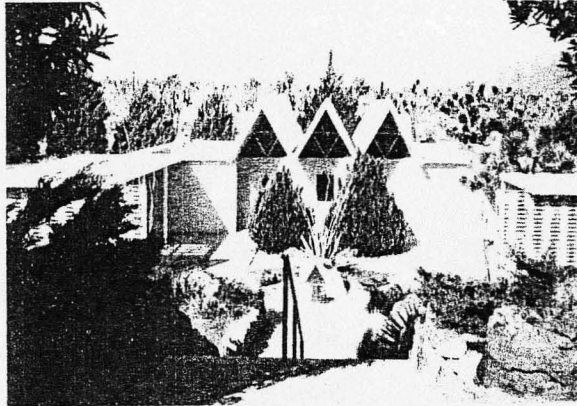
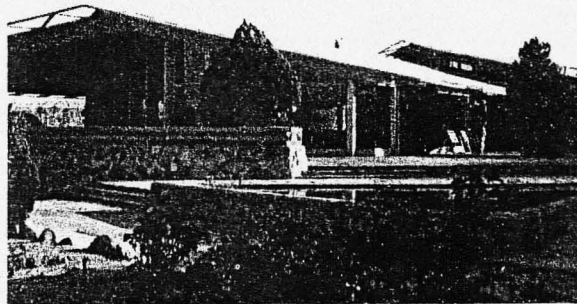


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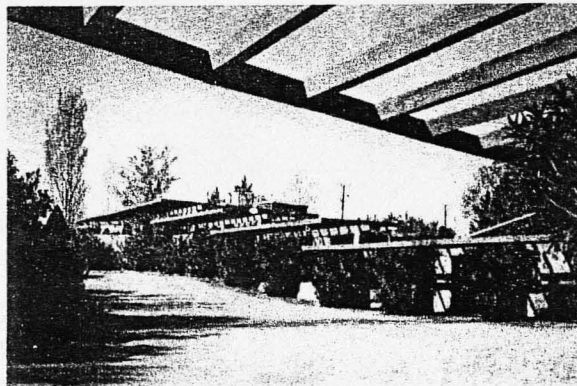


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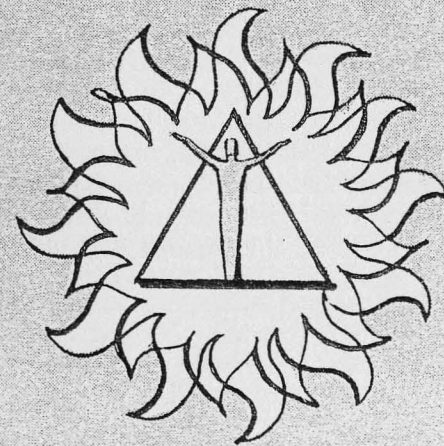


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YOUR MIND AND ITS MYSTERIES

by EDWIN J. DINGLE

Founder of the Science of Mentalphysics



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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.

YOUR MIND AND ITS MYSTERIES

OF the making of books dealing with the subject of Man and his Mind there literally is no end. The libraries overflow with literature from the hands of learned men showing that human beings are actually the sum total of their thinking; yet, if you ask the man-in-the-street "What do you think — and why?" or "How do you think?" he will scarcely be able to grasp the meaning of your questions. Man generally is utterly ignorant of the processes of his own mind. At the same time all philosophers, occultists, scientists and metaphysicians, teachers and writers, through all the ramifications of their spoken and written word, confirm the sublime truth so beautifully enunciated in The Book that "as a man THINKETH, so IS he."

The trouble with most of the learned disquisitions on the mysteries of man's mind is that they leave us cold.

The mysteries become more mysterious. We are not shown the way to unfold them. Most men, however, seem instinctively to feel that deep down within themselves there are forces which, if unleashed, would revolutionize their lives. Men believe that they have powers inherent within them that will enable them to reach heights of achievement far greater than they have so far reached, that the human in them is united with the Divine, and in desperation they are crying "Show us the road! We believe all that you tell us, but show us the way to unfold the powers of our minds."

