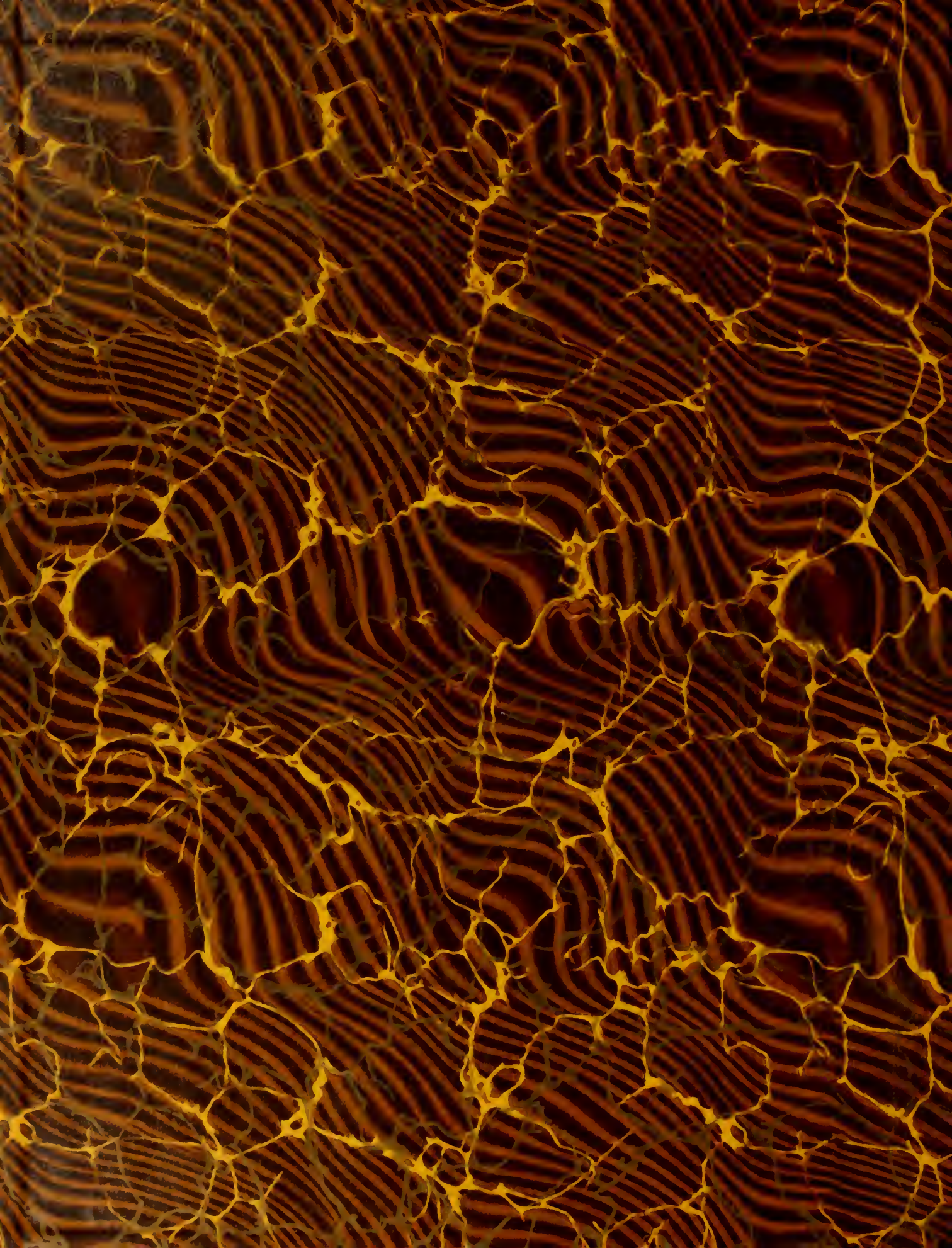
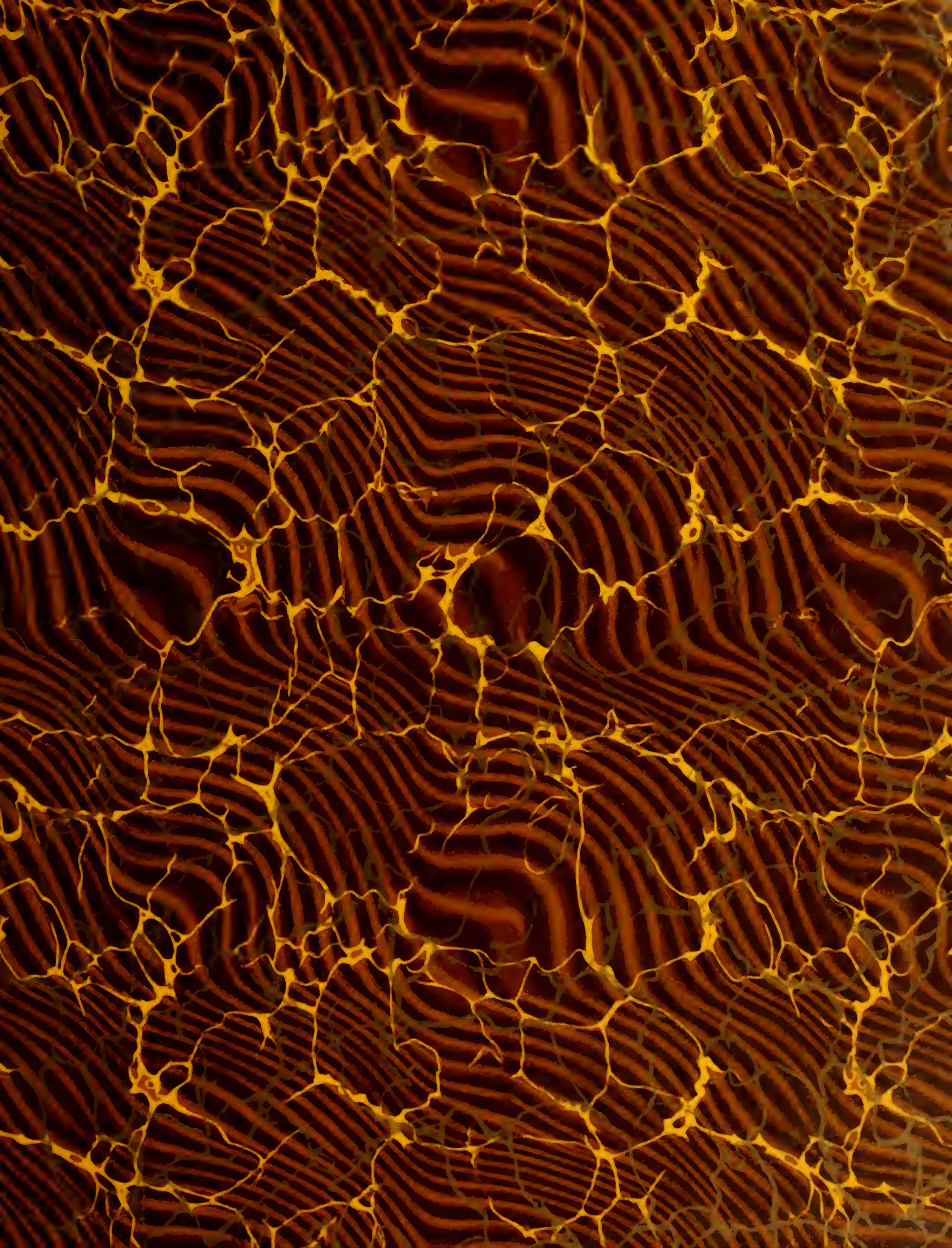



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The
Science of Mentalphysics

INNER CHAMBER 31 - 60







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The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

31

"THE ROYAL SECRET"—(Retrospective): Review of the Truth of Life; Wisdom at Your Own Door; "I Am God in Human Form"—You Must Realize It For Yourself.

YOUR FIRST WEEK OF REST

BREATHING EXERCISES FOR THE WEEK :

1. Engage only in silent breathing. It would be ideal for you this week if you could make this a week of real rest. You must engage in your daily occupation, but try not to have any social engagements - be much alone - be "lazy" - feel that you are resting in The Law.

MEDITATION FOR THE WEEK :

"I AM LIFE . . . I AM LIGHT I AM GOD IN HUMAN FORM."

(What you have just read are merely words, and they will mean nothing to you unless you are able to FEEL that when you SAY that "I AM GOD IN HUMAN FORM" YOU TRULY KNOW THAT YOU ARE GOD . . . YOU ARE GOD . . . YOU ARE B G O D. Therefore, rest and "feel after Him, if haply ye may find Him." I wish that I could write these words down in letters of pure gold for you . . . but you will be able to see that they are pure gold, the pure gold of the Truth of you and of your Being. May you be happy in that Peace which passeth understanding as you contemplate this Truth of your Life.)

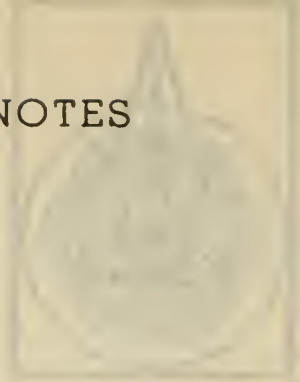
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

During this week and next week I counsel you to study all the Commentaries from The Twenty-second on through to The Thirtieth.

You may say that you have studied them . . . well, study them again - and again - and again. When I first went to Tibet, and entered my old temple, all was very strange to me. I shall never forget that day; and for the benefit of you who are away from me and who have never heard me tell of my experiences there,

THIS SPACE IS FOR YOUR OWN NOTES



18

April 24, 1944

Dear Mr. [Name]

I have just received your letter of the 22nd and am glad to hear from you. I am sorry that I cannot give you a more definite answer at this time, but I will do my best to get you a reply as soon as possible.

Sincerely,
[Name]

Very truly yours,
[Name]

I am sorry that I cannot give you a more definite answer at this time, but I will do my best to get you a reply as soon as possible. I will be in touch with you again in a few days.

Very truly yours,
[Name]

[Name]

I am sorry that I cannot give you a more definite answer at this time, but I will do my best to get you a reply as soon as possible.

I am sorry that I cannot give you a more definite answer at this time, but I will do my best to get you a reply as soon as possible.

I shall recount in this Commentary some of my early experiences. You may recall that I had come across China after many years of travel and hazard and illness and discomfort. I had always been an earnest seeker.

It was on the verandah of a dak bungalow, after having come across China, in Upper Burma that I made up my mind to go to Tibet. It happened in this way. I was very ill, and everyone who saw me told me that I was to die. I did not wish to die, though for several years I had had as much as I could do to keep my body and soul together. I was lying on this verandah dreaming and wondering HOW I could prevent death, when a black man appeared, and told me that I was wanted in Tibet . . . that "they are waiting for you in Tibet." "Who are waiting for me?" I asked ; and the man replied, "Go and find out."

(a) My First Lesson.

Most of my students have heard how I decided then and there to go to Tibet, though I knew it was to be a most arduous task that I was setting myself.

I started, and in due course came to a temple which I at once recognized, though in this life I had not seen it before, because I had never been into those regions. I went into the temple - knew my way about - seemed to find everything quite familiar. After several days in the silence - enforced, because I was in such low physical condition - he who is now My Master came to me, as I lay on a bed of straw. Some day I hope that every one of my students will be able to hear me tell of that first conversation with the man who, above all other men, brought me more Light than I have received from any other person in this incarnation. He promised to teach me, and when he said this the light in his face was as the rising of the sun in summer.

When I expressed a desire to learn, he did not teach me, however. The very first question that I asked him went unanswered . . . indeed, worse, for his answer, quite curtly, was "GO - and FIND OUT!" I was awestruck for the moment. I could not understand, yet he would not say a single word to me by way of explanation. Time went on, and gradually I discovered that I had the power, and I sometimes exerted the power, to find out for myself. Whenever I showed any desire to know, then he taught me ; but he would teach me nothing until I had first tried to "find out."

He explained to me that if he told me anything I would doubtless forget, but if I found it out for myself, I would remember. And I feel somewhat like this towards you as my student : I would far rather have you "find out" than try to explain every little detail for you, for whenever knowledge comes to us easily we rarely appreciate it. Indeed, it is the same with everything : a boy who is left his father's fortune more often than not squanders it . . . but find the boy who has to work hard for what he gets, and you have found someone who rarely wastes and fully appreciates what he has. Nature opens her bosom only to those who are earnest, and all of us have to struggle upward to realize the verities of life. Only by struggle and experiment and effort do we penetrate the mysteries and make the mystery our own.

"I will meet one day the Life within me, the joy that hides in my life, though the days perplex my path with their idle dust.

"I have known it in glimpses, and its fitful breath has come upon me, making my thoughts fragrant for a while.

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"I will meet one day the Joy without me that dwells behind the screen of light - and will stand in the overflowing solitude where all things are seen as by their creator." - Tagore.

(b) Wisdom Is At Your Door.

In your Commentaries Number Twenty-second on through to the Thirtieth, I have presented to you an outline. Study it - and again study it. If you wish, re-write it. Take it and transmogrify it. It has flowed hot from my fingers to you, as the Spirit of Wisdom flowed through me. You improve upon it, and make it your very own.

If I were you I would read these Commentaries through once each day for this week, holding the thought as you study that "I AM LIFE . . . I AM LIGHT . . . I AM GOD IN HUMAN FORM."

I would, in meditation, so reverently analyze each word that at the end of my week's meditation I would not only know what LIFE is, but I would FEEL Life in me, and feel myself in Life, in a manner as to transcend any previous understanding. I would reach the "high point" this week, and this "high point" should be the starting point for the following week . . . and so on through all the days; thus WOULD I GROW TO BECOME IMMOVABLY ESTABLISHED IN THE TRUTH THAT I AM GOD IN HUMAN FORM.

For that is the final Truth, my Beloved. But this Truth I cannot give to you.

Through our Mother, Mentalphysics, - in whose presence we stand in reverence - I can show you the way to realization ; but it is The Law that you must realize it for yourself.

How I wish that every student of mine throughout the world could gather this week at The Institute . . . that we could all go over the work that Mentalphysics is doing . . . that we could each understand the power that is in our hands to do good and bring Light! As your Teacher, - as your Elder Brother, - I want us to all realize what a privilege is ours. By this time I trust you have found that Mentalphysics is REAL, and that those who are at its head desire truly and unselfishly to help our fellow men. YOU, too, desire this ; and I hope that you are taking every advantage of your privilege.

(c) A Personal Appeal To You.

This week I wish to make a personal appeal to you. You may, or may not, know that Mentalphysics is performing miracles. During the last seven or eight years, during the time that Mentalphysics has been going through the testing time, your Teacher Ding-Le-Mei has given his personal fortune to the work. When I became a public Teacher I declared that none should use his substance while I myself possessed any, believing that when I had brought Mentalphysics up to the point where it was proved and tested, I would have no difficulty in attracting all the substance necessary to allow our Mother to continue in her great work. That time has now come when our Mother needs substance in the form of money to tide her over a crisis.

Mentalphysics has grown very rapidly - is growing so rapidly that we seem to have outgrown our substance. As you know, The Institute of Mentalphysics is a non-profit corporation under the laws of California. The evidence of the good that we are doing right around the world is beyond our fondest hopes. In September of 1934 we entered into an agreement to buy our beautiful buildings, of which you have seen

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illustrations, over a ten-year period ; and in this Commentary I am making a personal appeal to you to help us if you feel that you can help and if you yourself have gained sufficiently through Mentalphysios as to be prompted to give what you can.

Our programme for the next few years is a very comprehensive one - we shall have our own church with an international membership ; we shall build our own orphanage and school for the fatherless and motherless ; we shall have a home for aged people who are worthy ; The Institute will grow into a great international university of learning.

But at present we need SUBSTANCE. I shall say no more - only this : that when you read this, sink into meditation, and get to KNOW what YOU must do. Feel the Creative Intelligence instructing you, and then, using the form which will be enclosed with your Commentary, please help us and send in what you can. And as you send it in, endow it with your Love and with your Light . . holding the thought that those who have its administration in hand shall be given wisdom from On High wisely to administer it so it may multiply for Good for all time, and until time shall be no more. This appeal would not go to you if it were not necessary, but I feel that you know the spirit in which it is made.

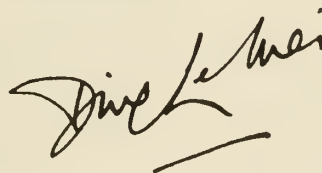
Let us share what we have with others who have less, knowing that the Law of GIVING is the Law of Life -- for we have only that which we give.

So, My Beloved, I leave you this week. But as I leave you there are sent to you great waves of Light - and Love - and Power - and Youth - and Joy - and Reverence and Peace. As your Teacher, I greet you in love . . I am you, and you are me.

Peace shall embosom you this week! Light shall bathe you! Peace and Abundance and Joy shall walk hand in hand with you, Love ever ministering unto you!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



Special Note to Commentary No. 31: Since this Commentary was originally written, we have made very great strides in Mentalphysics, and it is my great joy to inform you that in the spring of 1944 we were able not only to burn the mortgage on our Headquarters Building in Los Angeles, but also the mortgage on our City of Mentalphysics property in the beautiful Yucca Valley in California. Indeed, as I say above, the Institute is rapidly growing into a great international university. All that we can say is "I Give Thanks!"...D.L.M.

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The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

32

MEDITATION ON THE SEVEN GREAT WORDS—Joy, Gratitude, Reverence, Breath, Sound, Light, Silence; Finding the Hidden Meaning of the Seven Essentials; A Great Lesson.

BREATHINGS FOR THE WEEK :

1. Go through ALL your Breathings - that is, from the Memory-developing to Your Own Spiritual Breath one each day this week. See how you have improved (or not improved, as the case may be), and make written notes upon those Breaths in which you think you are weak. Note any phenomena that any of the Breathings may bring to you. Let this be a week of Life, and Life More Abundant.

MEDITATION FOR THE WEEK :

1. The Same as in your Thirty-first Commentary.

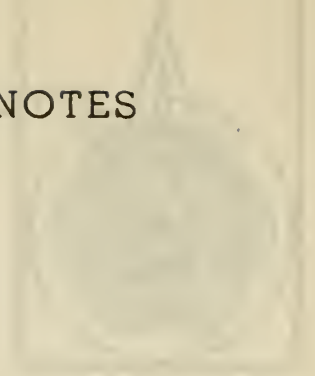
I JOY
II GRATITUDE
III REVERENCE
IV BREATH
V SOUND
VI LIGHT
VII SILENCE.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In giving attention to your last Commentary, I trust that you have been inspired to make an effort on behalf of our Mother, Mentalphysics, in her present time of need ; and that you have already, with joy and gratitude, sent to The Institute your donation on behalf of the Building Fund. If you have done so, you will have been conscious of a continual outpouring of a feeling of Peace and

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Divine Love, and if you have not done so, I lovingly counsel you to consider whether you should not, for your own benefit as well as for the benefit of our Mother, help with the freeing of The Institute building from debt. I know that if you can do so, you will.

In this present Commentary I wish to crystallize for you, in the use of as few words as possible, what we have so far learned in Mentalphysics. The Seven Words are : Joy - Gratitude - Reverence ----- Breath - Sound - Light ----- SILENCE.

In class work at The Institute, in Your Own Spiritual Breath we refer to The First Triangle. Having come through all our Breathing - from the Memory-developing Breath on through to The Grand Rejuvenation Breath - we have arrived at the threshold in Your Own Spiritual Breath. Here we enter upon the unfoldment of the knowledge of the LAW of Life Itself.

(a) To make the meaning of the Spiritual Breath more clear to us, we visualize the basic positive current of the Universe and the basic negative current of the Universe. To do so, we think of a "great White Bird," and see ourselves in ecstasy reclining against its positive wing, THINKING JOY - which is the sole positive fluid of Life Itself. Joy we know to be the substance which propels the fluids of Life. Joy is the positive current of All Life.

(b) Then we see ourselves reclining against its negative wing, and visualize and within our being FEEL GRATITUDE.

(c) And in the spirit of Joy and Gratitude, we know REVERENCE. These three, JOY, GRATITUDE and REVERENCE form The First Triangle.

(a) Simplicity of Joy and Gratitude.

When your Teacher began, many years ago, to condense the expression of Life in the Teaching of Mentalphysics, he sought for simplicity. I wished to show myself, and to show my students, how wonderful Life is in all aspects. I sought simplicity of ideas. I saw that I could write many books ABOUT it, but HOW COULD I MAKE MYSELF FEEL LIFE, and HOW COULD I MAKE MY STUDENTS FEEL LIFE ? Suddenly, there flashed into my mind with consuming strength these two majestic sentences :

B E H A P P Y ! and

G I V E T H A N K S !

And the more I thought upon and felt within my spirit the inner meaning of these two simple sentences, the more I became conscious of a great reverence for my very power to think. There came to me, as never before, a great unfoldment of the majesty of God and His Works in the macrocosm and in the microcosm, and the result was that these three words - Joy, Gratitude and Reverence - have formed strategic points in the seven-word understanding of life through Mentalphysics.

Then, as we went on, following the path of simplicity, and being rooted in joy and knowing gratitude and standing in reverence, we came to the right understanding of BREATH, which IS Life.

Through practice, there followed an unfoldment of the true meaning of Breath, so that in due course we confidently approached THE WORD (SOUND), the WORD OF GOD,

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which was in the beginning. An understanding of Breath led us from Broath to Breathlessness and understanding of Sound led us from Sound to Soundlessness on, on to SILENCE.

Thus the story of the seven-word understanding.

(b) We Can Find The "Hidden Meaning".

I confess that what I have just written will have no meaning to the outsider - he would wonder what we are writing about. YOU will understand according to your power to understand, and according to the practice that you have undertaken of the seven words.

The purport of this Commentary is to teach you to think much about the words that you use. SOUND is the Life of you, for your Sound is the Word of God within you. But SOUND in its real sense is Silence -- and Silence is Pure Gold.

Therefore, let us gather some ideas upon the Seven Words that lead us into The Silence. This Commentary will form a key to much that will appear in subsequent Commentaries, so I would advise you to this week make your own notes and keep them for future reference as your unfoldment gradually takes place within you.

1. J O Y .

Joy is the greatest asset of life. To Be Happy is the essence of life perfection. As you contemplate Joy, you will see that all life manifests itself in Joy. You and I were made in Joy. When we feel Joy, so that we literally become Joy, we are revivifying ourselves on all planes of life. It is evident that we can only know Joy in exact relation as we know GOOD (God), and when we are so happy that Joy pervades our whole being, we are renewing ourselves (a) In our physical bodies, for Joy sets in motion all the physiological processes that make for perfect health and perfect physical expression ; (b) in our mental bodies, for joy makes us glad and rids us of all darkness of the mind, and all inertia, so that we are transformed by the renewing of our minds because Joy is established within us ; and (c) spiritually we become one with the Author of Life who has made ALL THINGS well.

