Spirit (GOD, the Creator) within the acorn knew exactly how to make the oak tree.

The oyster is the only thing that can make a pearl - the only thing in the whole of Nature that can make a pearl.

Take that rosebush, with all its beautiful rosebuds forcing themselves open for self-expression, shouting "We must have room . . . we must open ourselves . . . we must become full-blown roses." Self-expression throughout all Nature is DEMANDED, and those buds have not the slightest idea of what they are finally to express. But the Creative Spirit is there within each one of them, equally distributed, so to speak, and doing the work of making perfect roses.

Take a blade of grass — it also cries for self-expression. The tree that keeps you in the shade — just the same. Your dog, your cat, your child — everything . . . all in Nature is the same.

Consider, then, this CREATIVENESS IN NATURE — this God in nature.

It is      INCESSANTLY AT WORK — incessantly expressing  
            with unfaltering exactitude;  
EVERYWHERE AT WORK — it is at work in Every  
Living Thing in the whole of Nature;  
KNOWS ITS WORK — it is intelligent, knows how to  
do all things, and never makes a mistake;  
AND IT HAS ALL THE SUBSTANCE NECESSARY  
TO MAKE EVERY LIVING THING IN NATURE.

Surely this has only to be stated to be accepted as the Truth of Nature, and we can all readily agree that this Creative Spirit

- First — KNOWS HOW TO DO ALL THINGS . . . Omniscient.
- Second- IS EVERYWHERE PRESENT, IN EVERYTHING, EVERYWHERE; and by virtue of being everywhere in every living thing naturally has the substance necessary to make everything in the Universe. It is Omnipresent.
- Third — HAS THE POWER TO DO ALL THINGS . . . Omnipotent. It has the power to make the oak, the pearl, the human being, to make all living things.

You will see, therefore, that the Principle of Nature is perfect — there is always all the Substance Necessary . . . there is always all the Energy and Activity Necessary to do the work, and there is always all the Wisdom Necessary to direct all the Energy to work absolutely accurately through the Substance.

The essential truth that I wish to convey to you here is that **WHATEVER WE LOOK AT IN LIFE THROUGHOUT NATURE WE FIND THERE IS ALWAYS A SUPERABUNDANCE OF SUPPLY.** Just think of the amount that Nature has to waste (seemingly) . . . think of a single poppy — the hundreds of seeds that one plant will give to you, each having all the substance, all the energy and all the wisdom to make a poppy plant, and each one has all the power within itself. Everywhere we look Nature emphasizes her ABUNDANCE OF SUPPLY.

I could write a full-length book on this, but there is no need. As you finish reading up to this point, just sit and relax. THINK about the SUPPLY that is found everywhere in Nature. Indeed, NATURE IS ABUNDANCE . . . IS the Universal SUPPLY . . . all that can possibly be needed for Life and Supply is to be found in Nature.

### A N D   A L L   I N   N A T U R E

The Substance Necessary — The Energy Within the Substance  
and The Wisdom that Directs the Energy Within the  
Substance

COMES FROM THE ONE IN ALL LIFE, THE  
ORIGINAL SUPPLY OF ALL LIFE — GOD,



WHICH CANNOT BE ADDED TO OR TAKEN  
FROM — ALL THAT THERE IS. It is THE WHOLE

. . . Now, What of THE PART?

### 3. S U P P L Y I N D I V I D U A L .

Now, what is true of the WHOLE of Nature is true of YOU, BECAUSE YOU ARE A PART OF THE WHOLE.

Turn again to Nature.

Birds are singing about you. Your dog looks up and barks gleefully at you. Trees are growing. Flowers are blooming. Children are playing near you. EVERYWHERE YOU SEE LIFE FORMS — FORMS OF THE UNIVERSAL LIFE. Turn and touch the tree that shelters you; you see color and form, and your sense of touch tells you that it is solid substance. You know that there is an INTELLIGENCE in the tree that is carrying on the work of the tree to make the apples that it gives to Nature.

Think of the tree. Then think of YOURSELF. It is the same with YOU.

