

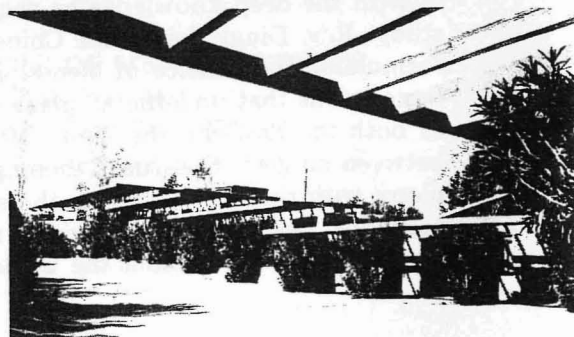
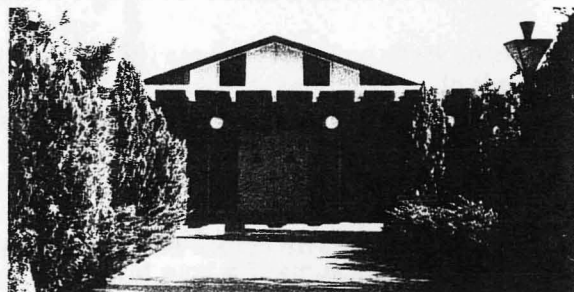
RENEW YOUR LIFE WITH A SPIRITUAL RETREAT

For a truly refreshing experience, come to one of the retreats at the Mentalphysics Teaching and Spiritual Center near Yucca Valley, California, 30 miles north of Palm Springs. In weekend or two-week sessions, you will relax as the cares of the day fall away from you. As you open your mind to the inspirational practices of Mentalphysics, you will recharge your body with scientific breathing. You will learn about Meditation, Chanting, and other practices that revitalize the body and open up the channel to the higher self. The Mentalphysics Retreat is a veritable garden in the desert, with modern, motel-like accommodations and food prepared to benefit the body. The buildings include the 600-foot long Caravansary of Joy, built of native stone from a majestic design by Lloyd Wright; a glass-walled dining hall capable of seating 300; the Preceptory of Light (classroom); Inspiration Heights with its apartments and guest rooms; the Meditation Center; the tall-spired First Sanctuary of Mystic Christianity. For information, use the form in this folder.

Photos, from top to bottom:

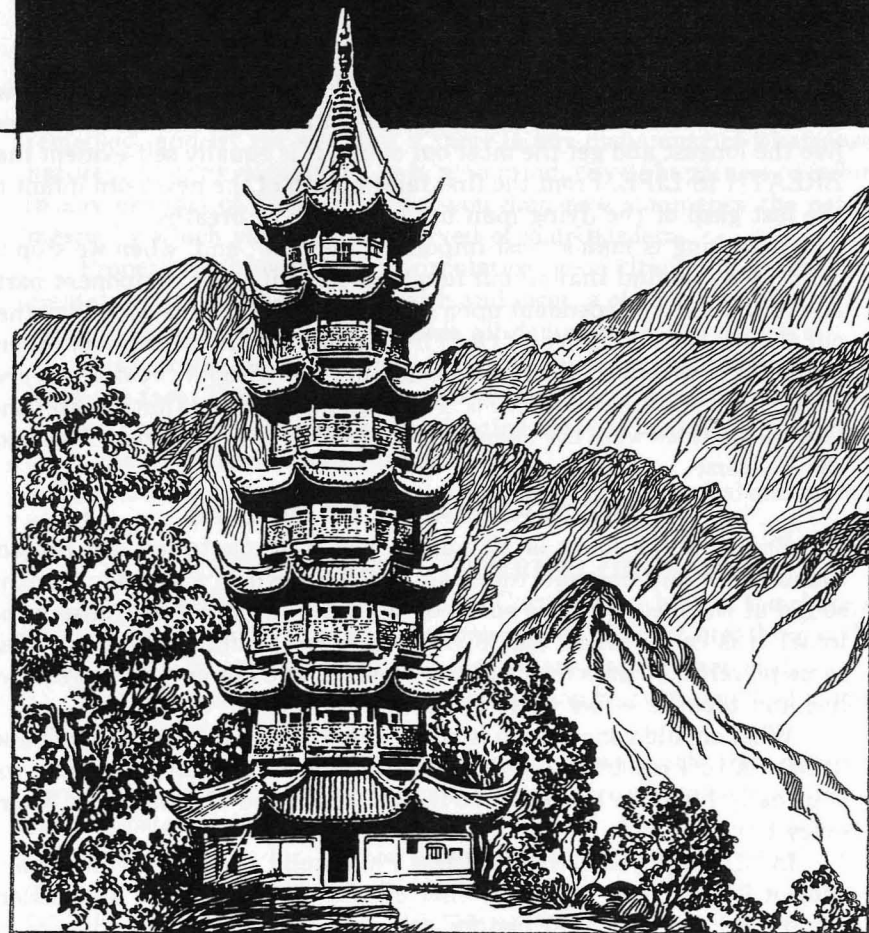
*First Sanctuary
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Preceptory of Light
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Mentalphysics
PO Box 1000*

Joshua Tree, CA 92252



Breaths That Renew Your Life

by EDWIN J. DINGLE



Breaths That Renew Your Life

"Almighty and Eternal Fount of Wisdom, grant us knowledge, understanding and wisdom to speak here words of Truth, Love and Hope. We ask for Light from the Higher Spheres, and may our Guides guard and control our mind and tongue that nothing but the Truth may here be given, and that the good seed sown may find fertile spots, may live and grow that those who are now in darkness and obscurity may be led into the radiant sunshine and the joyous glory of the unfoldment of true spiritual goodness."

IT IS NOT NECESSARY to spend much time explaining WHY we must breathe to live. It is perfectly self-evident that the best breathers live the longest and get the most out of life. It is equally self-evident that BREATH IS LIFE. From the first faint breath of the new-born infant to the last gasp of the dying man life is a series of breaths.

Breathing is man's most important function, and, when we stop to think of it, we find that *all* our functions and all other component parts and functions are dependent upon our breath. We can, therefore, say that our *Breath Is the Flywheel of Our Physical and Mental Machinery*. Every form of life within the Universe could not exist without breath — everything, from the amoeba to Man. The ancients declared that the ebb and flow of the tides were the Breathing of the Earth — the Great-Breath of the Universe.

THE IMPORTANCE OF BREATH

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 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 results 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.

WHY AND WHAT DO YOU BREATHE?—Now, let me pass on to

- (a) what and why do you breathe, (b) the influence of correct breathing on the health of your body and mind.

We all know that the organs of respiration comprise the lungs and air passages leading to them. Any doctor will tell you that unless fresh air in sufficient quantities reaches the lungs, the foul stream of venous blood cannot be purified, and, not only is your body robbed by the waste that should have been eliminated but which is returned to the circulation and poisons the whole system, but death appears on the horizon. This can be remedied, and let me say that if there is any disbalance of whatsoever nature in your physical body, or in your mind, any unhappiness or failure in any channel of life's activities, you may now commence the potent means by which you may be relieved of your burdens.

Proper breathing gives you circulation; good circulation gives you a mental concept of abounding health and vigor, a clear complexion and a manly or womanly attitude towards all demands of everyday life.

With proper breathing your physical appearance changes. Lines leave the face. The body takes on a new buoyancy. Men and women who are good breathers give off the dominating notes of health. Rejuvenation takes place. Beauty shines through.

The result is a serene happiness, a consciousness of physical and mental well-being.

EXERCISING THE INTERNAL ORGANS

Good breathers are always strong. Correct breathing is the channel through which physical perfection comes to us. Correct breathing is the only method by which certain internal organs can be exercised.

You will rapidly find this out as soon as you begin the method taught herein for correct breathing.

Occultists in all ages and in all lands have always taught their disciples (usually in secret and by word of mouth) that there was to be found in the air a substance from which all life is derived. We find in Christian philosophy, also, and in the teachings of the scriptures, that "God made man and breathed into him an immortal soul" . . . "breathed into his nostrils the Breath of Life." No matter what the occult teaching or philosophy, irrespective of the school and the period, we find the theory

regarding this force to be identical, although the names employed may vary greatly. In the Sanskrit, this force is called "PRANA," which we will amplify to mean Absolute Energy, the Vital Force, the Essence of Life, and so on.

Now, you must try to visualize that this Prana, this principle of all energy in the Universe, is everywhere present. There is no place where it is not. It is all-pervading. In its operations it eliminates time, distance and substance. Wherever there is life, there is Prana, or electricity or ether (if these words will allow you to gain a better intellectual idea of this force).

Modern science proves that in every atom, every electron, every ion, there is life; then it must be evident that Prana is everywhere and in everything that lives.

PRANA—THE ENERGY THAT THE SOUL USES.—While Prana is the energy that the Soul uses, it is *not* the Soul or the Ego, that spark around which cluster all matter and energy. No, *Prana is the energy* that the Soul uses. Prana may be regarded as the soul of force and energy in ALL FORMS. It is the Principle that causes activity and accompanies life. Of course, Prana is in the air, but it is not the air, or even one of its chemical constituents. All animals — all plants — you and I — breathe it in with the air; yet, if you can imagine such a state as yourself being filled with air and the air containing no Prana, you would die.

Prana is taken up by our physical system along with the oxygen; yet it is not the oxygen. All one can say is that Prana is the *One Force*, penetrating where the air cannot reach, all-pervading, the Spirit of the Breath of Life.

Stop and think awhile. Think about Prana and its powers.

VITAL IMPORTANCE OF REAL BREATHING.— You are constantly inhaling the air charged with Prana, constantly extracting the latter from it. It is for thinking men and women, people who want to be and do something in life, to learn how they may, through their breathing, *consciously store it up and control it.*

Prana is found in its freest state in the atmospheric air. In ordinary breathing, the human being absorbs a normal supply, and this Prana is stored away in the brain and nerve centers to be used when necessary. But *when we know the way* — in the Science of Mentalphysics we are gradually taught the basic principles — we can and do store up much greater quantities of Prana, just as a storage battery stores up its power. The many and strange powers accredited to Tibetans and Hindu Yogis and to those in other countries advanced in occult philosophy are largely due to this knowledge and the intelligent use of this stored-up Prana. You, too, may confidently look forward to the time when you may be able to do the same thing, if you will learn the way, making of your life whatsoever you will.