In this little booklet, therefore — which is written with the fervent hope that it may fall into the hands of those who want to rise beyond the present conception of their own powers — I shall endeavor to point out the road. In my teaching I am not so much interested in telling what the thing is as in trying to show "how to do it." Readers will thus find in this little booklet a practical means by which they may unfold the mysteries of their own

minds . . . and so march more confidently along to an understanding of that immortal sentence — “*as a man thinketh, so is he.*”

(a) “The Different” Minds.

Most psychologists declare that there are three minds — namely, the Superconscious, the Conscious and the Subconscious. With the Superconscious mind, we shall have little to do here, for the reason that not until we understand the working of the other supposedly “different” forms of mind can we gain any understanding of the Superconscious.

We shall, then, deal with TWO forms of mind.

When we say that there are TWO minds, however, we do so for the purpose of clear thinking. There is only ONE MIND, but separate functions of the One. Many of the most important controversies of psychology center in the question of the nature and extent of the activity involved in consciousness. The Subconscious mind is comparatively a modern discovery of science, although it has been known under other names in the occult schools for ages. Man seemingly has two minds, or two distinct phases of consciousness. They are: —

(1). The CONSCIOUS (or “Waking”) Mind. — This is usually called the Objective Mind. It seems to be the result of external stimuli to organized brain cells in the cortex of the brain directed by incoming or AFFERENT sensory impressions. When you “sleep,” it sleeps. The Conscious Mind seems to be the analyzer, the comparer, the reasoner, and it acts as a sentinel or watchman at the doorway to the Subconscious Mind. The Conscious Mind reasons from cause of effect. The Conscious Mind is the man at the wheel, the captain on the bridge, the general in the field.

(2). The SUBCONSCIOUS (or “Unconscious” or “Subliminal”) Mind. — This is usually called the Subjective Mind. It is present before birth. Though for long scientists said that this Subconscious Mind resided in the Cerebellum and Medulla Oblongata, it is now generally conceded that it occupies the whole human body. It would seem to be the living, immortal part of man. Unlike the Conscious Mind, the Subconscious never sleeps — it never forgets — its memory is faultless. The Subconscious builds the body. THINK what a power that is, to build the greatest and most wonderful machine the world has ever seen, more wonderful than the imagination of man can even imagine. It keeps the body working — controls breathing, circulation of the blood, and all involuntary muscles when you are asleep as well as when you are awake. It is your Sublime POWER, amenable to control by the force of suggestion and by conscious direction (and much more that we shall now learn).

(b) The Great Subconscious.

Now, you reason with your Conscious Mind.

Because you see footprints in the wet sand on the beach your experience tells you that someone has walked that way. But when you stay to enquire whether those footprints are those of man or woman, boy or girl, then you are using your reason — the faculty to consider evidence and form a judgment. We then say that you are using your Conscious Mind, for you are conscious of those facts.

With the Subconscious Mind it is quite different. The Subconscious Mind has NO FACULTY OF REASON OR JUDGMENT. Therefore, the Conscious Mind has to decide for it, but the SUBCONSCIOUS MIND HAS ALL THE POWER TO DO WHATEVER IT IS DIRECTED BY THE CONSCIOUS MIND.

IMPORTANT. — The bearing of this upon our subject is of the utmost importance. It will readily be seen that whatever the Conscious Mind accepts and decides upon as true, the Subconscious Mind automatically accepts as true without judgment.

Do not fail to remember this point.

(c) Impressing the Subconscious Mind.*

In a state of hypnosis the Conscious Mind is in abeyance, or, as it is said, in the hypnotic sleep. While he is hypnotized, you may give the subject hypnotized a tallow candle, telling him that it is a stick of candy, and he will eat the tallow, thinking that it really IS candy. Ask him whether it is sweet, and he will answer that it is, for he believes it, as the Subconscious Mind accepts what you say as the truth.

Whether in a state of hypnosis or out of it makes no difference; the only difference is that in the hypnotic sleep the RESULT is more apparent.