There is a CREATIVE LIFE in all these things, you will say. But you cannot SEE the life, this Creative Life that is at work, though you know that it is always working. Your very instinct tells you that it is embodied in the tree — THE CREATIVE SPIRIT IS IN THE SUBSTANCE OF THE TREE ITSELF.

Then you will think: This is true of Every Living Thing . . . IT IS TRUE OF ME.

It is true throughout the Three Kingdoms of manifested life — Mineral, Vegetable, Animal. It is true of EVERYTHING, from the atom to the sun, from the amoebae to Man. Yes, it is certainly the same with YOU. There certainly is this Creative Life in YOU, but you cannot tell what that life is, though you are able to see its effects in your own life . . . in your own body, your own mind.

You are conscious of it, however, only when you think about it — when you think of your Breath, or your Sight, or your Hearing, and so on. Then, when you cease thinking about it, you are of course not conscious of it, though it goes on working all the same whether you notice it or not. It is the “LIFE” of you, and very much of this “LIFE” of you, such as the circulation of your blood, your Breathing which starts and maintains all the life processes within you, goes on without any conscious knowledge of yours.

The point that I wish to emphasize, then, is THAT THE SUPPLY OF YOUR OWN LIFE COMES TO YOU WITHOUT ANY EFFORT WHATEVER . . . YOU ARE NOT CONSCIOUS, INDEED, OF YOUR OWN VERY BREATH WHICH IS THE LIFE OF YOU. And in this simplest of all the facts of Life we have uncovered a BASIC PRINCIPLE OF LIFE — of ALL LIFE.

And as your Breath is the very simplest illustration that we can take from All Nature of the TRUE SUPPLY OF LIFE, let us talk about it a little. You will, of course, admit that you live by your Breath. LIFE ITSELF is brought to you through your own Breath. As long as we breathe, we are “alive” — when we cease to breathe we are “dead”. Breath is the necessary SUPPLY of your life in all its phases. The Creative Spirit, that which gives you Life, is embodied in your Breath. It is the WAVE OF LIFE, ever moving.

Just as you see a Universality about all Substance in the Universe, you can see that there is a Universality about all Breath, FOR EVERY LIVING THING DEPENDS UPON ITS BREATH FOR ITS LIFE. And your Breath COMES to you. If you obey the Laws of Nature, it is YOURS in its full quality and nature even without your having to ASK for it, though you must use your own body to get it.

If you can see, then, the wisdom of this simple illustration, you have solved the whole of your problems. YOU ALREADY HAVE ALL THAT THERE IS IN THE UNIVERSE . . . you have to “Believe That Ye Have It”, and then TRAIN YOURSELF TO USE IT — that’s all. THAT is the secret of all Supply. WE HAVE IT. The reason that we think we still have to GET it is that we DO NOT USE IT.

Until we know the way to go deeper and further into the investigation of that Force and Wisdom which is God, who causes ALL THINGS to be in Being, we will be wise to concentrate our attention upon Nature for the discovery of all Principles that rule in manifested and unmanifested Supply. When we have discovered the principle that controls the one we have discovered that which controls the other, for it is true the Supply that causes the Universe to exist without is the Supply that is within each one of us. I mean that the origin of ALL SUPPLY is within the tree, the acorn, the oyster, the human being.

YOUR SOURCE OF SUPPLY IS WITHIN YOU. YOU — and YOU ALONE — are the magnet which attracts to yourself everything that is necessary to make a perfect life. If your life is not perfect as you would have it, it is because you have not learned the way to USE the magnet which you are.

Therefore, if you have not been attracting to yourself all the SUPPLY — of money, of health, of joy, of peace . . . of anything at all . . . it is obviously because you have not been obeying the rules of the Game of life.