2. G R A T I T U D E .

Whenever we feel perfectly happy, we cannot but Give Thanks, feeling Gratitude towards every living thing, and towards the author of every good and perfect gift . . . towards God, expressed in our Higher Self. If ever you have felt so divinely happy and grateful that you feel that you could give everything that you possess to those who have less than you have, and wish to share the secret of your gratitude with others who have not ascended to the height of such Wisdom, you will know what I mean. To be Happy means to be grateful, for Gratitude is the offspring of Joy.

3. R E V E R E N C E .

And in Joy and Gratitude, we feel reverent to All Life. We are so transformed and overwhelmed by the beauty of all life - of our physical being, of our own minds, of the spiritual Oneness of ourselves in God and God in us, that all we can do is to stand in reverence before the Wisdom that enables us to Know The Light of Life.

THIS SPACE IS FOR YOUR OWN NOTES

DATE: _____

CHAPTER: _____

Section 1: Introduction

The first part of the document discusses the importance of maintaining accurate records. It highlights the need for consistency and the potential consequences of neglecting this task. The text emphasizes that proper record-keeping is essential for the success of any organization.

The second part of the document focuses on the various methods used to collect and analyze data. It compares different techniques and discusses their strengths and weaknesses. The author suggests that a combination of methods is often the most effective approach.

The third part of the document addresses the challenges of data management. It discusses the importance of data security and the need for regular backups. The text also touches upon the issue of data privacy and the legal implications of handling sensitive information.

Section 2: Data Collection

This section details the process of gathering data from various sources. It covers both primary and secondary data collection methods. The author provides a step-by-step guide to ensure that the data collected is reliable and valid. It also discusses the importance of clearly defining the research objectives before starting the data collection process.

The text further explores the use of surveys and interviews as data collection tools. It offers tips on how to design effective survey questions and how to conduct interviews that yield meaningful information. The author also discusses the importance of maintaining a clear and organized record of the data collected.

Section 3: Data Analysis

This section discusses the various techniques used to analyze the collected data. It covers both qualitative and quantitative analysis methods. The author explains how to identify patterns and trends in the data and how to interpret the results. It also discusses the importance of using appropriate statistical tests to support the findings.

The text also touches upon the use of software tools for data analysis. It discusses the benefits of using such tools and provides recommendations for choosing the right software for the task. The author emphasizes that while software can be helpful, it is essential to understand the underlying principles of data analysis.

Section 4: Reporting

This section focuses on the final stage of the research process: reporting the findings. It discusses the importance of presenting the data in a clear and concise manner. The author provides guidelines for writing a research report, including how to structure the report and how to use visual aids like charts and graphs. It also discusses the importance of providing a clear conclusion and recommendations based on the findings.

4. B R E A T H .

We have learned that Breath IS LIFE. This week, contemplate what you know of your Breath. You will be practising, and thus you will make comparison with what you now know of your Breath and what little you knew when you first started in Mentalphysics.

5. S O U N D .

We have not yet learned much about our own Sound, though we do know that we become WHAT WE SAY. We are to learn much more about the immeasurable power of Sound in due course. "In the beginning was The Word, and The Word was with God, and The Word WAS GOD" (read the first chapter of St. John again, seeing the importance of Sound, and its relation to Life Itself.) Also during this week guard the tongue, so that you do not say a single word that you do not know to be true. For when we understand what Sound is, in the true spiritual sense, we learn that Sound is the "switch" that turns on the Light of Us.

6. L I G H T .

As you have already learned, you read in your own body ("MY WHOLE BODY") the story of the sun, moon and stars. And you read the story by means of your own LIGHT, the Light of the Divine Wisdom that is in every living thing. Your Light is the Great Mystery . . . your Light is the pure gold of you . . . it is the Secret of the Golden Flower within you. Practice seeing the Light this week. Develop the Light, make notes ; analyze as carefully as possible.

7. S I L E N C E .

Silence is the answer to what is called "Death." As you know the Silence, you know Life, and escape "Death." Silence is golden, and the Light of you, as I have said, is the pure gold of you.

Your present Commentary purports to inspire you to think on these seven words, and the more you THINK about them the more you will learn their inner meaning. For example : In thinking of Light, think that there is a "mansion" above through which shines down the great central Light of the Divine Wisdom (or Holy Spirit), and through this Light there is symbolized the union between the human and the divine. The divine mingles with the human so that it may also become divine; and your thoughts, ascending into the Light, are taken up by the Higher Intelligences who judge them and summon the hosts of the higher realms to grant what, through sound - leading to Silence - is declared and demanded.

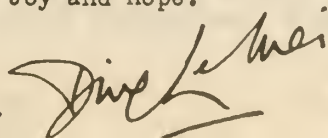
In using Sound, according to the degree of our concentration, we shut out all lower thoughts. Meditation is prayer, and when we affirm anything we are well on our way to realize it. Thus we should this week THINK about these things.

I know that you will be happy as you energetically think on these seven mystic words. Be happy ; give thanks ; praise the wondrous Spirit of Light that enables you to think, and if you have been faltering renew your zeal. Spiritual unfoldment comes slowly, but it does come - and it comes exactly according to our individual effort to realize.

Peace be unto you today - and all the days.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.
End of The Thirty-Second Commentary, Inner Chamber.



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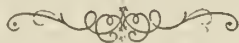


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COMMENTARY

33

"THE PATH OF PERFECTION" (1): Transmutation—Ascending the Heights—Comment Upon the Perfection Breath; The Light of Life Is Perfection; Linking Reason to Divinity.

BREATHING EXERCISES FOR THE WEEK :

1. Breathe physically the Perfection Breath this week - three times before breakfast ; three times (if possible) before luncheon ; three times as soon after sundown as possible, and before dinner. If it is not possible to breathe just before dinner, then breathe this Breath three times before studying your Commentary at night.

MEDITATION FOR THE WEEK :

1. Take the Meditation that follows The Perfection Breath, as follows :

"And now I prepare myself for the Greatest Thought I ever shall be able to think

WHATEVER THE CREATOR IS, I AM.

"The Creator is right here . . . right in the Heart of Me, right in the Substance of Me, right in the Mind of Me, right in the Being of Me.

"Reveal Thyself, O Lord of My Life . . . come, I wait - I listen - I look within me, - I am still . . . and now I Will to SEE THE CREATOR AT WORK WITHIN THE TEMPLE."

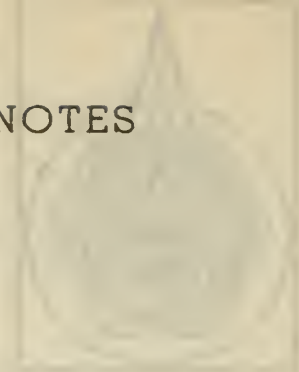
Give much thought to this meditation. Analyze to see just how far you are able actually to REALIZE the FEELING of perfection. Start with the feeling of perfection of your body . . . then realize that "The Creator is within me, thinking the thought of the Universe through my mind," . . . then sink silently and in your silence realize the perfection of Life Itself in YOU.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In this Commentary, I hope to lead you on to a further study of the PERFECTION OF LIFE, standing and communing together on The Path of Perfection. I know that

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the next few Commentaries will bring you abundant joy, and may we all go further in our facing of The Light.

How insignificant is Man, the Individual, in comparison with the Universal. Most people go through life without contacting the channel through which there shall flow to them the first idea of what they truly are ; for most men are ignorant of their true nature. But I believe that all of us in Mentalphysics can truthfully declare that, even though we have not yet practised Life enough to have unfolded ourselves into true mastery, we have at all ovents found The Way. Let us never forget that it was in Mentalphysics that we were brought into The Light ; and as philosophers and men of wisdom let us jealously guard the secrets. We are conscious in our practice that our individual mind has been brought into contact with power universal, and we are learning the meaning of the words - "The fear of The Lord is the beginning of wisdom," knowing that this beautiful experience is the initial step in our own regenerative life.

(a) The Perfection Breath.

In our Commentaries we have reviewed in sequence the Memory-developing Breath, the Revitalizing Breath and the Inspirational Breath. We can say with joy that we have truly found The Light that lighteth the hearts and minds of men - THE ONLY LIGHT OF THE UNIVERSE, and the Source of ALL LIFE MANIFESTATIONS. We have begun, in deep reverential attitude of mind, the practice of the "melting" and the "mixing" processes ; and now, at the threshold of our Perfection Breath, we stand, radiant and unafraid, ready to enter into that Perfection which is ours if we will enter it through an understanding of the One Universal Law of Being.

In this Commentary, then, we contemplate our Perfection Breath in deep humility and gratitude.

Go back in your experience to your first Lessons. The Physical Perfection Breath was the fourth breath that came with your seventh lesson (the First Part of the Holy of Holies). You have, if you have been patient and persistent and intense in your desire to come into knowledge, mastered the physical part. The erect position - legs firm and strong, the feet level, the buttocks tight, the head erect with freedom in the neck, the eyes looking within, the arms straight in front, with the fists clenched Then the thought ("I thank Thee, Lord, for the breath of My Life!"), then the exhalation, then the drawing in of the breath which is your life, . . then the glorious control, as you stand the Master of your own body, . . then the three swings straight back to the shoulders, then bringing the hands to the sides, then the exhalation, then the coming down and inward watching process ---- then the divine meditation, "Whatever the Creator is, I am."

We now know that we have a right to think this Great Thought, for we have worked to earn that right. We are physically perfect. In the three previous Breaths we have cleansed, clarified, coordinated, correlated the whole body. Every muscle is developed, - every nerve is charged and purified, - every cell has been awakened, charged with the Living Force that comes from the Living Flame. We stand supremely conscious of the perfection of a body that is the Instrument within which perfection is looked up. In our practice of our mental body we have begun the stirring process which in time will fully awaken the Living Giant within us, so that we may finally dismiss the physical side of the Physical Perfection Breath.

(b) The Light of Life is Perfection.

"It IS BETTER TO GET WISDOM THAN GOLD." - Prov. 16, 16.

THIS SPACE IS FOR YOUR OWN NOTES

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What folly it is to seek riches without first learning what riches are, and without knowledge of the truth that underlies the right use of material wealth! Do you not now see, My Beloved, that if we seek WISDOM FIRST, and gain it, this superior understanding - that makes us truly superior men - of the understanding of the Law of Life will enable us to produce our full requirement of riches. How? . . . it is not for us to know; we cannot with our finite minds understand the full working of The Law. WE ARE THE LAW, and there is no need for us, knowing this truth, to be ever thinking about it . . . we MUST BE IT - We must LIVE IT. Again, How? "There is a spirit in mankind, and the inspiration of the Almighty giveth them understanding." - Job 32, 8.

I counsel you, My Beloved, to live in this inspiration of the Almighty within you. Be ever happy in the knowledge that it is there. In short, "Be Happy - Give Thanks."

We have learned that The Light, the Force, the Power, the Expression, the Essentiality, IS WITHIN US. This is the greatest secret, and one which seems to be the hardest for the human being to grasp. WITHIN US! It is nowhere else! We have that The Light can only shine through a perfect lamp, and we have learned how to keep the lamp perfect - the Body. (Dwell on the affirmation on My Whole Body, which comes after your Inspirational Breath). We have also learned that the Light shines of itself. This beautiful truth that all light shines of itself has been a great comfort to this Teacher in his ascent to The Heights. I have often given thanks that I have not had to find out HOW the Light shines - for I would have failed to find out how. I have always rested in the truth that, as I learn to relax into it, I SEE it shining - and the more I relax into it, watching it humbly, the more I become of it, the more it shines. . . . and this simply CANNOT be explained - it has to be learned by each of us for himself. BUT WHEN WE LEARN IT, WE FIND THAT THE LIGHT IS PERFECTION. So that to find Perfection, all that we have to do is to reverently watch that we may find the Light.

Simple as it may seem, this is all locked up - it is the secret that is locked up in every Living Thing - AND IT IS THE ONLY SECRET.

And, again, simple as it may seem in its very profundity, this ESSENTIALITY (Light) it is that qualifies the True Adept. Once it is found by the neophyte, it sanctifies as well as qualifies, infusing true goodness into every life that it adorns. You see, this Essentiality - this One - this Light - this Force, we may call, as we do call, by many names.

TO US IN MENTALPHYSICS IT IS THE LIGHT OF THE DIVINE WISDOM

WHICH IS IN EVERY LIVING THING, AND WHICH WE KNOW TO BE WITHIN US.

(c) Linking Reason to Divinity.

It is this Essentiality, the Light of Divine Wisdom, that links reason to divinity, flesh to spirit, theology to philosophy, mortality to immortality. It is that which is sown in corruption, and can only be raised in incorruption. It is sown in weakness and darkness and ignorance that have inhaled since time began ---- it is raised in a spiritual body. THE FIRST, OR OUTER MAN, is of THE EARTH, EARTHY. The SECOND, OR INNER MAN, IS THE LORD OF THE ETERNAL - THE CREATOR.

And every one of us in The Inner Chamber of Mentalphysios has learned that in our slow and gradual development of the Lord of the Eternal within us, much is demanded of us.

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- (a) We must, first, be sincere in our purpose.
- (b) We must be honorable in all intent.
- (c) We must be charitable towards all things - toward Every Living Thing, remembering the Fourfold Law.
- (d) We must give to Every Living Thing more than we expect to receive.
- (e) We must ever seek The Law, and OBEY it so far as we KNOW it.

In our earlier lessons we have learned how to develop the Image of our True Self, and some of us have succeeded in reaching the reflection of The Lord Within. It is this great and miraculous mystery of our Image that we commence to solve with the circulation of The Light, and it is the Imago into which it behooves us to reflect, rather than to profanely discuss it ("Have No Tongue") that we may know what The Father is, and what The Son ; and without presumption or error come slowly to know that holy, holy Spirit of Life, that fabricates all things and sustains all things, by The Word that is made Flesh.

I feel that there is much in this week's Commentary for you to let your mind reverently dwell upon.

Never worry about how apparently slowly you are going. Many students are ever clamouring for "advanced work" -- why "advanced" work. You and I have arrived at the point where our knowledge that WE ARE IT is complete --- then all that remains for us is practice, practice, practice . . . being happy, giving thanks.

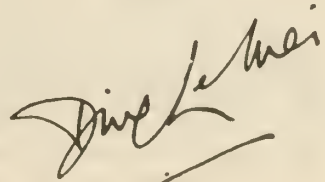
I leave you this week with a sense of deep all-pervading peace. How foolish most people are to endeavor to order their lives as THEY think it should be, without being wise enough to charge their own minds with ideas that come unerringly from the Father which is in Heaven. One thing I have learned is the difficulty of seeing what we are looking at. We look at a certain thing, and fancy that we know its meaning, but at the root of our reasoning generally is personal desire and greed. How many people "pray to God" for certain things. They pray and pray. If the thing does not materialize, they get quite concerned and worry about it, and wonder whether "God" has forgotten them, and feel terribly hurt with God for not "answering their prayer". You and I have outgrown that superstition. We know that we must watch and watch . . . pray and pray (practice the Law), . . . and hope and hope, . . . and dare to be silent. In this spirit I leave you.

As you close this Commentary, let it rest in your lap and enter the Silence . . . feel great waves of Truth and Love and Joy and Peace coming to you from me as your humble Teacher, and may The Light be made known to you. Rest - be happy - give thanks - lose your own life in service to those who know less than you know and who have less than you have. Thus will your cup run over.

My Peace I give unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Thirty-Third Commentary,
Inner Chamber.

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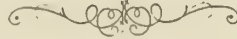


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The Inner Chamber

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THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

34

"THE PATH OF PERFECTION" (2): Transmutation—Special Breathing Exercises and Your Sunrise; The Ascent of Man; . . . "Ye Are the Temple of God"; Be Glad and Rejoice.

BREATHING EXERCISES FOR THE WEEK :

1. Breathe the Perfection Breath MENTALLY this week - before breakfast, before luncheon if possible, and before dinner.

Now, this is most important. This is the most important breath that you have so far undertaken, for you are leading yourself into a full understanding of all the preliminary and also the few advanced breaths that you have so far been given. Therefore, give yourself time for PRACTICE this week. Remember, you will get no Light whatever by merely reading this Commentary - you must PRACTICE!

2. Be sure that you are in the right posture - you must be physically comfortable, you must not be physically or mentally tired - quite normal and HAPPY. Then go into your Breath.
3. You have your picture of your sunrise. Bring this clear, very clear before your mind. Then rest IN it ; let the Light flood you. Now, holding the picture and FEELING the Light, try to turn just enough mental attention to watching your Breath - it should be so soft and smooth and silent that you will feel an all-pervading stillness bathing you from head to foot ; FEEL that this inner stillness of your Breath is like a deep, deep flowing river - immense power, depth, immeasurable strength, like a giant at peace, sweeping all before it, but making not the slightest noise, for its own great volume keeps it knit together in deep silence - like Love all silent and serene yet all locked up.
4. Holding the picture of The Light (your sunrise, fanned into the Living Flame), watching your Breath so silently that you can analyze its very force, . . . then feel a sense of ALL-PERVASION. You are the Creator in human form - you are all-pervading - you ACTUALLY create your own Universe, and you go where you will to go, you do what you will to do. Therefore, FEEL that depth of ALL-PERVASION . . . you are everything, you are everywhere.

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(We shall return to this idea later ; this week, FEEL it - register in your mind what you feel, so that at any moment hereafter you will be able to mentally pick up that feeling, and lead yourself on from that high point.)

MEDITATION FOR THE WEEK :

1. Same as in your Thirty-third Commentary.
2. ADD to it :

"I AM ALL-PERVADING. I AM LIFE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, you were instructed into the higher conception of your Perfection Breath. Your thought has been charged with the eternal truth of the Perfection of Life. If you are wise, you will have written down on paper your own ideas of PERFECTION - on the three planes of your existence with which you are familiar. This week you will rest in the perfection of your own life.

The way that I teach myself is by the study of SIMPLE things - thus: Isolate some simple idea. Take your eye, for example : look at your eyes; make your eyes do what you want them to do in transforming your own feeling.

- (a) Facing a mirror, think a certain thought - of love, for example. Think of The Beloved. You are looking into the eyes of the beloved - and your own eyes express your highest emotions, and as you watch you actually see in your own eyes the reflection of the height of the transcending feeling of your love for The Beloved.
- (b) Then, think an anxiety thought (imagine it), and note the change in your eyes . . . and at the same time note the change in your own FEELINGS not only in your eyes, but throughout your whole body.
- (c) Then think a success thought, and instantaneously your eyes will change - charged with the picture that you have in your mind of success, your eyes will reflect the success emotion AND SO ON, AND SO ON.

Having made this simple experiment, think of the perfection of registration of your eyes - how they perfectly reflect the perfection of your FEELINGS, no matter whether the feeling be one of grief, or hate, or fear, or anxiety, or pain, or misery . . . or whether the feeling be one of joy, and hope, and light, or courage, or peace. Then, go further : feel that what you can actually see in your own eyes is going on all over your beautiful body, and the effect is for good or ill. Think

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PERFECTION, and you become perfect. Think negation in any form, and you reflect negation, which is the advance guard of death, which is the reverse of what you are --- for YOU ARE LIFE, and Life is PERFECT.

Then, think long and analytically on PERFECTION throughout the coming week.

(a) The Ascent of Man

Having in mind what you learned in your Commentaries Nos. Twenty-two to Thirty, and seeing how your life has been one slow process of evolutionary principle, imagine far back in time, probably a million years ago, you appeared on this earth - WONDERING. Slowly we have developed from cave men to modern men, and all the way up we have been wondering at the "mystery" of Life. Full of wonder and curiosity, men have developed what is called philosophy. The majority of men come and go and take all for granted, but we have been among the askers of questions. We have always been interested in the why, the whence and whither.

In ancient days of little knowledge and less thinking men's problems were simple. Man believed that he and his little earth were the only important things under Heaven in the Universe. The sun was made to give him light by day, and the moon and the stars by night. Nothing mattered except what happened to HIM. For him Heaven was immediately up above the clouds, a few thousand feet up. He thought the rain was stored up there, and that the Ruler of the Universe opened small holes now and again and watered the earth. Man was the only important thing in creation, with the exception of the wild animals whom he tried to subject to his will. . . . and so on, and so on. And God was just up above in that place called Heaven.

Then man, by thinking and by wondering about other things, came gradually to see that God was much more a wise God than a cruel God. He gradually came to know that Man is a part of a great whole, and that compared with this great whole, our solar system - the sun, with all the planets revolving around it - is no bigger than a drop of salt water compared with the mighty ocean. Telescopes that man has made have proved to him that there are in space thousands of millions of suns, some a million times as big as our sun, which in turn is a million times as big as our earth.

Gradually this thing called Man, made "In the Image", has come to see himself - in spite of his almost total ignorance at the start of his evolutionary race - as a part of the Divine Spirit of this universe; - he sees himself as Life Itself - he sees himself as the regulator of conditions and the creator of conditions - he sees himself (as we in Mentalphysics are learning, and we are probably a hundred years before our time) as THE CREATOR IN HUMAN FORM - immortal, self-manifesting, unending and everlasting. He sees himself "perfect as God is perfect," . . . and he sees that, in due process of time, when he is fully grown, he will have carried out the divine mandate, "Be Ye perfect even as your Father, which is in heaven, is perfect."

We, then, have come to that point, where we are to learn by the silent contemplation and the realization of PERFECTION that WE ARE PERFECT.

(b) Again - Live What You Know!

"Know ye not that ye are the Temple of God, and that the Spirit of God dwelleth in you?" (1 Corinthians 3, 16).

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We must LIVE this Perfection, My Beloved. Never mind how many times you fall short - hold on to the thought, and in time it will shine through you in perfect manifestation. We all know this to be true - so let us rejoice that we are on our way. Good is it that science is beginning to realize the spirituality of all life. Things that were regarded as entirely fantastical a few years ago are now being recognized as being true to Life Itself. Much of the ancient wisdom is being recovered - there is a great day ahead for all of us - we in Mentalphysios are in the forefront. We know that we have the power within us - the power of perfection of Life - to live as long as we desire to live. We know that we are young, young, YOUNG, and that we never can be old --- well, then, let us all live youth, think thoughts of youth and the things that youth does - feel the inspiration and the ambition and the beauty of life that youth feels ; and if we are "older", let us give grateful thanks that we have so much more experience, so much more stored away consciously and subconsciously in our memory. Oh, let us rejoice at the PERFECTION OF LIFE TOWARDS THE FULL EXPRESSION OF WHICH WE ARE ON OUR WAY.

The world is changing in its views on life. Who would have dreamed, for example, that a great scientist of this modern age would have declared that telepathy and clairvoyance are realities. I wonder how many of you read the following newspaper report as recent as the summer of 1935 - it was a New York message sent out by one of the great news agencies :

"Dr. Alexis Carrel, Nobel prize winner and world famous scientist of the Rockefeller Institute for Medical Research believes telepathy and clairvoyance are scientifically proven facts, and worthy of scientific study.

"This is one of the mystical and metaphysical master ideas that Doctor Carrel advances in a book published here by Harper Brothers, under the title, "Man, the Unknown."