The Conscious Mind is like the captain on the bridge of his steamer; he directs its operations. He (or his substitute) must be there all the time while the steamer is at sea — what for? To direct the power that drives the ship along — which is analogous to the Subconscious. Down in the hold of the ship there is a power driving the ship through the water; this is like the Subconscious Mind in you and me.

*The reader is advised to procure a Mentalphysics booklet on “How to Meditate,” which will be of invaluable service in learning how to impress the Subconscious Mind.

It does the work, provides the energy, the force, that keeps the mechanism of the body at work 24 hours every day for 365 days every year, and for 60, 70, 80, 100 years or more without a rest, NEVER PAUSING or taking a holiday.

When it DOES stop, IT DOES SO IN CONSEQUENCE OF REASONS THAT CAN BE KNOWN, CONTROLLED and AVOIDED.

The Subconscious Mind starts upon its career of building a human body at conception. Before this it existed in the spermatozoa of the father and the ovum of the mother, and these, in the last analysis, are units of electric energy. In the final analysis ALL matter is electric energy.*

(d) The Conscious Mind and the Body.

The CONSCIOUS Mind grows very slowly, and only when the Subconscious Mind has built the body — and then not for several years — does it develop power to exercise the faculty of judgment. During the early years the Subconscious Mind goes on with the work of construction with very little interference from the Conscious Mind — it builds a perfect human form (the word “perfect” is not used in its esthetic sense, for that is a matter of personal opinion). The point is that all the organs are perfectly formed in principle for USES they have to perform. The heart and circulation are so perfect that the brain of Man can conceive of nothing MORE perfect or superior.

But this remark applies to all the organs — in fact, to the entire body.

Can anything be imagined more beautiful in its principle than the eye? Think of the wonder of your skin, with its millions of pores, its capillaries and its network of fine nerves. THEN STAND IN REVERENT WONDER AT THE WISDOM PENT UP IN THE SUBCONSCIOUS MIND that has created and then sustained this marvellous mechanism.

One could write on and on. One stands in the very PRESENCE. But what I want to do here is to make perfectly clear to the reader, so that he may never forget, that the INFINITE WISDOM, the CREATIVE SPIRIT, ACTING

*NOTE — At the instant of conception the Negative and the Positive Poles are attracted, meet, combine, and from that instant the great Subconscious Mind takes charge, and goes to work very deliberately and confidently, for it knows its work, to build a human body. (It would be well for the student to go to a library and follow this great work during the pre-natal period, for there is much to learn from it, and you will be made to stand in reverence before this great power).

THROUGH THE SUBCONSCIOUS MIND, KNOWS NOT ONLY WHAT TO DO WITH EXACTITUDE, BUT HOW AND WHERE to do, and TO MAINTAIN THE DOING as long as we live. For think! In the human machine — that marvellous temple of the Living God, there is a power that built the body (the cells) and stays with it all the time, and goes on with the work of construction and repair 24 hours a day, 365 days a year, and every year.

(e) We Are Not Created in the Human Matrix.

An important error that most of us have to correct is that of thinking that we were created in the human matrix. Now, that is only partly true. It is true that the foundation is laid there, for the babe is a mature embryo, not a Man; the Subconscious Mind has laid this foundation whereon to build the human being. The work of building is going on all the time, to bring into existence a Perfect Human Being, the PERFECT WISDOM which is its source being used to perform its perfect work IF WE WILL ALLOW IT AND NOT INTERFERE.

Interference starts, however, in nine cases out of ten, with the Conscious Mind of the parents and those most near to the child, impressing its Subconscious Mind with the ideas, habits, and traditions of the Conscious Mind of the family and the race. In short, the interference is from the Race Mind.

Now, we have seen how easy it is to impress our thought upon the Subconscious Mind, for WHATEVER WE TELL IT, IT BELIEVES, HAVING NO FACULTY OF REASON. Do you not see, therefore, this great factor in our lives: That the CONSCIOUS Mind can just as easily direct the Subconscious Mind into CONSTRUCTIVE CHANNELS as into destructive ones?

(f) Matter of Scientific Direction.