When we remember that Prana comes to us in its freest state in the air we breathe, it is easy to see that it is a comparatively simple thing to keep ourselves charged with Prana, the basic force of all life, when we have learned to breathe correctly.

As the oxygen in the air is appropriated by the blood and is made use of in the circulatory system, so Prana is appropriated by the nervous system and is used in its works; and as the oxygenated blood is carried to all parts of the circulatory system in its work of replenishment and building up, so Prana is carried to all parts of the nervous system, adding strength and vitality.

Every human being — and, remember, this means YOU — uses Prana when he thinks, when he wills to do anything whatsoever, when he acts, and so forth; indeed, every thought, every movement of a muscle, every effort of the will, uses up what is called nerve force, which is actually Prana. How glorious a thought, therefore, that you may acquire for your own use as great a supply of Prana as you may wish. You are on your way to achieve this!

THE PATH TO THE HIGHER LIFE

In these scientific and Spiritual Breathings to follow, you have the means of faithfully putting into practice the highest principles of health, happiness and youth, as thousands of others have done. In a word, you have at your command the "means by which." There is no mystery about them. Your Breathings are unfailing in their results, if you do your part. The method is a faultless one, but the student must carry his Breathings out whole-heartedly, both mentally and physically, as he is taught. Any man who thinks will agree that there need be no ill-health, which, by all the different names given to disease, *is only a lack, or disturbance of, or unbalance of Prana.*

The author of this volume has himself proved these Scientific Breathings in Mentalphysics to be revolutionizing in their effect. Let me say that I am not teaching you what I think — I am teaching you only that which I KNOW, what I know through experience, and, when you have progressed through practice somewhat along The Path, you will agree with me that there is nothing like personal experience to bring conviction to the mind. It is absolutely true that the man or woman who, with regularity and reverent perseverance, will follow the Breathings taught in this Course will find himself or herself being gradually and surely brought into full and harmonious life.

There will be an added physical and mental happiness, and *The Gate to the Road of Knowledge Will Swing Open to Invite You to Enter the Holy of Holies in Your Quest for Still Greater Knowledge of The Truth.*

WHAT YOU MAY EXPECT FROM MENTALPHYSICS

Again and again students who have started just as you are starting have proclaimed the methods as taught in Mentalphysics as true "door-opening" methods. You are not only led up to the door, but actually given the key and shown how to use it.

The most that any Teacher can wish is that his lesson may bring to his students a knowledge of their True Nature. For ninety per cent of the human race are extremely ignorant of the basic facts and laws of life. All that I ask of you is that you will, through what you learn here, yourself seek the Truth by methods, clearly shown to you, believing that Truth WILL make you FREE. In these Lessons and Instructions, as in the teaching in the Science of Mentalphysics, I have avoided words that are unnecessary. I have endeavored to make the Life live through your Lessons, and the result is that if you really seek you will be led on step by step, perhaps before you are aware of the effect in your own study and practice, to the realization that the World Steps Aside for the Man Who Knows Where He Is Going.

BREATHING SCIENTIFICALLY.—I want to impress your mind with the fact that these Breathings have been the means of revolutionizing the lives of thousands of people. There is every reason to believe that they will revolutionize yours, **IF YOU WILL DO THE WORK** as explained to you. That is the sole secret in the Science of Mentalphysics — work, *learning by works*. For what? To discover the basic laws of life. To discover what and where we are — what we can do — how to possess a Perfect Mind in a Perfect Body — real health and happiness within and without — to uncover the Divine Power within. The Scientific and Spiritual Breathings regain for you your equilibrium. They *provide the urge* for you to reach out to the highest plane of life possible for you.

I want to inspire you to **LEARN BY WORKING**. I want to induce you to do your own thinking. I want you to break from old traditional ideas that have only brought you grief as a result of ignorance. I want you to refuse to be further hoodwinked by others or to hoodwink yourself. You are coming into the Light of Truth that can be proved.

Have courage, then — *learn through practice*.

STAND IN REVERENCE BEFORE YOUR BREATH.—Unless one is prepared to **THINK** of the importance of his breath, he will doubtless be inclined to pass by what has been written. We have but to realize how life itself depends on breath. Everything in Nature is similarly begirt by the necessity of *breathing to live*. We human beings can live a long time, or a comparatively long time, without food; we can live for a shorter time without drink, but the time that we can go without breath is very short indeed.

People who have never studied their own breath would be astounded at what is being carried on for them in their own bodies every moment

that they live. In the Western world it is true that physical instructors place a good deal of importance on the breath, but the Western conception of the breath is, generally speaking, as of some unexplained and often unthought-of action of the lungs which enables us to continue to live.

The Westerner rarely looks deeper than that. But when we come to know, *because WE CAN FEEL*, the changed condition that a scientific application of our breath brings about in our physical, mental and spiritual being, we have to stand in reverent wonder at the marvelous Wisdom that has created and directs the Universe. The effect of correct breathing cannot be explained in words, however — it has to be experienced. Every one must readily see that without breath, there would be no life; and without life there would be no Thought, such as most people understand Thought.

Breath is the basis of Thought, and probably the greatest ancient and modern philosophers have all declared that man becomes what he thinks.

THE UNIVERSE WITHIN AND THE UNIVERSE WITHOUT

Yoga Breathing, about which most people interested in any form of breathing are familiar, is the basis of the deepest, most philosophical and only scientific cult of physical health and spiritual life. Few people, however, have been blessed to meet in their experience through life the channel by which this knowledge may come to them.

You who read, if The Spirit within you is given the opportunity to make you feel the truth of what is written, may now be enlightened so that you will commence the *practice of the method*, rather than the mere study, which will lead you to the Truth that makes men free.

What you will learn here and through your own practice may all be confirmed by modern Western science. We seek harmony — harmony of the Universe Within leading to harmony of the Universe Without. When we speak of harmony, we do not deal with any abstract quantity, but with a concrete, scientific principle of motion underlying the ceaseless activities of the visible and invisible Universe, of which every "I" on this planet is an indivisible part. All life is motion. The minutest part of life is vibrating energy — radio-active, never-ceasing energy — which the scientist is coming to understand by means of delicate instruments cunningly devised, but for which the true occultist has no need, for through use of the "inner life" the latter — the true perceiver of life's principles — comes to determine, understand and control the very Law which creates and keeps in its amazing harmony Nature's marvelous works.

EFFECT OF RHYTHM.—With correct breathing we bring in with the breath that rhythmic universal force that corresponds to the elements composing the body, which are renewed with every breath, and, being

elemental divisions of Prana, furnish and control the activities of the whole human entity. By correct breathing we bring into ourselves *pure force* — pure force, which is not recognized in the realm of physics, but which is all in the realm of Spirit. But breathing has to be learned. To breathe, we must breathe. To sing, we must sing. To write, we must write. In other words, the law of growth and development is based upon activity, and the form of the activity upon the use to which we devote it.

No growth anywhere is possible without use; and just as this writer once saw his right arm wither to just skin and bone when broken — when in non-activity — and saw it grow again to full size and power as soon as it was again used, so also the unused faculties of your mind deteriorate.

Through *practice* you will see that *all* our functions properly operate when we breathe correctly (though you, as you read this statement, may be inclined to doubt it). I would go further and say, categorically, that your body *cannot, will not*, function properly unless you breathe correctly. You have but to persevere with the Breaths in the Illustrated Section of this volume, to find that, when you do breathe properly, you oxygenate or Pranaize every cell in your body. The gross bulk of the air which inflates the lungs, it is true, does not penetrate through muscles, nerves and bones. But there is a subtle force within the *air* which goes everywhere — which becomes known to you as an electric, vital fluid: **THIS IS PRANA.**

And the more even and more rhythmic the breathing, the more you feel Pranic force. In a word, one may say that in correct breathing, all the forces of the body are brought into one direction, so to speak — all the molecules in the body yielding to the hidden current and moving in one flow of harmony, which vastly increases electrical power . . . just as in the light of the electric bulb all the molecules are magnetized to flow in one direction, and so we get the light.

DIFFERENCE BETWEEN NOSE AND MOUTH.—There are certain facts that must first be recognized regarding your own body:

- (a) *The Nose* is the instrument that we use to breath with. Many people in their ignorance breathe through their mouths. Correct nose breathing leads to Life; mouth breathing leads to death.
- (b) *The Mouth* is the instrument that we use to eat with. If a person is a mouth breather (as many are during the night, and wonder why they rise in the morning "more tired than when they went to bed"), they should at once cultivate the habit of breathing through the nose . . . "As a man thinketh, so is he"; but *as a man breaths, so he thinks.*

Through breathing we bring Prana into our bodies — the vital force, the life current which pervades all space and which is commonly recognized in the body as breath. As we breathe we bring Prana into our bodies in two distinct currents — (a) *Positive*, (b) *Negative*. It is through the nose (through the TWO nostrils) that we should breathe.

The Right Nostril (Pingala). With every inhalation through the right nostril a positive electrical current flows down through the right side of the spine. This is SOLAR energy (heating). The nervous system is positive. The right side of the body is under positive influence, corresponding to the East.

The Left Nostril (Ida). With every inhalation through the left nostril a negative electrical current flows down through the left side of the spine. This is LUNAR energy (cooling). The blood system is negative. The left side of the body is under negative influence, corresponding to the West.

The lungs correspondingly are charged with positive (Solar) or negative (Lunar) currents. Whether the reader be sufficiently versed in this matter or not, practice will prove to him that upon the rhythmic and harmonic flow of this power taken from the ether (Prana) depend all the processes of life, perfect health, happiness and spiritual understanding.

DIFFERENT HUMAN TYPES

Watch people whom you meet.

THE TOO-NEGATIVE TYPE.—The man who is bloodless in appearance, listless, heavy, has no ambition, is sleepy, is very probably a negative breather — that is, he breathes more through his left nostril than through his right. He may be, probably is, ignorant of the fact. It may be due to physical malformation of the nose, but, no matter what the cause, the effect is unfortunately the same. It will also probably be found that his left nostril is larger (through use) than his right. He is of the "too-negative" type.