"Aiming to create a new science, the 'science of man' in order to 'save and guide' modern humanity, Dr. Carrel boldly espouses telepathy and clairvoyance. He wrote: 'Clairvoyance and telepathy are a primary datum of scientific observation. Those endowed with this telepathic power grasp the secret thoughts of other individuals without using their sense organs. They also perceive events more or less remote in space and time (clairvoyance). This quality develops in only a small number of human beings.'"

Therefore, be glad! Rejoice in your Youth - in your Life - in your Perfection . . .
. . . and give thanks. Practice, practice, practice this week -- and BE WHAT YOU ARE, Unafraid and Full of Undying Hope.

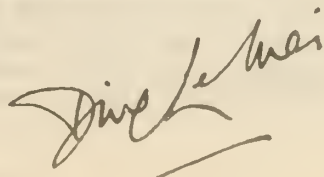
Peace be unto you - and as you conclude this Commentary, let the sheets drop into your lap, and very deliberately and consciously FEEL great waves of Light and Love and Joy and Power and Youth and Beauty and Strength and that Peace Which Passes Knowledge come to you from me as your humble Teacher and from the Institute as the agency of expression, and principally from our Glorious Mother Mentalphysios.

Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Fourth Commentary,
Inner Chamber.



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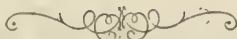


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COMMENTARY

35

"THE PATH OF PERFECTION" (3): Transmutation—The Balancing Breath Posture; Importance of Inner Light; Goal of All-Pervasion; Building Well Upon Foundation of Rock.

BREATHING EXERCISES FOR THE WEEK:

I trust that you practised last week the special Breath outlined in Paragraphs 1, 2, 3 and 4. If you have practised, you will have begun to truly FEEL your Breath, and you should also have some idea of what true Breathlessness is.

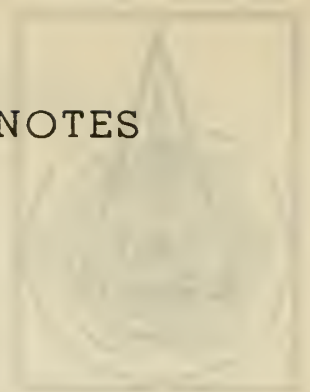
This week I wish to lead you on a little further in this Breath, but I urge you not to be in a hurry - there is plenty of time, we have eternity in which to learn, and the best way to learn - the only way to learn - is by slow, steady, SURE application. Therefore, be patient ; and though you may not know what you are doing, and indeed may even question what you are doing, do what you are instructed to do.

The Breath that you are now practising will lead you into a realization of ALL-Pervasion - will prove that YOU are All-Pervading, but humility, patience, watchfulness are necessary. The INNER sight must be quickened - true perception. The INNER FEELING must be known. You must become so still that you can feel the forces of your body actually at work . . . and all of us can do this, if we will practise, but if we do not practise, it will be merely one of those things that we have "heard about".

1. CHANGE OF POSTURE: Lie face downward on the floor, not on a soft bed - you can lie on a rug, but it must not be too soft.

- (a) Place the Negative hand (the left) on the floor, and place the Positive hand (the right) over it. Then let your forehead, with the head quite straight, not with the head turned at all to the right or to the left, rest on your right hand. Now, take time to get this part of the posture. See that the neck is not twisted or tensed - see that the chin and the face are comfortable.

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- (b) Then watch the shoulders. They must be relaxed, not the slightest strain at all. The chest carries the weight, and the shoulders are entirely flexed.
- (c) Go down the body - take a long sigh or two, and see that the abdomen is quite relaxed . . . EVERYTHING IN THE BODY IS HEAVY, HEAVY. The vital organs are comfortable, and not cramped - quite relaxed.
- (d) Thus you will see that the whole of the body, from the top of the head down to the toes are STRAIGHT and comfortable. When you are SURE of this, place your NEGATIVE leg (the left) over your POSITIVE leg (the right), so that the toes of the right foot are touching the floor. Now, you must be advised not to hurry this - posture is ALL-IMPORTANT. For the first evening's practice, just try this out. When you think you have the right posture, just change the body a little, and see if you can notice any greater or lesser comfort. The sole idea is to so relax the body in a straight position that the Solar Force that you are to awaken in the Breath itself shall be allowed free flow to every part of your beautiful body.

MEDITATION FOR THE WEEK:

Same as in your Thirty-fourth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

How happy I am that we are coming along together to REAL work. When you came into Mentalphysics first, in the Initiate Group, you were instructed in little methods that you are probably beginning to realize were truly great secrets - that is, secret because not generally understood. And though we should from childhood have become conscious of the simple breathings that we have been taught, it was not our good fortune to have been instructed to do them.

The human being is a stubborn animal. Moreover, he is the most polished hypocrite - full of pride, self-satisfied, and often so very foolish. We deceive ourselves, and like to be deceived, for it plumes our vanity. Few people live what they KNOW.

Only yesterday (the day before I write this to you) I had an appointment with a man whose name would be familiar to many of you if I were to disclose it. He is a great metaphysical writer, and his books and articles are known to most aspiring people. For some time he had been anxious to come along to The Institute to "talk" with me. As you may surmise, your Teacher is a man who has little spare time, and he has lived long enough to know that in the use of many words there is grave danger of much confusion. I have lived in the Orient, where, when invited to spend any time with a philosopher, there is little talk. The Spirit works mightily in silence, so the Oriental philosopher will present you with a prayer mat, and you will sit with him, perhaps a whole evening, and not a word will be spoken . . . but what bliss, what understanding, what refreshment.

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This philosopher yesterday, however, wished to discuss certain phases of life with me, and so the appointment was made. I was happy to have him come, and looked forward to a happy conversation. As is right, the host listened while he held the conversation, and much of it was pleasant. But when he made an apology to me that he had not been able to come before because he "had an invalid wife", I wondered what sort of a philosopher he was that he had not healed his wife; but I was greatly surprised when he said further that he himself was suffering from a chronic ailment in the body. Quite still, I listened on, hardly believing that he was speaking as he described to me the nature of his "illness" and that of his wife. But when he told me that he was anxious to do some piece of work "before he died", I felt that either he or I was in the wrong place.

I tell you this to show you how human beings can be led astray - not living what they know. Now, you and I must not be like this. WE are to live a long, long time . . . life is to be a great, great romance . . . we are in THIS particular stage of our eternal experience not to be fooled nor are we to fool ourselves . . . we are the progenitors of the new world, the heralds of immortality in the flesh . . . we are on our way to MASTERY --- therefore, WE MUST BUILD WELL ON A FOUNDATION OF ROCK.

The present Breath in this Commentary is what you will come to know as The Balancing Breath, but you are not to think of names of Breaths - you are to practice, practice, practice. You wish to truly grow young? Well, then, DO THE WORK, and you will find that you will have power to do; if you do not do the work, and become like my friend the philosopher of whom I have just spoken, all this will remain with you merely as intellectual entertainment. DON'T FORGET THIS. Now, to go on further.

SECOND PART OF THE BALANCING BREATH FOR THIS WEEK :

We will assume that for a night or two you have practised posture. You truly know HOW TO RELAX.

We will assume that you can FEEL the comfort of the straightness of your body, and that you can imagine that wonderful feeling of heaviness that gives you the sensation that the substance of your physical body is floating, floating in space . . . indeed, you may be able to feel the sensation of ALL-PERVASION.

We will assume that you are ready now to breathe. If so, do this :

- (a) Tense the body. Just gently press downward on the pelvic bone first, and feel that you are tensing the legs, the knees, the thighs, the buttocks, the lumbar region, the back, the arms, the neck, the head. Hold this tensing position for as reasonable a time as you can in comfort, then feel that you are suddenly relaxing . . . the feeling that you are falling down through the floor, the body is so heavy. Do not relax "explosively", but gently though quickly.
- (b) Then watch your Breath. At first, with this little effort from the tensing, you will notice that you can, so to speak, hear yourself breathing. Watching the "hearing", and see how even it is - do this for a minute or two. THEN --
- (c) See whether you can still breathe, though you seem to stop your Breath. You will seem to be breathing and yet not breathing. The breath will seem to be WITHIN the breath, and you cannot "hear" it . . . all is so soft and still and unmoving and silent. In this second part of the watching of your breath, IMAGINE all the lights and all the sensations that have been registered in your mind as a result of all your previous teaching.

THIS SPACE IS FOR YOUR OWN NOTES

(d) See how happy you can feel, and see whether you can see the Light of Joy within your body (and your head particularly).

CARE OF DIET DURING THE WEEK :

Watch your diet during the week. I suppose that you know what your chemical type is. I suppose that you have been systematically leading yourself into a higher understanding of the five foods of life - solid foods, liquid foods, rest as a food, breath as a food, and thought as a food.

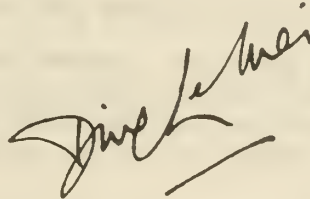
We shall return to The Balancing Breath in your next Commentary, and I urge you to practice this week -- for I promise you that as you practice this breath, you will be doing great things for yourself, to be revealed to you in due course.

And during this week, keep close to your Teacher. Feel that you are constantly near to us all here at The Institute - that you are real part of the real family. Do all that you can for Mentalphysics. Help as much as you can with material substance, for we need all that we can control at the present time, and we give thanks that we have gained some experience in the knowledge of how rightly to USE substance for the Spreading of The Light.

Be happy, and GIVE THANKS. As you conclude this Commentary, sit still - so silent and so happy. Feel great waves of Light and Joy and Love and Beauty coming to you from the highest spheres of my spirit . . . I give thanks for you, My Beloved . . . Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Thirty-Fifth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

DATE: _____

1. The first part of the document discusses the importance of maintaining accurate records. It emphasizes that these records are essential for tracking progress and identifying areas for improvement. The text suggests that regular updates and reviews are necessary to ensure that the information remains current and useful.

2. The second part of the document focuses on the role of communication in achieving success. It highlights that effective communication is key to coordinating efforts and resolving any issues that may arise. The author encourages individuals to be open and transparent in their interactions, as this fosters a collaborative and productive environment.

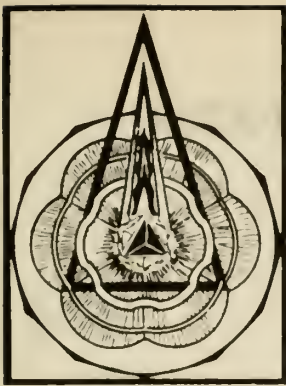
3. The third part of the document addresses the importance of time management. It notes that time is a finite resource, and therefore, it is crucial to prioritize tasks and allocate time wisely. The text provides several tips for staying organized and avoiding procrastination, such as setting clear deadlines and breaking down large tasks into smaller, manageable steps.

4. The fourth part of the document discusses the value of continuous learning and growth. It states that the only way to stay relevant in a rapidly changing world is by constantly acquiring new skills and knowledge. The author encourages individuals to embrace challenges and view them as opportunities for learning and development.

5. The fifth part of the document concludes with a summary of the key points discussed. It reiterates that success is achieved through a combination of accurate record-keeping, effective communication, sound time management, and a commitment to continuous learning.



6. The sixth part of the document provides a final thought on the importance of resilience. It notes that setbacks and challenges are inevitable, but it is how one responds to them that determines the outcome. The author encourages individuals to remain positive and persistent, as these qualities are essential for long-term success.



OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

36

"THE PATH OF PERFECTION" (4): Transmutation—The Balancing Breath Concluded; Tensing, Relaxation, Meditation; "Go and Tell No Man"; "Oh, Give Thanks Unto the Lord, for He Is Good."

BREATHING EXERCISES FOR THE WEEK : THE BALANCING BREATH.

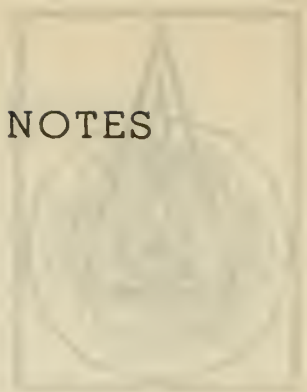
Though I do not intend to "harp" on the subject, I wish to warn you that you must practise this Breath. You will have been doing so, and will have carried out the Tensing and the Watching of the Breath outlined on Page Three of your last Commentary. This is most important, and you cannot go forward unless you have practised the Tensing.

We are, therefore, to go further along in this Breath in the present Commentary.

You have the Posture - you have practised Tensing - you have practised Watching of your Breath. You are able to feel the Breathing within the Breath, so that, in deep concentration, you can visualize The Light and hold it. You are also able to feel that heavy feeling when coming out of the Breath after the Tensing. Very well, let's go ahead.

- FIRST - ((a) Lie with your head to the North, in the right posture (see page One, Commentary Thirty-five).
 ((b) In the right posture, take a deep breath, and retain it - grip the teeth, and close the lips closely, so that no breath can escape.
 ((c) Do not change the posture nor disturb the feeling of ease in the body.
 ((d) Now, watchfully, press down to the floor the middle part of the body only - pressing on the pelvis - just practise a little to see how much pressure you can create.
 ((e) Pressing only the center of the body, you will notice that the body begins to tense, and this tensing must be even everywhere - there must be no uneven pressure in the shoulders, nor uneven pressure in the feet or the legs. With pressure in the center of the body, you will find that gradually, as you retain the breath, the whole body will gradually and evenly become tensed, so that there will be pressure EVERYWHERE. The legs will stiffen
- THE TENSING
 (This requires much practice. Be sure before you go ahead - it is quite simple, but be patient.)

THIS SPACE IS FOR YOUR OWN NOTES



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36

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((e) - cont'd
(and become strong, the right toes will carry the weight
(at the lower extremity of the body ; the back will be-
(come strong and tensed; you will feel the power coming
(up through the spine, and the head will feel the pres-
(sure ; the arms will feel strong ; and the whole body
(will be filled with power, which you will be conscious
(of everywhere.

SECOND: --

THE

RELAXATION:

(This requires more watchfulness than even the Tensing Process in this Breath)

(Practise this much, with the Breath in the body, as well as with the Breath out of the body)

((a) Now, the RELAXING, which is even more important than the tensing, because you do not wish to lose any of the power you have developed.

((b) When you have held the body in the tensed position as long as you comfortably can without undue strain, then very carefully, let out the breath as in sighing, and as you sigh feel the body coming down into relaxation, gradually, evenly, so that when the breath is gone out of your body the whole body is heavy and relaxed and "gone".

((o) Control the breath without strain, and try as soon as possible to get into the "breathing within the Breath" feeling in the body.

((d) Lying quite still, and WATCHING PARTICULARLY SO THAT SHOULDERS ARE RELAXED, GO INTO THE MEDITATIONAL STATE OF MIND. Silent - still - breathing within the Breath, "feeling after him, if haply we may find him."

* * *

"If thou return to the Almighty, thou shalt be built up." - Job 22, 23.

"O give thanks unto the Lord, for he is good." - 106th Psalm.

"Let us come before his Presence with thanksgiving." - 95th Psalm.

* * *

We now feel that we are IN THE PRESENCE of the MOST HIGH. We feel the Light - we know what the above three quotations mean. We are conscious of the uprising of the Solar Force within us. Certainly we do give thanks . . and WE ARE HAPPY.

THIRD: --

THE

MEDITATION

(Remember, this is the Noble Science)

((a) Take now that sublime Meditation with which you will be familiar - that which follows the Perfection Breath, and which is written in your Thirty-third Commentary. FEEL divinely bent to meditation. FEEL that you are In The Presence:

"And now I prepare myself for the Greatest Thought I ever shall be able to think . . .

WHATEVER THE CREATOR IS, I AM.

"The Creator is right here . . right in the Heart of Me, right in the Substance of Me, right in the Mind of me, right in the Being of Me.

"Reveal Thyself, O Lord of My Life . . come, I wait - I listen - I look within me, - I am still, - and now I will to SEE THE CREATOR AT WORK WITHIN THE TEMPLE."

THIS SPACE IS FOR YOUR OWN NOTES

THE
MEDITATION
(Continued)

((b) Then reverse the thought in the Meditation. Instead
(of feeling the Creator within you, feel that you are
(in the Creator, thus --
(
("Thou art the substance of all my thinking.
("Thou art the Substance of all My Feeling.
("Thou art the Substance of all My Thinking.
("Thou art the Substance of all My Breathing.
("Thou art the Substance of all My Whole Life."
(
((You are advised to add to these meditations as
(you gather ideas to yourself)

Thus, we see that there are three distinct phases to this Breath - this marvelous
Balancing Breath.

First - The Tensing.
Second- The Relaxation.
Third - The Moditation.

Each is as important as the others, and you must not neglect either, but carry them out as you are instructed. It will take you probably some two or three weeks before you can reach the height of the technique of this Breath, and when you have mastered it, you will have done for yourself something that cannot be bought for money - it is beyond price.

"Go, and tell no man."

My Beloved, How often I wish that it were possible for you to be here at The Institute to receive direct from my mouth the oral instruction. On Thursday evenings, from eight to ten Pacific Standard time, the Inner Chamber meets here at The Institute, and we think of you. Sometimes your name is mentioned. You are always brought into close spiritual touch.

Should you feel that Mentalphysics is dearer than your life, it may be that you desire to come to Los Angeles, for the mouth-to-ear teaching, and if you feel that you would like to, you may write to me confidentially and discuss the matter. You will, of course, know that the difference between teaching by the spoken word and teaching by the written word is as different as the poles - between day and night. For those who desire it, special teaching is available if they come here to The Institute.

Our Inner Chamber is the sacred place. We enter it unshod. We sit in a circle. To the East is The Lamp, in the Center is The Light. Whenever any activity is extended in Mentalphysics, it is first hallowed through the Inner Chamber. Our problems are brought here - our work is dedicated here. The Inner Chamber is made up of those to whom it is safe and wise to gradually reveal the inner secrets. Home Study Students, coming to the Institute and attending the Inner Chamber, are profoundly impressed and carry away with them a deeper understanding of the extreme privilege that comes to us who are bound together as Nobles of The Light by that "Light that lighteth every man that cometh into the world."

I want you to feel an integral bond with us here. You are away, in another country maybe, but there is no space - in spirit we are ONE - WE ARE THAT.

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It may be possible that you are not familiar with INTERNATIONAL CHURCH OF THE HOLY TRINITY. If you are not, write to the Secretary of the Grand Council of The Institute for information. You are eligible for membership, and you should be a Member. You should undertake to ally yourself with every phase of this great work. We have some wonderful souls here. The Circle of the Secret Twelve are privileged to bring healing and peace to many - and you are entitled to ask for this privilege for yourself and your friends.

My Beloved of the Inner Chamber, ye are the LIGHT OF THE WORLD. You can never again belong to yourself. You have reached the universal Truth of Life, and you must see yourself increasingly as a Bringer of The Light. If you are not extending the work of Mentalphysics, you are failing in the highest privilege that has come to you in this incarnation. You should bring in a student a month - how? by speaking the right word constantly to the right man. You cannot do this? YOU CAN.

It was I, was it not, who magnetized YOU into this great Teaching . . . I, and perhaps we have never met on the physical plane. The ways of The Creator are past finding out, and when you get this all-pervading idea of LIFE ITSELF you should cultivate it . . . and the only way to cultivate and extend it is to LIVE IT . . . seeing yourself as an ambassador of The Lord, going into the Field to seek for those who know less than you know, and to share with them who have less than you have. If you are not giving Alms to The Institute, for instance, you are in error. By this I do not mean any "amount" . . . but you should, on the first day of every new moon, make a contribution to the Almonry of The Institute for the general fund to Spread the Light. It is your great PRIVILEGE - I am not asking anything of you, but I am showing you that it should be regarded as the greatest joy of all joy to give to Mentalphysics so that what has come to you may go to another.

Think on these things. In unity strength comes - I, of myself, as the head of this Institute and the most humble servant of you all, what can I do of myself? The faculty and those engaged in all the activities of The Institute, what can they of themselves do? YOU - what can you of yourself do? It is only in unity, each knowing that he has done what he can do (and what he can do is what he should do) to help on the Great Work, the Coming of The Kingdom, the building of The New Race . . . do you not see that it is our DUTY certainly, but WHAT A PRIVILEGE to "Give Thanks" in a practical manner by contributing to the general fund to allow the work to go on? You see, My Beloved, there is NOW no such thing as either you or I feeling any qualms about ASKING for anything of each other. If YOU can benefit from what I can give to you, it is your privilege to ask of me, and my great JOY to give to you . . . and, similarly, if I ask of you and if it is within your power to give, it must be YOUR JOY to give. WE LIVE TOGETHER IN THE HIGHER REALM, where there is NAUGHT BUT TRUTH. And if you were to suffer in any way that I could alleviate I should fail in my duty as your Brother if I failed to take full advantage of helping you -- similarly, with you.

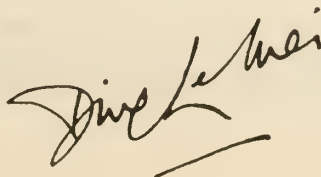
I shall return to this subject later, but meantime, I ask most confidently of you to help the Institute as much as lies within your power.

My love goes to you - my Peace I give unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in faith at
Los Angeles, California, U.S.A.

End of The Thirty-Sixth Commentary,
Inner Chamber.



THIS SPACE IS FOR YOUR OWN NOTES



The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

37

"THE PATH OF PERFECTION" (5) Transmutation—The First (or Outer) Man; The Second or Inner) Man; Things of the Spirit Cannot Be Talked About; Rejuvenation and Regeneration.

BREATHING EXERCISES FOR THE WEEK : THE BALANCING BREATH.

WILL YOU KINDLY TURN BACK TO THE PARAGRAPH UNDER THIS HEADING THAT APPEARED IN YOUR LAST COMMENTARY AND READ IT AGAIN. I cannot emphasize too much or too often the need for you to PRACTICE this Balancing Breath.

You should by this time have practised to such an extent that the Tensing is automatic and easy. You must believe me when I tell you that you are doing something in this Breath that will be of priceless value to you as the time goes on.

MEDITATION FOR THE WEEK :

Take the Meditation "WHATEVER THE CREATOR IS, I AM," throughout the week, and endeavor to live it during all the days. One evening, feel that the Spirit is inclining you to expression, and write your own views on this First Great Truth of Life. Write your own ideas.

Take first the Physical Body, and put down on paper your own ideas and understanding of The Creator within your body ; then, take the Mental You, and do the same ; then take the Spiritual You, and do the same.

