

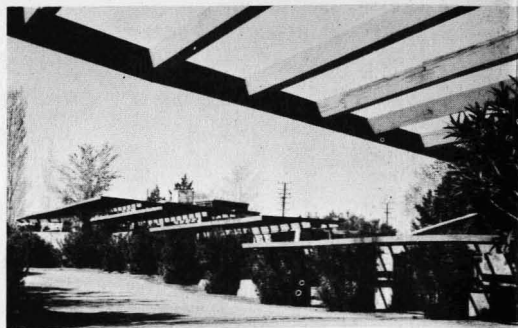
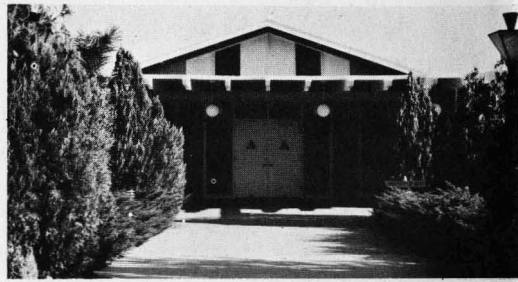
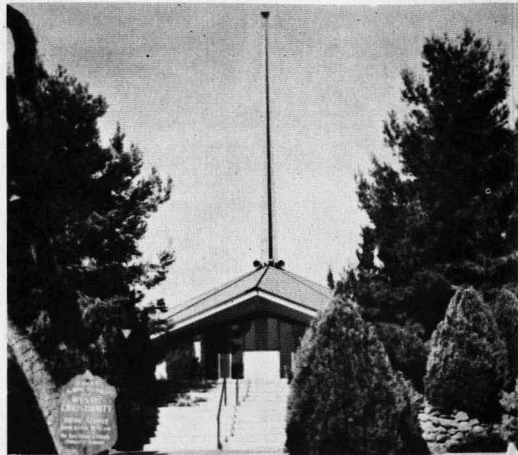
## THE MENTALPHYSICS TEACHING AND SPIRITUAL CENTER

Like a garden oasis in the hi-desert of Southern California, the Mentalphysics Teaching and Spiritual Center gives refreshment of body, mind, and spirit to visiting students. The site was inspirationally selected by the Founder and it embodies the superb climate of the dry hi-desert, and sweeping vista of desert, mountain, and centuries-old-Joshua Trees, at an altitude of 3300 feet. Just to the west is the Big Bear Lake Resort in the San Geronio Mountain area. Palm Springs is 30 miles to the south. Just to the east is Joshua Tree National Monument, and south of that is Salton Sea.

Master architecture is set off by a great variety of trees and plantings. The 600-foot long Caravansary of Joy is built of native stone from a majestic design by Lloyd Wright, providing motel-like accommodations and a large meeting and entertainment hall. The Preceptory of Light is designed for class work. The First Sanctuary of Mystic Christianity offers lectures to the public. The Meditation Center is perfectly formed for the practice of meditation. On Inspiration Heights are the Dining Hall, residential apartments, and guest cottages.

Students from all over the United States and other parts of the world come to enjoy the unforgettable experience of gathering together with fellow spiritual seekers for personal instruction in the Science of Mentalphysics, in an atmosphere so pure and silent that one can feel the influence of the Eternal Spirit within them.

*Photos, from top to bottom:  
First Sanctuary of Mystic Christianity  
Preceptory of Light  
Meditation Center  
Caravansary of Joy*



The INSTITUTE of MENTALPHYSICS  
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A BOOK FOR ALL THINKING PEOPLE



# Your Imagination

MAN'S CREATIVE FACULTY

BY  
EDWIN J. DINGLE



#### 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 Imagination

*"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 obscurity and darkness may be brought into the radiant sunshine and joyous glory of the unfoldment of true spiritual goodness."*

**T**HE purpose for which this short treatise is written is solely to help those, who *have the desire*, to make of their lives what they believe in their hearts is possible to them. Anyone who is conscious of any form of disbalance in his life will know how there comes into his mind an ensuing feeling of inadequacy, causing a recognition of inability to meet the conditions of life with perfect poise. This lack of poise, this inferior feeling in a person, often causes him to retire into the seeming safety of his own small individual world, thereby leaving him to suffer silently *because he can find no outlet for his cherished hopes and*



*ambitions.* Very often some magnificent idea is lost to the world because the person who bears the idea is timid, and fearful that he cannot bring it to fruition.