THE TOO-POSITIVE TYPE.—On the other hand, find a person who is quick-tempered, nervy, irritable, anemic, always trying to accomplish more than is reasonably possible, generally suffering from low health, one to whom the world "is all wrong," and you will find that his left nostril is not doing its work, and that more often than not he is breathing only through his right nostril. He is of the "too-positive" type.

THE BALANCED TYPE.—But find the man who is calm, confident, happy, with whom things rarely go wrong, who sees good in everything and in everybody, who is full of abounding energy which he knows unconsciously how to use always, a man of poise and power, strong in both body and mind, and you may depend upon it that he is a correct breather — he uses both nostrils, and so brings into himself positive and negative energy with precise balance.

Negative breathing produces the negative type, as positive breathing produces the positive type. It follows as night the day.

Therefore, in the study and practice of proper breathing, as taught in this introductory course to the Science of Mentalphysics, the student

should see to it that his nose is always clean — he should never make apologies for “blowing his nose.” The nose is man’s greatest gift from God, and we should cultivate the habit of breathing through the nose at all times. It should be a daily habit to cleanse the nose with water. As you may know, the Yogi regularly drinks a glass of cold water through his nose, and regards this practice as essential as the daily bath. Thus shall we gain balanced power.

A PERFECT MIND IN A PERFECT BODY

It is vital, first and foremost, to have a *perfect body*.

If we think of it in this way, it may help us: If we are made “in His Image,” it is self-evident that we HAVE THE POWER RESIDENT WITHIN US to be and remain in His Image. The body, then, should be a reflection of The Image. Man is made for the purpose of *being* the Image of what we call God — that means to say, that, as the universal Force of Life flows into us (we live in it, like fish live in the ocean) we should (a) so *feel* it that we do not disturb its absolute nature; (b) then direct its *energy* through us, so that (c) our activity is the perfect reflection of It in us and through us. In that resultant perfect living, we *become* The Image, and see that man is made for the purpose of *being God in human form*, and doing the work of God in the form in which he finds himself.

As a man breathes so he thinks, and as a man thinketh so is he.

In other words, we make our own consciousness by our own thinking, and we are what our consciousness is. We can reproduce in our own universe within — body, mind and spirit — only that which is in our own consciousness, and we see the outer universe in terms of our own individual consciousness.

KINGDOM OF GOD IS WITHIN YOU

The Master of Life — Jesus the Christ — declared that the Kingdom of God is within us — “The Father dwelleth within, he doeth the works.”

Is it possible to come to *know God* in very truth, so that there is not the slightest doubt about it, so that we scientifically know what God is and all about him? Categorically, this writer declares that it IS POSSIBLE — moreover, it is the easiest thing that I know of. Seek and ye SHALL Find. I know it to be true, and though, if your experience be like mine, you may have been seeking all your life, and not yet found, you are now entering upon the threshold of The Kingdom. All that you have to do is to follow instructions, and if you will do the work it is beyond any possibility of doubt that you will find that which you seek. Continue in The Word, and ye shall know the Truth.

Scientific and Spiritual Breathings

There now follow illustrations and instructions for the Complete Course in Scientific and Spiritual Breathings. The student must not be in a hurry. Always remember that you have another day to-morrow. Steady, regular and reverent practice will work wonders, but you must not expect to right wrongs overnight. These Super-Yoga Breathings have been taught by the author to a very great number of students, and the efficacy of them is attested by the hundreds of letters in the files of the Institute of Mentalphysics from men and women who have transformed their lives through their regular use.

FOLLOW INSTRUCTIONS

Master one breath before going on with another. Take time to learn and practice. You will find that these Breathings are all coordinated in such a manner that one interlocks into the next, and all of them have a distinct bearing on the “whole body.” While it is true they are physical breaths, in Mentalphysics, which is the highest spiritual teaching, the human body is not regarded as anything but a spiritual instrument, truly the Temple of the Living God, and the student is strongly urged to enter upon his practice in the deepest reverential attitude of mind.

The Breaths are as follows:

At any time: (a) THE HARMONIC BREATH (Pingala and Ida).

Preliminary: No. 1— The MEMORY-DEVELOPING (Vibratory or Pranic) Breath.

To be breathed together as one full exercise:

No. 2—THE REVITALIZING (Complete) Breath.

No. 3—THE INSPIRATIONAL (Triangle) Breath.

No. 4—THE PERFECTION Breath.

No. 5—THE VIBRO—MAGNETIC Breath.

No. 6—THE CLEANSING Breath.

No. 7—THE GRAND REJUVENATION Breath.

No. 8—YOUR OWN SPIRITUAL Breath.

GENERAL INSTRUCTIONS

1. First go through the Memory-Developing Breath, and you will then be ready to begin your Breathing Exercises. If you do this “Seven-sevens” properly you will feel all of a glow, a sense of “tingling” all over the body internally, and, no matter how cold the day, the Memory-Developing Breath will give you warmth and a sense of radiant health.

2. These exercises should be done, if possible, before an open window, preferably *au naturel*, but in no case must there be any article of clothing tight enough even to be felt against the body.

3. The important factor is that the *spine must be straight*, and before inhaling in each exercise you must try to "feel" your spine by imagining that you are looking straight down your backbone and are thus able to see that everything is in perfectly natural position.

4. If standing, the heels should be together, with the toes slightly apart. When ready to begin breathing, know that you are standing with the same force on each foot. Your weight must be evenly distributed on your feet. Then when you have inhaled as deeply as possible, you must (closing your eyes) feel from your feet upwards. Everything must be balanced. The longer you hold your breath the more will your muscles tighten and your body become coordinated. When, therefore, you have inhaled, mentally take in the picture of your feet — they are straight and firm on the floor: Then your calves — they are tight and strong: Then your thighs — every muscle doing its work: Then the buttocks — firm and pulling downwards, so to speak. Then your abdomen — drawn inwards: Then your chest — as firm as a rock: Then your back — pressing evenly everywhere: Then your neck — straight and pulling upwards. Finally, the head straight, with the lips firmly closed, so that no breath can escape. In course of time this will all come perfectly natural to you, and you will have to give but little attention to the physical side of the breaths. You will then be able to take up visualization of your idealized self with increasing deep concentration.

5. While there must be straightness and firmness everywhere in your body, there must be no straining. If you feel dizzy, stop. Rest awhile. Then try again. But do not get alarmed — the dizziness is a sign that the work has commenced. Always remember that Rome was not built in a day, that wherever you disturb a balance you will suffer. Perhaps, however, you may find that certain nerve centers give you some discomfort, but if you persevere slowly and steadily, with absolute regularity, the breathing will remedy every defect in your body. Remember, however, that defects that have been many years in coming cannot be obliterated overnight, but only by patient and honest breathing in a perfectly natural manner.

6. Each of these breathings, when the student is capable of doing it, should be done seven times. Commence, however, with two or three. Practice the habit of "looking within" to see what is going on in your body while you are holding your breath and while inhaling and exhaling. Only in this way can perfection come. You will benefit in the next breath from a mistake in the last, and so on. Hold the breath for as long as you conveniently can, but *no strain*: and after a time you will find breath retention will bring you a pleasure in doing these exercises that you would never have dreamed to be possible. Start with twenty or thirty seconds: Then you will be able to hold your breath for a minute, and when able to do this you will find you are making great progress.

7. Never take your breathings after a hearty meal — always better with "nothing in your stomach."

8. IMPORTANT—Remember that you are not doing purely physical exercises. Do nothing automatically. In all your practice make your THOUGHT follow and direct the vital currents you will soon be able to feel. As you inhale, *feel* that you are taking in Youth — Youth — YOUTH, and that YOUR ARE YOUNG and STRONG and HAPPY and "A PERFECT MIND IN A PERFECT BODY." Realize that as you hold the breath before the exhalation you are taking from the inhaled air all its vital electric and spiritual elements — which you cannot see, but which you are sure you can FEEL.

(When you gain control of Prana, for which purpose these Scientific and Spiritual Breathings are practiced) you will be able to feel its subtle activity all over your body, and be able to concentrate it wherever an exhausted nerve needs renewing energy).

THE HARMONIC BREATH

1. Stand or sit erect, and see that the spine is straight.
2. Close right nostril with the right thumb; inhale steadily (not too slow) through the left or negative nostril, counting FOUR during the inhalation.
3. Close the left nostril with the right first finger and hold the breath without any strain anywhere, counting to SIXTEEN.
4. Open the right nostril and exhale steadily through it, counting to EIGHT.
5. Keeping only the right nostril open, inhale steadily to the count of FOUR.
6. Close both nostrils, holding the breath to the count of SIXTEEN.
7. Open the left nostril and exhale to the count of EIGHT.

This is one complete Harmonic Breath. This breath should be breathed twice, and it should be done four times a day — immediately upon rising, at noon, at dusk, and when you retire at night. As you progress, increase the counts by 50 per cent, namely, 6 for inhalation, 24 for holding, 12 for exhalation. Do not strain at all; merely snap the lips and do not allow any breath to escape.

In this Breath, as in all the breaths, imagine that you are gaining Youth every time you bring in the Life Force. Try mentally to imagine the current going down the right and left sides of your spine — cleansing, revivifying, strengthening, rejuvenating. After a short time you will FEEL the Power, and be able to direct it to any part of the body at will. This practice purifies the body through the impetus it gives to the expulsion of all wastes. It brings us harmony and strength and clears the nervous system of negative vibrations.

