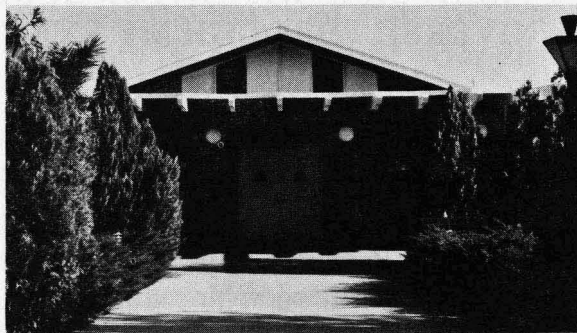


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# Your Eyes

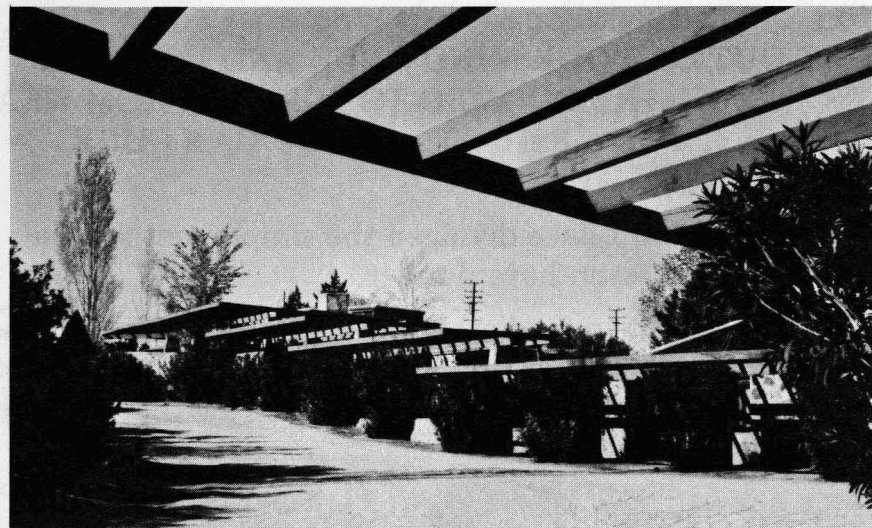
**A Practical Lesson for all who suffer from Impaired Eyesight**

**DEFINITE INSTRUCTIONS AND EXERCISES**

by **EDWIN J. DINGLE**

**Founder of the Science of Mentalphysics**

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



*Caravansary of Joy*

# HAVE STRONG EYES THEY ARE PRICELESS

You have difficulty in seeing . . . you fear that perhaps you may go blind? . . . you fear that those glasses will soon have to be replaced by "stronger" glasses . . . you feel that you will have to wear glasses all your life? **DO NOT BELIEVE IT.**

I was once declared BLIND in my right eye, with the left very greatly impaired. I spent thousands of dollars on my eyes, with specialists, in many parts of the world, always in the hope that someone else would bring benefit to me.

I commenced wearing glasses at sixteen, wore glasses for double that length of time, and more - green glasses, blue glasses, bi-focals, and every other kind. Today I do not wear glasses. I can read six-point type with ease.

You can imagine how grateful I am. I believe that you, too, will be able to do so, if you do what I did. **FIRST - GET OUT OF YOUR MIND ONCE AND FOR ALL THAT YOU ARE DOOMED TO SUFFER FROM WEAK EYES! . . . YOU ARE NOT! . . . YOU CAN CURE YOURSELF, AS I DID.**

Many to whom I have divulged the simple method outlined in this Lesson have done it.

You can almost immediately improve the condition, and if you undertake what you are advised to do - persistently, reverently, happily, believingly - I know that you will have strong eyes.

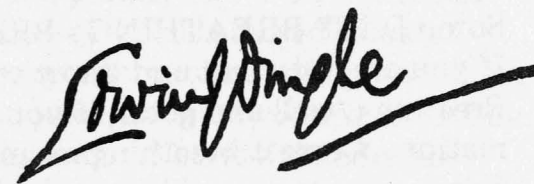
So make up your mind that, so far as YOU are concerned, there shall be no weak eyes, for you are now setting out to cure yourself.

Sit and rest. DO YOU believe what I have written? DO you believe that - through any ideas that you may gain from me - you have the courage to try . . . to try to cooperate with the Laws of Nature and of God, to try to feel that all is necessary for you to see is WITHIN YOU, and that because of your own ignorance of the Law you have not carried it out?

There is a Power greater than your own; that Power is WITHIN YOU - - - ALL that is necessary for you to bring your eyes back to normal is within you.

Success is yours, if this strong idea that you will do it, cooperating with the power within you, is firmly established in your mind.

Yours Joyously,

A handwritten signature in cursive script that reads "Edwin Dingle". The signature is written in black ink and is positioned above the printed name.