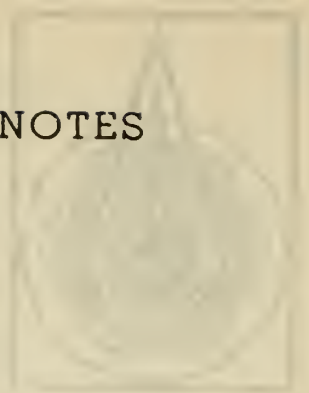
(If you wish you may send your writing into me, and, if you desire it, I will give you my opinion on what you have written; if I consider it worthy of printing I will print it in whole or in part in THE LAMP-LIGHTER.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In the series of Commentaries through which we are going just now we are realizing the Path of PERFECTION . . . nothing short of Perfection, the highest Perfection of which we are capable of understanding, will satisfy us. We

THIS SPACE IS FOR YOUR OWN NOTES



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know ourselves to be members of The Royal Family of Wisdom. I appeal to you to take this matter of PERFECTION most seriously. If you fail, . . . fall down . . . think thoughts, do things, entertain feelings and emotions, which are contrary to your Higher Consciousness, . . . if you find yourself guilty of jealousy, or greed, or envy, or any phase of expression not in accord with your own highest conception of Good, DO NOT BE UNEAPPY. Rather, BE HAPPY - be happy that you have recognized this little slip from your highest attainment, for there was a time, not very long ago, when you would NOT have recognized it . . . THEN GO AHEAD AGAIN IN ABSOLUTE CONFIDENCE THAT YOU ARE ON YOUR WAY TO PERFECTION.

(a) Rejuvenation and Regeneration.

In Mentalphysics we have learned a great deal about Rejuvenation - now we are on our way to a knowledge of REGENERATION through Transmutation.

Though I might have said this before in some of your Commentaries, it will bear repeating that we Nobles have learned that the Light, the Force, the power, the Expression, the Essentiality, the Primordially IS WITHIN ME.

We have seen that The Light can only shine through a Perfect Lamp, and that, WHEN THE LAMP IS PERFECT THE LIGHT SHINES OF ITSELF. We have learned that all that we have to do is to watch reverently so that we may find the Light - watching the sunrise within us. In Meditation we have learned this - in our breathings we have learned this - in our daily living we have learned this . . . THAT THE LIGHT RISES AND SHINES OF ITSELF, AND ILLUMINES OUR PATH IN EXACT RELATION TO OUR REVERENT WATCHFULNESS.

So that we have begun in some measure to find and CIRCULATE the Light, for we have to some degree penetrated the secret of the Golden Light, and are ready to go forward to perfect ourselves in circulating it and to mix and melt its true substance.

Simple as it may seem, we have learned that this is the great secret that is looked up in Every Living Thing, and it is THE ONLY SECRET.

And, again, simple as it may seem in its very profundity, this Essentiality is the quality of Life Itself that qualifies the True Adept once it is found by the neophyte . . . it sanctifies as well as qualifies, infusing true goodness into every life that it has once adorned. This Essentiality we may call, as we do call it, by many names ; TO US IN MENTALPHYSICS IT IS THE LIGHT OF THE DIVINE WISDOM THAT IS IN EVERY LIVING THING, . . . and which we know to be within us.

And it is this Essentiality - THIS LIGHT OF THE DIVINE WISDOM - that alone links reason to divinity, flesh to spirit, theology to philosophy.

It is that which is sown in corruption, and, through transmutation is raised in incorruption.

It is sown in weakness and darkness and ignorance that have inhered since time began, and, through transmutation, it is raised in power, in light and knowledge and understanding and wisdom.

It is sown in a merely physical body, and, through transmutation, it is raised in a spiritual body.

THE FIRST OR OUTER MAN IS OF THE EARTH - EARTHY.

THE SECOND, or INNER MAN, IS THE LORD OF THE ETERNAL HEAVEN OF GOOD.

THIS SPACE IS FOR YOUR OWN NOTES

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(b) The Lord of the Eternal Within Us.

My Beloved, I hope that the Creative Wisdom will enlighten your mind as you read and reflect upon what I have written on this page. I feel that you will agree with all that I write - BUT DO YOU WEEK BY WEEK REALIZE THE INNER MEANING . . . are you striving with all your own power of spiritual relaxation to REALIZE these truths IN YOUR DAILY LIFE. If you are not, you are merely heaping upon your own head coals of fire - for unless we demonstrate what we say we know, we lie against Reason.

Therefore, to you whom I am trying to teach, you whom I love because we have met upon The Path (though we may never have met in the physical presence), I say "Demonstrate!" and again "Demonstrate!" LIVE IT! You fail? Never mind for a moment. You have merely made a mistake which you will not repeat. Be happy - and GIVE THANKS.

For in the development of the Lord of the Eternal within us we must be sincere in purpose - honorable in all intent, charitable toward all things - Every Living Thing - giving always more than we receive, never disobeying consciously the Law of The Lord of the Eternal. In one of your very first Lessons in the Initiate Group Course, we learned how to develop the Image of our True Self, and some of us have succeeded in reaching the reflection of The Lord Within. It is this great and miraculous mystery of our Image that we commence to solve with the Circulation of The Light ; . . . and it is the IMAGE into which it behooves us to reflect, rather than to profoundly discuss ("Have no Tongue!") that we may know what the Father is, and What the Son (Sun) ; and without presumption or error, some slowly to know that Holy, Holy Spirit which is the fabricator of all things, and sustains all, BY THE WORD THAT IS MADE FLESH.

(c) Things of the Spirit Cannot be "Talked ABOUT".

It is in the Silence that we create the Image. It is in the Silence that we know the Image. We come to know the Image through transmutation of all the gross - for the Image is the subtle force made known to us in consciousness.

We could, of course, employ many words and different forms of technical phraseology to make all sorts of intellectual explanations. But things of the Spirit can only be expressed and made known in the Silence, as it is only in the Silence that we can come into the realization of what the Spirit, the Essentiality, the One, the God of Life, the Immortal Partner, the Universal Father, the Solar Force, the Creative Spirit or Wisdom the Universal Mind, Jehovah, Parabrahm - or whatever other name you care to use - truly is.

You and I have learned this, and we are filled to overflowing with gratitude. You and I KNOW, so that we can truthfully say that we are on our way to its REALIZATION . . . and all that we can do is to stand in reverence and adoration of the Wisdom within us that enables us to know.

We now KNOW IT so that naught in heaven or earth can rob us of this knowledge, that our Breath is our Life - that our Light is Eternal.

We have learned in Mentalphysics that where we uncover this Principle we have uncovered ALL PRINCIPLE.

The Breath of our body is the Life of our Body, and we know the full meaning of MY WHOLE BODY.

THIS SPACE IS FOR YOUR OWN NOTES

[The following text is extremely faint and illegible, appearing to be bleed-through from the reverse side of the page. It contains several paragraphs of text, but the characters are too light to transcribe accurately.]

The Breath of our Mind is the Life of Our Mind, and we know the full meaning of the Universal Mind, and how it works, and how we can use it - and must.

The Breath of the Universe is expressed in the form and the energy and the thought of Every Living Thing, and we have learned that Every Living Thing is the Creator Embodied.

We have learned that the Creator IS WITHIN ME ; that WHATEVER THE CREATOR IS, I AM!

We have learned that My Whole Body is not this insignificant individualized entity, but that of EVERY LIVING THING, the Creator Everywhere - and I AM THAT, all-pervading, self-manifesting, indestructible, eternal.

Having these things reverently in mind, knowing that so far in our Breathings we have come into the knowledge that we are purified and made into perfect instruments for the Perfect Harmony of Being to resound in us and reflect through us, then let us contemplate the INNER meaning of these words of the Master Jesus :

"This is My Body which is given for thee.
Take and eat this in remembrance of Me.
Feed on me in thine Heart (thy consciousness),
By faith and thanksgiving."

And again :

"I and My Father are One (and the same thing)"
"I am the Truth - the Truth shall make you free."
"If ye, be evil, know how to give good gifts unto
your children, how much more shall your Father
which is in Heaven, give the Holy Spirit to them
that ask him?"
"I am the Bread that COMETH DOWN OUT OF HEAVEN."
- and Heaven is WITHIN YOU.

How greatly do we give thanks that through Mentalphysics we have come to the knowledge of the inner meaning of these sayings . . . that we have built into ourselves the intellectual knowledge of the meaning of MY WHOLE BODY - nothing more can be, it is ALL - IT IS MY WHOLE BODY.

Now it remains for us to realize, to make real to ourselves, . . . and wise are ye, Oh, Happy Candidate, if ye fail not.

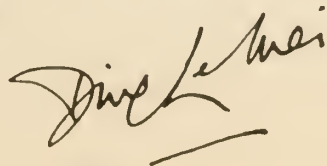
When we come FULLY into this realization, we have the Truth of Food, the Truth of Money, the Truth of Work, the Truth of Thought, the Truth of Action, the Truth of Sex and Reproduction, the Truth of Feeling, . . . THE TRUTH OF LIFE ITSELF.

And through the Truth we are made FREE! How glorious! Let us Give Thanks.
My Peace I give unto thee.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Thirty-Seventh Commentary,
Inner Chamber.



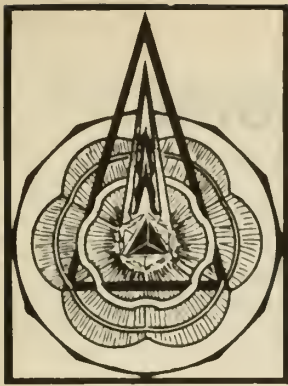
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OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

38

"THE PATH OF PERFECTION" (6): Transmutation—Your Week of Youth; How We Transmute; Spirit Is Nothing Less Than Pure, Naked, Unmingled Fire.

BREATHING EXERCISES FOR THE WEEK:

1. Make this a week of LIFE and YOUTH. No matter what the weather, no matter how busy you may be, no matter what social engagements you may have LIVE THE LIFE OF YOUTH THIS WEEK.

That means that you will do a great deal of physical breathing - that you will feel the flush of Youth everywhere within and without - that you will contemplate in everything the never-changing and ever-renewing power of the Universe and everything in it . . . AND in YOURSELF.

2. Give time this week to go over all your advanced Breathings, particularly the Balancing Breath (practice it much, and make yourself a master of this Breath - described in your Thirty-sixth Commentary). You will know glorious YOUTH this week.

MEDITATIONS FOR THE WEEK :

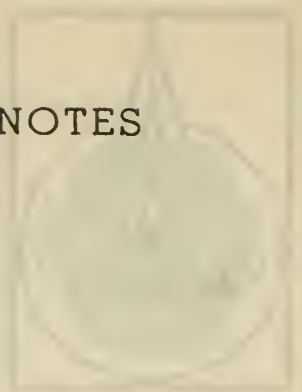
1. Take this meditation at night, and hold the thought of it throughout the day :

"I AM YOUTH . . . YOUTH . . . YOUTH!
BEAUTIFUL * GLORIOUS * RADIANT * VIVACIOUS * EVERYLASTING
YOUTH."

2. Then take a sheet of paper and write down all the adjectives that come to your mind as descriptive of youth . . . this is good practice, and you will be highly gratified to find the many phases of youth that will thus present themselves to your mind.

LET THIS BE A WEEK OF YOUTH

THIS SPACE IS FOR YOUR OWN NOTES



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My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in The Bond.

As the most highly evolved organism in Nature, you - Man - have the power of assimilating every lower phase of life, changing it to your own likeness. We have learned that this is possible, and that it is done by a mysterious quickening process which is inward, hidden, silent - True Transmutation.

(a) How We Transmute.

This is transmutation. We have learned how to transmute our breath . . . HOW? you may ask ; and my reply is "through practice of right breathing". Looking back into your own life, comparing it today with what it was say a year ago, you can see great changes. Your conception of life generally is different - you think upon men and things differently - all things that come within your purview are different from what they used to be - you see less "wrong" and more "right" in everything and everybody . . . and you know that you are happy, and you have learned the way to give thanks.

Learning how to be happy, I once remarked in your Commentaries, is a great science ; and it might have struck you as being a wide statement ; but you now KNOW that to be happy is one of the most wonderful things to have learned. You know it, because you know the value of JOY from the physical, mental and spiritual angles. Joy is the subtle unseen FORCE of Life Itself that keeps balance everywhere throughout the Universe, and it is the true reflection of the LOVE of Life. You have experimented, so that you know Joy to have a wonderful revivifying effect in the physical body ; . . . you know Joy to be a quickener of your Mind, bringing you happiness and peace ; . . . you know Joy to be the tranquillizer of your Spirit. I could write a whole book on these three statements, BUT YOU WILL GET THE THOUGHT, and contemplate what is not said here.

Now, that is transmutation, you see. And if you grip this simple idea, you may, in your own thinking upon it, see that you are truly becoming a transmuter of all the lower phases of life, changing all that you see and think into your own likeness. Thus you see the Universe today AS YOU ARE, not as it appears, or as it used to appear to you.

Take your Breath - we shall always come back to our Breath if we wish to learn anything ; you will remember your first Breath, either in class, or at home through the Initiate Group Course. How heavy it was ! How clumsy you seemed to be ! How hard it was to get any sort of coordination ! How impossible it seemed that you would ever learn how to hold your Breath ! But what a difference NOW ! You seem, do you not, not to be breathing physically at any time, though your physical breath is stronger today than it ever was . . . but you seem to be BREATHING SPIRITUALLY all the time --- BECAUSE YOU ARE LIVING SPIRITUALLY. This is Transmutation !

We are coming nearer to the understanding that Physical Breath is not at all the meaning of The Holy Breath from which all things come and to which all things return, for the simple reason that naught can permanently be divorced from THAT.

THIS SPACE IS FOR YOUR OWN NOTES

DATE SET BY: _____

THESE NOTES ARE TO BE USED FOR YOUR OWN PERSONAL USE ONLY. THEY ARE NOT TO BE REPRODUCED OR DISTRIBUTED IN ANY MANNER WITHOUT THE WRITTEN PERMISSION OF THE AUTHOR.

CHAPTER 1

The first chapter of the book discusses the basic principles of the subject. It covers the history of the field and the current state of research. The author provides a clear and concise overview of the topic, making it accessible to a wide range of readers.

In the second chapter, the author delves into the theoretical aspects of the subject. This section is more technical and requires a solid understanding of the underlying concepts. The author uses a variety of examples and diagrams to illustrate the key points, making the material easier to understand.

The third chapter focuses on the practical applications of the subject. The author discusses how the concepts discussed in the previous chapters can be used in real-world situations. This section is particularly useful for students and professionals alike.

The fourth chapter provides a comprehensive review of the subject. The author summarizes the key findings and discusses the implications of the research. This section is a valuable resource for anyone looking to gain a deeper understanding of the field.

The final chapter discusses the future of the subject and the challenges that lie ahead. The author offers insights into the latest developments and provides a glimpse into the exciting possibilities that the future holds.

(b) The Way to Perfection Through Transmutation.

In our Perfection Breath - in the Path of Perfection - we rightly aspire, with the truest and humblest feeling of Love - that Love which is God - to Absolute Perfection, to Perfection in The Absolute God in me and me in God. Turn not, however, from thy physical action, for the instrument is that which causeth thee to come to understanding. Before you read on furthur, get your Bible, and read Proverbs 8 - verscs 12-21 "I, Wisdom, have made Prudence my Dwelling."

And you and I, My Beloved, by virtue of the blessing that has come to us in our growing knowledge of The Law, as those who are to grow into mastership and be leaders of men and the saviors of the race, we must make prudence OUR dwelling. We bask in the sunlight of Perfection. We have come to the Holy Hill, to the Mountain of Man's Highest Hope. Let us not turn aside from that channel through which it has been made known to us.

Let us not merely learn something week by week, but let us feel that Mental-physics is our Living Eternal Mother who leadeth us for ever in love, and let us return love for love.

Do you remember these words - they appear in "The Great Illusion" (Lesson 11, Initiate Group Course) :

"To de-hypnotize the mind from its sensuous enmeshment and to awaken it to the consciousness of its real inheritance - OMNISCIENCE - means Eternal Life, here and now."

What did you think when you first read these words? . . what do you think when you read them now? You feel that you are LIFE, LIFE, LIFE - - - that there never was a time when you were not --- that there will never be a time when you shall cease to be BUT IN ALL TRUE HUMILITY AND CONFIDENCE YOU CAN SEE YOURSELF AS A GOD IN THE MAKING - full of KNOWLEDGE WHICH IS YOUR POWER - OVERFLOWING, YOUR CUP RUNNING OVER, WITH ALL THE POSITIVE QUALITIES OF UNIVERSAL LOVE, and you know that Love is God.

How happy we should be! How happy we ARE! How can we be otherwise? How can I, knowing what I know, ever again feel a single moment of unhappiness or unrest of spirit --- what does it matter what takes place or "happens" "I AM LIVING BY LAW, AND I KNOW MYSELF TO BE THE LAW."

NOTHING CAN BE ADDED, NOTHING IS LACKING ---- I A M W H O L E !!!

How unspeakably beautiful to know it. Let us be grateful.

(c) The Pure Naked Unmingled Fire.

And so, My Beloved, in our study we may now realize that we have come somewhat into the knowledge of the Transmutation Process, that we have learned the inner secret of subduing our instrument to the Eternal Harmony that we know how to let The Light shine through every cell of our physical bodies . . . that we can charge our higher body, the Mind, with "the Light that comes from the Flame that comes from the Fire that gives the heat."

THIS SPACE IS FOR YOUR OWN NOTES

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Rest for a moment and know that you are consciously aware of the inner meaning which is deliberately obscured in our Inner Chamber work. You see, Beloved, we must be capable of seeing the same thing from countless angles, and the reason that I demand that these Commentaries shall not be touched by another hand or seen by another eye is because the great majority are not ready for these secrets -- and indeed would not know much about them even if they did merely "read" about them.

All allusions will appear wilfully obscure to the uninitiated. But you and I have uncovered the secret that we know how to separate the matter of ourselves into its essential relationships and join them together again into harmonious proportions. Having learned the way to convert the elements, - in other words, to discover The Fire, to find The Light, and then to use the Light so that every cell of our bodies has been trained to act as a torch, a lamp, a light ; . . . then we have somewhat arrived at the point of the diffusing of The Light, bringing all that we can understand of our VERY SELVES into perfect equilibrium and harmony.

So that, on the Path of Perfection, WE COME INTO THE KNOWLEDGE THAT THE SPIRIT OF US IS NOTHING ELSE THAN A PURE NAKED, UNMINGLED FIRE. Just as the life of coal is Fire, so we have found that the LIFE OF US is the FIRE OF DIVINE LOVE, and that LIFE IS THE LIGHT EXPRESSED, and IT IS HEAT THAT CONSERVES IT.

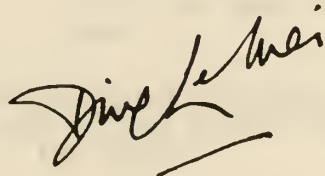
You, the earnest Aspirant, rest and wait, enjoying the glory of the WHITE ELIXIR, which is subtle, hidden, celestial . . . that which generates all things, . and is the Origin of All Things. The ultimate is, through controlling It, you control all things and bring all things under your own dominion.

This week feel me near to you, and keep near to The Institute. Be very happy - very young in spirit - very grateful.

My Peace I give unto thee !

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Thirty-Eighth Commentary,
Inner Chamber.

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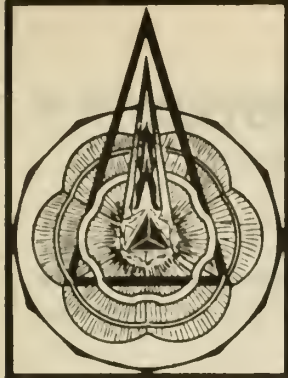
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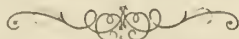


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The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

39

"THE PATH OF PERFECTION" (7): Transmutation—Thinking "Downward," Thinking "Upward"; The Seven Systems of the Body—Breath, Bones, Flesh, Blood, Nerves, Food, Sex.

BREATHING EXERCISES FOR THE WEEK:

1. Same as in the Thirty-eighth Commentary.

MEDITATION FOR THE WEEK:

1. Use the same Meditation as in the Thirty-eighth Commentary, and if you did not fully do the work as instructed last week, carry on with it this week. Think of YOUTH, and place before it on paper all the adjectives you can think of to describe your own idea of Youth.
2. Then sit quietly, and FEEL what you have written. For example, you may put down the following -

YOUTH . . . then
BEAUTIFUL Youth
HEALTHY Youth
MAGNANIMOUS Youth . . . and so on, using
all the words to describe
Youth that come into your
mind.

3. Take the word "BEAUTIFUL", and, associating it with Youth, FEEL THAT YOU ARE BEAUTIFUL YOUTH. . . THAT YOU ARE HEALTHY YOUTH . . . THAT YOU ARE MAGNANIMOUS YOUTH . . . AND SO ON.

you should come out of your Meditation with a feeling of unutterable bliss.

4. Do not think this is simple or unnecessary. It is the REAL way of Transmutation. For, when you think of it, to think on Youth is to transmute what is called "age" to its opposite. This is the right way - pursue it.

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My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I hope that you have heeded instructions given you in your last week's commentary, for, as I remark above, this is the real way of Transmutation. Whenever we are conscious of any condition of mind or body that causes you pain or unhappiness, you must think of its opposite. This is quite simple.

(a) Removing Pain.

For example, suppose that you have what people call a "headache". (This is the result of wrong eating, I daresay ; and we in Mentalphysics surely know how to eat by this time.) But, just to suppose for a moment that you have a "headache". The more you think of that "headache," the more it will trouble you - or a toothache, or a backache, or any other "ache". Therefore, we must take our mind from it . . . but how, you will ask?

Well, by simply, deliberately, resolutely, definitely holding your thought upon your feet . . . if you have a "headache", do not allow your thought to rest upon the condition in your head, but think of the other extreme of your body, the feet. To dispel pain of any kind THINK DOWNWARD in the body, for the more you think UPWARD the more you concentrate your thought, and the more you consequently become conscious of the pain.

Therefore, the rule is :

- (a) Whenever you wish to dispel any negative thought of any kind, THINK DOWNWARD.
- (b) Whenever you wish to increase Joy (and this should be always), THINK UPWARD. We shall learn later that we raise ourselves from Earth to Heaven by thinking upward to the top of the head.

We have learned much more than we as yet realize, and the time is soon to come when we shall be able automatically to demonstrate in our lives what we have learned. We are engaged in the divine mystery of Transmutation, and the ultimate is to transmute our whole body from Earth to Heaven. We have referred to the "Melting" process, which is Transmutation. We have referred to the "Mixing" process, which is Transmutation. We have referred to the "Fixing" process, which is Transmutation realized.

Breath, you can see, is the great transmuter. And we are the masters of the Breath. We are engaged in the sevenfold transmutation - that is, the transmutation of the seven systems of the body.

- 1 - Transmutation of Breath, . . until we reach the Holy Breath.
- 2 - Transmutation of Bones - the Earth of us.
- 3 - Transmutation of Flesh - the Plant of us.
- 4 - Transmutation of Blood - the Animal of us.
- 5 - Transmutation of Nerves - the Man of us.
- 6 - Transmutation of Food - the Energy of us.
- 7 - Transmutation of Sex - the Will to Live of us.

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Thus we are on our way to final emancipation from all poverty and every negative state. Our Body becomes "My Whole Body". We see and know ourselves to be pure Spirit, and we know our bodies to be Spirit embodied.

(b) God in Me - and Me in God for Evermore.

In short, we see ourselves AS GOD. My Beloved, if you were writing this to me, what would you say? How would you express that which cannot be expressed? How CAN one say in words the deepest essences of the Spirit? But we do not need to use words . . . what we are still, and always shall be, vitally interested in is HOW TO DO IT . . . how to truly attain.