THE EIGHT KEY BREATHS IN MENTALPHYSICS

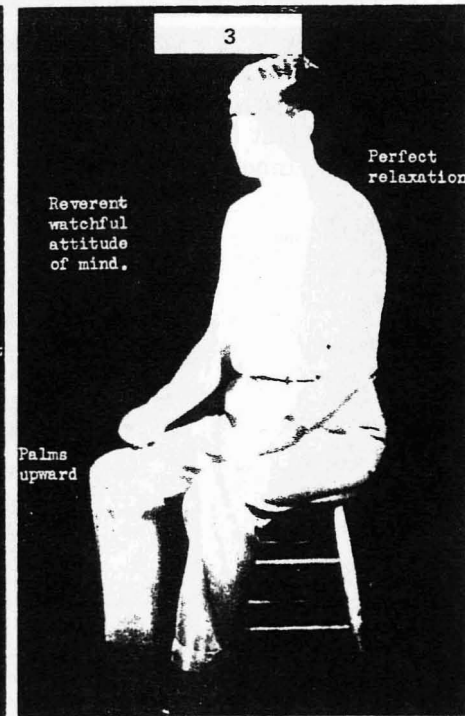
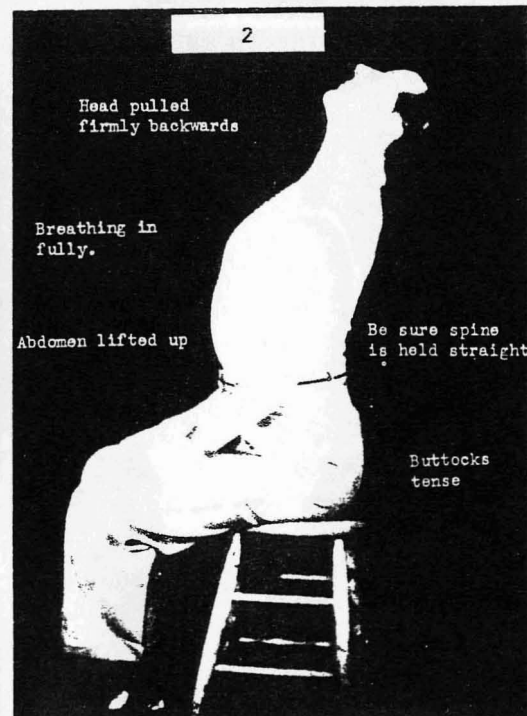
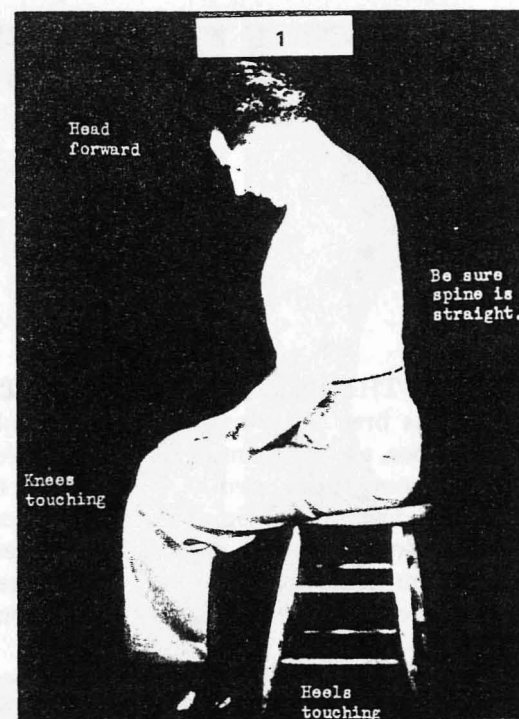
NO. 1—THE MEMORY-DEVELOPING BREATH

1. This Breath is breathed in a seated position. with this posture: Feet are flat on the floor with heels touching. Knees should be together, if comfortable. Spine is erect, well away from the back of the chair. Shoulders are dropped, there is no tension in arms and hands, and palms are downward on knees or thighs.

2. In this Breath, only the head is moved — movement of the head corresponds with movement of the breath. Begin with the head forward, chin on chest, then INHALE slowly through the nostrils as you bring the head backward with a rhythmic movement as far as it will go, without strain. Only the head moves: the rest of the body remains motionless. As the head swings forward, EXHALE vigorously through the mouth, as if whistling. The teeth are partially closed, causing a slight resistance to the breath.

3. This Breath is breathed in a series of seven sevens, or 49 times in all. Breathe two sevens, and rest; two sevens, and rest; two more sevens, and rest; then, one final seven.

Be sure that the movement of the head corresponds with the movement of the breath. The INHALATION is even and unbroken, timed to correspond exactly with the backward swing of the head, so that when the head has reached the farthest point of the swing backward, the body is full of breath. At precisely this point, you should begin the EXHALATION and the forward movement of the head, so that there is no change in motion whatsoever between the end of the inhalation and the beginning of the exhalation. There must be no jerkiness in the head movement, but a beautifully controlled, wheel-like motion. Be sure that your exhalation is vigorous, so that you will be sure to have a deep inhalation.



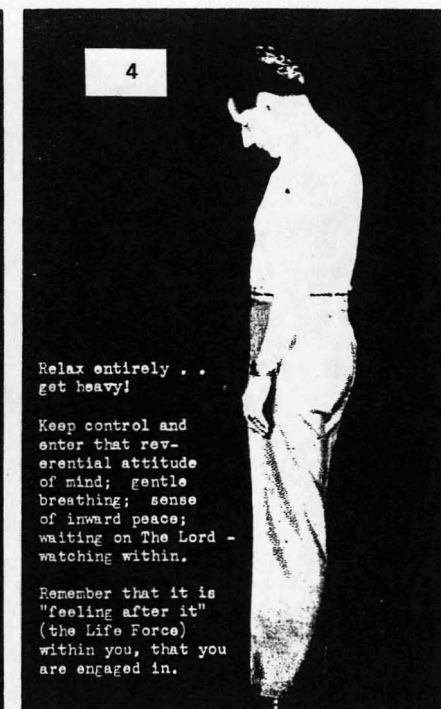
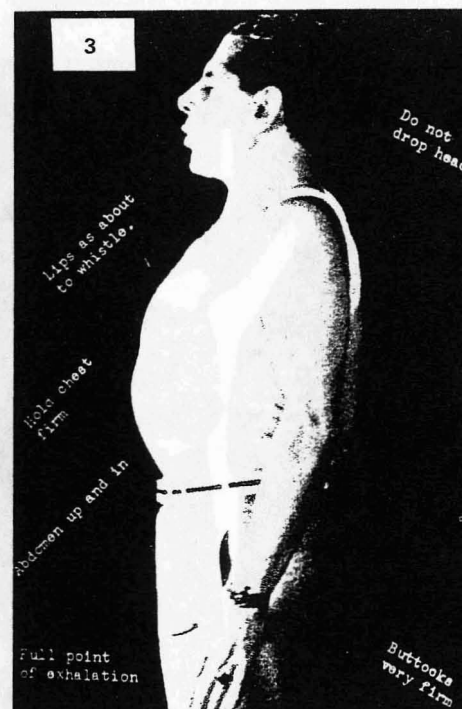
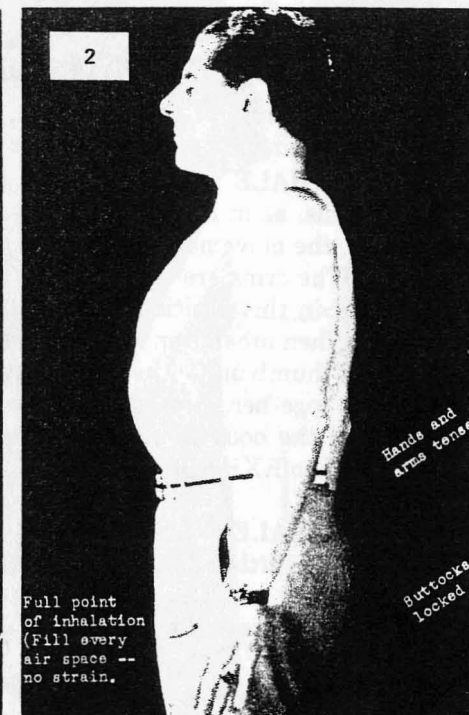
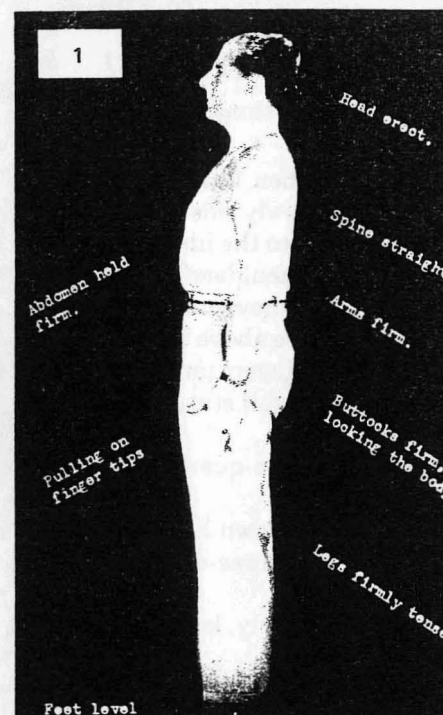
NO. 2—THE REVITALIZING BREATH

1. This Breath is breathed standing, with the following posture: Feet are flat on the floor, toes not bent or curled under. Ankles and calves are gently tensed. Knees are snapped back, thighs are tensed, buttocks are locked and pulled down under. Spine is straight, shoulders are down, with freedom in the neck. The hands and arms are tensed at the sides, to the same degree as are the legs and the feet, with fingers touching and thumbs well out. There should be a feeling of power throughout the whole body, but no strain.

2. This Breath, and all the Breaths, should be begun in a deeply reverential attitude of mind. EXHALE forcefully through the teeth. Then INHALE through the nostrils, beginning to breathe deep down, filling the lower part of the lungs, then the middle part, then the upper part. Then lock the breath with a big sniff and hold it (about 30 seconds).

3. EXHALE vigorously through the teeth, keeping the tension throughout the body.

4. Inhale gently and relax entirely.



NO. 3—THE INSPIRATIONAL BREATH

1. This Breath is breathed standing, with the same posture as for the Revitalizing Breath, No. 2.

2. EXHALE forcefully through the mouth, then INHALE through the nostrils, as in Breath No. 2. As you inhale, slowly raise the arms to the side, the movement of the arms corresponding to the incoming of the breath. The arms are tensed, held straight from shoulders to fingertips, and kept in this position throughout the upward movement.