I would not like to pass on without impressing upon you the need to recognize that you have WITHIN YOURSELF (indeed, it cannot be elsewhere) the POWER TO ACCOMPLISH WHATEVER YOU TRULY SET YOUR MIND UPON AND WHICH YOU WILL TRAIN YOURSELF TO ACCOMPLISH. This is another way of saying that you have within yourself the source of ALL SUPPLY. It is entirely in the way in which YOU USE this power to attract your supply that determines the quality and quantity of your Supply. There is nothing mysterious about it, but because so many people think that there is a mystery about Right Living, Right Being and Right Having that so many people fall short of their dreams for themselves in this respect. Many people think that they have to be continually praying to God to send them more money, more of this and more of that — More SUPPLY; whereas there is no need whatever to supplicate God to reveal to you the secret sources of Supply, nor to give you strength to meet your daily needs, for all that God can tell you is that YOU HAVE IT. All that you have to do is BELIEVE that you have it. That is the initial step, and through proper training of yourself in this thought, you will find that

by the obedience by YOU of Nature's Laws, the abundance of Nature will flow to you according as you BELIEVE THAT YE HAVE IT. It seems strange, but it is true. Indeed, when you have trained yourself to believe that you HAVE it, . . . to act as if you have it . . . to use it as you have it — then you will look back upon these days of Lack and wonder why you did not see what was entirely obvious in regard to God's abundant SUPPLY.

I admit that what has so far been written may not seem to be a very practical lesson for you, but if you will read and re-read the foregoing pages, light will come into the Mind . . . for you must remember that there is a Wisdom within the substance of all the Universe - - - there is a Wisdom within the very substance of you - - - and this Divine Wisdom reveals Itself to us as we think upon these things.

Whether you believe it or not, it is the UNIVERSAL Principle that operates in every detail of your life, the same as in the details of the life of Every Living Thing.

You are a Divine Being, made in the Image of the Creator of All the Supply of the Universe. YOU ARE SUPPLY. You ARE Supply on ALL planes of Life.

#### W h a t Y o u M u s t D O :

- (1) Feel the Truth of Universal Supply. — This means that you should give yourself a little time each day to be still, and THINK of the truth that All Things in the Universe come from one Source.
- (2) Feel that YOU are in the Sea of Supply. — This means that, no matter how much you lack at the present moment, the tide has turned — you must FEEL it to be true — and that in ways that you know not, and through channels with which you are not familiar, SUPPLY IS FLOWING TO YOU . . . NOW, not tomorrow or next day, but NOW. (Note. — In this way you are training yourself to THINK SUPPLY . . . and this is what you have to do — THINK THAT IT IS COMING TO YOU. AS you think, you draw it nearer, for “As a man thinketh in his heart, so IS HE.”)



- (3) Feel that you EXPECT SUPPLY TO COME. — You have some idea of what you think you deserve from the Universe. Now you must EXPECT that it is coming to you. You are not aware of HOW it may come, but you must happily, with courage and no doubt whatever in your mind, with Joy in your face and gratitude in your heart, BELIEVE it coming — that nothing that you shall do or say or think shall prevent YOUR OWN GLORIOUS SUPPLY from coming direct to you. You have been damming the channels through which it could flow to you, but never again! You are opening your whole life so that the inflow of the Divine Supply - in money, in health, in joy, in ANYTHING that you think you have been lacking — shall not be checked.

This is the attitude of mind that you must create and maintain, during the whole of the day, no matter where you may be or what you may be doing. The first essential is that there MUST BE NO DOUBT — when you doubt you “short” the current of life that will bring Supply to you. If a thought of doubt comes into the mind that perhaps Supply will not flow to you, you must instantaneously destroy that thought . . . “No, I am sure that My Rightful Supply — all that I deserve, is flowing at this moment to me . . . I can FEEL that it is flowing to me . . . I have no doubt — I have no doubt.”

#### DEFINITE INSTRUCTIONS

These instructions must be carried out in a deep reverential attitude of mind. You must give yourself plenty of time. You should not undertake these exercises immediately after a meal. Feel that you are truly cooperating with the Lord of All Supply as you enter upon them.