Read over again carefully the last sentence — “That the Conscious Mind can just as easily direct the Subconscious Mind into constructive channels as into destructive ones.”

Here lies the crux of all human success and happiness. Scientific direction of your Subconscious Mind. This writer truthfully can say that he has never met anything so simple to do — when you know the way. Anyone can learn the way. Many of my students, when first coming to me — because of deep-rooted inferiority complex or a hundred other causes — have feared that the vistas which a conception of Mentalphysics spreads out before them were too good to be true. Many, indeed, admitted that they had for years been studying and had not succeeded —

yet in less than a month in Mentalphysics they so revolutionized their lives as to be amazed at the inherent power of their own minds.

It may be the same with YOU, dear reader. If so, I pray you thoughtfully to read on. You may be on the verge of discovering something of immeasurable value to you in gaining perfect health, success, permanent happiness — in short, you may literally be opening the door to your Kingdom of Happiness.

(g) The Laws of the Universe.

THINK as you read. The Laws of Life are Health, Strength, Wisdom, Beauty, Power, Energy, and so forth. These laws are also Eternal. Inasmuch as all the principles are resident in the Subconscious Mind as the result of its conjunction, so to speak, with the Creative Spirit — the God within us — it follows that we are only voicing the truth about ourselves in making these statements.

(h) Power of Mentalphysics.

The surest and safest manner in which the Subconscious Mind may be impressed into obedience to the Laws of Life is through Mentalphysics. This may be undertaken by any individual, no matter what his "education." Students in Mentalphysics declare that the system which I teach assures the beginner as well as the advanced student perfect success. (I know this to be true, and, if the reader be ready for the Higher Teaching, I would strongly advise him or her to seek further information as to what is possible through Mentalphysics, though I must add that unless the student is ready for the unfoldment of the Law, and anxious to get out of the rut of the past, no outside power will bring help).

We know that the Subconscious Mind believes what it is told without question, and it immediately sets to work to build the Temple according to the principles that you have claimed for it. And no matter what your direction may be, the result is bound to materialize, for the Subconscious Mind accepts without question what you tell it.

And then what happens?

As the new and beautifully true ideas of success, of health, of power, of joy, of harmony — become part of your new consciousness, the erroneous and false ideas fade away into obscurity — they are expelled by the new ideas.

When you are no longer conscious of evil, for you evil does not exist.

When you are no longer conscious of poverty, for you there is none.

When you are no longer conscious of fear, it slips out of your mind.

In this manner you become free of the conditions you have set out to overcome.

(i) A Study of Our Emotional Life.

Insofar as the body is a machine, most of its work is carried on involuntarily — that is, we have no conscious control over it. What I mean is that we do not CONSCIOUSLY control the circulation of the blood. Indeed, few of us know anything about the work of the blood, and still less about the corpuscles and the liquid in which, like fish, they "swim." Still less do most of us know about the *modus operandi* involved not only in the building of the body, but in its marvellous maintenance.

Nor need we dwell long upon it. We may dismiss it by stating that all this work is carried out by the Subconscious Mind.

The BREATHING is as involuntary as the circulation, until we THINK about it, and then it seems to pass from the Subconscious Mind to the Conscious Mind for the time that we are thinking about it. (Students of Mentalphysics are learning more about their Breath than any other body of students in this country at the present time, and they know that breathing is peculiarly intermingled with the emotional life, which we are now considering and endeavoring to understand.)

While we do not CONSCIOUSLY have much to do with all this work, still we DO influence the work UNCONSCIOUSLY BY THE EMOTIONS. The emotions are closely related to the thoughts: in fact, they RISE OUT OF THE THOUGHTS, and thus, whether we know it or not, we are playing upon the human instrument ALL THE TIME. The emotions all affect the body for good or ill. For example, we all know how the heart beats faster when we are excited — we get hot in shame, cold in terror, and so on. Yet WE ARE NOT CONSCIOUS that our Emotions are affecting this "Temple of the Living God" every moment that we live.

Is it not obvious, then, that we ought to see to it that we THINK RIGHT in order that our Emotions may operate in a constructive manner instead of the reverse? Remember the truth: "As a man thinketh, so is he."