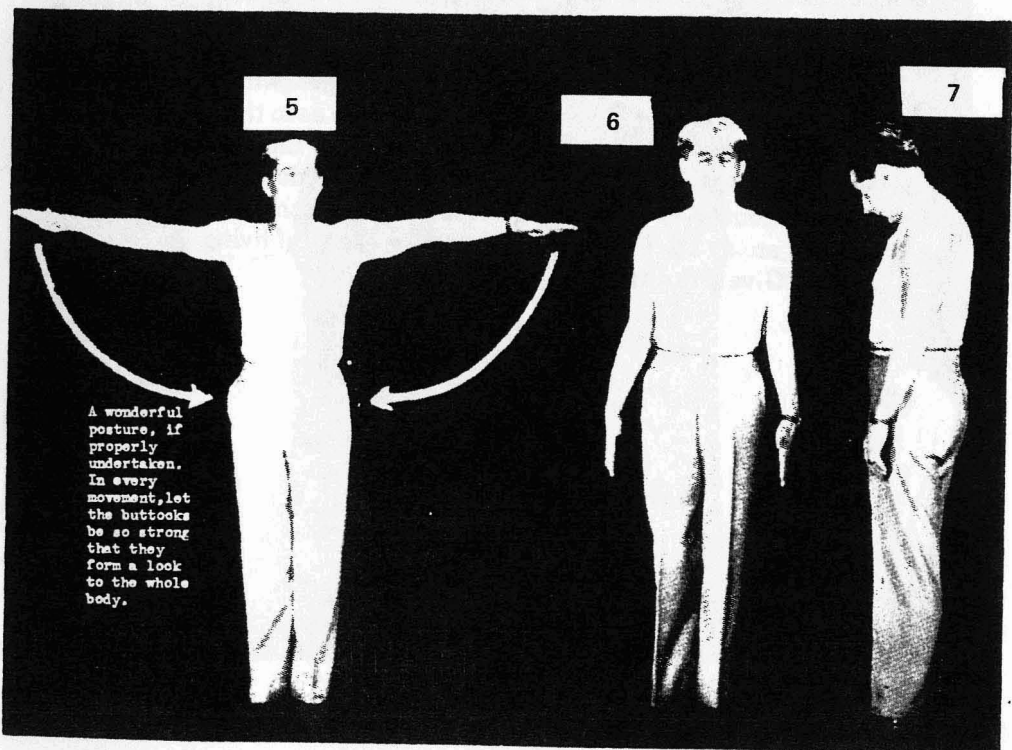
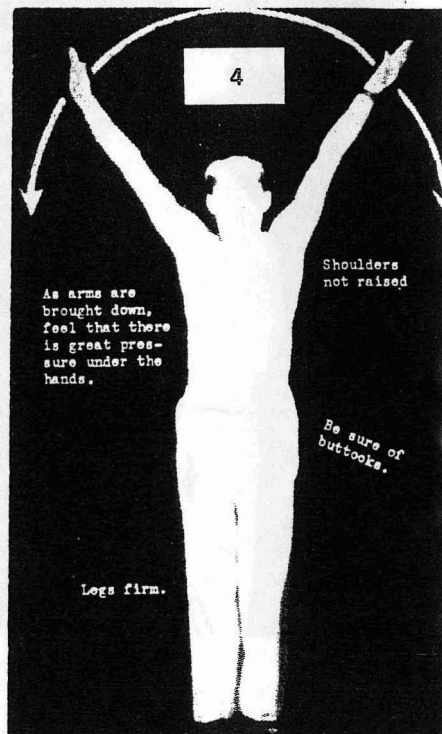
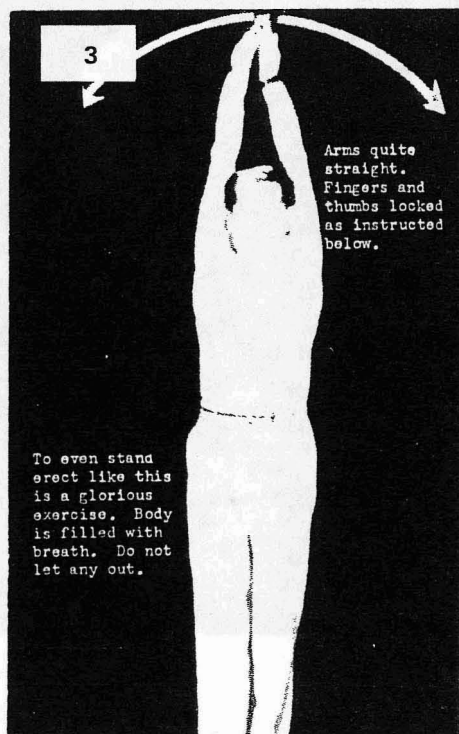
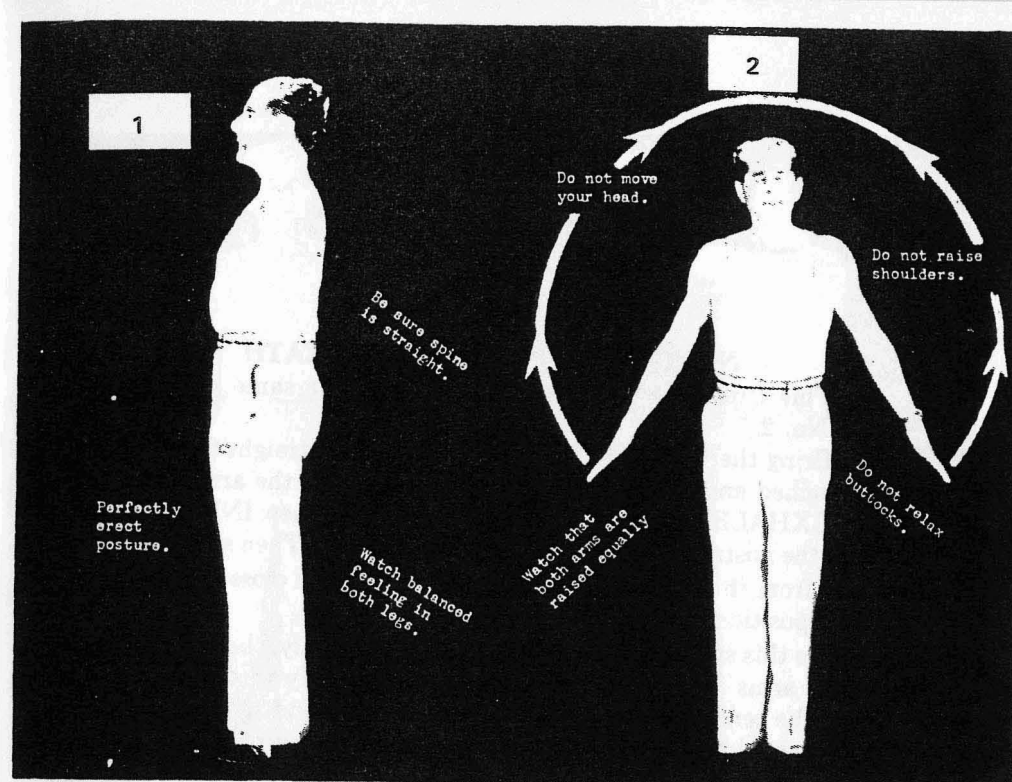
3. When inhalation is complete, arms should be above the head with the right thumb under the left thumb and two forefingers touching, backs of hands together. Body should be pulled up to its full stature. Lock the breath in the body with a big sniff.

4. Then EXHALE a little and bring the arms one-quarter of the way down.

5. EXHALE a little more and bring the arms down half-way. Then EXHALE a little more and bring the arms down three-quarters of the way. (This is not shown in the illustration.)

6. Bring the arms to side, EXHALING completely, keeping the tension.

7. Then inhale gently and relax completely.



NO. 4—THE PERFECTION BREATH

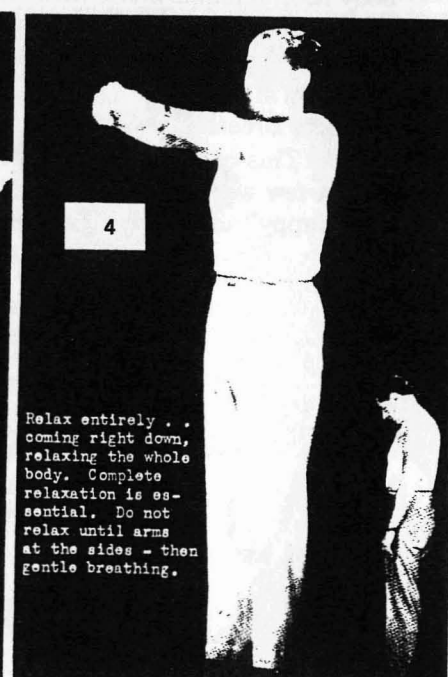
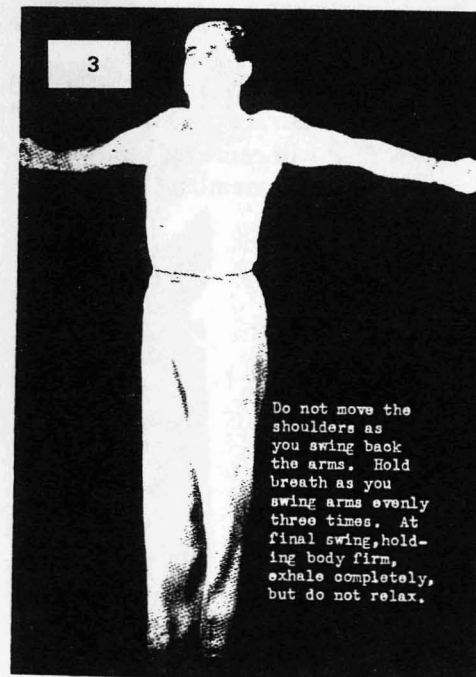
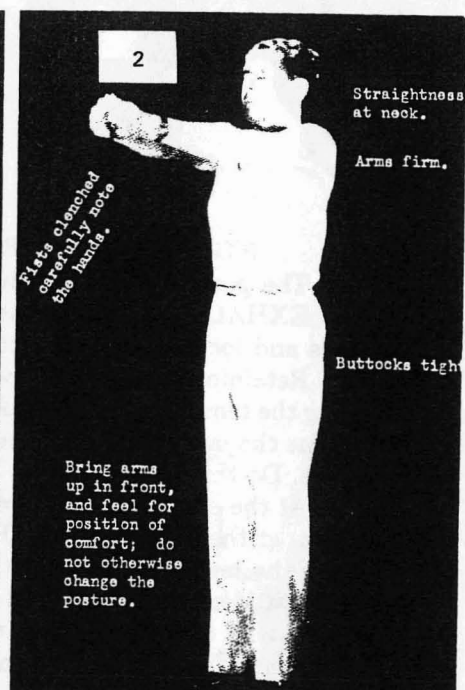
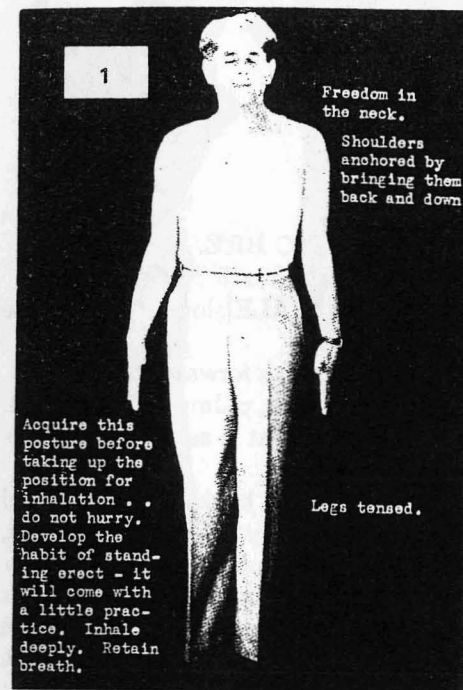
1. This Breath is breathed standing with the same posture as in Breath No. 2.