FIRST — Sit in a comfortable chair and BE STILL! . . . that is the only way that you can KNOW. (If you have no knowledge of True Meditation, write to the Institute of Mentalphysics, P.O. Box 640, Yucca Valley, California, 92284, for a little booklet “How to Meditate”, and follow the plan there outlined). When you are still, SAY VERBALLY TO YOURSELF, with the eyes closed, the spine straight:

“I AM NOW BEING SHOWN THE WAY . . .  
THE DOORS OF MY MIND ARE NOW OPEN  
THAT I MAY SEE THE WAY.”

Say this several times, reverently, deliberately, calmly and quietly, believing that the Wisdom of the Creator Within You, the Lord of All Supply, is definitely showing you the way to increase your Supply.

SECOND — When you have repeated the above as many times as it is necessary for you to still your Mind, you will feel a deep peace all over you — feel that you are happy and Give Thanks in your heart. No matter how bad things are, they could very easily be worse — so Give Thanks.

THIRD — Then let your Mind dwell upon the Oneness of Life, as explained earlier in this Lesson. Think of the way in which your own body is linked up with the Eternal Whole of Life through the process of your own Breath. . . Your Breath causes your heart to beat, the circulation to be continued, and so on . . . FEEL WITHIN YOU the ONENESS, the RHYTHM of Universal Life, that you are connected in every way possible with, linked to the First Force of the Universe, which is God. God is within you.

FOURTH — Thinking thus of your Breath, imagine that it is like a water-wheel, and that the wheel is drawing the water into you from the Great Source of Supply, the never-failing Source which gives life to Every Living Thing. You will find that, very soon, you will lose all sense of your body and be drawn out, so to speak, into the Universal Whole, for your body will get heavy. Then, a little later, you will feel the same feeling in your Mind . . . it will seem to be so “Heavy” or “Light”, precisely the same kind of feeling that you are experiencing in your body. When you have come to this state of feeling — remembering what you have learned in this Lesson, declare —

- (1) I DRAW MY SUPPLY FROM THE SOURCE OF INFINITE SUPPLY . . . I AM WHOLE AS THOU, THE LORD OF ALL SUPPLY, ART WHOLE.

(Think of the completeness of the Supply of the Universe, the absolute wholeness of the Universe. Nothing

can be added to it, nothing can be taken from it. WHATEVER I need is there, in unutterable abundance and plenty. It belongs to me as much as to any other living thing — IT IS INDEED MINE. Say the above several times, as you QUIETLY turn over in your mind the truth of what you are saying.)

- (2) I AM ABUNDANCE AS THOU. . THE SOURCE OF INFINITE, ABUNDANT SUPPLY . . ART ABSOLUTE ABUNDANCE . . . I AM MY OWN SUPPLY.

(Continuing the thought, QUIETLY, BELIEVE that you are your own Supply — that you ARE ABUNDANCE; and if the thought of lack in any form comes into your mind, feel that the reason you have lacked for anything is because you did not know that you were, in every respect in your life, the magnet that drew all your Supply from the Universal Source. You did not know the way, but now you KNOW that you are being led into this knowledge, and that it is merely a matter of time for materialization of your knowledge to come into your life as Abundant Supply.)

- (3) I AM COURAGE . . . STRENGTH . . . POWER . . . MY SUPPLY IS IN THE CREATOR OF ALL SUPPLY . . . I HAVE NO LACK — I AM SUPPLY.

(Contemplate the inner meaning of these very words - quietly, FEEL that you have taken on a new lease of life and hope, that the Creator of the Infinite Supply is at work within you, and that you can feel it at work, being absolutely sure that the Creator of Infinite Supply is directing your path for you to discover YOUR own physical, mental, material and spiritual supply.)

- (4) I THANK THE INFINITE WISDOM WITHIN ME FOR THE KNOWLEDGE OF THIS WONDROUS TRUTH NOW REVEALED TO MY CONSCIOUSNESS.

(Still resting in your body and mind, with no movement whatever, feel that, as you declare the words, God is being brought to birth in your soul.)

FIFTH — Then sit and contemplate thus —

“I am now taking a definite step in the developmental process of my Higher Consciousness, and am finding my way to the True Goal of My SUPPLY.