You are like this? Then, if you can come to understand what your true capabilities are, and how to awaken yourself to the full use of your own hidden powers, there will never again be any sense of want or lack in your life.

You will then know that you are spiritually rich, mentally abundant, and possessed of surprising physical endurance. Many men, through ignorance of their latent abilities, often underestimate themselves. And if we underestimate ourselves, we are also underestimating our Creator, the Spirit and Power of Life Itself, in which we live and by which we are sustained. If you feel that you lack the ability to achieve your desires, you are defying the very *spirit of the Creative Principle* that is alive within you, and in which you live. If the Creative Spirit or Creative Intelligence is not allowed to unfold through you, you certainly cannot keep step in the conquering march through life. You will then have to join the laggards and look on sorrowfully while others sweep on to victory. *But if you can learn how to uncover your talents and put them to work for you, you can bring your dreams and plans into realization.*

You can see, can you not, that Man is made in the "Image of God"—made for the purpose of "doing the Will" of God, of expressing God? The "Holy Spirit" is a living force in Man, and a perfectly successful human life is the full expression of what we call God and know to be God through Man. But unless we learn to *reflect that Image* through our life, we cannot shine forth in its brightness and power and intelligence. That which men call God—the Creative Wisdom; the Creative Spirit; Intelligence; That Which Creates—can do *all* things; and since God is in every one of us alike, and we all live in God, then we are all similarly made of that eternal substance—*Life*. And Life is

**LIGHT!**—God's *first* command was "Let There Be Light!" . . . *Your* life is Light, *my* Life is Light.

(a) *Let There, then, Be Light!*

**I** ASK you to contemplate the following—thoughtfully and quietly. These seven points may be called the seven chapters of the eternal Book of Life, and in your contemplation you will be able to see how, living in this great ocean of the Oneness of Life Itself, you begin *its* true expression *through your life* only to the degree that you understand the power of your own Imagination. These are the chapters of the Book, and having read this you will be in a better position to understand the power of your Imagination:

- (1) **GOD**—The Absolute—God alone is true; God alone is great; alone is God. God the Changeless: All but God is changing day by day. God said: "Let us make Man in Our Image."
- (2) **\*LOVE**—THE FIRST QUALITY—God is Love, and God is everything. When WE love we know God through his moving spirit in us. Love finds out all ways, for love is the Mother of Wisdom. Without love, your life is less than nothing; with love pouring through your heart, through right deeds, life is lacking nothing of the Light of Wisdom. Love is precisely to the moral nature of man what the Sun is to the Earth, and, while to love for the sake of being loved is human, to love for the sake of *love* is angelic. Riches take wings, comforts vanish, hope withers, courage falters, BUT LOVE STAYS WITH US, for LOVE IS God; and when you and I come to KNOW that LOVE is ever with us, then riches are eternal, comforts overwhelm us, hope rises to cause courage ever to fly onward on the

wings of our faith. *Humble Love, and not Proud Science, keeps the door of heaven.*

*"Love is a child that talks in broken language,  
Yet then he speaks most plain."*

Love levels ALL things; Love takes the shepherd's crook and lays it everlastingly beside the scepter. *Love, being God, never reasons, but profoundly gives—gives, like a thoughtless prodigal, its all, then trembles lest it has done too little.*

- (3) \***LIGHT**—Light is LIFE; it is the symbol of Truth; light, once kindled, spreads till all is luminous. As Light is Life, there is naught BUT Light, and Light thus is the first emanation (of God). It comes to us, it is clear to see, First—In the Light of the senses; Second—In the Light of the Reason; and Third—In the Light of the illumination of the Spirit, through our Imagination.

*Thus: God, the Absolute.*

*Love, the First quality of God, whose universal motion makes Light.*

*Light, expression in and through Life, whose ESSENCE IS TRUTH.*

- (4) \***TRUTH**—The Essence of LIFE—The Truth of Life is God's works, embodied in HIS ESTABLISHED LAW. Truth means Freedom; truth is ever-present, impossible of being besmirched or changed by any outward touch, as is the sunbeam (or ray of LIGHT); consequently Truth never turns to rebuke falsehood, for one is eternal and of God, the other temporal and of man. **AND TRUTH IS THE MEASURE OF YOUR KNOWLEDGE, leading you to WISDOM.**

\* All these are interrelated to each other in that mighty faculty—our Imagination.