2. Bring the arms up level with the shoulder, straight forward, with fists clenched and thumbs up, a feeling of power in the arms and fists.

3. EXHALE vigorously through the mouth, then INHALE slowly through the nostrils and lock the breath with a sniff. Then swing the arms outward from the shoulders (forming the body into a cross) and return to the first position, fists clenched in front.

4. Do this swing of the arms, smoothly and gently, three times. Then bring the arms to the side and EXHALE vigorously through the teeth, keeping the tension. Then take in a little breath and relax completely.

You should endeavor to attain perfect balance of feeling in this Breath — that is, there is tenseness without strain, and great buoyancy. Try to feel the same degree of power in the fists as in the buttocks, in the feet as in the spine. A little practice will reveal what is meant. The fists are quite tensed, the muscles of those beautiful arms are tensed — you feel power throughout your body. The elbows are kept straight throughout the swings, the arms are kept on a level with the shoulders, and they are not brought back behind the body so as to throw the body off balance. The swings are rhythmic and controlled; there is no hesitation at any point. Above all, feel such a glorious abandon in the relaxation that you become conscious of a “melted” feeling in the substance of your body. You are to learn that there are only two laws of living — “Be Happy” and “Give Thanks”.

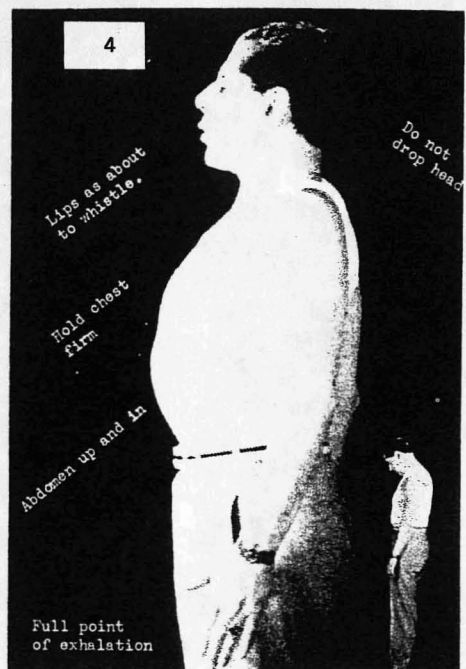
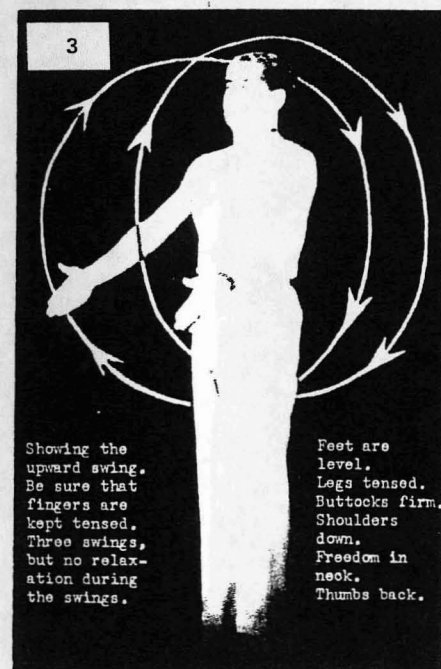
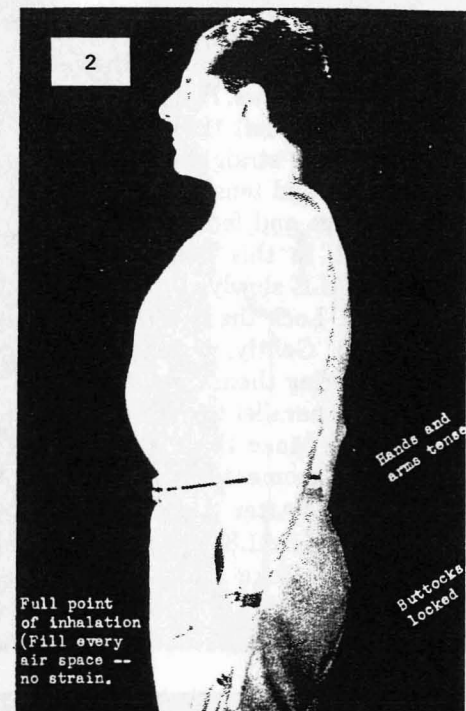
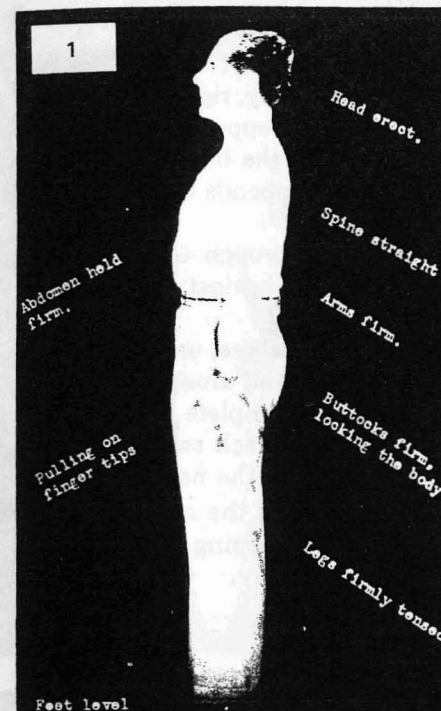


NO. 5— THE VIBRO-MAGNETIC BREATH

1. The posture is exactly the same as for Breath No. 2.
2. EXHALE through the mouth, then INHALE slowly through the nostrils and lock the breath with a big sniff.
3. Retaining the breath, slowly bring the arms forward and upward, keeping the tension, arms parallel, elbows straight, palms facing inward. Continue the movement of the arms in a swing that is as near a circle as possible. Do this three times.
4. At the end of the third swing the arms are back in their original position, at the sides. Then EXHALE vigorously through the mouth, keeping the tension. Inhale gently and relax completely.

The student is advised not to hurry with this breath — be sure that the posture is correct before starting. You are standing straight — the feet level and firm, buttocks tight, head erect, freedom at the neck. The body itself remains motionless, only the arms move. Be sure of the lock in the buttocks so that the body is not thrown out of line in the swings. Do not let down the muscles of the arms: keep the fingers tensed.

As in all the Breaths, try to get the FEELING within body and mind that this Breath gives. The Vibro-Magnetic Breath is truly an “electrical” breath. This cannot be explained; the feeling will come only with practice. A few weeks of practice will reveal much. Remember, no strain — “Be Happy” and “Give Thanks”.



NO. 6—THE CLEANSING BREATH

1. The posture is the same as in Breath No. 2. Then take the position as follows. Bring the arms back behind the body, right hand grasping left hand, left thumb over right thumb, hands cupped, palms upward. Arms are straight, well away from the back of the body. Buttocks are locked and tension in the arms and hands corresponds to the tension in the legs and feet.