Therefore, study this closely, and ADD TO IT :

THE PRAYER OF ALL THE DAY.

"Giver of Light - the Giver and the Gift :

"I approach Thy Throne. I am humble, I am true, I wait.

"I am still . . . I am so still that I hear Thy Voice in Me, I feel Thy Breath in me. I give thanks. I am happy!"

Having prepared yourself in The Silence, then declare with infinite softness of feeling --

| | |
|---|-------------------------------|
| My Substance in Thy Soul | Thy Substance in My Soul |
| My Being in Thy Body | Thy Being in My Body |
| My Omnipotence in Thy Breath | Thy Omnipotence in My Breath |
| My Righteousness in Thy bones | Thy Righteousness in My Bones |
| My Spirit in Thy Flesh | Thy Spirit in My Flesh |
| My Life in Thy Blood | Thy Life in My Blood |
| My Joy in Thy Nerves | Thy Joy in My Nerves |
| My Comfort in Thy Skin | Thy Comfort in My Skin |
| My Wisdom in Thy Mouth | Thy Wisdom in My Mouth |
| My Knowledge in Thy Head | Thy Knowledge in My Head |
| My Glory in Thy Hair | Thy Glory in My Hair |
| My Name in Thy Forehead | Thy Name in My Forehead |
| My Beauty in Thy Eyes | Thy Beauty in My Eyes |
| My Peace in Thy Ears | Thy Peace in My Ears |
| My Kindness in Thy Cheeks | Thy Kindness in My Cheeks |
| My Breath in Thy Nostrils | Thy Breath in My Nostrils |
| My Truth in Thy Tongue | Thy Truth in My Tongue |
| My Grace in Thy Lips | Thy Grace in My Lips |
| My Justice in Thy Chin | Thy Justice in My Chin |
| My Power in Thy Hands | Thy Power in My Hands |
| My Wealth in Thy Arms | Thy Wealth in My Arms |
| My Health in Thy Neck | Thy Health in My Neck |
| My Goodness in Thy Breast | Thy Goodness in My Breast |
| My Love in Thy Heart | Thy Love in My Heart |

This is Real Prayer. This is real Transmutation. To think on the Essential TRUTH OF LIFE ITSELF.

THIS SPACE IS FOR YOUR OWN NOTES

Use this space for your own notes. Write down any ideas, questions, or observations that come to mind while reading or during a lecture. This is your opportunity to personalize the material and make it more meaningful.

Remember, these notes are for your own use and should be written in your own words.

Be sure to include dates and page numbers for easy reference.

Use this space to summarize key points or to expand on concepts that interest you.

Feel free to use bullet points, diagrams, or any other format that works best for you.

These notes will be a valuable resource for your studies and for future reference.

Take your time and make the most of this space. Your notes are your own.

Use this space to record any additional information, such as dates, names, or specific details mentioned in the text.

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|---------------------|-------------------------|
| 1. Introduction | 2. History |
| 3. Methods | 4. Results |
| 5. Discussion | 6. Conclusion |
| 7. References | 8. Appendix |
| 9. Bibliography | 10. Glossary |
| 11. Index | 12. Notes |
| 13. Figures | 14. Tables |
| 15. Charts | 16. Diagrams |
| 17. Equations | 18. Formulas |
| 19. Definitions | 20. Examples |
| 21. Exercises | 22. Problems |
| 23. Questions | 24. Answers |
| 25. Summary | 26. Review |
| 27. Final Thoughts | 28. Future Work |
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| 41. Events | 42. Webinars |
| 43. Podcasts | 44. E-books |
| 45. Courses | 46. Workshops |
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| 99. Podcasts | 100. E-books |

Remember to keep your notes organized and up-to-date. This will help you stay on top of your studies and make the most of your time.

The above is simply an illustration of self-analysis and presents for you a most efficacious way in which you can come gradually to KNOW that you are in God and God in you for evermore . . . that you are God in Human Form.

This may be taken merely as a guide for YOU to do the work. You may add to this almost indefinitely, to include all the phases of your own life - on the physical, mental and spiritual planes of your life.

It is a truly beautiful way of passing any leisure time, to take a pencil and paper and analyze your own life, and see how, on the one hand, you are infinitely capable of being and doing, and yet, on the other hand, "Of myself I can do nothing," but that all that I am, and do, and say, and think and feel and know are possible to me simply because "I LIVE IN THEE".

This coming week, then, will be a busy week for you. Be happy, give thanks . . . praise the Spirit of Light that is illumining your mind.

And again, my Beloved, may I ask you whether you are doing all that you can (and, as I hope you see you should) for Mentalphysics. Are you getting new students? How many have you brought in so far? That, after all, is the greatest work of all. We should apportion and tithe not only our substance, but our time also. You should spend a certain amount of your time to aggregation work . . . writing letters, talking to your friends, consulting with other students, distributing literature which you should write for, and anything that can help on The Great Work.

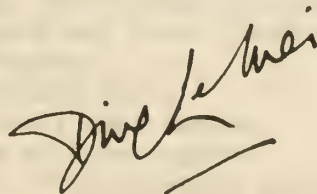
And when I talk to you like this, do not think that I am not giving you valuable advice. The best thing that I can teach you is to live for others in The Law. When you have brought others into The Light, I assure you that your own life will take on an entirely different aspect . . . it cannot be explained ; but it is altogether beautiful to realize that you have truly done something of an eternal nature for a toiling pilgrim you have met along The Path.

I leave you in the feeling of deepest reverence. You and I are linked for eternity, and I truly do give thanks for you - you are mine, and I am grateful that through me you have been brought a little nearer to the Great Understanding. I am most grateful and happy to tell you that our work is growing. As you know, Mentalphysics is not for the mob. Yet there are tens of millions of people like you and me who would give all that they possess to know what we now know. It is for us to sow the seed, to Spread The Light - and may we all find great blessing in doing so.

My peace I send to you. You are Love - and Beauty - and Strength - and Joy and you are in The Great Peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Thirty-Ninth Commentary,
The Inner Chamber.

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The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

40

"THE PATH OF PERFECTION" (8): Transmutation—Ever Be Watchful; Light and Consciousness; Action and Non-Action; The Light That Shines of Itself.

RETROSPECTIVE

My Beloved Student in Mentalphysics, Noble of The Light :
Greetings in The Bond.

During the last nine Commentaries you have been going along The Path of Perfection. In this Commentary we rest a while. We have been contemplating the Transmutation Process, through what in Mentalphysics we call the "Melting." Let us, then, bring to our minds, with gratitude in our hearts, the manner in which, through our Breathings, we have come to understand the "Melting" and the "Mixing" processes. We have come to truly KNOW GOD . . . we have come into conscious contact with the Ruling Spirit of Nature, entering more deeply towards our understanding of Causality and Universality and Essentiality. We have been admonished earnestly to fear and obey its Law, lest we should work evil instead of good through its means. We have come to know the Truth that "the Fear of The Law is the beginning of Wisdom."

A knowledge of the Holy in Nature is understanding.

(a) We Must Ever Be Watchful.

In the "Melting" and "Transmutation" process we must ever be watchful, and be constantly at work. Many times a day, if possible, if only for a single moment or two, we should withdraw ourselves and declare that we rest in the balance of action, operating The Law, so that we may more and more be lost with our whole spirit in the Center of Nature, and there behold how all things are begun, continued and perfected.

You are advised to go back over your Commentaries, and carefully consider anew the following :

- Thirty-third Commentary Page One, "Meditation for the Week."
- do. Pages Three and Four, "Linking Reason to Divinity."
- Thirty-fourth Commentary Pages One and Two.
- Thirty-fifth Commentary Study it all over again.
- Thirty-sixth Commentary Study it all over again.
- Thirty-seventh Commentary Page Two, "Rejuvenation and Regeneration."

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You see, My Beloved, we are really learning - though it may appear to be slow, - how all things begin, evolve and come to perfection . . . and you and I are the measure of All Life.

Through the early Breaths, we have come to know how to enter into the Spirit, known to us only in The Silence, which is the Framer of all things, which pierces through and dwells in that central root, where we find all things are hidden, but where through practice we discover gradually that the most recondite mysteries will be revealed, until at last we come to see, as in a glass, the whole work and laboratory of the most secret Nature. And Nature is our Teacher.

No wonder that the philosopher recommends, if we are rational and truly desire further instruction, to shut ourselves within by means of Meditation, so that we may open for ourselves the door of a higher consciousness. But Breathing and Meditation - that is Right Breathing and Right Meditation - are so close to each other, as we have found, that through practice we find that one becomes the other - they are one, and they lead us to The One. And in the later Breaths, which we are beginning to encounter, we proceed to the process by which our Spirit is carried into the very perfection of Being.

Says the Hui Ming Ching, a profound book on life in the Chinese, a priceless book of wisdom :

"If thou wouldst complete the diamond body without sensations,
Diligently heat the roots of consciousness and life . . .
Kindle Light in the Blessed Country ever near at hand,
And, there hidden, let thy true Self eternally dwell."

(b) Light and Consciousness.

LIGHT in all philosophical teaching is the symbolical equivalent of Consciousness. The nature of Consciousness is expressed by analogies with Light.

THE LIGHT OF HEAVEN embraces the "essence" and "life", the "unity" inseparably mixed with the seeds of fire in the refining furnace (transmutation).

LIGHT is the ONLY tool that we have, and it is with the Light and in the Light that we come to the Great Meaning, the producing of an eternally Living and Immortal Spirit. Thus we met the "Masters" and the "Holy Men" and the "Higher Ones."

This Light is the "light that lighteth every man that cometh into the world, and which shineth on the path of the just." And in Mentalphysics we are learning to let our Light shine, and so, with our Light, gradually to dissolve the Dark Principle (Ignorance).

(c) Action and Non-Action.

What we have learned will appeal to the intellect, and will bring us pleasure in contemplation, but unless we engage in much practice, both in action and non-action, we shall not pass beyond mere intellectual understanding - we shall not come to the region of the Heavenly Heart (the consciousness). It is clear to see, however, that (even in the physical body alone) breathing is so closely associated with all we do, that as our concentration on any single idea seems to lead us from action in the idea to non-action in the heart of the idea, just so we go in action of the breath of the physical body to non-action in the center of the Heavenly

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Heart (consciousness) . . . when breath seems to be merely the breath of the Heart, and not of the body itself.

In other words, we go back and back from the circumference to the center . . . and then on and on through center after center to the very Center of Centers, to the Fire of Divine Love within us, . . . AND WE KNOW OURSELVES TO BE THAT WHICH IS - the One; the Tao, the Way, the Truth and the Light.

Thus, on our journey along our Path of Perfection, from the first step in perfect physical positive action of the Perfection Breath, we find the Outer Light, which results in greater light (or less darkness) in the body.

NOTE: By this I mean that all of us in Mentalphysics has found better health, which is more LIGHT in the body. I have conducted hundreds of classes, and imparted personal teaching to thousands of students. At the first class, there is a "deadness" which is extremely heavy, and I have often thought to myself as I have walked into the Circle and seen the material that I have had to deal with, "Well, I wonder what I can do with this mixed group of people?" The next class is a little better, the third class is better still, and so on to the end of the class, . . . when we find always a vibration so soft and subtle that the students cannot be recognized as the same people - all of them much better in general health - which is more Light in the body. Thousands of letters are on file in The Institute from students all over the world testifying to the same experience in their own lives as a result of Mentalphysics. We truly have cause for great thankfulness.

We have come, as willing apprentices, to find our tool - and our tool is LIGHT. Gradually, with right use gained through right teaching, our right action has begun the circulating of the Light, . . . then increasing practice has brought us to the outer threshold, for we have refined our method and refined our tool, and are led into the Higher Light, more subtle as we go.

After this process has taken place on the physical plane, we have found ourselves automatically going upward to a higher plane - FROM THE PLANE OF THE BODY TO THE PLANE OF THE MIND, from the Outer to the Inward Breath, . . . from the action of manifestation to the non-action of Life, from the gross to the subtle. So we link our Breathing with Contemplation, and are then led into Meditation -----

AND ALL THIS IS DONE BY THE LIGHT, WHICH SHINETH OF ITS OWN NATURE
-- IT COMES OF ITSELF.

And so we have found the Breath that leads us to Eternal Life.

(d) Giving Thanks.

When you have read this far, rest. Just be lazy. Let the body sleep, but keep yourself awake. See how happy you can feel. See how grateful you can feel.

Let us joyfully think of all that we now know, all that we have been learning. See yourself as an immortal among mortals. See yourself as a great evolved soul. See yourself as one of the Elder Brothers of the race. Be reverent in your joy, as you give thanks.

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I am sure that most of my students, though they had not the slightest idea of my meaning at the start of their teaching, now know what they were being taught in the instruction, "Watch Your Breath!" In watching our breath we first felt that our consciousness was directed towards "listening" to our breathing, and at this stage the heart seemed to be all a-flutter, which the watching process itself seemed at first to create. Then, as we watched with our mind, the outgoing and the incoming of our breath seemed to slip beyond our notice, so that we became gradually unconscious of either sound or tone in the breath - our breathing seemed to go from the rough or superficial state, slowly penetrating what is fine within us. Then the heart became light, the body became light, the consciousness became finer and clearer. As this proceeded, after some days the breath seemed to cease in practice - cease being an Outward breath and came to be an Inward breath. And, if with you it has ceased in your practice to be an Inward breath, the TRUE or HOLY BREATH is being made manifest within you.

If this is so, bow thy head in reverence before the Wisdom within thee.

If the breathing is light, the heart is light and the mind clear, for every slightest movement of the breath affects the heart action, and the whole body as a consequence. When the breath becomes so light that the heart and the body are not affected, the breath then goes inwards, seems to stop and becomes the Breath of The MIND. So, in order to steady the heart and the body, we begin in Mental-physics to cultivate true breathing power . . . going on and on in the refining process, "Melting" and "Mixing" and "Transmutation", so that in the end we can at will sink into the REAL of the Center of Ourselves through complete mastery of our Breath - that Breath which indeed is THE LIFE.

After that we find that to LIVE we must not be lazy, for it depends entirely upon how we USE that which we have, for from him that hath shall be taken even that which he hath.

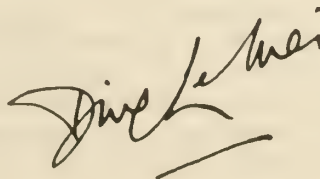
We have learned all this, and we have begun its realization - so WE DO GIVE THANKS. And I daresay that, as in practically every one of your Commentaries I tell you to practice, practice, practice, you may feel inclined to wonder when it will all end. But, My Beloved, LIFE goes on . . and we are going on IN LIFE. We have come to see that the reason for our very living is to understand Life Itself. So we must be strong and never weary . . every day we shall learn something more, and KNOWLEDGE is our only POWER.

So faint not. Be strong. Be happy. Keep close to The Institute, and every Thursday night, eight o'clock Pacific Standard time, remember that there are gathered here in Los Angeles your fellow Nobles of The Light, and that you are with us in the Immortal Spirit of Life.

My Peace I give unto you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Fortieth Commentary,
Inner Chamber.

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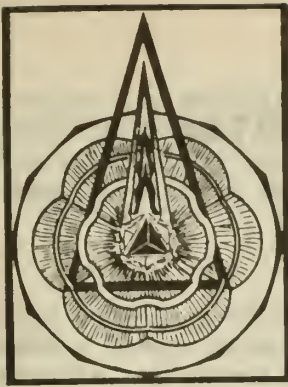
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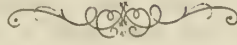


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The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

41

"THE PATH OF PERFECTION" (9): Transmutation—Your Body Is Your Bible; Secrets of The Holy Breath—"Thy Breath in My Breath"; Instructions for the Week.

BREATHING EXERCISES FOR THE WEEK:

1. Go through ALL your Breaths as printed in the illustrated sheets from the Harmonic Breath to Your Own Spiritual Breath, just as you did at the start of your practice in Mentalphysics. Breathe them once a day on the first, third, fifth and seventh days of this week of practice. Do them silently and mentally on the second, fourth and sixth days of the week.

MEDITATION FOR THE WEEK:

1. Turn back to the Thirty-ninth Commentary and choose from the declarations quoted on page three of that Commentary those that particularly appeal to you. Choose seven of them, and use these in your Meditations during the week.
2. When coming out of your Meditations each night, think consciously for a moment of the wonder of your physical Breath, and go to sleep with this statement in your mind :

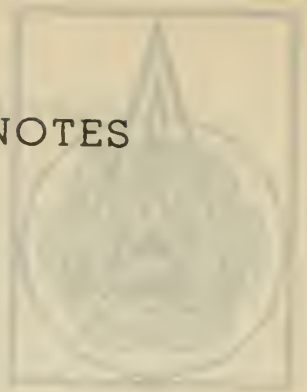
"I THANK THEE, LORD, FOR THE BREATH OF MY LIFE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

How wonderful it would be if all the Nobles of The Light could gather together here at The Institute for just one glorious evening together. But this week, particularly, FEEL that you are here with us. You have photographs of The Institute - fix them in your mind, and FEEL that you are here. On Thursday night, make that your Inner Chamber night, and sit in peaceful meditation from eight to ten p.m. Pacific Standard time, and know that you are with us. But the time may come when you WILL be able to come to The Institute for special teaching, and the way to bring this desirable condition about is to be loyal to our Mother and to Her Home. What do I mean? By Spreading the Light. How? By gaining others, who are seeking, for our great and beautiful philosophy of living. Try this week to enroll ONE

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THE STATE OF TEXAS, COUNTY OF DALLAS, BEFORE ME, the undersigned authority, on this _____ day of _____, 20____, personally appeared _____, known to me to be the person whose name is subscribed to the foregoing instrument, and acknowledged to me that he executed the same for the purposes and consideration therein expressed.

Notary Public in and for the State of Texas

WITNESSETH

That I, the undersigned authority, do hereby certify that _____ is the person whose name is subscribed to the foregoing instrument, and that he executed the same for the purposes and consideration therein expressed.

IN WITNESS WHEREOF

I, the undersigned authority, do hereby certify that _____ is the person whose name is subscribed to the foregoing instrument, and that he executed the same for the purposes and consideration therein expressed.

My commission expires _____

Notary Public in and for the State of Texas

Subscribed and sworn to before me on this _____ day of _____, 20____.

Notary Public in and for the State of Texas

student for Mentalphysics. WAKE UP YOUR MIND THAT YOU WILL DO SOMETHING VERY DEFINITE TO MAKE THIS EARTH A BETTER PLACE TO LIVE ON BY LEADING ONE THIS WEEK TO THE LIGHT. You can do it - will you? Your measure of interest in the human race is what you will do this week.

(a) Your Wondrous Body.

Your body is your bible. The human body is everyman's Bible. We are to start this week a deeper study of Transmutation, and shall, of course, use the body as the example. A Chinese proverb says : "Man has his example in the earth (his body) ; Earth has its example in Heaven ; and Heaven has its example in THAT."

Speaking of the body as being the veritable key to all knowledge, I quote this beautiful passage from the writings of Maranatha:

" . . . His body gives to man the keys of earth and of Heaven, to unlock the treasures of this world and of all the worlds to come. It is his own especial Word of God wherein he may read the Will of his Creator, and the history of the Universe . . . Only as he is able to understand aright his own body, will he understand the Universe of which it is the miniature.

"The living body of every student is in itself the Book of Life wherein is stored all the knowledge that he sees elsewhere, but in his blind and hopeless search he actually destroys the wonderful archives which he carries with him unawares."

All of us can endorse this. The body is the Great Interpreter, and I feel that there is not a single Noble of The Light who has not discovered once and for all that the body is The Temple of the Living God. But the Living God is not fully known to us. We are aware that "God is within me", but through practice, practice, practice alone can this be made a REALity. Let us give thanks that we are on our way to the full understanding of this Truth. And that practice is Transmutation.

Turn back to Page Two of The Thirty-ninth Commentary, and you see the seven systems of your body (1) Breath ; (2) Bones ; (3) Flesh ; (4) Blood ; (5) Nerves ; (6) Food ; (7) Sex.

This week we are to dwell upon the Transmutation of Breath. Without a doubt there is no body of people in the Western world who know so much about their Breath, which is their LIFE as the Nobles of The Light in Mentalphysics. We have learned how physically to breathe, we have learned how to breathe mentally, and in some measure have - probably unconsciously - learned somewhat of Transmutation of the Breath into spiritual substance . . . in short, we have learned somewhat how to go from Earth to Heaven.

In our breathing studies so far, we have learned that Air is of secondary importance even on the natural plane of life, since it does not produce the vital energy of the living creature. Breath is vital, of course, but physical breath is only used and transmuted by the Vital Energy. Physical breathing is simply one of symbols, or effects, of the profound Mystery called LIFE - a mystery which baffles all objective research.

I can imagine what you are thinking as you now read this statement. You will be saying - "Why, Ding Le Mei has been teaching me all along that breathing is of paramount importance, and now he comes to me and says that 'physical breathing is simply one of the symbols, or effects of the profound Mystery called LIFE - a mystery that baffles all objective research.'" But is it not true? We know that it is. Our

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Introduction

The first part of the book is devoted to a general introduction of the subject. It discusses the scope and objectives of the study, and the methods used in the research. The author also discusses the organization of the book and the relationship between the different parts.

The second part of the book is devoted to a detailed study of the subject. It discusses the various aspects of the subject, and the different theories and models that have been developed. The author also discusses the implications of the research and the future directions of the field.

The third part of the book is devoted to a critical analysis of the subject. It discusses the strengths and weaknesses of the different theories and models, and the evidence in support of each. The author also discusses the implications of the research and the future directions of the field.

The fourth part of the book is devoted to a synthesis of the subject. It discusses the different theories and models, and the evidence in support of each. The author also discusses the implications of the research and the future directions of the field.

The fifth part of the book is devoted to a conclusion. It discusses the main findings of the research, and the implications of the research. The author also discusses the future directions of the field and the need for further research.

The sixth part of the book is devoted to a bibliography. It lists the books, articles, and other sources that have been used in the research.

The seventh part of the book is devoted to an index. It lists the names of the authors, the titles of the books, and the page numbers where they can be found.

The eighth part of the book is devoted to a list of figures and tables. It lists the figures and tables that are included in the book, and the page numbers where they can be found.

The ninth part of the book is devoted to a list of references. It lists the books, articles, and other sources that have been used in the research.

Breathings have taught us concentration, for while we have been deep in our breath - no matter what the particular Breathings - we have FELT the Vital Energy within us. Point by point we have gone on to understand THROUGH FEELING, and that was the first step in Transmutation.

(b) The Holy Breath.

The time has come now for us Nobles of The Light to know the TRUE meaning of the Holy Breath. The act of breathing has now become with us an act of intimate communion in which Spirit, Mind and Body are felt as ONE. In the thought and feeling of Your Own Spiritual Breath the act of exhalation will no longer carry its natural interpretation of "waste product", or "carbonic acid gas", but it will be that you are sending to all the world, TO EVERY LIVING THING, the highest that is in you. The act of inhalation has become so beautiful to you that you know that you are taking into you consciously, or allowing to flow into you consciously, the Spirit of the Universe, the Light of Divine Wisdom. In so far as we have succeeded in consciously holding this supreme thought in our minds, so have we mastered the Transmutation of our Breath, and we know that as we practice we shall, through transmuting the physical breath, bring ourselves to a state of true breathing-ness, which is BREATHLESSNESS, . . . "Thou Breathing Through Me and In Me - THY BREATH IN ME."