- (5) \***WISDOM**—Wisdom is the Silent Director of the **ENERGY OF THE LAW**. Wisdom is only found in Truth; Wisdom is a science of all other sciences, and of itself; Wisdom is of the heart, guiding the intellect; *and what health is to the body, wisdom is to the soul.*

*"Happy is the man that findeth wisdom, and the man that getteth understanding; for the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies, and ALL THE THINGS THOU CANST DESIRE ARE NOT TO BE COMPARED UNTO HER. Length of days is in her right hand; and in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace. SHE IS A TREE OF LIFE TO THEM THAT LAY HOLD UPON HER; and happy is everyone that retaineth her."*

- (6) **ENERGY**—Energy, universal and unchangeable, is LIFE'S sole **MOTIVATING PRINCIPLE**. The universal energy of life comes to us in (1) Thought, (2) Feeling, and (3) Action, the three redeemers of human life. You see that **ENERGY** is never detached, and can never be separated, from LIFE; and as LIFE is self-manifesting and self-perpetuating, *so Energy multiplies itself by using itself*, just as *Light Shines of itself*.
- (7) **MANIFESTATION**—This is the culmination of Life, the "Works of God," visible and "invisible." Manifestation is Truth Made Visible; it is heaven on earth—"the manna comes down out of heaven"; it is love made known; it is God seen in Human Form; it is the realization by Man of what he truly is—God in the form of his true divine being.



*(b) The Seven Eternal Chapters*

**T**HESE, then, are the seven eternal chapters of Life Itself. You can use other WORDS if you wish. If you have another word for "God," you may use it; if you have another word for "Life," or "Truth," or "Light," or "Manifestation," you may use it, for I have no quarrel with you. But, no matter what *words* you use, the eternal sequence of the *Eternal Idea* must constantly emerge—and we shall ever be in equality of The Spirit.

Having had placed before you the Book of Life, seeing its seven chapters, how then are you to READ THE BOOK? Let us see.

(1) **GOD; THE ONE IN ALL; THE FATHER; THAT:**

- (a) God IN You . . . Known through your Imagination, your Source of Creation.
- (b) God WITHOUT You . . . Known through Your Subconscious Mind, Your Source of Power.

(2) **GOD IN MAN—and—MAN IN GOD:**

- (a) REASON and WILL . . . Your Source of Direction.
- (b) EMOTIONS . . . Your Source of Inspiration.

(This is where Man may triumph, for both the REASON and the WILL are under his OWN direction and control. We may, by virtue of the fact that Man is IN GOD, make of our OWN lives what they should be, and so LIVE IN GOD, and BE WHAT GOD IS. But the "enemies stand threatening around," and they come to us through FEAR. They need not be recognized, however, for FAITH rises triumphant, causing us to rightly USE THE ENERGY, rightly DIRECTED BY THE WISDOM.)

(3) **GOD'S EXPRESSION THROUGH MAN:**

- (a) FEAR—ITS RIGHT USE. (This is, perhaps, a new idea, showing how we

may transform Fear into Faith, and make stepping stones out of stumbling blocks.

(b) **FAITH—THE SEED OF WISDOM.**

(Every moment instructs and every object, for Wisdom exists in every form and particle of substance. Wisdom circulates in us through our very blood, and with our blood, it would seem that Wisdom is poured into us. Wisdom is like electricity, and our very blood is Light.)

(c) *Your Immortal Partner Introduced.*

**I**T will have become apparent to you that your Imagination is your Immortal Partner, which is, of course—has always been and always will be—*within you*. Imagination leads you right along to Faith—and Faith is the seed of Wisdom. Your Imagination brings you the pictures and images of the things you desire to do, quickening your desire, leading you on to the *faith* that you *can* accomplish, thus emotionally setting up the *energy* within you that quite automatically compels you to succeed. And as you *direct* in the first instance your Imagination, so do you cause its inspiring pictures to become manifested in physical equivalent in your life—the result of balanced activity between your immortal partner and yourself.