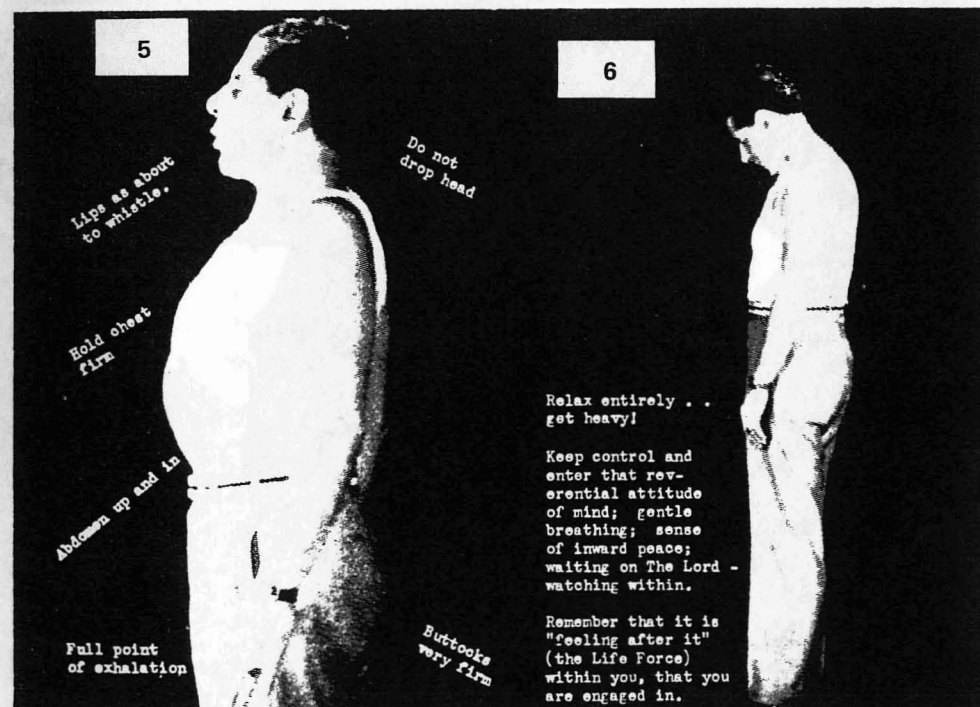
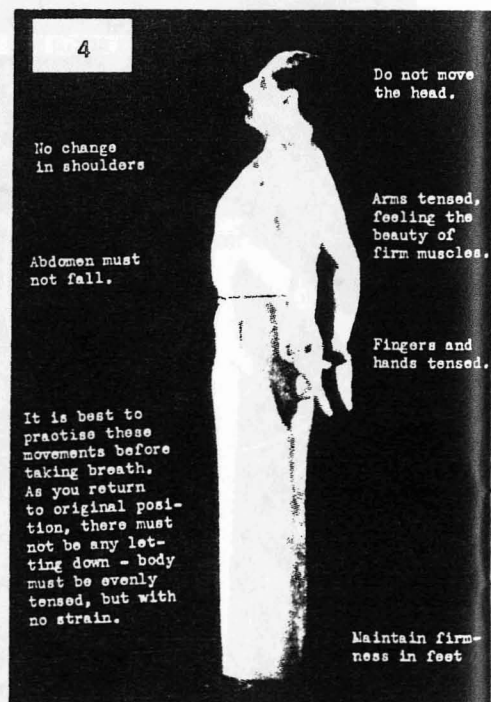
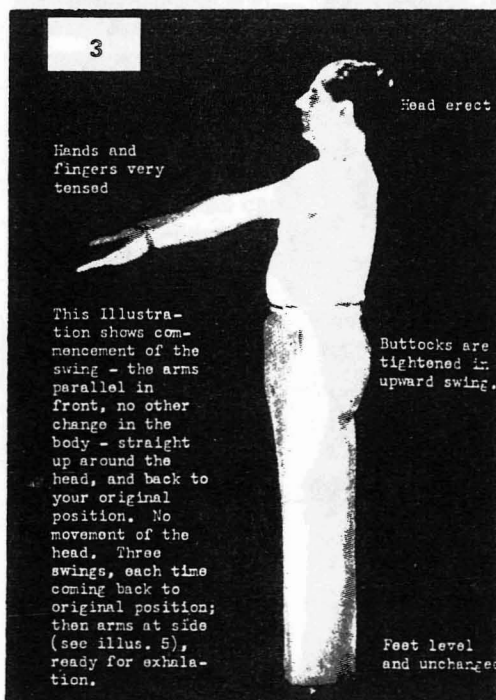
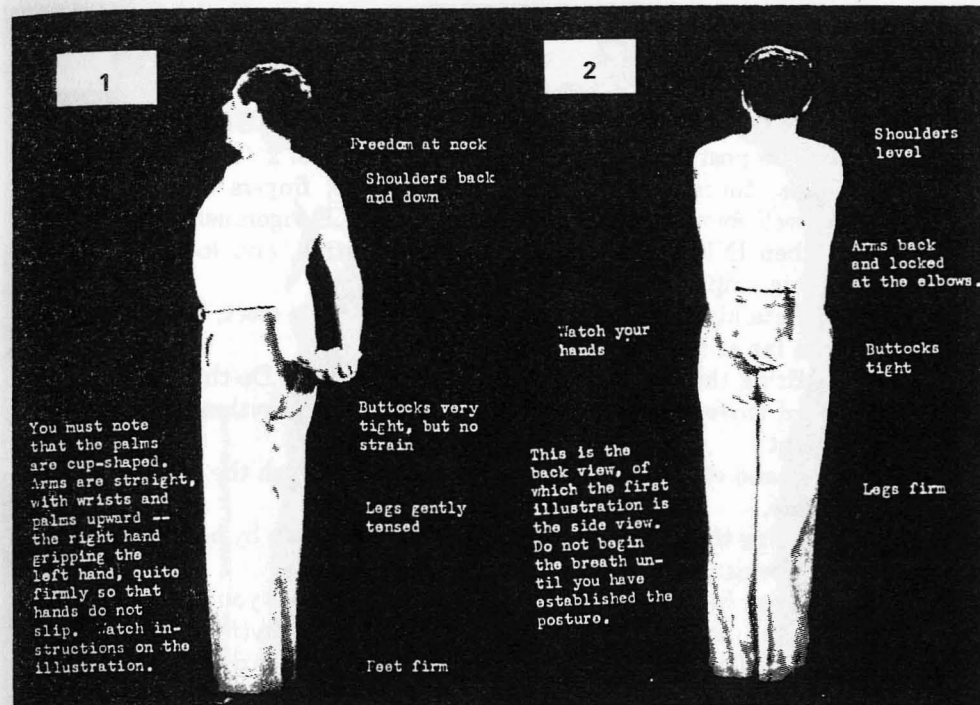
2. In this position, EXHALE forcefully through the teeth, then INHALE slowly through the nostrils, breathing against the pull in the arms. Lock the breath with a big sniff.

3. Gently, without breaking the tension anywhere, unlock the hands and bring them forward (palms downward) up and around to the front (arms parallel to each other) and continue in a complete circular swing.

4. Make three swings in all. At the end of each swing, touch the hands momentarily at the back before beginning the next swing.

5. After completing the third swing, bring the arms to the side and EXHALE vigorously through the teeth, keeping the tension.

6. Take a little breath and relax completely.



NO. 7—THE GRAND REJUVENATION BREATH

1. The posture is the same as for Breath No. 2. Then place hands over hips, thumbs locked over the hip-bone, fingers over abdomen, elbows well forward. In this position, EXHALE vigorously through the teeth, then INHALE slowly through the nostrils, and lock the breath with a big sniff.

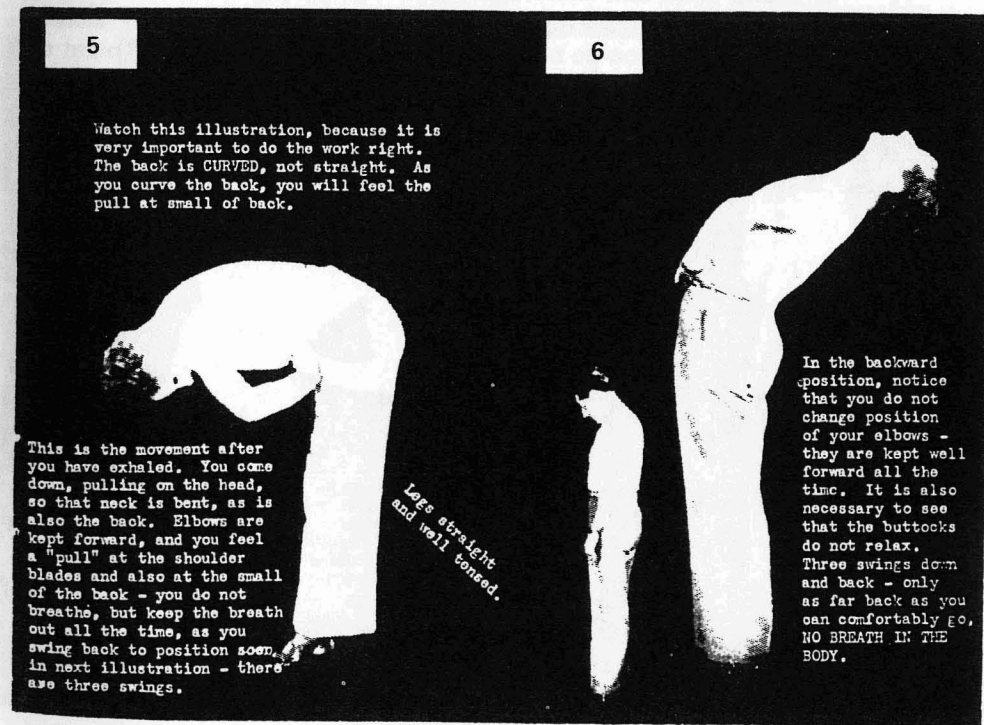
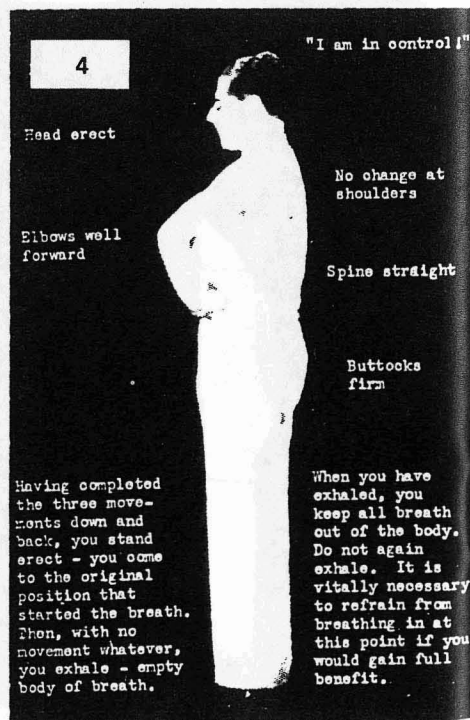
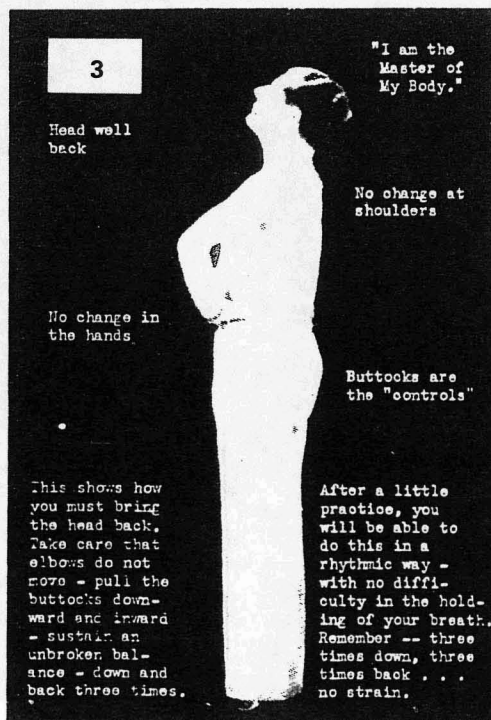
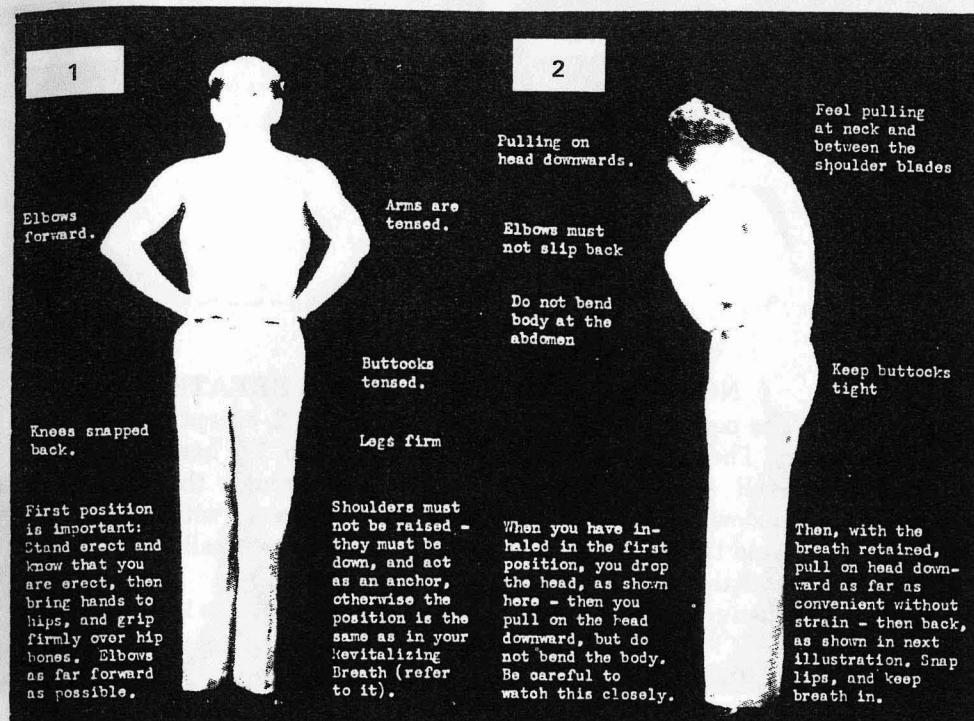
2. Retaining the breath and keeping the body erect, bring the head down as far as possible.