At this stage I wish to warn you. If you HAVE NOT mastered your physical breathing, do not think that you will succeed in the higher expression of breath, for it is necessary for you, through right physical breathing, so to train the subconscious mind that it takes up all the work and causes your body fully and properly to breathe. Therefore, never allow yourself to under-estimate the power and importance of right PHYSICAL breathing. For every form of breathing thereafter that you study will be in correspondence with physical breathing power that you have developed and mastered.

Of course, you see, do you not, that to breathe properly means much more than the mere words convey--it means that you have learned -

- (a) how to breathe physically;
- (b) how to concentrate mentally and so harmonize your physical breathing with your thinking;
- (c) how to relax, and so harmonize your physical breathing with your emotions;
- (d) how to meditate, so that you harmonize your breathing into the rhythm of the Great Breath of the Universe;
- (e) how to surrender to God - but you now know what God is - and harmonize your breathing with The Silence;
- (f) how to enter into a superconscious state where Time and Space are not, but where there is only the bliss of contact with and absorption by THE ONE.

Breathing as we are learning it enables us to declare and to know because we feel ---

Thou art my Breath - Thy Breath in me.
Thou art my Thought - Thy Thought in me.
Thou art my Rest - Thy Rest in me.
Thou art my Peace - Thy Peace in me.

(c) Instructions for the Week.

When we are able to SAY this and to KNOW it, we are well on our way to true Transmutation of our Breath, which we know to be the flywheel of ALL Life. Therefore, this week, on the three days that you will NOT engage in any physical breathing, feel

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CHAPTER 2

The first step in the process of writing is to choose a topic. This should be something that interests you and that you know something about. Once you have chosen a topic, you need to do some research to find out what you want to write about. This involves looking at books, articles, and other sources of information. It is important to keep good notes on what you find so that you can refer back to it when you are writing. The next step is to plan your writing. This involves deciding on a structure for your paper and writing a rough draft. This draft should be written in your own words and should be based on the research you have done. Finally, you need to revise your draft. This involves checking your work for errors and making any necessary changes. It is important to take time to revise your work so that it is as good as you can make it.

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that you are in an Ocean of Joy . . . so very, very happy, and peaceful, and restful, and silent, and absorbed by LIFE ITSELF.

Then write! Take the word "Surrender", and think about it. Think of the many meanings that it conveys. To relax, to let go, to melt, to be lost . . . and so on. Put down as many meanings as will flow into your mind, and then construct sentences that flow into your mind - such, for example, as ----

"I SURRENDER to Thee, the One Within me.
I rest in thee, who art breathing through me.
I feel in Thee, and I feel to the degree that I feel Thee
Breathing within me."

and so on, and so on.

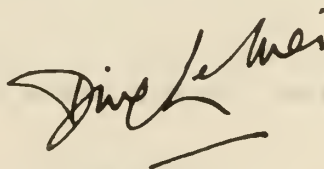
You should be able to make up at least a hundred declarations of Truth, which will become the means of taking you further and further into The Silence, further and further towards true Transmutation of your Breath.

And as I close this Commentary, oh, I wish that I could grip you all by the hand. I wish that I could make you feel just exactly what is in my heart. I can see Mentalphysios spreading all over the world. I can see tens of thousands of people fired just as I am fired - and as I hope you are fired - to bring suffering humanity into the haven of their own true nature. How can we do it? I am doing all that I can in as efficient a manner as I know . . . but of myself, and we in Los Angeles, of ourselves, what can we do? It needs cooperation, and enthusiasm, and love, and light, and charity, and all the best that is in all of us and what is this but Transmutation? We all have to learn to work together transmuted, transformed, so that in this incarnation we shall reach the highest point that we each evolutionarily are equipped to reach. May it be so, My Beloved, and may the Spirit of Life enlighten our minds so that we shall DO in life the highest that we know.

My Peace I give unto you - you are at peace, for you are Life, the Creator in human form. From me there goes to you my Breath, but not mine, but the Holy Breath, and it is so for ever and ever.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Forty-First Commentary,
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COMMENTARY

42

"THE PATH OF PERFECTION" (10): Transmutation of Bones; Framework of the Body; Your Body Is Only Feeling; "I Am the Substance of All Thy Feeling."

BREATHING EXERCISES FOR THE WEEK:

1. No physical breathing this week. Instead, morning and evening, cultivate Breathing in the Silence -- that is, breathing into yourself the essence of The Silence. Sit and watch your breath - then FEEL that the very subtle substance of Silence is flowing into you, and you are so still and entirely undisturbed that you do nothing to prevent its free flow into you. Moreover, you can actually FEEL the inrush of the substance of the Silence coming in everywhere throughout your body, and as you watch this glorious process, you are conscious of nothing else.
2. You can feel this substance coming into you so strongly that it sweeps all before it - all sensations and feelings other than the even, free, full flow of this invisible substance. It is coming in through your skin, through your flesh, through your bones into the very center of your physical self. Also into your mind - you have come to a feeling of utter emptiness, which is fullness - and know that the Essentiality - the actual substance of LIFE ITSELF - is flowing into your mind in the form of Light and Wisdom.

MEDITATION FOR THE WEEK :

As you undertake the exercise outlined above, you will merely take the generic meditation --

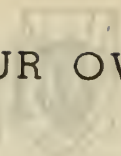
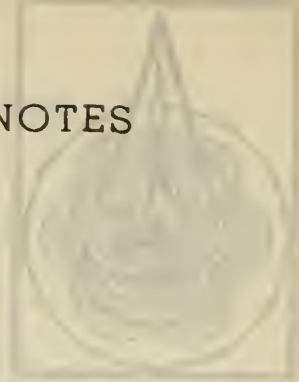
"I AM LIFE . . . I AM LIFE . . . I AM LIFE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

We are to proceed this week with a consideration of Transmutation of Bones. It is an advantage if the Noble knows somewhat the construction of his own body.

THIS SPACE IS FOR YOUR OWN NOTES



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The human body, says a prominent medical man, "is an animal organism, differing in only a few respects from other animal organisms, and fitted, by the processes of selection and evolution, for the performance of two main functions -- the conversion of food and air into energy and into tissue, and the reproduction of other individuals of its species." We feel sorry for the writer of this statement, for he leaves out altogether the fact that the body is merely the instrument of the Immortal Spirit, and when we include this idea, the above is a good definition of the human body and entirely different.

As I say, we should know something about the framework of the body - the bones, the joints and the muscles.

(a) Framework of the Body.

It is the bony skeleton which gives the body its general shape. As you know, the bones are held together by ligaments of connective tissue, which allow movement between the bones, and where these movements take place are called the joints. The movement of the joints are made possible by the contraction of muscles. Muscles, as you will also know, are attached from one bone to another. I shall not use space here by talking about the bony structure of your body, and I daresay that you are familiar, more or less, with the subject. If you are not, I would either get a book and acquaint yourself with the main facts of the human skeleton or study a skeleton. And in doing so, THINK! You will find that all the bones are perfectly connected, so that the Life Force, so to speak, runs like a perfect electric current through a perfectly ordered and connected-up electric plant.

When you look at your own body from WITHOUT you get a totally different idea of it than when you are looking at it from WITHIN. Looking at it from without, you can feel your bones ; but looking at it from within, when you are perfectly still, you will not be aware of anything that you can recognize as "bones". You will not feel anything like the pictures you have looked at or the skeleton you have viewed. NOW, GET THIS IDEA FIRMLY FIXED IN YOUR MIND. You can see that when you are sitting in meditation, for example, and are perfectly at peace, you do not know that there are any bones in your body - that is, you cannot feel them . . . there is not even any consciousness of hardness or density, for that matter, for you feel "as if I am on a cloud, or on the bosom of a far-outstretching sea."

In this state of silence even the sense of your own form is lost to you, but with the least movement it may be recalled immediately. What I mean is that, while in deep meditation, you lose all consciousness of the hardness of the structure of your body - indeed of your entire body - you nevertheless can press with your fingers upon your leg and feel the flesh giving under the pressure, and can feel the bones under the flesh.

Now the bones of your body are the Earth of you - the solid substance of you. You stand upon the Earth, and you know it to be solid substance. You use your body, and you know that you can do a million million things with the body, but only if the bones (the solid substance) are sound, for the bones determine the FORM, and it is the FORM of you that does the things that your Spirit or your Mind decides shall be done.

Although I am writing thus, and causing you to THINK, there really is no need for you to THINK in learning the Truth of your body. For instance, you may read all about the body and its multitudinous wonders, as many do, and yet not get to KNOW THE TRUTH of your body ; whereas you may stand up straight, raise your arms above your head and stretch the body up to its full stature, or you may breathe deeply

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as we have learned to breathe, and the BODY WILL TELL YOU ITS OWN STORY. Because LIFE is FEELING - or we know Life through FEELING; and as you FEEL your body and the astoundingly beautiful force within it, you come to know it, and gradually, through feeling, know its inner, hidden force by means of its gradually perfected expression through your body - through FEELING.

Indeed, it is better to "have no tongue" when FEELING in and through your own body --- YOU WILL KNOW WHAT YOU FEEL, and then you will FEEL WHAT YOU KNOW, and all WORDS are useless. For your Life is known to you through FEELING.

And it is FEELING that is the instrumentality of Transmutation.

(b) The Body is Only FEELING.

We get a different idea of the body entirely when we realize that it is really nothing but feeling - your whole experience is what your FEELINGS have been. Now, this will require a little silent analysis, but I feel sure that you will be able to realize it as true.

The body would be nothing at all, would it, if it were not for your feeling THAT within it? Your eyes would be of no value were it not that THAT looks out on the universe through your eyes, causes you to gather phenomena, and the phenomena causes you to FEEL . . . AND WHAT YOU FEEL IS THE FINAL KNOWLEDGE. THAT (the Creator, the Creative Life) within you teaches you what your bones are, and really what you call "bones" are feelings. Indeed, the COMPLEX TOTAL OF FEELING IS WHAT YOU CALL YOUR BODY.

Thus we can see how comparatively easy it is to TRANSMUTE, for what we are transmuting is FEELING.

And in a word, all that we have to learn is the FEEL the Creative Life in every part of us, knowing that all that we have to do is to USE it through our bodies to enable THAT to do its perfect work through us and for us. In Your Own Spiritual Breath you have learned beautifully how we are all connected with Every Living Thing. It is the same principle in your body - all is connected perfectly; it is the same in what you call YOUR Mind, for it is all connected perfectly with the Universal Mind.

Contemplate these words :

"I AM THE SUBSTANCE OF ALL THY FEELING - THOU ART FEELING IN ME"

"WHATEVER THE CREATOR IS, I AM."

I hope that through the study of this Commentary you will get the same elation as I feel. How wonderful it is to know that Life is expressing through us. We know that LIFE cannot err - it is we who err. Therefore, how simple to see that if we will only discipline ourselves to FEEL the INNERMOST LIFE within us, everything that makes up our life will be perfect, and that every bit of experience will be just what the Innermost Life (God, the Creator, THAT) would have it be. We "hurt" ourselves : why? Because we do not know enough as yet to FEEL perfectly. Can you not imagine the Creator (the Creator of our feeling) within us saying, when we have made a mistake : "Child of Mine, walk carefully and lightly. It is not the hardness of life that hurts you, but your own hardness. You bruised yourself against your own feelings. Watch a little more closely, and a little more silently. Watch ME, and I will teach you. I am within you, and in love I ask you to watch a little more so that you do not bruise yourself again against your own feeling."

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(c) Instructions for the Week.

What I have so far written you will doubtless agree with, but the eternal cry will come - "Yes, but HOW?" That is the question.

Well, then, this week let us practice quietly.

- (1) Sit quietly two or three times a day (just for a minute or two at a time) sink immediately into a state of relaxation and meditation.
- (2) Say audibly, or inaudibly as you prefer, "I am now breathing through my bones. My Breath is now coming into me through my bones."
- (3) Say silently, with great feeling, "THE FORCE OF LIFE IS NOW COMING INTO ME THROUGH MY BONES I GIVE THANKS FOR MY BONES."
- (4) Then during the whole of the day think of your wonderful skeleton, FEEL that wonderful skeleton. This may not be so easy, so the best way is to isolate a part. Take your right hand and LOOK at it - move it - move the fingers - see how tight you can double up your fist, see how limp you can make your hand, see how much feeling you can make come into your hand, and see how fine is the touch of your finger tips. What gifts your hands bestow upon you, and all is done through the bones! Contemplate how your earth body is made of the earth - the dust of the ages ; then contemplate how, through the touch of the Magic Spirit of life, you - though made of the dust of the ages in your physical body - are able to work with those hands, to write, to enjoy exquisite pleasures through the agency of your wonderful hands. You are able to heal others with your hands, and to convey gifts of rare beauty through your hands. The Truth of your hands - the Truth of your bones - will keep you from wrong use of your whole body, taking you through right use into a full and eternal knowledge of YOUR WHOLE BODY - this Wide Universe.
- (5) Take other parts of your body - your feet, your legs, your head and so on; and go through the same mode of contemplation.

My Beloved, read and re-read this Commentary. It may not be very "literary", but, though I would desire to write so that every word of these Commentaries burns itself into your soul, I am not interested in appearing to be "literary". Great truth is explained herein. Therefore, study with diligence in the Spirit, and may The Spirit, which is your FEELING, teach you and lead you in The Way.

Knowing what this Commentary purports to teach, you will see the wisdom of "Be Happy - Give Thanks."

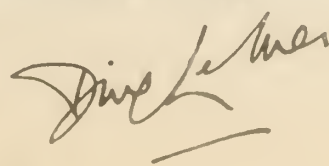
Be happy this week, and give thanks. Know that here at The Institute I think continually about you. I realize my responsibility to you, for when I agreed to become your Teacher it was not done thoughtlessly.

My peace I send to you - rest in THAT I in Thee, and Thou in Me.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-Second Commentary,
Inner Chamber.



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OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

43

"THE PATH OF PERFECTION" (11): Transmutation of Flesh; Its Understanding Means Eternal Life Here and Now; How Death Becomes Life.

BREATHING EXERCISES FOR THE WEEK:

Repeat the Exercises as outlined in the Forty-Second Commentary.

MEDITATION FOR THE WEEK:

Repeat the meditation as outlined in the Forty-Second Commentary.

ADD to your Meditation :

"MENTALPHYSICS IS THE LIGHT OF THE WORLD.
ALL HER ECONOMIC DIFFICULTIES ARE BEING FULLY MET."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"WHY SHOULD I NOT PRAISE THEE, O MY FATHER? THOU GAVEST ME LIBERTY IN ALL MY WAYS, AND DIDST ANSWER ME ACCORDING TO MY DESIRES. NEITHER ONCE HAST THOU TURNED AWAY FROM ME NOR AFFLICTED ME; BUT BECAUSE OF MINE OWN VANITY I CUT MYSELF OFF FROM THEE. YEA, THOU HAST SHOWN ME THAT TO GLORIFY THEE IS THE FOUNDATION OF THE HIGHEST HAPPINESS; TO SING TO THEE IS THE GREATEST DELIGHT; TO PRAISE THEE IS THE HIGHEST WISDOM."

As you have practised your Forty-Second Commentary, which dealt with "TRANSMUTATION OF BONES", you have doubtless made a great impression on yourself, so that you have a very definite feeling of Surrender. This Commentary is to deal with "TRANSMUTATION OF FLESH."

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"Except ye eat the flesh of the Son of Man, and drink his blood, ye have not life in yourselves. He that eateth my flesh and drinketh my blood hath Eternal Life ; and I will raise him up at the last day. For my flesh is true meat, and my blood is true drink. He that eateth my flesh and drinketh my blood abideth in me, and I in him. As the Living Father sent me, and I live because of the Father, so he that eateth me, he shall also live because of me. This is the Bread that came down out of Heaven ; not as the fathers did eat and died ; he that eateth this Bread shall live for ever It is the Spirit that quickeneth ; the flesh profiteth nothing ; the Words that I have spoken unto you they are Spirit, and they are Life." - John 6, 53-63.

Then we read :

"And the Word Became flesh, and dwelt among us full of grace and truth, and we beheld"

and much else that does not seem to make sense until we have learned Transmutation.

(a) Reviewing the Last Commentaries.

Occultly the flesh of the body is the Plant life of the Universe. The Breath of you is the Air of the Universe ; the Bones of you are the Earth ; the Flesh is the Plant ; the Blood is the Animal ; the Nerves are the Man of you ; the Food is the Energy of you ; the Sex is the Will to Live. We have to learn to surrender all of these, though we are dependent upon each of them for our very life expression.

So far, however, we have learned how to transmute our Breath, and in the Forty-second Commentary we have been introduced to the method of transmutation of the bones, which exercise is the same for all phases of Transmutation, the only difference being that the thought is held first upon the Breath, then the Bones, then the Flesh, then the Blood, then the Nerves, then the Food, then the Sex Energy.

We have found, in our first analysis of the act of breathing, that air is of secondary, not primary, importance, even on the natural plane, since it does not PRODUCE the vital energy of the living creature, BUT IS USED AND TRANSMUTED BY THAT ENERGY. And we found that breathing is itself but one of the signs, or effects, of the Mystery called LIFE, the mystery that baffles all objective research. And I say categorically right here that the Mystery of LIFE ITSELF will not, and cannot be solved other than through a knowledge of TRANSMUTATION.

While Breath in its inner essence is LIFE ITSELF, there is but one way to get to an understanding of the Inner Breath --- and that is by first becoming master of the Outer Breath, coming from the outer circumferences which have emanated from the Center, to the Inner Breath, which is the Center of Centers of Centers of Centers.

We do this, as we have seen, by FEELING --- and throughout the teaching of Mental-physics we have been taught that Life --- your life, my life -- is understood only as we FEEL it. LIFE IS FEELING, and Right Feeling is Transmutation.

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As we have proved that Transmutation of Breath means the silencing of the physical breath - bringing ourselves from Breath to Breathlessness - so we now see that Transmutation of Flesh means the silencing (or the "Death" of our Flesh) . . . in other words, OUR NATURAL HUMAN FEELING . . . AND OUR GLORIOUS RESURRECTION INTO THE SPIRITUAL LIFE OF DIVINE FEELING, or Oneness with The Creator.

Many people declare that they do not "believe" in the Bible. It is true that the Bible is apparently filled with paradoxies and unintelligibilities, but there is Wisdom here -- it is the home of Divine Wisdom, though there are, of course, other books equally charged with the Wisdom of Divinity. But your BODY is your Bible, and you are still writing the Scriptures, and Transmutation is the tool of the amanuensis.

(b) Understanding of Transmutation Means Eternal Life Here and Now.

Therefore, we can see that in this there is a Divine secret. All that we have to do is to practise. There are many books written and much advice offered upon the subject. Just as there is upon Meditation -- but what we are in need of is knowledge of the way to do it.

The average teacher tells you to "surrender", to "Let go," to "become one with God", to . . . well, TRANSMUTE ; but he does not show you the way to do it.

Here we have The Way disclosed to us, and we should, and shall with practise, be able to do it at any time . . . indeed, we shall more and more find that what we call our life is divided into two general divisions of expression . . . (1) Doing with all our heart and mind and spirit what we find to do, and doing it as unto The Law and making this a better place for us to live upon ; and (2) "resting in The Lord", "Listening to the Voice of The Father", in other words, constantly transmuting and "remaining in The Father's Presence".

How grateful we all should be. Transmutation - becoming One with God - is a great science. It is not a hit-and-miss thing -- it is based on laws as real as electricity and magnetism and thought, none of which we can see (unless we have learned thoroughly), but the effect of which is abundantly evident everywhere.

Transmutation teaches us what Life is, what Death is - and more than this there is nothing to learn. And only when we understand, through Transmutation, what Death is can we truly know LIFE. With mastery of Transmutation, the natural Law of Destruction becomes the Eternal Law of Renewal - the Law of Fear and Failure becomes the Law of Courage and Success, and so on, and so on. The Crucifixion becomes the Resurrection - all Darkness disappears because of Light - all Hatred disappears because of Love - all Personality disappears because of Universality All becomes The One, and we become the One . . .

"I MYSELF AM HEAVEN AND HELL!"

DEATH BECOMES LIFE -- AND WE KNOW THAT WE ARE LIFE FOR EVERMORE.

When you think of it, you should be very happy. More human misery and agony have been wasted over the idea and the Lie of Death than any other experience known to man. The word itself is the signal for all joy to flee. Death is a mystery so dark and so forbidding that, instead of penetrating it and discovering its true nature, man has accepted it as a terrible and awful god whom he is everlastingly endeavoring to appease and whose approach he regards as the supreme evil. Death to the mind of most people is the Destroyer, and the dread symbol for Death is the human skeleton. Children, unless introduced to the idea by their elders, know naught of Death.

THIS SPACE IS FOR YOUR OWN NOTES

(c) A Human Story.

Do you remember your first idea of Death? - I do. I was a little boy, sang in the choir, blew the organ sometimes for the dear old organist who gave me a penny now and again. Then he "died", so I was told, and I began to ask questions, and they told me that I should never see him again. What? . . . not SEE him again. with his wonderful white whiskers and his silvery hair, and his smiling face and his pleasant voice . . . they were all wrong - how could he be "dead"? Then the day of the funeral came, and I had to attend to sing at the graveside. I saw the box lowered into the grave, I heard the rattle of the earth upon its lid on that dark, wet November day. But I was thinking of my rabbits and my flowers - they might know something about what they called "Death", but I truthfully did not, and I wanted to get back home -- oh, how I was bored as they sang (and I sang under order) "A few more years shall roll, a few more seasons come, and I shall be with those that rest, asleep within the tomb." None of it made sense to me. I KNEW my old organist was not dead, and I believed that I could prove it.

I was as sure that he would be at the organ again next Sunday as I was sure that I was alive. So I said nothing. I looked forward to Sunday morning. I thought of him all the week, and wondered what all that "funeral" had been for. Then Sunday came. I was up bright and early, and was over in my choir seat earlier than usual, for I was convinced that I was going to prove that they were all wrong. I waited. The minutes were agonizingly slow in passing. I burst out in a cold sweat with excitement . . . I was waiting for him, just waiting, quite sure that he would come. And then . . . and then he did not come, but into his seat at the organ there came his eldest son ----- and then I broke my heart. I knew that there was Death!

What a mockery! What ignorance! What sacrilege! NOW I KNOW THAT THERE IS NO DEATH. for I know that I am LIFE ITSELF - self-manifesting, self-existing, eternal. AND, MOREOVER, I CAN PROVE IT THROUGH OUR GLORIOUS SECRET KNOWLEDGE OF TRANSMUTATION! How humbly grateful I am - are you?