Through what you read in this booklet you may be induced to set out to find this partner, and if you do I can promise you a changed outlook on life in general and much more abundant and successful living. And when once the contact is made, when once you realize that it is by your imagination that you start the process of building your ideas on towards their physical equivalent in manifestation in your life, you will know once and for all that you are divinely equipped to achieve what-

ever you believe yourself capable of achieving. Let none turn you from this resolve. **YOUR IMAGINATION IS THE WORKSHOP WHERE ALL YOUR PLANS ARE CREATED.**

It has been said that man can create anything that he can imagine. *Think* of all that man has achieved. He has come almost literally to the conquest of the material universe, and all through the power of his Creative Imagination, in direct touch or communication with the Infinite Intelligence of the Universe. You can say that Man's *only* limitation lies in the development and use of his Imagination. Happy are you if, through what you think as a result of reading this booklet, you discover that *you* have an Imagination; happier still if you commence to *train* it and *use* it in a definitely constructive way.

The great leaders of business, industry, finance, of art and science, all the musicians, poets and writers all became great because they developed and *used* the faculty of creative imagination. I emphasize the word *used*, because your imaginative faculty becomes weak through non-use or inaction—though it can never die.

### A Glance Into the Technique of Developing Your Imagination

(Read and study the next few pages with deep spiritual insight. You will learn much of the technique of developing Your Imagination.)

**I**N considering how we may develop in a definitely constructive manner our own divine Imagination, so that our own dreams of what our life should be may come true, there is one thing of utmost importance. Your imaginative faculty works automatically—you direct it. By your own *conscious thinking* and *feeling* you direct it, and your conscious thinking is, of course, stimulated through the emotion of a *strong desire*.

If you have a burning desire for the realization in your life of anything whatever, and hold that desire paramount in your consciousness, your Imagination becomes correspondingly quickened with ideas related to the desire. So that whether it be in respect to prolonging your life, to improving your financial condition, building personality, becoming popular, creating ideas and inventions, permanently banishing all worry—becoming a salesman, a singer, a writer, a musician, an actor, a poet, or whatever you have any inherent inclination towards—uprooting your inferiority complexes, . . . no matter what, on either the physical, mental or spiritual plane . . . this one necessary thing is

**THAT YOU GET A CLEAR CONVICTION THAT IT CAN BE DONE, AND THAT YOU CAN DO IT.**

This conviction, clear and unassailed, must exist in the Mind so that your *desire* appeals to your Reason as a possibility. The Reason has its own law and limitation—it, too, must be quickened, and the secret is to know how to quicken it into balance with the Imagination. How can we learn the law?—we will see.

Let's read again: "*That you get a clear conviction that it can be done, and that you can do it.*" This conviction, as you think it, rests in your mind. You may, as a silent watcher within your mind, watch the idea, and feel, "Well, that's a good idea—a *very* good idea!" . . . and yet *do* nothing about it. *Why* do you not do anything about it . . . is it not because you do not *feel* that you will do anything about it? Therefore, this conviction is to pass out of the mentality, where you merely *think* of it, *into the FEELINGS*, into the emotions, where there rises up within you a burning desire to make it come true . . . so that not only do you feel that you *know* it to be a certainty, but you know that you *FEEL* it to be a certainty.



Without this conviction that you can greatly extend the span of your life, or achieve anything of whatever nature that you truly desire, it is useless to proceed.

Not only must the Reason see and the Consciousness feel the certainty, but the conviction is to pass a stage further—*into the Imagination!* Dwell long upon that word “Imagination.”

The Imagination, you now see, is the Creative Faculty of the INFINITE CREATIVE SPIRIT, which dwells within. The Imagination is Your Immortal Partner, ever ready to inspire you and carry you along to the realization of your highest hopes. But remember—*never forget it*—if you do not direct it, it directs you; also remember that this Faculty will do for you **WHATEVER YOU DIRECT IT TO DO—WHATEVER YOU TRAIN IT TO DO**. If you do not direct it, it directs you, according to the tradition of the Race, which is disease, decay and death, generally failure, disappointment and despair.

