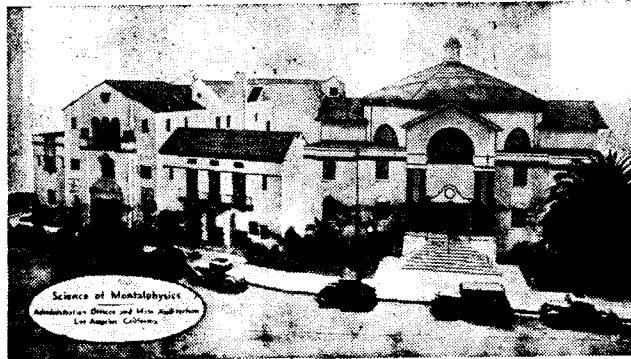




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International Headquarters of
THE INSTITUTE OF MENTALPHYSICS
213 South Hobart Boulevard
Los Angeles 4, California, U. S. A.

Your Ears

● A Practical Lesson for all who
suffer from Impaired Hearing.

DEFINITE
INSTRUCTIONS
AND EXERCISES

By

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

The **INSTITUTE OF MENTALPHYSICS**
The faultless Philosophy of Life

213 South Hobart Boulevard
Los Angeles 4, California, U. S. A.

SEND THIS TO A FRIEND IN NEED

A Practical Lesson for All Who Suffer from Impaired Hearing

"There are diversities of gifts, but the same Spirit."

"There are differences of administration but the same Lord."

"There are diversities of operations, but it is the same God which worketh all in all"

"But the manifestation of the Spirit is given to every man to profit withal.

"For to ONE is given by the Spirit the Word of WISDOM; to another the Word of KNOWLEDGE by the same Spirit."

"To another FAITH by the same Spirit; to another the Gifts of HEALING by the same Spirit."

"To another the working of MIRACLES; to another PROPH-ECY; to another DISCERNING of spirits; to another divers kinds of TONGUES; to another the INTERPRETATION of tongues."

"But all these worketh that one and the selfsame Spirit dividing to every man severally as he will." (I Cor. 12)

Introductory

You have difficulty in hearing . . . you fear that perhaps you may become stone deaf? You fear, perhaps, that you may have to take to the use of some kind of ear phone?

DO NOT BELIEVE IT! Deafness can be alleviated.

Throughout all time the philosopher has declared "As a man thinketh in his heart, so is he". It ever has been true. You feel it to be true, even as you read these words. You FEEL that you know you are, or that you become, *what you think* . . . in other words, your life is actually the result of your own thought. It has also only to be pointed out to be realized, that as a man breathes so he thinks, which is another way of saying that as a man breathes, so he *lives*, for **BREATH IS LIFE!**

There is only one reason why this manuscript is in your hands—you need it. You have been afflicted with what is commonly called "deafness". You are afraid that one of your five physical senses may be obliterated . . . that of hearing; and you are justified in fearing this result.

But, it does not have to be. By correct attention to the regime outlined herein, which, through habit, will probably become unconscious to you, you can relieve a situation which seems, at present, to be fraught with terror for you.

You do not like to imagine the loss of the power to hear beautiful music, the voices of happy children, the voices of your loved ones, and the hustle and bustle of life as it passes you by.

In order to assist you, these lines are written. What is contained herein is suggested for you to follow, if you feel that it contains logic and reason. This Lesson is by no means a prescription, nor are the matters and things contained and suggested herein mandatory. When a bouquet of flowers is laid in your hands by your friend, he does not instruct you what kind of a vase to put it in, nor how often to change the water, nor where in your home you should place it—this is optional with you. The same thing applies to the contents of this manuscript—it is optional with you to give the contents herein a fair trial, or not, according to your own inclination, *but I dare to say that it will be a loss to you if you do not at least give a fair trial to the suggestions.*

You do wish to regain your hearing, do you not? You do feel that *you would give anything that you possess* if you could only regain your hearing. Now, I cannot guarantee anything to you, other than that you will be rewarded if you practice the method laid down for you in this Lesson. I have been greatly blessed in helping many to regain their hearing. I see no reason why you should not do so also, and I most sincerely inform you of my belief that, if you will faithfully carry out what this Lesson teaches, you will very greatly benefit.