Watch a man's Emotions, and you will find that his success in life is the correct measure of his emotions.

(j) Emotions Are the Feelings of the Soul.

The Emotions are the feelings of the Soul, fluctuating from one state of the affections to another, for they change from hour to

hour, even from moment to moment — look at the changes of Emotions that we go through when we watch a thrilling movie, for example, or when we listen to fine music. But an Emotion that we cherish GETS FIXED, and when it is deeply rooted we call it a MOOD, and these moods become so firmly rooted in the Mind that we GROW UNCONSCIOUS OF THEIR EXISTENCE. But because we do not know they are there DOES NOT PREVENT THEM FROM AFFECTING US.

The Emotions move in two directions, having, like the Magnet, a Positive and a Negative pole.

The Positive is that of ATTRACTION — or Love.

The Negative is that of REPULSION — or Hate.

But just as a ray of light may be split into primary colors by the aid of a prism, so the Emotions are divisible almost *ad infinitum*. I will quote just a few of the qualities of Love, and invite you thoughtfully to compare them with those of the opposites.

Some of the Qualities
of LOVE,
The Positive.

Wisdom - Knowledge -
Benevolence - Virtue - Innocence
- Fearlessness - Happiness - Joy -
Peace - Youth - Faith - Resolu-
tion - Fortitude - Health -
Strength - etc.

Some of the Qualities
of HATE,
The Negative.

Ignorance - Vice - Guilt - Fear -
Sorrow - Grief - Worry - Sadness -
Cowardice - Revenge - Selfishness
- Disease - Doubt - Death -
Discord - Sensualism - Envy -
etc.

(These can be multiplied easily with the aid of a Thesaurus).

The above are but a few of the Emotions, and each of them can be divided and subdivided, as when Fear becomes Anxiety, Misgiving, Despondency, Gloom, and so on. By a study of the different human Emotions the student will be able to see how, WHETHER HE KNOWS IT OR NOT, these complex emotions and affections are playing upon the delicate instrument which he calls his body all the time.

(k) The Creative Principles.

From a study of the Emotions you will come to the conclusion that LOVE embodies all the Creative Principles, and that the Creative Principles are classifiable under the positive element, LOVE. These principles preserve the body intact.

When you think of it you will find that all the principles known — to Science, to Architecture, to Engineering, etc. — are based on this Law of Love. The Principles are in operation everywhere around us all the time. Principles known to Science are in

operation constantly, and underlying the whole material universe the laws of Beauty, Strength, Order and so on, are the principles upon which everything rests.

We can use these Creative Principles and USE THEM CONSTRUCTIVELY if we so desire.

In Mentalphysics we are taught how to successfully uncover these Principles from the hidden depths of our own Being into the Conscious Mind, so that they may be established consciously in the Conscious Mind. Then we are no longer fooled by the illusion of the senses, for we shall know who and what we are.

Therefore, the reader is invited to examine himself to discover his permanent moods. You will be surprised. You will doubtless, like most people, find that you are dominated by some phase of FEAR. Of such people we say that they are gloomy, despondent, serious, apprehensive, worrying, etc., and if such people happen to be happy, cheerful, joyous, it is a lapse from their permanent mood. WE HAVE, THEREFORE, TO LEARN THE WAY TO REVERSE OUR MOODS, so that some aspect of the Love Emotions dominate — like Cheerfulness, Gladness, Hopefulness. We shall then declare the truth that we are cultivating a happy disposition, a Happy Mood.

(l) Co-operate With the Creative Principles.

By this means, thus co-operating with the creative principles, we eliminate the destruction wrought within us by the disintegrating emotions and so automatically attract success.

It is unnecessary for me to point out to you that the Negative Emotions are DESTRUCTIVE. They cause sickness, senility, disease, decay, old age, failure, cowardice. So venomous are these Negative Emotions that the death of an infant has been traced to poison generated in its mother's milk by anger. The perspiration of a human being can be suddenly changed and charged with venom, and such perspiration, fed to rats, has caused their death.