Oh, My Beloved, to know this is to know all --- but we must work so that we are constantly in The Spirit. We must LIVE in Him, and know that He Lives in us -- not for an hour or a day, not for just a year --- BUT ALWAYS, and ALL WAYS! The knowledge is overpowering - it overwhelms us - we can but give thanks - we can but be happy "I Thank Thee, Lord . . . I Thank Thee, Lord, Lord of my Life - in Whom I live and move and feel and think and know and have my BEING. . . . I thank thee."

"AND TO THEE, IN WHOM I LIVE . . . WILLINGLY DO I DIE
IN THEE, FOR EVERMORE THOU LIVEST IN ME."

This week, My Beloved, continue the exercise in your Forty-Second Commentary, changing the thought to the Flesh of thee --- the flesh that dieth daily, if we are humble and wise - instead of the Bones, as last week.

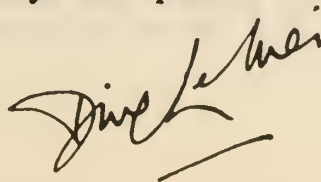
Be happy - oh, be so happy this week . . . for your Joy is the essence of The Life that propels the substances of the Universe.

My Peace I give unto thee - for thou art me, and I am thee.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-Third Commentary,
Inner Chamber.



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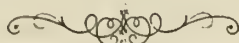


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The Inner Chamber

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COMMENTARY

44

"THE PATH OF PERFECTION" (12): Transmutation of Blood; Your Wonderful Heart; Secret of Act of Abandonment; "Thou Art in Me for Evermore."

BREATHING EXERCISES FOR THE WEEK.

Repeat the Exercises as outlined in the Forty-Second Commentary.

ADD to this the Breath "Your Own Spiritual Breath."

MEDITATIONS FOR THE WEEK.

Turn back to The Thirty-Ninth Commentary (page three), and read over many times from "THE PRAYER OF ALL THE DAY."

My Beloved Student in Mentalphysics, Noble of The Light :

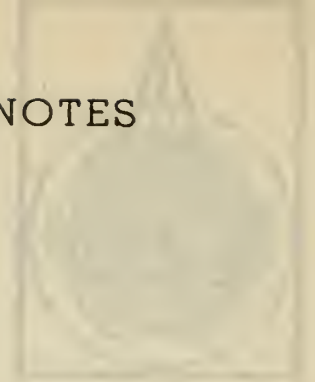
Greetings in The Bond.

I often wonder whether we give to them the attention these Commentaries deserve. So much in Mentalphysics has to be "excavated". Many times I have been written to by students who, having worked for a year perhaps, have suddenly had revealed to them what they had "learned" a year before. So it will be with you. You will take these Commentaries week by week, and will read them, and you will come back to them from time to time, and then, sometimes as if by magic, you will awaken to the TRUTH of a certain Commentary so easily and so suddenly that it will surprise you.

In the matter of Transmutation, we are getting along to understand that, while there can be but one exercise by which we may learn the Sacred Art, it is necessary for us to see that Transmutation of the whole of the "departments" of the body is necessary.

This week we deal with "TRANSMUTATION OF BLOOD." In the blood is the LIFE. Blood is the nutritive fluid of the tissues and the great carrying tissue of the body, the well-known red fluid which fills during your earthly life the arteries and veins of your body. As the great carrying tissue of the body its functions are three-fold, namely :

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- 1 - To convey the food material to all the tissues of the body;
- 2 - To remove thence the waste products; and
- 3 - To carry oxygen through the red corpuscles; without oxygen the act of respiration could not be carried on.

Blood is the Elixir of Life, the "Ichor of the Gods." Air is the "raw material" for blood, and when it is drawn in or breathed in by the Infinite Alchemist" to the blood vessels, it unites with the philosopher's stone, mineral salts, and in the human laboratory creates blood. It would be well for you to know something about this miracle of your blood. Information is easy to get from any authoritative medical book on the circulation. In learning about your blood, you will also learn how closely related are your Blood and your Breath.

(a) Your Wonderful Heart.

Your blood consists of an almost colourless fluid, the liquor sanguinis (or blood-plasma), in which float a large number of small corpuscular bodies, the blood corpuscles or blood globules. The proportion of these to each other by weight is about one-third corpuscles to two-thirds plasma. The quantity of blood in the body by weight is about one-thirteenth part of the whole body. Examine a drop of blood under the microscope and you will find corpuscles floating about, and they are two kinds, distinguishable chiefly by their color - red and white. The white are very much fewer in number than the red, the proportion in healthy blood being about 1 to 355, but even in health this is subject to considerable variation.

But we are not teaching physiology here. You can get this information easily at any library, if you care to do so.

When we think of "TRANSMUTATION OF BLOOD" we think at once of the heart, the great blood pump of your body. Practising the exercise for transmutation, we know that when we become still, we only know the blood as warmth, as well as the rhythmic beating of the heart. In most philosophies, blood is translated as "Life", yet to the average human being there is a peculiar repugnance in the mind when he thinks of blood or of the word.

But when we get to know about the wonders of the blood, and the wonder of the heart, we stand in reverence, in veneration, before the Divine Wisdom which flows through even our physical blood. That wondrous little heart of yours, if you are in perfect health (and you should be), it has been calculated by a noted physiologist, does enough work in 24 hours equal to raising a man of 150 pounds twice the weight of the Woolworth Tower in New York - and the work is carried on second by second, every day of the year, for as long as you live and control the work.

(b) Your Own Spiritual Breath.

And the more you think of your blood, the more will it become the highest symbol of Life - physical life, mental life and spiritual life.

I invite you to think at this moment of Your Own Spiritual Breath. Do you see that in that wonderful breath we were teaching Transmutation, but we did not perhaps recognize it.

You remember it

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"And now I send It out.

"I embrace this class . . . I embrace all in Mentalphysics wherever they may be.

"I embrace the city . . . I embrace the state . . . I embrace the country

"I embrace the whole world . . .

"I embrace the Whole Human Race:

"And now, with the Light of the Divine Wisdom within me, . . . with my Joy, . . . with my Love, . . . with my LIFE, I embrace Every Living Thing.

"And now I stand fast, lest the Light be too great for me, as it returns to me, not from the one point from which I sent it, but from All the points it is coming back . . . back . . . back, nearer, . . . nearer, . . . nearer ; And now it embraces me, it embosoms me, it overwhelms me, that Light of the Divine Wisdom, that Joy, that Love, THAT LIFE that comes to ME from every Living Thing, so that I know MY WHOLE BODY - - - My WHOLE Body, this wide Universe, to be FULL of Light

"And now I will charge every cell of this physical body with that Light of the Divine Wisdom, that Joy, that Love, that LIFE that COMES TO ME from Every Living Thing as, feeling happy, giving thanks, I take a little breath and a quick sigh."

Linking this mystical interpretation of Your Own Spiritual Breath with what you have learned in your Commentaries from Number Thirty-three onwards, you will build into yourself that FEELING which is Transmutation. All that there is left for us to do is to LIVE it, knowing that "I am in THEE, and THOU art in Me for evermore!"

(c) The Act of Abandonment.

But there must be the constant, incessant FEELING that you are abandoning yourself into THAT, into The One Eternal ONE.

You walk No, It is THOU that walkest in me.

You work No, It is THOU who doest the work.

You talk No, It is THOU who talks through me.

You Sing No, It is THOU that sings through me.

You Breathe . . . No, It is THOU that breathes through me.

You Live No, It is THOU who lives through me, and in me.

I AM IN THEE FOR EVERMORE.

THOU ART IN ME FOR EVERMORE.

The restfulness of this Truth is overpowering. There is, then, no strain to life in whatever form . . . ALL IS well. No strain, no tension, no interruption, no disturbance, no disharmony, no desires other than to die to live, to lose to find, to know the resurrection through the crucifixion, to die daily to live eternally.

So, My Beloved, practise what we are learning together. Let us all KNOW that we are immortal, and that we are LIFE . . . for EVER, for EVER. For, when we know Transmutation we know that truly there is, and never has been DEATH.

Think very reverently about this. And be grateful that you know. And be happy. Then think! What a vista spreads out before our imagination as we realize that the whole human race may learn these simple truths, and that there is a wave of interest spreading throughout the earth portending to increase man's interest in his own true nature. What would it not mean if each and every mortal knew the

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Introduction

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Chapter 1

Section 1.1

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Truth - that there is no Death, that what is called Death is but a passing into higher vibrations of life and higher activity! That mortal experience is but a part and preparation for further life and work on the etheric and spirit planes!

There would then be no point in one man's injustice to another, for he would know that the result of his act goes on, that he cannot live it down by dying. How wonderful to know that we must live on, live in a world where subterfuge, lies and deception are impossible. Transmutation teaches us the gradual merging of the soul into the three degrees of matter, each of which clothes him with a body in the order of his mental progress - Body, Mind and Spirit, the True Trinity - makes it only common sense to use his faculties of mind in a way that will benefit him on all three planes of life.

When we learn true Transmutation, we know that there are many ways to live in the Earth life that contribute to the best in man. These ways are now challenged by the greed and selfishness of those who have gained worldly power. The soul that is aware of its destiny cannot meet this enemy. There is no way of overcoming the brutalities of modern life except by universal knowledge and the spread of the truths of the science of life on all three planes - not alone on the earth plane, where we now live, but, through Transmutation, in the mental and spiritual planes of life.

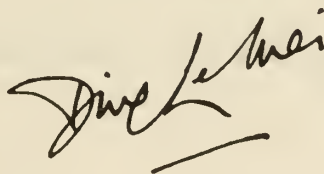
THE TRUTH IS THAT IF EVERY MAN KNEW THAT HE HAD TO FACE THE CONSEQUENCE OF HIS ACTS IN MORTAL LIFE, THE EARTH WOULD BE A DIFFERENT PLACE FOR US ALL TO LIVE.

AND THE WAY TO LEARN TO LIVE OUR PERSONAL LIFE IS, FINALLY, THROUGH TRANSMUTATION.

Transmutation teaches us ALL-PERVASION. This week, then, My Beloved, be near to me as your Teacher, and feel waves of Light coming to you all the time from me, as I will from you.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Forty-Fourth Commentary,
The Inner Chamber.

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The Inner Chamber

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COMMENTARY

45

"THE PATH OF PERFECTION" (13): Transmutation of Nerves and Food; The Five Senses Are All Feeling; How Great the Power of a Single Thought.

BREATHING EXERCISES FOR THE WEEK:

1. Practise the Cleansing Breath this week. In the morning breathe it physically ; in the evening breathe it mentally.
2. As you breathe get the idea in your mind of the Great Heat coming up the spine, and SEE the Light. Imagine the Peacock Feather of Gold . . . "It's coming up and out . . . up and out . . . up and out . . . it strikes upon the surface of the Body, it seems to go beyond the body, . . . and now I think of the top of my head - AND SEE MY WHOLE BODY FULL OF LIGHT, Light, Light." Associate yourself in your mind with the fact that you are Transmuting all this heat and light, and finally rest in the realization of Light everywhere, and you in the very Center of IT.

MEDITATION FOR THE WEEK:

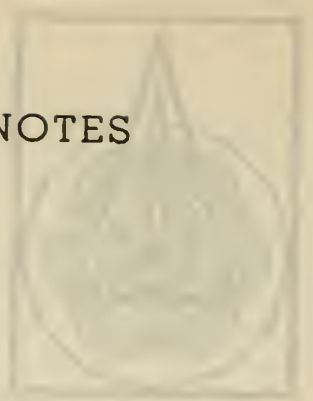
1. "I AM THAT I AM." You need no instructions ; you are on your way to Realization.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I do hope that you are intensely happy in your work. Before you commence to listen to me, rest in your own mind --- take two or three deep breaths - let the body get heavy - feel that you are All-pervading, and that as you rest you are here with me and with all the others in The Inner Chamber at The Institute. FEEL that YOU ARE A PART OF US, and that we are a part of you. How happy I am! How grateful I am ! Where am I? I am here, but I am there - I am everywhere, I am nowhere . . . I AM ALL-Pervading, and I know that I am All-Pervading because I can FEEL the Presence within me and without and about me . . . I AM IN IT.

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As you sit like this you will know that you are Health - that your nerves are at peace - that you are perfect health and joy. In health we only know our nerves as special ways of feeling called the senses. Our senses are the avenues by which we FEEL - and of course we smell and hear and see and taste. That which we feel as touch is neither more nor less real because the same feeling can be expressed as sight, sound, taste and smell.

(a) The Sense of Touch.

Think of TOUCH. Practise! Touch your body somewhere with your hand; then take your hand away. While you have your hand on any part of your body you are conscious of it by virtue of the feeling of the touch, but when you take your hand away you are still able to feel it - you can imagine that you feel it. Take this simple illustration to the other senses, and you will see that it holds good. You look at a beautiful thing . . . "the most beautiful thing I have ever known." While you are looking at it you know that you see it, but you also know that you see it within yourself. YOU FEEL IT. So you can readily see that that which you call yourself is the reflection of all the FEELING that you have ever felt or become conscious of.

We consider the Sight, and it seems different from the Touch, but I hope that you can see that the more we practise the more the whole of the senses seem to become less differentiated, and all seem to flow into One . . . and that is FEELING. Let us examine a little:

(a) TOUCH. You can see at once that this is essentially FEELING - your own natural feeling, your body feeling. You may say that you feel anything whatever that you touch.

(b) TASTE. You eat an apple, for example, and you say that you can "taste" it, but the infinite variety of "tastes" are merely different phases of feelings. It is true that the "feeling" of taste is different from the "Feeling" of sight -- but you can see that they are feelings just the same.

(c) SMELL. Can you see that this is, again, just another mode of "Feeling". In animals where the sense of smell is highly developed, we see that the sense of smell is absolutely the sense that they "feel" themselves through life with. This feeling of smell is disguised under many names - such as when we know that we smell a rose, which is a different feeling from that when we smell garlic . . . and so on, and so on.

(d) HEARING. How different is hearing from taste, but still it is another phase of FEELING - that is, everything that you hear inevitably resolves into your own feeling.

(e) SIGHT. When we come to examine the "feeling" of sight, it is a little bewildering. I look at myself, and I can say that I see ME. I look at something else, and I say that I see "NOT-ME". I wonder whether you understand - I think you do - that you see both the Me and the Not-Me in your feelings . . . that is, all that you see is transferred over into the feelings, and you are aware of what you see through the instrumentality of the emotion that causes awareness.

Therefore, all the senses become feeling, and the various phases of feeling are transmuted into The One through feeling. I am but an idea - all my life is but a

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series of ideas. The Truth of me is Spirit - the Truth of me is LIFE - the Truth of me is Knowledge, and the Truth of me is Power . . . I KNOW ALL THIS THROUGH MY FEELING.

When you have come thus far, sit and think of how through your feelings, you transmute the nerves, for it is through the nerves that you feel.

(b) Transmutation of Food.

When we come to talk about the Transmutation of Food, we have to be very practical, for we have seen - and we now KNOW - that the physical body is chemistry, and to a very great extent (though not wholly so) the physical body becomes what we make it through food. But the wrong food in the body of the right man may be transmuted into the right food, but often the right food in the body of the wrong man is merely turned into wrong food.

I shall not spend much time or space in talking about solid foods or liquid foods, for you will know your chemical type, and you will discover how increasingly careful you have to be with what you eat. As we grow and become more refined, the more the body will inform us in many ways when we do not obey the laws of food. But you also know much about Breath as a food, and have learned the way to transmute your Breath somewhat. Also rest - you have learned that Rest is a food, and have come into that knowledge through meditation. Thought also - you know that thought is final, and that it is really the only "F - O - O - D".

We know Transmutation of "Food" when we know the meaning of these glorious words:

"I AM THE BREAD WHICH COMETH DOWN OUT OF HEAVEN."

We know that food is Intelligence, and that, as Man is the most highly evolved organism in Nature, so we have the power to transmute all food into Divine Intelligence. Every bit of food that I put into my mouth is the divine gift. Every thing that is gratefully received into my body is glad to minister with its intelligence to my higher intelligence, the lower sacrificing itself into the higher.

What joy we get out of eating, and we know that it is not always the food itself but the spirit in which we take it that determines its effect in our bodies. "Perceive ye not, that whatsoever from without goeth into the man, it cannot defile him ; because it goeth not into his heart, but into his belly, and goeth out into the draught. That which proceedeth out of the man, that defileth the man. (The wrong use of The Word.-D.L.M.). For from within, out of the heart of men, evil thoughts proceed." - Mark 7, 18.

At the same time, not until we have proved that we truly KNOW what food is can we afford to disregard the chemical laws of food. That is the first step in transmutation ; but after we have proved our mastery over food, then we are able to transmute because we know only the Divine Intelligence of food at all times.

"INFINITE WISDOM, I KNOW THEE AS THE TRUTH OF MY FOOD."

As I eat, so I become physically, and the character of the soul is seen in the character of the body and its surroundings. But we must be patient. We have to thoroughly learn it all. If a man eats in ignorance, believing that his life, his strength, depends upon his food, he is holding himself in bondage to this error, and is thus lowering his world. If he eats in Knowledge, the whole creation shares in his act, and the LIGHT shines through him and all that makes him --- his food, his Thought, and his Feeling.

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My Beloved, there is much food for thought in this Commentary, and I trust that this week you will gain many divine ideas from it. The ideas will freely flow as you freely FEEL. "In all thy ways acknowledge Him, and He will direct thy path." This is transmutation.

As we learn the mechanical method of transmutation of nerves and food, we understand the Art of Living. Thought is the key ; feeling is the first chamber of knowledge. A thought in your mind is so powerful that it will telepathize itself again and again to your subconscious mind until IT BECOMES YOU. You know Thought through FEELING.

How wonderful is this Truth of Thought! How great is the power of a single thought!

The master thinker is an artist who will not allow Thought to be transformed into himself unless he transmutes all that he knows his life to be "THY LIFE IN ME, THY LIFE IN ME . . . not MY will, but THINE!"

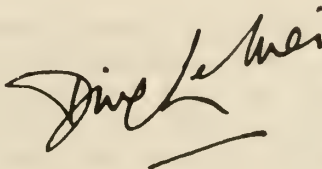
As I come to the conclusion of this Commentary, thou Noble of The Light, I hope that you will be able to read into it that which I have not written - that you will be able to feel that which I cannot make you feel through words on paper. But my soul will touch your soul, and the Light will reveal itself, and we shall see that, giving thanks with every step, we are truly now upon The Path . . . and that we are being given the very seed of Right Living. I cannot choose the place where the plant shall grow - this is for you. You must guard the Garden, and you must become the gardener. And the Garden is the Garden of Your Heart (the Universal Mind).

How glorious it is to know that when we completely learn Transmutation we shall then KNOW (in the sense that we live what we know) that there IS NO DEATH. This is the supreme message. What a profound change would, and will, come over the whole world when that secret has been well and truly learned! It makes one thrill with the thought of it. When men will know that they are God in human form, and that what we call life - including the body and all its activity resolve at a final analysis into vibrations --- The Mind of God the Father-Mother of Every Living Thing.

Therefore, as I leave you, be on your Way - we are on The Way together. God bless you! How wonderful it is to say this to each other now, KNOWING WHAT THE WORDS MEAN! Peace be unto you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles 4, California, U.S.A.



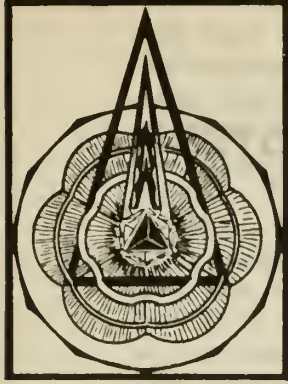
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COMMENTARY

46

"THE PATH OF PERFECTION" (14): Transmutation of Nerves and Food Continued; Vital Comment on Breathing; Awakening the Sleeping Giant; "Have No Tongue."

Breathing Exercises for the Week :

1. DO NOT PASS THIS BY. This week you are to sit for short periods in the Sevenfold Position, and Watch your spine.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings In The Bond.

There is so much food in these Commentaries for you TO THINK about. I hope that you are not merely reading them and passing them by. This week particularly you are advised to give as much time as you can to carrying out the instructions, and I would devote at least an hour for at least three evenings a week - including Thursday, preferably from eight-thirty to ten, so that you will then be sitting with the Inner Chamber at our weekly meeting here at The Institute.

BREATHING EXERCISES : Sit in the sevenfold position, and watch your spine.

1. First, see that the legs are comfortable, and that you do not feel any discomfort in the ankle - if you do, then place a small cushion under each ankle, so that there shall not be any undue pressure to hurt the ankle. Then, see that the knees are brought down as far to the floor as possible - experiment, and you will find that the further the legs are apart, the further the knees will be, and the lower the genital organs.

You are to know that there is a deep occult meaning in the Sevenfold position, and with a little practice, the more will you FEEL the difference. For example, in that position, pull the knees up together, and you will find that the position of the buttocks is changed - the buttocks are contracted, and the genital organs correspondingly contracted. Open the knees, and you will find that the genital organs feel a little more comfortable. Therefore, in the sitting posture, see that the buttocks are "spread" out as flat as possible, and occupying as much space on the floor as possible.

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2. Then look into the spine. See that you are perfectly straight. The head is not drooped forward. There is no uneven feeling throughout the whole length of the spine - that is, you cannot feel that the load of the body is being taken more with any one part of the spine more than any other. (It is rather difficult to explain, but a little experimentation will show you what I mean.) Sitting in this posture, just let the head fall gently forward, and you will find that at the back of the neck there will come a changed feeling. Sit up straight again. Now, just let the body fall a little forward, contracting the chest, and you will find that the muscles under the diaphragm will sag, and at once you will feel the load of the body being taken by the vertebrae immediately behind the navel, interfering with even rhythmic breathing. Feeling this, you will be able to so adjust the spine that it will carry the load evenly, the weight being taken principally by the ribs.
3. This is important, and you should practise. In this way you will come to know your right posture, and when you have found it, you should hold the body in silence. You will feel it gradually relaxing, and the relaxing should be in such a manner that the whole of the spine sinks gradually downward, not the body falling forward - for in this manner the spine is contracted at certain points, and the Solar Force, which comes in so evenly when in the silence, cannot then evenly circulate throughout the spine.

DO NOT UNDERESTIMATE THIS EXERCISE. It is IMPORTANT.

2. **MEDITATION EXERCISES** : During the week, sink into meditation, and with a slight effort of the will, at the start of your meditation, declare that you are realizing the whole process of **TRANSMUTATION** . . . "WHATEVER THE CREATOR IS, I AM."
3. **TRANSMUTATION OF SEX**. It is not necessary for me to point out to you that when we succeed in transmuting our sex energy, we have come far along the road to Mastership. One must approach this subject in the highest vibration of gratitude and in the deepest reverence. I use the word sex, because there is not another that I can use to get the full meaning, but, while the idea of sex is usually associated with your physical body, you must spiritualize your thought all the time.

When you have found the right posture, and **KNOW** that your spine is straight, and that you can keep it straight no matter how deeply you go into the meditative state, then do the Contracting Exercise.