If others have done it, you ought to be able to. One day in New York, a lady came to my office in the Steinway Hall, so deaf she could not hear a word, nor could she read my lips. Going away for someone to "interpret" for her, she informed me that she had been stone deaf for many years. She became one of my Students. About a month afterwards, when she had regained her hearing to such an extent that she could hear every word I said, she came to me with a letter of thanks, which she had sworn before a notary public, and I include some part of her letter here—for the purpose of inspiring YOU to "go and do likewise". (This letter is on file at The Institute): "Four weeks ago I listened to a lecture you gave, or, rather to be exact, I didn't listen, because I couldn't hear. I sat in the first row of your lecture room—a room full of people who, before the lecture, were all talking—but to me there was nothing but silence. I heard nothing, even though I had ear phones on. But even through my silence I felt, though I could not hear, the message you were sending to those who needed it. I enrolled in your class and today, on the 20th of November, I HEAR!

"I can't tell you how grateful I am. Words are inadequate. When one has had a partial deafness for years, gradually getting worse until there is a complete wall of silence surrounding her for two years, she can't make anyone understand the feeling of gratitude. Most people who are deaf, I am sure, or at least some of them, suffer from a cloudy brain and to have one's thinking process clear and keen after trying to think through a fog is priceless. For that is what is happening to me. I assure you that I would stand down on the street and broadcast this if I thought it would do any good. But, alas, the sick and suffering pass by, for, to quote from an old book, 'The people's ears have waxed dull'. But I shall endeavor to tell those with whom I come in contact the 'Truth' you are teaching.

"I have studied Christian Science and Unity. I was in the former a few years, and the latter, four years. They are both very beautiful—both contain some wonderful Truth—I would not underestimate what I learned in and through them. I practiced Unity faithfully for the last four years, at least to the best of my ability, but it was not until I entered your class that I understood what these two movements were trying to teach. Your teaching embraces all, and is the highest thing that anyone can learn. After that there is really nothing more I can say—anything else would be banal.

"I thank you from the 'bottom of my heart', and I thank God that I had the sense—brain—receptiveness—call it anything you will—to enroll in your class."

Sincerely,
(Signed) Helen B. Backus.

"You are at liberty to show any part or all of this letter to anyone."

Order of This Manuscript

PART ONE Deals with the Cleansing of the Body—there must not be Constipation. Suggestions out of the writer's own experience with Constipation.

PART TWO Deals with Mentalphysics Breathing Exercises.

PART THREE . . . Deals with Special Exercises for the Ears.

PART FOUR Deals with Spiritual Healing of the Ears.

Part One Cleansing the Body: Constipation

(I) CLEANSING THE BODY

There must be NO CONSTIPATION

Most people who suffer from any kind of ear trouble probably suffer also from Constipation, which has been called "THE ROOT OF ALL DISEASE".

The first thing, then, is to be SURE that there is no Constipation. By this I do not mean that, through the use of cathartics, I cleanse the bowels every day—or by the use of colonic irrigation I believe that I am clean. I mean that THERE SHALL BE NO CONSTIPATION, and that the BODY SHALL KEEP ITSELF CLEAN NATURALLY.

This is what I did to cleanse my body:

FIRST WEEK'S REGIME

Going to Bed . . . Unsulphured figs soaked in water.

On Rising One glass of fairly hot water, with the juice of a lemon; GULP IT DOWN, drinking it as quickly as possible—do not sip it.

Some DEEP BREATHING —Breath IS YOUR LIFE. If you are a student and

know something about Spiritual Breathing, well and good; if you do not, write for information. Correct breathing means correct physical living, correct mental living, correct and full development along all planes of existence. **BREATH IS LIFE.**

Some cold water—one or two glasses.

Deep massaging of the abdomen.

Go to stool—"nurse" the action, believing and **FEELING** that you are to have a completely satisfactory action of the bowels.

Breakfast Twelve ounces of grapefruit juice (or orange juice, if you do not care for grapefruit, or, half and half), or tomato juice.

Luncheon Very light meal—salads made entirely from above-the-ground vegetables.

Evening Meal . . . Same as breakfast.

Water Ten glasses of pure water (preferably distilled) each day, **BUT NOT WITH MEALS.**

Exercise Walk much. As you walk, feel that you are taking in through every part of your body that power which gives you life, which brings you the power to see, to feel, to be happy, to be able to **DO** what you want to do in life.

SECOND WEEK'S REGIME

Going to Bed . . . Same as First week.

On Rising Same as First week.