When we know the way, however, we preserve the temple of the body. By consciously co-operating with the principles existing within us, and establishing them in the Conscious Mind, by making these principles our permanent moods, we conserve the life energies. Through Mentalphysics practices we find that we can direct them into construction and so avoid the factors of disintegration.

(m) Eliminate the Mysteries.

It will have been seen that the so-called "mysteries" of man's mind cease to be mysteries when we uncover the principles and

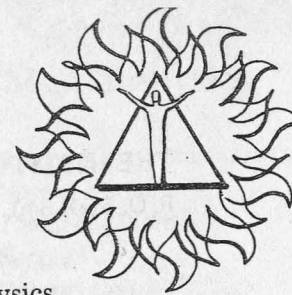
laws through which our minds work. It is perfectly obvious to the thinker that every detail of the working of the Universe is possible to the knowledge of the human mind, in fact, it is already KNOWN to the Universal Mind; and every human soul contains, POTENTIALLY, the knowledge of the Universal Mind.

The laws of the Universe are immovable and fixed — that is why we call them laws. The human mind works by law — your mind, my mind, works by law, and cannot work in any other way. Therefore, when we know the law of our own minds there is nothing that we cannot do, remembering that the Subconscious of us — the eternal power within us — will do ANYTHING that it is properly directed to do by our Conscious Mind. This is good news indeed. And better news is that in Mentalphysics we may all learn the way. Mentalphysics puts within our reach the “means by which” we may revolutionize our lives, if we sincerely wish to do so. Mentalphysics seeks to develop practical methods of application of laws, by study and practice, whereby the earnest seeker after Truth may obtain the most perfect physical development, greater length of life, increased mental power, unfailing happiness, mental and spiritual unfoldment, and an abiding knowledge of the Art of Living.

Mentalphysics will lead the student step by step away from weakness and inefficiency and inferiority complexes, away from inharmony and want, away from unhappiness and discontent and fear and worry, to personal poise and undreamed-of power, to joy and wealth and efficiency through an understanding of evolutionary law. But this high teaching is not for the trifler. The principles and laws disclosed in Mentalphysics will be worth nothing to the student unless he or she USES them. But they will be worth everything — everything to YOU, dear reader, if you are ready — when you use them as they are disclosed. Students enthusiastically and gratefully acknowledge that their new knowledge of these principles and laws of life are worth ninety-nine per cent of what they have really attained and what they themselves have become through this beautiful philosophy.

But reading about these principles and laws, these “mysteries” of mind, will not in the least help you. It is only by (a) first learning about them, (b) then using them, and (c) finally REALIZING them in your life that you can extract from them their full value.

In concluding, I can but hope that you who read may look within yourself to make the greatest discovery any man can make — to discover the eternal fact that “Whatever the Creator is, I am.”



AN INVITATION TO YOU

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

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

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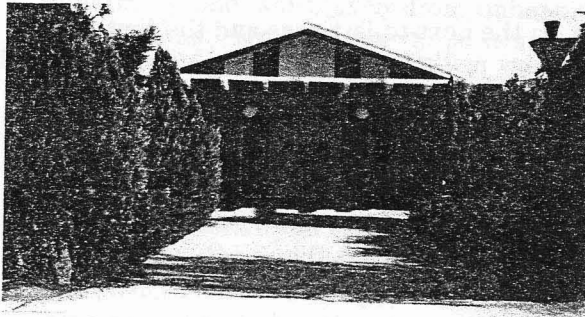
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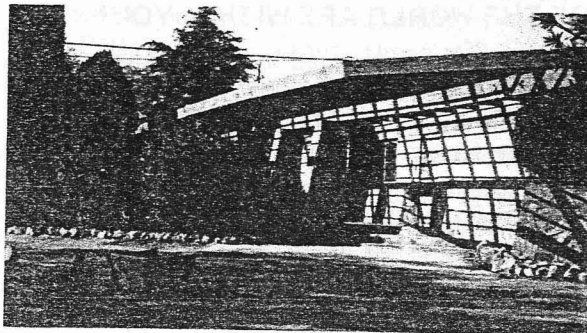
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