EDWIN J. DINGLE, F.R.G.S.  
(Ding Le Mei)

# CLEANSING THE BODY

There must be NO CONSTIPATION. Most people who suffer from any kind of eye trouble, 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.

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 complete 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). 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 pore 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.

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 of 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, persimmons, peaches, 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 or 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. Avoid "cooking". **DRINK WATER IN ABUNDANCE.** **USE THE BODY** -- that is exercise it. **BE HAPPY!** **GIVE THANKS!** - and know that Perfect Eyes are being made for you every moment that you live, with every breath of your body.

Much valuable information is contained in a booklet entitled "Diet", available from The Institute of Mental-physics.

## **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

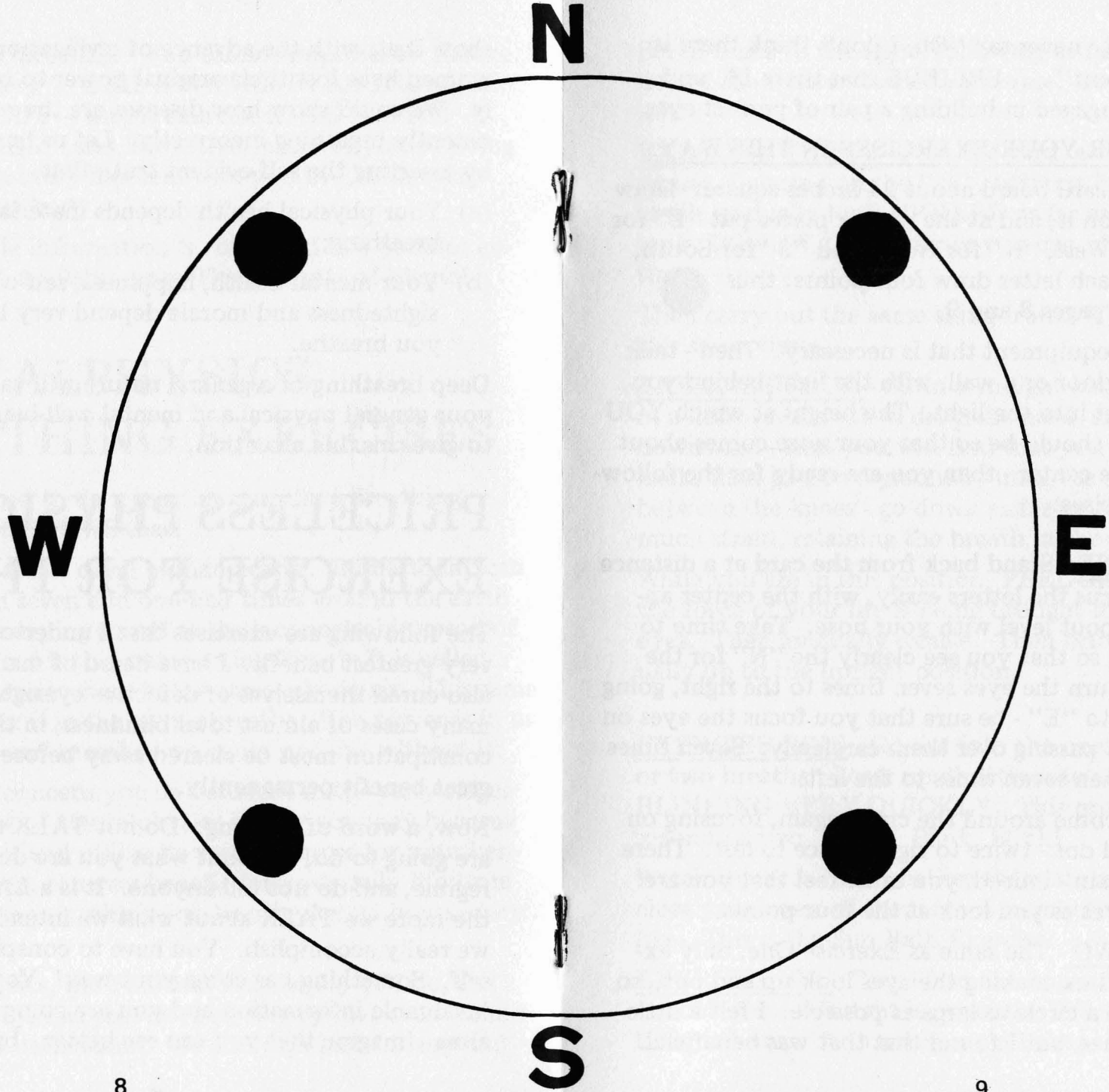
- (a) Your physical health depends materially upon correct breathing;
- (b) Your mental health, happiness, self-control, clear-sightedness and morale depend very largely upon how you breathe.