Breakfast Raw apples, skins and all—as many as you care to eat. Thoroughly chew them.

Luncheon Small salad of lettuce leaves, a ripe tomato—olive oil dressing with a drop or two of lemon, one small baked potato—be sure to eat the peeling (the skin)—**NO BREAD.**

Dinner Fruits (watery fruits)—such as apples, pears, ripe figs, peaches, persimmons, apricots, plums, etc. I do not mean canned fruits—I ate, and every one is advised to eat, fresh fruits in season.

(Every alternate morning, I took six to eight ounces of orange juice, with a spoonful of honey, and a small handful of almonds. This is a wonderful breakfast for the "well" person.)

By the end of the second week, eating like this, constipation should be clearing up. Some people, I suppose, require more care, so that the second week regime may have to be continued. But this sort of feeding will cleanse the body. After constipation has been corrected, it is well for the student to get to know what chemical type he or she is, and so fuel the body with foods that Nature says she must have to enable her to build and sustain a perfect physical body.

EAT NATURAL FOODS AS MUCH AS POSSIBLE. You cannot improve on Nature.

DRINK WATER IN ABUNDANCE . . . USE THE BODY . . . That is, exercise it. **BE HAPPY!**

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

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

Part Two

Mentalphysics Breathing Exercises

You are advised to do a great deal of deep breathing. Every Student KNOWS that.

Breath is the fount of all human power. Radio today can project sound seven and one-half times around 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—we could not live without it.

What should concern you as a student in the early stages of the Science of Mentalphysics is how you may become conscious of it and utilize its vast resources for your benefit. How, then, can you benefit for your daily life from this ether in the air which you breathe for 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) Your physical health depends materially upon correct breathing;
- (b) Your mental health, happiness, self-control, clear-sightedness and morale depend very largely upon how you breathe.

Deep breathing of a general nature will vastly improve your general physical and mental well-being. Do not fail to give this due attention.

Part Three

Special Exercises for the Ears

Now, a word of warning: Do not TALK about what you are going to do, or about what you are doing—carry out this regime; tell no man. It is a LAW of Life that the more we TALK about what we intend to do, the less we really accomplish. You have to conspire with yourself. Something has come your way! . . . you have met with invaluable information, and you are going to WORK to make it your own! Look forward to full materialization of your aims—*Imagine* that you can hear better—be very definitely happy about it—never say "Oh, I don't think there is any improvement" . . . BELIEVE that there IS, and that you are engaged in building a pair of perfect ears.

Actual Exercises and Suggestions That May Be Used to Relieve the Condition Called Deafness

At Night—Clean your Ears—At night take a little olive oil, put into a spoon, light a match under the spoon so that the olive oil is made a little hot, then drop a little into the ear; put cotton into the ears and go to sleep.

FIRST EXERCISE:

In the morning, Before Breakfast—Sit in a straight backed chair, with the heels touching, the spine straight. See that there is no strain on the neck. Close the left nostril, breathe in through your right nostril; retain; then breathe in through your left nostril, hold-

ing the right one closed; retain, and close both nostrils. Then imagine that you are blowing the air out through the ears. You may do this with a very slight jerky movement, so that the air will come through. (Do not expect that a gust of wind will come out of your ears, because it will not—if you can hear a little crackle and a little squeak, you will know that the work is being done. If this exercise is properly carried out this is exactly what you will hear.)

A little warm water in an ear syringe and washing the ears out with very little pressure on the syringe will also assist.

SECOND EXERCISE:

Sitting on a chair, spine erect (not leaning back against the chair) the palms of your hands on your knees or your thighs, take a little breath; drop the head forward; then pull on the head downward—bending and arching the spine until the head is between the knees—retaining the breath the whole time. Hold it as long as you conveniently can, and then *GENTLY* exhale. In no event must there be any strain whatsoever. This is a wonderful breath, and at the start you will doubtless find it a little difficult. Do not take in too much air; there must be no strain, and probably the effect of this Breath will be that you will find a kind of heavy feeling in the head and you will perhaps feel a kind of bursting feeling through the ears.

THIRD EXERCISE:

Stand with feet apart, take a little breath, drop the head—feel that everything in your body is heavy; let the arms swing forward as you gradually go downward, pulling on the head, bending and arching the back until you have your head down as near to your knees as possible. With the knees bent, not stiff. Everything in the body in this exercise must feel heavy, and while you are retaining your breath, you will actually feel a flow of life into your head. After standing for a few seconds in that position, gradually bring the head up again, straightening the back, and when you come to the upright position, gently exhale.