You are a part of the race; if you accept its beliefs and traditions, then, you must accept the results of those beliefs and traditions. This is for you to decide.

All thinking men and women should refuse to accept Race beliefs, without proving for themselves. Students in Mentalphysics all over the world have decided NOT to accept; they have no fear of breaking away from tradition, and this great science teaches them how; in this booklet I am merely talking about this great science of living; Mentalphysics teaches us the way. Now it is up to all of us to **REVERSE THE TRADITION OF THE RACE**, enlisting the Creative Faculty to build Health and Life conditions instead of decay and death conditions, success conditions instead of failure conditions—joy and happiness instead of misery and negation—peace and good-will conditions instead of these apparently everlasting war conditions.

*But you must be warned not to allow any conflict between the Reason and the Imagination. The Reason does not create—it cannot. The Imagination creates, but it, again, does not reason—it cannot, for it is non-reasoning, non-reasonable, but IT IS SUBJECT TO THE REASON. Therefore, when the Reason says “I want to live continuously but I know that I won’t,” “I want to become a success, but I know that I won’t,”—or anything else—the “I won’t” is an instruction to the Imagination, and your desire ends in smoke. So in everything we desire to do.*

Therefore, **LET THERE BE NO CONFLICT, FOR THE IMAGINATION ALWAYS WINS**—for good or ill.

Let the Reason be convinced that it IS possible to live continuously, or to do anything you have set your mind upon, to transform your life and make your dreams come true, and then let your Imagination—Your Immortal Partner—revel in the pleasure of its contemplation. **THINK!** Stop for a moment and think.

*(d) Be a Leader Among Men.*

**P**ICTURE up in your mind a Being, the Real YOU, full of life and vigor, of energy, of hope and belief in the manifestation of Divine Power within, of intense personal magnetism which will enable you to direct human activities in line with your highest hope—in short, a leader throbbing with power and attracting to yourself only that in Unison with all good. Think of your Real Self! Imagine!

When we uncover the I AM, we know then that, truly, whatever the Creator is **WE ARE**.

So, you must not say “I want to live indefinitely, to succeed, to make my dreams come true, but know that it is impossible,” “I will, but I can’t” . . . No! A thousand times **NO**—believe that you

can do it . . . that you can achieve whatever you can imagine.

*Therefore—*

*First—Cultivate the certain conviction of the possibility of doing it.*

*Second—Train the Imagination to feast upon its delights.*

### VISUALIZING YOUR IDEALIZED SELF

Here is an exercise for meditation\*:

You should begin to develop the power of Visualization. This means that you must create for yourself pictures in the mind of those conditions which you wish to realize. The Imagination is the CREATIVE FACULTY, that is, the wonderful instrument with which we all work, whether we know it or not—truly Your Immortal Partner.

You must also know that Thought is an immeasurable force, and you are using it for good or ill every moment that you live. We cannot SEE thought, but we know that we think. Thought creates images just as real as you might when you take, say, some lumber to make a shelf for your kitchen. There are men who have actually seen the forms that Thought creates. We have not gone far enough yet to develop this power, but those who are students of Mentalphysics are on their way.

Now, when you are in a state of perfect peace, make a slight effort of the will, without any strain, that you are to CREATE the NEW PHYSICAL YOU. Sit calmly, with the eyes gently closed, slightly raised, as if you were looking upward to your forehead.

Be very still, so still that you do not move at all for a long time.

\* See "How To Meditate," published by the Institute of Mentalphysics,

Then mentally state that you are about to form a picture of your Perfect Wondrous Self. Will that this picture shall come before your eyes. Then wait and watch, perfectly still. Don't strain. Soon you will see just a little removed from the front of your eyes a picture being painted for you, so to speak. There it comes. "I see that beautiful head—thick healthy hair, perfect features, a face unlined and happy, the eyes bright. I see a strong neck, a full chest, strong arms and hands. I see MY PERFECT SELF before me, powerful and strong and harmonious in every muscle."

Stand in reverence before your body.

Mentally go down through your body, and note the beauty, the strength, the youth, the very glory of life within.