3. Bring the head backward as far as possible. Do this forward and backward movement of the head three times, in a rhythmic, continuous movement.

4. Stand erect and EXHALE vigorously through the mouth, but *do not inhale*.

5. Bring the head down and continue the motion by bending forward from the waist, as far as you can comfortably go.

6. Then bend backward from the waist as far as you can go. Do this forward and backward bending three times, in a rhythmic, continuous movement. Then stand erect and *inhale* gently, slowly dropping the arms and hands.



NO. 8—YOUR OWN SPIRITUAL BREATH

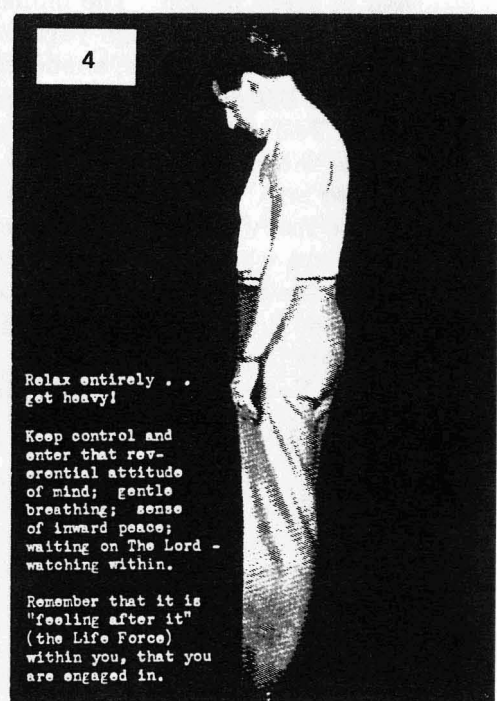
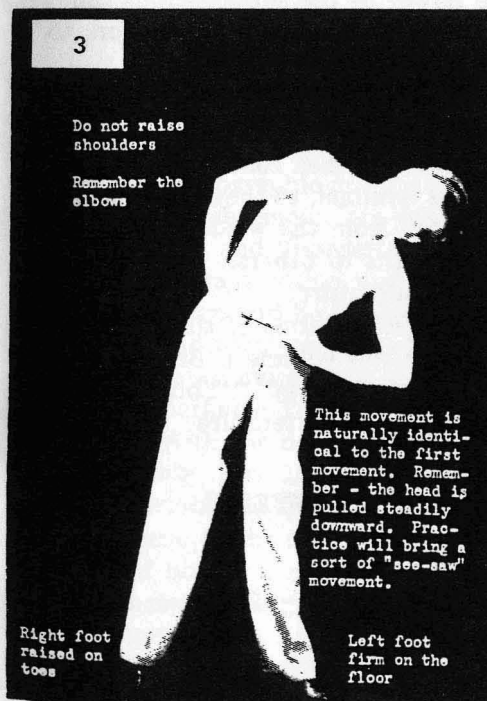
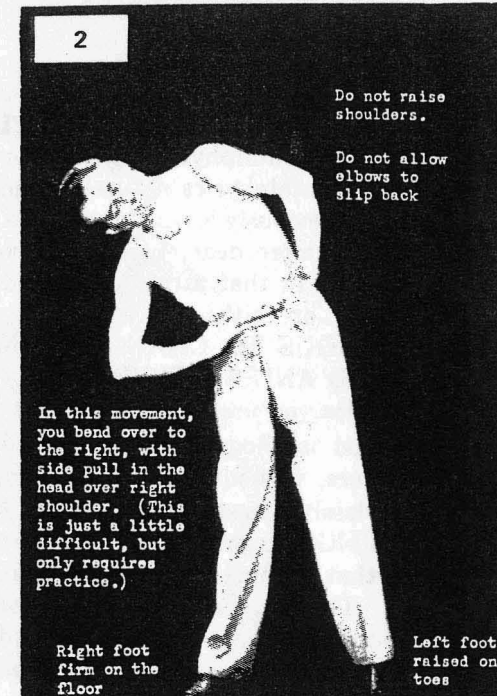
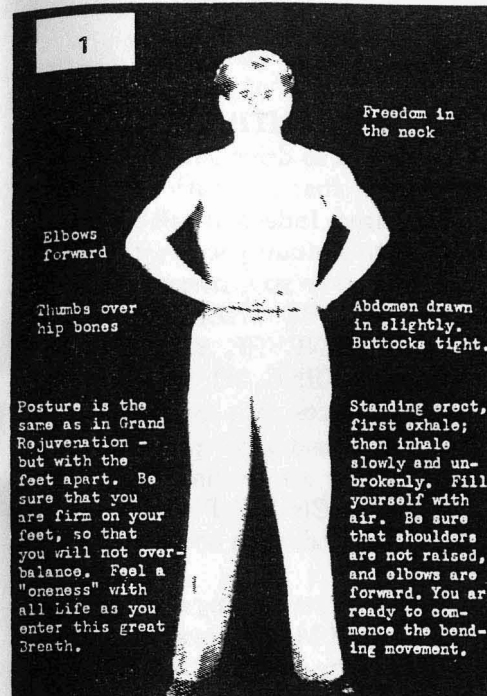
1. The posture is the same as for Breath No. 2, except that the feet are apart. Then take the position as in Breath No. 7— hands over hips, elbows well forward. EXHALE vigorously through the teeth and INHALE slowly through the nostrils. Lock the breath with a big sniff.

2. Bend the body sideways to the right as far as possible, lifting the left heel off the floor, keeping the right knee straight.

3. Then reverse the position, bending the body to the left, lifting the right heel off the floor. This movement to the right and to the left should be done three times in a rhythmic, continuous motion, pulling firmly downward on the head to each side.

4. Stand erect and EXHALE vigorously through the teeth. Inhale gently, slowly drop the arms and hands, and relax completely.

Be careful that you do not twist or turn the spine. The movement to the right and to the left must be a careful straight bend to the side. This Breath will show and prove to you that BREATH IS LIFE. Enter upon it with reverence — you ARE LIFE! All the youth and force of life is within you. Watch for the feeling in this Breath.



SEEK EARNESTLY FOR THE TRUTH

In Mentalphysics we uncover the Truth and so drive out the false.

Mentalphysics naturally teaches, however, that all Truth that you have previously learned cannot be lost or changed. Indeed, it will become all the more dear and real to you. But in this study you must place yourself in that attitude of mind which will allow you, irrespective of creeds or faiths or dogmas or religions, **TO BE WILLING AND ANXIOUS TO CHANGE YOUR MIND WHENEVER YOU HAVE GOOD AND SUFFICIENT REASONS FOR DOING SO.** In Mentalphysics you are like a scientist, investigating forces with the same unbiased methods as he in his laboratory investigates all problems of Nature, without fear and without prejudice. We are seeking **TRUTH**, fearlessly investigating, having the courage **WHEN WE PROVE ALL THINGS**, to grapple our new knowledge to our minds with hoops of steel, so that nothing can shake it from us.

The Breaths taught in this volume will have a revivifying effect upon your life, but are only one aspect of the Science of Mentalphysics. In the more complete teaching, Spiritual Affirmations are given for the breaths, which add a new dimension to the practices and open new possibilities for your life. Mentalphysics shows the great potential that lies hidden in every person. The immense power of the subconscious can be commanded, through yoga breaths and affirmative meditation, to achieve health, success, abundance, and love for all mankind.

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THE INSTITUTE 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.