(This is what I call my "lazy" breath. There must be no strain anywhere; there must be a feeling of heaviness

right through the body and I think that when you have practiced this you will easily feel what I am trying to tell you in words.)

These exercises should be done at least once a day, at regular periods—more often will not do any harm. There is, of course, such a thing as overdoing them so you must use reason and logic in regulating yourself and knowing by your own reactions, how often it is advisable for you to do these exercises.

NOTE: Begin to imagine that you can hear perfectly—do not be afraid, at any time, to ask people what they have said;—try to get away from the habit of cupping your ear in your hand—get away from the inferiority complex, which is usual with people who do not hear perfectly. Imagine new sounds—take an old kitchen pot, for example, and sit at the table and see how far away you can hear it boiling, closing the right ear. Make a record of it; then see how far you can hear it with the left ear. Make a record and note the difference. This is done while the kitchen pot is on the stove boiling and the sound that you hear is the hiss of the steam through the spout. Then take an ordinary kettle—attach a string to the handle of it and let the string come over the back of a chair to your fingers. Move away a certain distance and pull the string, rattling the handle against the pot—and see how far you can hear it with the left ear—see how far you can hear it with the right ear—go away a further distance and strain to hear it as far as you possibly can hear it. Do this about every three days, so that you are examining yourself to see what progress you are making. Above all *FEEL* that at last you have met with that which will cause you to know how to bring your hearing back. You may also experiment with a small clock, listening to its tick. At last you have come to the realization that the Divine Intelligence is within you . . . and you may say to yourself many times a day and *FEEL* that you believe that you *KNOW* that it is true: "THE CREATOR IS WITHIN ME LISTENING TO THE SOUNDS OF THE UNIVERSE THROUGH MY EARS."

FOURTH EXERCISE:

Before you retire, lie flat on your back, on the floor, on a rug—*Not on the Bed*. Place your right leg over your left leg and then draw your knees up that you are lying on your back, with your knees drawn up.

Part Four

Spiritual Healing of the Ears

Now, with the tips of the forefingers, close your ears by folding up the lobe of the ears into the ears, so that you exclude sounds. Then audibly exclaim the word "AUM". It should be pronounced as if it were spelled O-O-M-M . . . the object being to prolong the sound. This will cause a vibration internally in your head which you will immediately recognize; then feel that you are directing this vibration to the ears—make your sound louder, and louder and louder—prolonging it as long as your breath will permit without any strain. Then exhale and repeat. Do this, beginning about three times before you retire—and continue it until you are doing it seven times nightly. Do not develop an inferiority complex on account of other people hearing you.

Do not be afraid of asking people to speak a little louder—ask them to repeat what they are saying—avoid all phases of fear, and feel all the time that you are improving with your hearing. Remember that you have five physical senses, all of which are extremely important and that irrespective of the opinion of those around you, which you should not recognize, *you are trying*, and feel that if you properly follow out the suggestions herein given *you will succeed in reestablishing one of the most important of the five senses.*

We now come to what is probably the most important phase of your healing from the condition called deafness—the SPIRITUAL Healing. The secret is in what is called Meditation.

I invite you, no matter what you may at present *think*, to DO what you are advised to do in this Part Four of this Lesson. Many people condemn and pass judgment upon doctrines and teachings without first knowing what they are. This is always unwise, for it compels us often to shut our ears to the Truth of God . . . "They have ears but hear not".

The exhortation of Paul to "Prove all Things—hold fast to that which is good" is worthy of acceptance by us today. Many of our prejudices are racial and traditional, and are handed down from generation to generation. Such people can give no reason for their prejudice or opposition.

The *Physical* cause of so-called deafness may be wax in the ear orifice, or the stoppage of the eustachian tube. The ear drums may be hardened, paralyzed, or broken. The hardening or paralysis of the ear drum may be healed, but if the ear drum is broken, it sometimes is best to resign yourself to the situation and learn how to use the spiritual ear. However, the great majority of cases of deafness can be greatly alleviated by the observance of the right laws of correct living.