Then imagine a Great Light around your Perfect Self pictured before your Mind. You are bathed in light. Perhaps the light will be so strong as to seem to blind your physical vision. Hold it! Then—still, VERY still—bring that picture nearer. Say mentally to yourself that it is coming nearer to you. Watch it. Bring it so near that you can see every part of your beautiful body. Then bring it still nearer, nearer, nearer, and finally let the light sweep down through you as the picture is lost in the absorption of your mind. The light will bathe you from head to foot. If thine "eye" be "single," thy whole body shall be full of light! Affirm that that Perfect Self has now been unfolded to you, and visualize the truth of this statement in your own body.

You should feel a deep peace within, and when you come out of your Meditation you should be bathed in light and happiness, for the work that you have done is now going on in your own body, leading on to Perfection in every detail.

You will have begun to find your immortal partner.

It cannot be explained to you in this booklet exactly what you are doing when you undertake this



exercise—this is a part of the private teaching in Mentalphysics. You, however, will be able soon to see the good result. In a word, one may say now that in this exercise you are bringing into perfect rhythm all the forces of your body, bringing them all into one direction so to speak, 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.

### *Hypnotized or Inspired?—Which Are You?*

IMAGINATION is truly man's wonder-worker. Most people are square pegs in round holes. Rarely do we find a man whose life is perfect balance and harmony. Most people are ill and want to be well—unsuccessful and want to be successful—unhappy and want to be happy . . . always *wondering why* life cannot be what they inherently desire and inwardly believe it can be. And the sole reason for all this is that they *do not know* what a glorious force exists within them which they may, if they will learn the way, direct to their own highest and continuing good, so that they may know truly victorious living.

To you who now read these lines, I would say "Do not despair any longer . . . do not give up hope . . . convince yourself that I am telling you the truth . . . make up your mind that you *will* learn how to master conditions and make yourself a strong, vigorous, successful person!" You can think. You can imagine. You can feel. You can dream. You *know* that through what you are now reading there runs a sincerity that is invincible. You are not the only person who has "slipped a cog" or disappointed yourself, and the fact that you recognize that you have slipped is a great blessing to you—it is the result of the direct communication in your consciousness of the Creative Wisdom of Life inwardly informing you. It is, so to speak, the very Voice of God speaking to you

and assuring you that you can do more and have more and know more and be more.

"How can I do it?" I seem to hear you asking.

That is the question—and I would like you similarly to hear my reply. Your answer is "Mentalphysics is the way!" Thousands of people just like you have testified to the great benefits they have derived from the study and practice of this great living science. Benefits in some cases of an almost unbelievable nature have been reported—benefits on the physical and material plane of life, as well as on the mental and spiritual planes. In Mentalphysics most people find what they are unconsciously seeking, and if I can be the means of causing *you* to find that which you are seeking, these lines will not have been written in vain.

There is mighty power in the written word, and when soul recognizes soul a "miracle" must happen.

The manner in which *you have trained* your Imagination has determined whether you are hypnotized or inspired. In one respect or another, *practically everybody is hypnotized*. In some people it is quite noticeable, in others it is not. Yet in all, including yourself, and the writer of these lines, ideas have sunk, through the way we have used our Imagination, into the subconscious mind, which have a fateful effect, which *profoundly influence* our moods and thoughts, our actions and our reactions, *every day we live*. These deeply buried ideas usually determine our success or failure, our health or lack of it, our personality and our character. They often determine the length of our lives, and the destinies of our companions—sometimes, even, the fate of nations.

*If you wish to be captain of your own ship, master of your own fate, it is necessary to determine in what way YOU are influenced by hypnotizing ideas—which have their origin in the Imagination. For, strange to say, as soon as these ideas are recognized, they no longer have the same influence over you—unless you think they are beneficial, or are too fond of them to*

*give them up. You may become their master instead of their victim. To help you determine the ideas that thus influence you, I shall give a few examples.*

The most familiar perhaps is the *back seat driver*—hypnotized with an exaggerated idea of danger. Some long-forgotten experience planted the idea in his subconscious mind. Be patient with him (or her) therefore; in spite of his best intentions not to annoy the driver, *he can't help himself*—unless someone shows him how to remove the hypnotizing idea.

Next comes the victim of "*stage-fright*"—hypnotized with the idea that he *can't* do before an audience what he did perfectly at the rehearsal. He sometimes becomes speechless, his mouth dry, his body awkward or stiff—so strong is the influence of the paralyzing idea.