“I have found the Way — I Give Thanks . . . It is a REALITY within me containing infinite possibilities . . I feel that I am near to what I truly deserve and desire.

“I CAN SEE MYSELF in Full Supply — of money, and friends, and joy, and health, and power to DO, and power to GIVE, Power to help, Power to gain from the Universal Supply what I need . . . It is COMING TO ME — NOTHING CAN KEEP BACK FROM ME THAT WHICH IS MY OWN. I have been the only one who can ‘short’ the Supply of the Universe in my own life, and I Give Thanks that I now KNOW HOW.

“My every WORD shall be Truth.

“My every deed shall be done as unto the Lord of All Supply.

“My every thought shall be positively directed to SUPPLY — I HAVE it . . Now I am on my way to finding out.

“I am radiantly happy about all this — I am cooperating with the Lord of All Supply within me.

“Oh, how glorious is the ONENESS of My Life! How foolish of me to have imagined that I can lack for any good thing when I know NOW that all that is mine is flowing, flowing, flowing unobstructed to me.

“My very Breath is Universal in its supply — I gain my Breath from the Infinite Supply of the Breath of the Universe. It is just the same with money, with joy, with love, with health, with peace, and ALL POSSIBLE CONCEIVABLE SUPPLY . . all that I possibly can take is Mine, Mine for Evermore.



"I realize that it is my own ignorance of the LAW of SUPPLY that has kept my own Supply from coming to me . . . BUT NOW I KNOW, and I WILL LIVE WHAT I KNOW. I also realize that I MUST USE what is Mine, for I know that that is the only way that it can multiply.

"I pledge myself that, as My Supply Flows to Me, I will let it flow outward to others unimpeded. I am liberal-handed to others who have less than I have. I pledge myself that I will give ten per cent of all that flows to me to that Source whence this knowledge comes to me. I pledge myself that never again will I prevent MY SUPPLY from coming to me by fearing that it will not come.

"I am FREE FROM ALL LACK — I HAVE NO FEAR \*  
I AM FREE . . . FREE . . . FREE FROM THE RAVAGES  
OF LACK OF WHATSOEVER KIND . . . I AM LIFE . . .  
I AM LIFE ABUNDANT . . . MY SUPPLY IS HERE . . .  
HERE AT MY HAND.

I GIVE THANKS . . . I GIVE THANKS.

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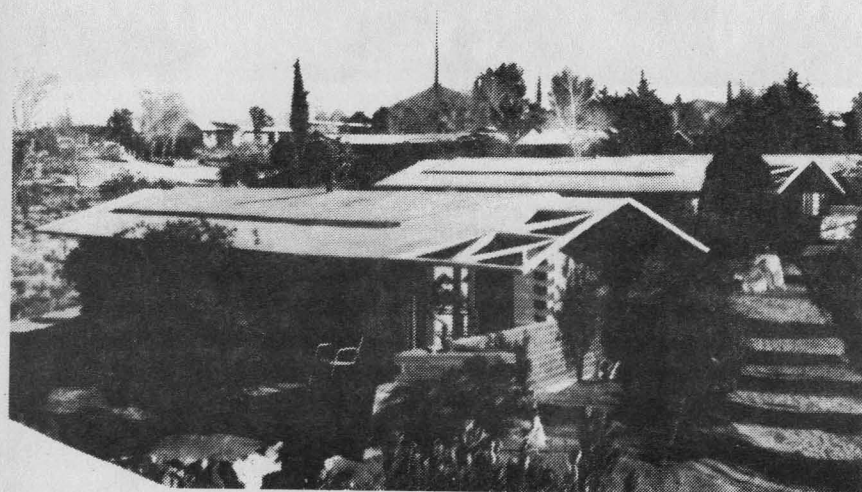
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**ABOUT THE AUTHOR**—Edwin J. Dingle was an Englishman who spent 21 years in the Orient, where he built a large publishing company and became an economic and geographic authority on China. Always within him burned the desire for deeper wisdom and his quest 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 that he acquired in years of arduous study, he founded the Science of Mentalphysics, which 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 peace throughout the world.

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