It is a good plan to treat deafness by holding a mental picture of perfection. Visualize the ear as that of a young baby, treating one ear at a time in case there is deafness in both. Visualize the eustachian tube wide open. Imagine the ear so sensitive that it catches the faintest vibration of sound. Imagine a perfect and splendid circulation of the blood through the eustachian tubes and the ear organ, carrying away all hardness and obstruction, and distributing the oil of the Spirit as a lubricant, and the substance of the Spirit as nourishment. Imagine that the blood is spiritual blood and every drop is filled with healing power. Let your attention be prolonged with all, or any, of these treatments. Be in dead earnest. *Be determined to conquer*, and let that determination be expressed in frequent and prolonged Meditations and attention.

How to Meditate

(Follow these instructions carefully if you would have rapid success)

(a) Sit in a comfortable chair, with the spine erect. (It is better, if you can, to sit on the floor "Tailor Fashion", perhaps with a small cushion under you, so that your legs are slightly lower than your buttocks. But the SPINE MUST BE STRAIGHT.)

(b) Take three or four long breaths through the nostrils; as you exhale, *flex* the body, so that it becomes quite limp. The tenseness of all the muscles is withdrawn. Place your hands on your knees . . . it is a strange electrical connection about which you know nothing yet. Sit still, breathing gently without effort. **WHAT YOU ARE DOING NOW IS TO LOSE ALL SENSE OF THE BODY.**

(c) Now, do with the MIND what you have done with the body. Just let all go. Don't try to think—don't try not to think. At this stage all kinds of ideas will surge up in your mind. Pay no attention . . . let them surge. Don't resist. Sit quietly and watch the show, so to speak. After a time, however, without stirring, take possession, and say in a low, firm voice, slowly but audibly, "Peace be still . . . I am still . . . I AM AT PEACE . . . I am at Peace . . . Peace . . . Peace . . . Peace." (You must not think of time, for you are about to lift your consciousness into a super-physical realm, where time does not exist.)

(d) Now, take the Affirmations which follow, very resolutely, and treat them in the same manner. Let the tone be decisive, positive, yet reverent. Then sit still, VERY still, very peaceful and still, and let the Affirmations sink in. **WAIT—LISTEN . . .** after some practice—it may take a week, a month; men vary—you will hear a voice speaking to you in the Silence. That is the Voice of the Soul.

NOTE:—Do not be disappointed if your mind is hard to control at the start. If you make any progress in the first week, be glad and grateful. Be **ASSURED THAT IT WILL COME ALL RIGHT IN TIME.** If you have any difficulty sit and imagine that you are looking within you, watching your own Breath. Notice how even it is—how beautiful—and imagine

that the life force is coming in with every breath that you take, and that it is going all over you, remaining with you like a Great Light within.

(e) Always sit in the same place. You will know later on why this is desirable. If you are fortunate enough to hear the Voice referred to in (d) realize that it is the Voice of the Spiritual Man speaking to the Physical Man. This may take you out of your abstraction with a start. Never mind, try again. Assume a grateful mood and give thanks. You are to learn in a way that you have never learned before that the **INFINITE WISDOM**, of which you are a part, **Knows All There Is to Be Known.** Therefore, when you are in touch with it consciously, there is nothing that **YOU** cannot know. Your connection with it now is **UNCONSCIOUS**, instinctive.

FIRST MEDITATION:

"The Creative Spirit did not create deafness . . . I refuse to believe that I am deaf . . . deafness has no power over me . . . my hearing is **PERFECT . . . MY HEARING IS PERFECT.**"

SECOND MEDITATION:

"My hearing is **PERFECT . . .** I hear perfectly all the sounds about me . . . My hearing is **PERFECT . . . MY HEARING IS PERFECT.**"

THIRD MEDITATION:

"Deafness is not a law of life . . . Man is not subject to deafness . . . I am not subject to deafness—it has no power over me . . . **NOW I AM FREE, FREE, FREE.**"

FOURTH MEDITATION:

"I am Whole . . . I am **PERFECT . . . I am STRONG . . . I am POWERFUL . . . I am LOVING . . . I am HARMONIOUS . . . I am RICH . . . I am YOUNG . . . I am HAPPY . . . I give THANKS . . . I give THANKS.**"

Finally, during the whole of your waking moments, **FEEL** the Truth that "**THE CREATOR IS WITHIN ME, LISTENING TO THE SOUNDS OF THE UNIVERSE THROUGH MY EARS**" . . . Peace be unto you.