#### *Ideas Which Smother Your Real Talents*

People who are ready conversationalists at home, but preternaturally silent in society, the man who can't do himself justice when applying for a job, the man who does his worst when others are watching and he wants to do his best, all who are self-conscious, bashful, or timid, are similarly hypnotized. The man who dreads making a speech, the woman who dreads playing the part of hostess, the man (or woman) who chooses mental inferiors for companions instead of those he really admires, are typical examples of "stage fright." **MOST OF THESE PEOPLE WOULD SURPRISE THEMSELVES WITH THEIR POWERS AND CAPABILITIES, IF THEY LEARNED THE WAY TO DE-HYPNOTIZE THE MIND OF THE FOOLISH IDEAS WHICH SMOTHER THEIR REAL TALENTS.**

The *wall-flowers*, men and women, are illustrations—hypnotized usually with the idea that they are unattractive, their society unwanted, that people are snubbing or jeering them. They can't help showing the treatment they *expect*, and *scare*

*away* or discourage those who *wish to befriend them*. Usually such people are inherently far more attractive than they realize, often better looking than those whose popularity they envy. The only unattractive thing about them is the *attitude of mind caused by obsessing ideas*. If they only *expected* different treatment, they would get it. They might even become highly magnetic personalities.

Then there are those obsessed with the idea that they, and they only can manage things correctly, that they must not only put their noses in other people's affairs, but actually run them. Most people have relatives who are hypnotized with this idea—the result, be it remembered, of the way in which the Imagination has been trained. We have all met the "*rule or ruin*" type. Usually they have had too much responsibility thrust upon them early in life, or have taken it too seriously.

What I wish to bring out is that all these people are not to blame. *They can't help acting as they do*, so long as the hypnotizing idea prevails, though they have been the unconscious authors of the ideas. No amount of protest, or argument, or advice, can change them until, somehow or other, they are *de-hypnotized*—which means using their Imagination to attain the opposite result.

Examples of the hypnotizing influence of ideas are innumerable. Here are just a few:

*THE PESSIMIST, obsessed with the idea that fate is against him, that he is unlucky, that the worst is yet to come.*

*THE GAMBLER, helplessly hypnotized by the opposite idea, that his "big strike" is around the corner.*

*THE AGITATOR, hypnotized by hatred of the rich.*

*THE RUTHLESS, obsessed by greed and lust for power.*

*THE SELF-CONSCIOUS, who feel that others are always criticizing or watching them.*

*THE SELF-PITIER, who feels he is singled out for unfair treatment or persecution.*

*THE SPENDTHRIFT, who feels that money grows on trees.*



*THE MISER, who overvalues money.*

*THE GLUTTON, hypnotized by food.*

*THE DRUNKARD, by drink.*

*THE EGOTIST, by an exaggerated idea of his own importance.*

*THE SERVILE, who are influenced by the opposite idea.*

*THE WORRIED, hypnotized by fear.*

*THE SLUGGARD, by the idea that work is of no use.*

*THE BUSYBODY, impelled to constant activity with trifles, never stopping to think.*

*THE DULLARD, afraid of mental effort.*

*THE BORE, who overvalues his mental efforts.*

*THE FAILURE, convinced that he is licked.*

Hundreds of other examples could be given. Study all the people you know, and you will soon see for yourself that their faults, their handicaps, their lack of success, often their health and their personality, are due to some hypnotizing idea. Entire communities are sometimes hypnotized by prejudice, entire nations by fear of or lust for war. Japan today is hypnotized by exaggerated ideas of its own importance, its destiny. FANATICISM, another name for hypnotism, HAS DRIVEN WHOLE PEOPLES TO FOLLY, INJUSTICE, AND CRUELTY. Their Imagination is dwarfed.

The above are the more easily recognized illustrations of the universality of hypnotic ideas, of how the Imagination has been wrongly directed. What is not so apparent is that men and women are often hypnotized with the idea they *can't* do this or that, *can't* have this or that, or *can't* be this or that. Under the sway of such ideas, they are bound to fail. That word "can't" has TERRIFIC HYPNOTIC EFFECT. The man or woman who uses it, or who has it deeply buried in the subconscious mind, is *paralyzed*. Most failures are due to this cause. The man who uses his Imagination to free himself of this hypnotizing idea might temporarily be set back, but he will always rise again.