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

## **PRICELESS PHYSICAL EXERCISE FOR THE EYES**


The following are exercises that I undertook with the very greatest benefit. I have heard of many who have also cured themselves of defective eyesight, and, in many cases of almost total blindness, in this way - but, constipation must be cleared away before you can expect great benefit permanently.

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, and do not tell anyone. 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** your aims - imagine that you can see 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 eyes.

PREPARE FOR YOUR EXERCISES IN THIS WAY.

Get a piece of card board about 24 inches square: Draw a heavy circle on it, and at the proper places put "E" for East, "W" for West, "N" for North and "S" for South, and between each letter draw four points: thus  See sample on pages 8 and 9.

That is all the equipment that is necessary. Then - tack this card on a door or a wall, with the light behind you, not looking out into the light. The height at which YOU place this card should be so that your nose comes about opposite to the center - then you are ready for the following seven exercises:

EXERCISE ONE - Stand back from the card at a distance so that you focus the letters easily, with the center approximately about level with your nose. Take time to find the focus, so that you see clearly the "N" for the North. Then turn the eyes seven times to the right, going from the "N" to "E" - be sure that you focus the eyes on the letters, not passing over them carelessly. Seven times to the right: then seven times to the left.

REST - Then come around the circle again, focusing on each individual dot - twice to right, twice to left. There must be no strain - indeed, you must feel that you are relaxing the eyes as you look at the four points.

EXERCISE TWO - The same as Exercise One, only extending the radius, making the eyes look up and out, so that you make a circle as large as possible. I felt a little strain sometimes, but I found that that was beneficial.

Seven times to the right, following as far out from the line of the written circle as possible. Seven times to the left.

EXERCISE THREE - Face the card, as in previous exercises, focusing on the "N", without bending the neck at all, gradually look UPWARD as far as you can; then look DOWNWARD as far as you can. Do this seven times.

Then carry out the same thing from "E" to "W". Do this seven times.

EXERCISE FOUR - Sit in a straight backed chair. Take in a little breath - then drop the head, and pull on it downward - thus you will find that you will "arch" the back, then go down gradually until the head is near or between the knees - go down as far as you can without much strain, retaining the breath in the body meantime.

While you are in this position, FEEL that the whole of the force of your life is being brought to your glorious eyes. Then gradually exhale. Then bring yourself gradually up to the upright position.

EXERCISE FIVE - Go out into the open and take one or two breaths. Look up directly into the face of the sun, BLINKING VERY QUICKLY. This must be only for a second or two. Blink, Blink, Blink!

Watch the eyes - see whether there are any "spots" as you close your eyes - if there are remember what they look like. This is the Sun Bath Exercise.

EXERCISE SIX - Come into the house. Lie down on a couch - place the right leg over the left. Feel that the body is heavy. You are heavy all over - it seems that you

are falling through the couch, as there you lie heavily on your back.

Then place the palms of the hands over the eyes, without pressure, causing dense darkness. "Palm" the eyes for a few minutes, feeling that the whole body is being rested.

You will find that this will rest your whole body. As you are palming, watch in the front of the eyes and see whether you can see any "spots" - if so, imagine that you are seemingly with your thought gradually melting them away, so that you can see only one great mass of deep, dense, black darkness, with a tiny spot of light in front of each eye. If you can do this, concentrate upon the tiny spot and see it grow brighter - then make it go black - then bright - then black again.

**EXERCISE SEVEN** - In this relaxed position, imagine that the whole body is asleep, but that your mind is fully awake and alert. But you are **STILL WITHIN**.

With the palms still over the eyes, **FEEL** that what you are doing is bringing to you the Life Force which is that through which you see.

Then, reverently, quietly, believingly, say audibly several times: "THE CREATOR IS WITHIN ME --LOOKING OUT ON THE UNIVERSE THROUGH MY EYES".  
"THE CREATOR IS WITHIN ME -- LOOKING OUT ON THE UNIVERSE THROUGH MY EYES".

Give Thanks - and - Be Happy!

Do not be afraid to use the eyes. Cultivate a constantly happy frame of mind. Say constantly to yourself: "MY EYES ARE PERFECT, I HAVE PERFECT SIGHT". -- and **BELIEVE** it!

## 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 near 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 weak eyesight . . . I refuse to believe that I have weak sight . . . defective vision has no power over me . . . my sight is **PERFECT . . . MY SIGHT IS PERFECT.**”

#### **SECOND MEDITATION:**

“My eyes are **PERFECT . . .** I see perfectly all the sights about me . . . My sight is **PERFECT . . . MY SIGHT IS PERFECT.**”

#### **THIRD MEDITATION:**

“Weak sight is not a law of life . . . Man is not subject to poor sight . . . I am not subject to weak sight—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, LOOKING OUT ON THE UNIVERSE THROUGH MY EYES**”. . . . Peace be unto you.

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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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