Similarly, people who think they *can't* get well, *won't*—people who keep the thought of death con-

stantly before them, *will soon die*. The whole body, particularly the ductless glands, the stomach, the nerves, are affected by these ideas, just as the salivary glands of the mouth are affected by "*stage fright*," causing the mouth to become dry. So we see how our Imagination works.

If we can escape from the hypnotic influences of negative ideas, which slow up and devitalize us, *we can retain our youthful appearance and vitality for many years more*, our lives can be PROLONGED, and sickness and decline in great measure prevented. In youth we EXPECT to grow stronger day by day, and we DO. Later we expect to grow WEAKER, and we DO. Whatever idea prevails, whatever we expect, usually is brought about—for that is the work of our Imagination, *to create*. Expect things to go wrong, and they will. Expect them to go right, and they will. This is the secret behind faith cures throughout the ages.

Everybody is now familiar with the fact that there is a great power within us, capable of surprising feats. Stories of faith cures are not all fairy tales. Apparent miracles do happen. Overnight, sometimes, people are made well.

Then there are men like Napoleon, and Beethoven, and Shakespeare, who have almost unbelievable genius. We read stories of prodigies who solve in an instant, without even a pencil, mathematical problems that require hours of concentration and sheaves of penciled calculations on the part of a college professor. And the stories are true. The only difference between such people and ordinary people is that the former have ready access to the great power within them. Child prodigies are typical examples. *But the same power is in all of us*. Every word on every page of every book you have ever read is still stored in your subconscious mind. IT NEVER FORGETS ANYTHING. People under the spell of hypnotism can sometimes repeat word for word books read

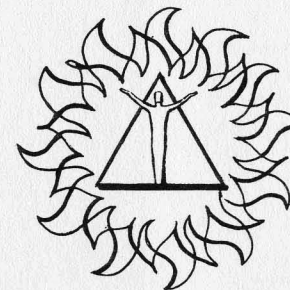
years before, of which they cannot remember a sentence when awake.

How quickly we could learn, how marvelous would be our brain power, if we could *use* that *perfect memory* of the subconscious mind within us! Shakespeare and other great geniuses have done it. But just as it has *perfect memory*, this subconscious mind has unbelievable power in other respects, but it is put to sleep, hypnotized, by the suggestions of our Imagination, by the suggestions and telepathic doubts and fears of our daily companions, and even by impressions we form of childhood—unfailingly the work of our Imagination, which is the original workshop of Life Itself.

The tried and tested *methods* of Mentalphysics **INSPIRE THE MIND TO PRODIGIOUS HEIGHTS.** When properly used, they make people feel like all-conquering heroes—**CONFIDENT, COURAGEOUS, GLORIOUSLY CAPABLE, DIVINELY INSPIRED,** joyously going forth to tackle problems and tasks formerly dreaded or avoided, moved by a faith in themselves that carries all before them, animated by electrifying intelligence and intensified talents, indefatigably industrious and fearlessly victorious. **INSPIRED BY SUCH FEELINGS, NO MAN OR WOMAN CAN FAIL, SICKNESS IS ALMOST IMPOSSIBLE. ONE BECOMES A MAGNET TO WHICH ALL GOOD THINGS ARE ATTRACTED.**

We should constantly give thanks for our glorious Imagination, and may you who read feel within you the urge of the Spirit of the Wisdom of Life to investigate our beautiful Science of Mentalphysics. We truly desire to help you.

*Swing Single*



## 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 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.

The Science of Mentalphysics reveals deep wisdom, treasured for centuries in a Tibetan temple. Developed for the New Age, Mentalphysics shows the great potential that lies hidden in every man and woman. 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.

The latent powers within you revealed by the Science of Mentalphysics await only your knowledge of how to command them. This great Teaching shows the inner meaning of all worthy religions and philosophies and their reconciliation with science. It leads to spiritual regeneration of the individual, which leads to spiritual regeneration of every nation and final peace throughout the world.

You are invited to take up the study of the Science of Mentalphysics, contained in the Initiate Group Course of 26 lessons and a series of advanced lessons. The cost is slight—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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