(AT THIS STAGE TURN BACK TO YOUR SIXTH COMMENTARY -
READ IT AND RE-READ IT.)

You understand that when we undertake what we are explaining in this Commentary we are awakening the Sleeping Giant. I repeat here what we wrote on Page Three of the Sixth Commentary :

THE EXERCISE IS THIS - DO IT! Do not ask questions, but try to figure out for yourself what you are doing as you undertake the Exercise.

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1. Sit either in the seven-fold position (preferably) or on a hard chair or stool. See that your buttocks are not cramped. Find the point of comfort, so that you can feel that the spine is taking the whole weight of the body, and that the buttocks are perfectly comfortable.
2. Watch your Breath, as in meditation, and get the whole body into a state of rhythm, but do not let all sense of the body go from you as you do in meditation.
3. Think of the rectum; (if you are a male and can do so, think of the prostate; in the case of the female, if you are able to do so, think of the vagina.) Feel that you are contracting the rectum - you are tightening it and drawing it seemingly upward. Hold it in this position through muscular control. If you are a male, you will feel that contracting feeling right through the penis and the whole reproductive organs. If you are a female, you will feel it right up through the vaginal passage.

YOU DO THE EXERCISE THUS: Contract, (hold a few seconds), relax; contract (hold), relax. Do this for periods of a few minutes duration at different times during the day.

At first there will doubtless come a feeling that is called sexual - that is, you are conscious of a force in the reproductive region. If you feel sexual, do not be ashamed or alarmed. Perhaps you may not have felt any sexual feeling for years. Then, as you feel it, WATCH IT. See what you feel. What is this feeling? Where is it going? And as you watch it closely you will find that it will gradually disappear apparently within itself.

What you are doing is to awaken the Sleeping Giant. Practiced spiritually, the awakening will be consummated. Remember that there must be no movement of any muscles in the body other than the muscles of the rectum and the main sex organ. There must be no abdominal contraction. The probability is that you will feel quite active sexually, but you must regard this in the highest spiritual sense only, as indicating the presence of the creative power within the body. Do this whenever you feel like it, or have the time, or think of it, - in short, LET IT BECOME A HABIT. (I assure you that you are in this exercise doing the most wonderful thing that you have ever undertaken, and the effect will be seen in due course.)

4. What has been described in (3) should be undertaken during the day. Then, at night upon retiring, lie on your bed, no pillow, the legs drawn up so that the knees come as near to the bed as possible, the thighs apart, the right ankle over the left. Then place the left hand over the navel, and place the right hand below it. This is the posture. Then closing the eyes, imagine that you are drawing UPWARDS, into the Kingdom, all that marvelous reproductive Force that you have developed during the day. Others in their ignorance may waste it, but NOT YOU. You are TRANSMUTING IT, you are EXALTING THE FIRE. Feel that you are directing it upward through the right (the positive) hand. You see it as Light, you feel it as Light. There it comes, this Light, coming from the Flame, (think of the feeling you experience in the Cleansing Breath, but instead of feeling the Fire through the base of the spine, you now feel it coming from the very Center of the Center of the Center of Centers of your life, on the physical plane - the seat of reproduction.

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You should feel a great glow of Force ascending. It will flood the whole of the reproductive organs - it will flood the pelvis. Then you draw it upwards, upwards, upwards - you feel it around the navel ---- upwards, you feel it flooding your beautiful face and then you think upwards to the TOP OF THE HEAD. Finally, watching, you will see the Light everywhere within you, and you will have learned the secret of the True Exaltation.

When you have completed this exercise for this week, you should know a great deal more about your own body and its forces.

We must very reverently follow instructions, and we should not ask too many questions. It is not possible for us to know in the course of a week or even a month of practice what we are doing, but faithful practice will unfold it all to us. I shall return to the subject of Transmutation of Sex in the next Commentary, and advise you this week to carry out this exercise faithfully.

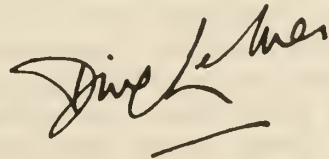
Do not feel ashamed if you become aware of any sexual feeling. Merely sit and watch and analyse. Do not continue the Contracting Exercise so that you may come to a point of discomfort, . . at the same time do not be afraid of doing the exercise whenever you have the opportunity. The sexual feeling that will follow it will pass away in due course, and you will then find that the effect of the exercise will be known, but the feelings that come in the early stages of its practice will disappear.

Be happy this week. Be faithful. I hope that you are doing all that you can do for Mentalphysics - if you are not, then why not? You have personally found the pearl of great price - then pass it on to others. Make up your mind that this week you will secure at least one student for Mentalphysics - and then start to work with that definite end in view. While I am asking you to do this for The Institute, I am also asking you to do it for yourself. The greatest blessing that will ever come to you will be when you bring another into The Light.

My peace I give unto you -- always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles 4, California, U.S.A.



End of The Forty-Sixth Commentary,
Inner Chamber.

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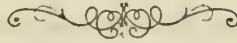


OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

47

"THE PATH OF PERFECTION" (15): Transmutation—Need for Patience; Need for Practice; "It Is There—Seek It, Seek for it"; Again—Silence!

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

One of our Nobles of The Light, writing to me recently, asked why I cannot speak more clearly in these Commentaries. Said he : "I have just finished studying, meditating, practising the Twenty-seventh Commentary. What a marvelous thing! I have never seen such a mass of Wisdom in four pages. But why is it necessary to hide so carefully such wonderful knowledge? So many ideas about the eternal masculine, the eternal feminine and its product - about the Solar Force and the Earth Force and its product . . . and so on."

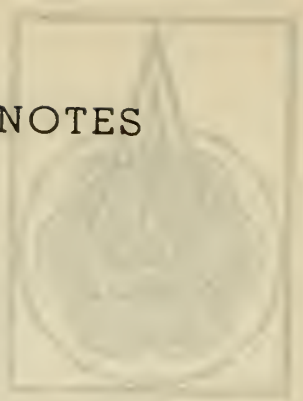
Other Nobles of The Light may possibly be thinking in this way. So that they may know WHY all this knowledge is cloaked and covered over and fashioned in language that the uninitiated will not understand, let me say at once that, if the teaching of our beloved Inner Chamber - even in the very first steps - were given out to those who were not ready for it, we should be guilty of a gross unfairness towards humanity. During all history, these secrets of life have been given only to those who are worthy to receive them, and who SEEK for them . . . who are prepared to seek, and keep on seeking. If you were here at the Inner Chamber at The Institute, where we are privileged to study together, you would find a very different meaning given to your Commentaries. Verbal teaching, where the practices are explained by word-of-mouth method by the Teacher, naturally is very different from that which can be given by manuscript ; and those who are studying by manuscript must perforce be patient and pick up the jewels where they fall -- it is a matter of SEEKING. And then it has been given almost entirely to seekers by mouth-to-ear methods, and by illustration and demonstration.

Therefore, do not get disheartened, nor feel that you are being kept back. Such is not the case. Probably a year from now, when you are practising some certain breath, or reading again some certain passage, its true meaning will flash miraculously into your mind --- and then you will know. And this is the ONLY way. We are all differently constituted. We are all on The Path. We are all exactly where we are on The Path. We can absorb only that which we are evolutionarily able to absorb . . . and such is The Law.

Page 1.

The Forty-Seventh Commentary.

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52

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In the same way we may all have had difficulty in convincing our friends of the beauty and the priceless value of Mentalphysics. Some see it intuitionally, and come into the Teaching with us ; others either do not see it, or they wonder what has come over us, or they think that we are crazy:!
We can only get what we are ready for, and in our search for that which our soul constantly echoes in our consciousness we must exercise patience.

How many times in life we have been disappointed in our search!

In my own case disappointment dogged my footsteps at every turn, it seemed. Throughout my life I believed that the Truth of existence could be discovered - I felt it - I knew it . . . and I ached to find it. You doubtless have been the same. In the country in which I was born it seemed impossible for me to find it. I then went here and there, . . . occasionally I felt "Why, AT LAST here it is!" and joy sprang from the hope of my heart. After a time I found that I was to be disappointed once again - it was not what I had hoped to find. After a time another avenue seemed to open, and I ran expectantly to receive what was promised, only again to suffer disappointment. Often I have been so low as to feel that I have been beaten. "No, it CANNOT BE FOUND!" . . . yet all the time the Higher Self of me whispered, "It is there . . . seek it, seek for it!"

My experience, bear in mind, was in many countries, among many people - I was ever on the search. Imagine, then, my utter dispiritedness when, in Tibet, I felt that it may be necessary for me to go out again through the shadow of "death" without finding it. How my heart longed to find! How my mind was torn against itself - to believe or not to believe! WAS there a way? If there were a way, why could I not find it? And as I look back over my experience of the search I feel in my memory that I can recall the anguish, the intense doubt, the disappointment . . . how futile it all seemed! Others, uncaring apparently, could get what they wanted, and life to them seemed rosy and satisfying, but to me --- woe was me!

Have you been that way? . . . have you trod that path? . . . have you carried that cross?

Then, at last it came --- but when it came, how I had to work for it!! I was not taught as I try with all my love to teach you students. I was told still to "Go and Find Out!" But I found it. And so have you. And all that I know has come to me through trying to practise - through making many mistakes and trying not to make them again - through falling down and getting up again - through struggle with my lower self so that the higher may come into conquest - THROUGH "FEELING AFTER HIM, IF HAPLY I MAY FIND HIM."

And, My Beloved, that is The Path. Heed no other counsel. He who tells you to the contrary, does not know. Remember that he who knows says little, and he says much knows little. There is only ONE WAY, and that is in the practice of The Law. Therefore, do not expect too much. All is well.

"When the infant is young, MY LIGHT is its first knowledge," saith Jehovah.

And then in that beautiful passage out of Oahspe we read :

"It seeth Me, and heareth Me ; and it seeth and heareth My angels .

"By the pressure of My Light upon its corporeal eyes and ears it learneth to see and hear corporeally .

"This is the beginning of two senses which I created to grow parallel to each other and equal in strength .

THIS SPACE IS FOR YOUR OWN NOTES

"But the infant being in the corporeal world, heedeth more the things that appeal to the corporeal senses than such as appeal to the spiritual senses.

"So that one person groweth up forgetting Me and My Angels. He is a sceptic.

"But another person groweth up remembering Me and My Angels. He is a believer.

"And behold, thou, O Man, inquirest of them : Whence came the idea of a Creator, an all Person?

"And one of them answereth thee, It is inherent, it is natural.

"But the other answereth, It is folly ; it came from darkness.

"But I say unto thee, O Man : Darkness cannot create an idea ; not even darkness would be known but for the Light I made beside it."

Moreover, when we look within our own minds, we give thanks for what we have learned in Mentalphysics - then, why should we be constantly bothering about HOW MUCH we know - how much we can use - how much we can express . . . what we all have to learn is that we are ALL, and that the more we surrender to, become transmuted in the Whole, the more become we conscious of THE WHOLE "THE CREATOR IS ALL THAT THERE IS ; WHATEVER THE CREATOR IS, I AM."

Do we not see, My Beloved, that to awaken hurriedly the sleeping giant within us is sheer folly. We have come a long way. You and I were not always Man. Indeed, you were not in this single incarnation always what you are today - you have grown to be what you are. And you have grown to be what you are through the practising of the use of the substance - and so you are now what you are. Next year you will be what you are today, plus what you develop of The Law during the intervening period.

It is all so simple - we are ON THE PATH . . . let us rejoice! Moreover, how foolish to endeavor to teach each other what we are not evolutionarily developed to learn. If you are on the seashore, and you see a ship far out at sea, and you cry to your companion, "Look, look at that ship," but your companion cannot see it - is he to be blamed? Is he any worse off for not seeing it? Your vision is better than his, and so you see just what you see . . . WHAT IS OF PRIMARY IMPORTANCE IS THAT WE USE WHAT WE SEE - THAT WE LIVE WHAT WE KNOW. Then all is well, for we maintain the even balance of the Journey to The Heights.

I hope that this week you will continue with the exercises given you in your Forty-sixth Commentary. Of course, I need not remind you that you are to "Have no Tongue." Merely do the work, and write to me when you feel that you would like to write. I often wish that I could send to all Nobles of The Light copies of letters that I receive from time to time from grateful Nobles who write to me. In the nature of the case, however, most of these letters are confidential to me as the Teacher . . . but, oh, how wonderful is my work! To have found The Way, and then to lead others is the greatest joy of life - there is nothing to be compared with it.

Have no tongue in regard to what you are doing yourself . . . but tell out the story as much as you can for others to be led to Mentalphysics.

Page 3.

The Forty-Seventh Commentary.

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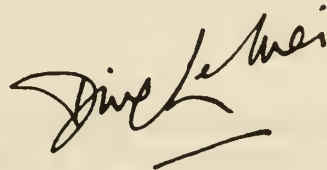
I hope that every Noble of The Light will make up his and her mind to get at least one student each month . . . write letters to your friends - send in for literature that you may hand out - speak to your friends . . . do all that the Creative Spirit inspires you to do, so that you, too, may lead others continually into The Light of Life Itself.

I know that you are doing all that you can. I know that you are helping the Institute all that you can. I know that you hold Mentalphysics - your spiritual Mother - in the same deep affection as you hold your own earthly Mother. But I want us all to do MORE. I want us all to GIVE MORE. Every Noble of The Light should be tithing himself or herself. Read again your Fourth Commentary (Pp. 3 and 4). Mentalphysics needs your help as never before . . . do all that you can, knowing that as you throw your bread upon the waters it must return to you - the Fourfold Law explains how, and you see the wisdom of giving in Your Own Spiritual Breath.

It happens to be at Christmas time that I am writing this Commentary - what a time is Christmas for giving! What a wonderful world it will be when every day is Christmas Day, the birth of spring, the birth of Life, of hope, of joy and LOVE . . . what a vista opens out before us of what is to come. And we bring it nearer as we learn to give.

May that Peace which passeth all knowledge be yours - may you know no negation of whatsoever kind throughout the coming year, and all the years, till years shall cease. My love goes to you in abundance.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope,

A handwritten signature in cursive script, reading "David LeMay". The signature is written in dark ink and is positioned to the right of the typed text. There is a horizontal line drawn under the signature.

Written in Faith at
Los Angeles 4, California, U.S.A.

End of The Forty-Seventh Commentary,
Inner Chamber.

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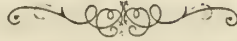
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The Inner Chamber

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COMMENTARY

48

"THE PATH OF PERFECTION" (16): Transmutation—Meditation On My Own Thought, Feeling, Action, Memory, Imagination; Hearing the Voice of The Father.

BREATHING EXERCISES FOR THE WEEK:

Same as in the Forty-first Commentary.

MEDITATION FOR THE WEEK:

Same as in the Forty-first Commentary.

My Beloved Student in Mentalphysics:

Greetings in The Bond.

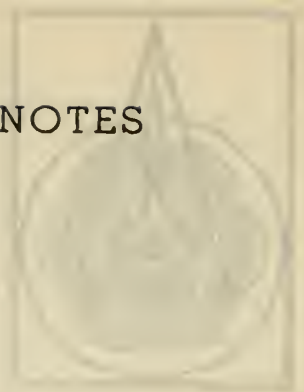
(1) We have learned that Man, as the most highly evolved organism in Nature, has the power of assimilating every lower phase of life, changing it into his own likeness. The process by which he assimilates all things under his dominion is by a mysterious, quickening process, which is inward, silent and hidden, Thus he learns the art of Transmutation.

This power, as another writer has remarked, "is the sign in the outward and visible man of that Dominion over all the earth which belongs by Divine right of original creation to the Inward and Invisible Man who is in the Image and after the likeness of the Eternal Father." Thus the act of eating becomes the outward and visible sign of that truly inward and invisible mystery whereby his mortal nature is taken up and changed into the Immortal . . . his Earth Self TRANSMUTED into the Divine Self . . . his Personality transmuted into Christhood. And just as far as we are able to realize Transmutation in principle - surrendering ourselves to the Eternal Principle - do we bring what we eat into direct relation to the quickening Life of the Spirit of Life. Similarly, as we surrender to the Eternal Wisdom of Life do we transmute thought. So that we see that the Art of Living is that art which enables us to know that breath, food, energy, thought - everything that we know as the substance of our own life - becomes transmuted into the Divine Essence of Life Itself.

Page 1.

The Forty-Eighth Commentary.

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A little involved, you will say? Well, think it over. Feel for the meaning of the words, and the meaning will be revealed.

In Mentalphysics, we have learned that the process of life is Thought, Feeling and Action - the three making the triune activity of the One Eternal Principle. Let us see what the practice of Transmutation teaches us, then, in this threefold avenue of life expression:

(2) We have learned the wisdom, and somewhat have we learned the technique of surrender to God. We know that WE LIVE IN GOD AND THAT GOD IS IN US FOR EVER-MORE, then let the following be our meditation day and night :

M E D I T A T I O N

My Own Thought -

I do utterly forsake my own thought, born of myself or of the will of man. I rest in the Universal Thought of Life Itself.

My Own Feeling -

I do utterly forsake every feeling, born of my own flesh and my own will. I realize only the inflowing of the Eternal Spirit and know my Real Self, reflected in the personality of me, as of The One.

My Own Action -

I do utterly forsake every desire of my own to action. I seek only to know and feel the Will of the Lord of the Eternal within me to do that which my Holy, Spirit-self expresses.

My Own Memory -

I do utterly forsake and renounce all effort of my own to create or remember. The Creator is within me, bringing me Wisdom - a perfect Divine Memory perfect power to perfectly create in reflection the Truth, the Light.

My Own Imagination -

I realize, through Divine Memory, Imagination and Inspiration, Only Thee - the One Eternal, Everlasting, Never-changing, Self-manifesting Source of All, the Beginning and the End, the No-Beginning and No-End . . . THAT, the Father.

In contemplating the above, we shall know that that which we see and hear and touch and smell is not the True Body. That which, of ourselves - our personalities - we think and feel and imagine and dream is not the True Body. Therefore, we renounce and utterly forsake it, so that, through Transmutation (through ever being in the Spirit of the Holy Breath) we receive the new and perfect Body . the "Perfect Mind in a Perfect Body," born of the Light of the Divine Wisdom.

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EXERCISES

Exercise 1

Write a paragraph about your favorite hobby.

Exercise 2

Describe a person you know well.

Exercise 3

Write about a place you have visited.

Exercise 4

Describe your dream job.

Exercise 5

Write about a book you have read.

Write a paragraph about your favorite food.

"I THANK THEE, LORD, FOR MY BODY. . . the True Body, Immortal, perfect as Thou art Perfect - My Body, the Transcendentally Beautiful, the Infinitely Intricate, but the most Gloriously Accurate Instrument in this Universe."

"And I pledge myself, I vow, that from this moment henceforward, nothing that I shall eat or drink, nothing that I do or say or think shall injure or abuse this Perfect Temple of the Living God, My Body."

(3) In the twentieth chapter of Matthew we read : "Whosoever will be great among you, let him be the minister ; and whosoever will be chief, let him be our servant." We see the meaning of this now from the point of view of what we have been learning about Transmutation. I advise you to practise surrender - lie and feel within yourself how heavy you know your body to be . . . how empty you seem! In due process of time we shall come to what is called the City of Emptiness - a condition where we know, through absolute surrender, how utterly empty we personally are when we know that we are actually IN GOD and GOD IN US. It is good to read about it. It is good to dream about it, but it is infinitely better to REALIZE it. We come into realization only in one way - and that is through practice. Therefore, practise!

"I will put My Spirit in you, and you shall live" (Ezek. 37, 14). "I have put my words in your mouth." (Isa. 51, 16). "It is not you that speak, but the Spirit of Your Father which speaketh in you" (Matt. 10, 20). "The Holy Spirit shall teach you in that very hour what you ought to say" (Luke 12, 12). "Not by might, nor by power, but by My Spirit, Saith the Lord" (Zech. 4, 6).

So one could quote all kinds of passages from the Bible and other sacred books, the meaning of which is obscure, but when we come to see what Transmutation really means, and can transmute, these passages become increasingly clear.

We hear the Voice of the Father within. We feel the Spirit of the Creator within and we see the effect of It without. We find rest for our souls, and we know The Great Peace.

It is as if the Father of All - the All Person - were actually talking to us, talking to you as you read, talking to me as I write. "I am One Spirit," He says. "My quickening power is upon all the living ; because of this they live and move. According to the different structure of the living, so is my inspiration manifested by them. One, as the hare, runneth away in cowardice ; another, as a lion, is ferocious ; another, without judgment, as the serpent. AND AS TO MAN : One is inspired to music ; another to mathematics ; another to seership, and so on.

TO ALL OF THESE I AM THE ONE, THE UNIVERSAL INSPIRER THAT MOVETH ALL OF THEM according to their organic structure, so do they manifest MY inspiration.

I created Man even from the first that he should learn to be an independent being, and when you think of all the Seven Kingdoms - the various strata of the Light of the One in the Universe - you realize that Man is at the apex of Nature, with power to choose, but with infinite liberty. We should contemplate these simple truths, My Beloved, and KNOW that All Is Good, and that we are all. In Mental-physics there is disclosed for us the technique, and we should ever give thanks to THAT in which we live and move and have our being for the wisdom that has come to us. It has come all in order and balance. It did not come to us before we were ready to receive and use, but now that it has come we have the liberty to choose what we shall do with it . . . whether we shall learn it and use it for

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the benefit of Every Living Thing, or whether we shall merely make it an intellectual process only. I believe that every one of us in the Inner Chamber is fully alive to our great privilege to learn - we should also be fully alive to our responsibility that knowledge brings with it. I believe we are, and I feel that as we come near to the close of another section in our teaching we know more than we did a year ago, and we are living more of what we know than we did a year ago.

For that, of course, is the secret . . . the LIVING of what we KNOW - that, indeed, is WISDOM; and we are made of Wisdom. Proof of our Godhead is seen in the harmony of the whole of Nature and super-Nature. In closing this Commentary I would like to quote here what has been a great inspiration to me for many years :

"Two kinds of voices have I, saith Jehovah - the Silent Voice and the Audible Voice. All men I created susceptible to one or the other of My Voices, and many to both. One man heareth my Voice in the breeze, and in thunder, and in music. Another heareth my Voice in the flowers of the field, and in the scenery of the mountains. And yet another feeleth My Inspiration, and he skippeth up the mountain side and tireth not on the way. He that neither seeth nor feeleth my inspiration goeth up the mountain in great labor. In proportion as man is clear in his corporeality and in his spirit, so discerneth he My Inspiration.

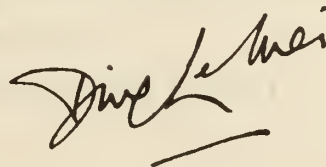
"And if he hath great purity as well, then he shapeth My Light into corporeal words."

(4) You will have much to think about in this Commentary. Be happy this week, and know that you have begun to hear The Voice that is in every land - the Voice of the Father. Be happy to know that you can never, never again go back to where you were, and that as you grow in knowledge so you grow in power, and that the more you use the power the more power will you have to do what you desire to do -- to do that which, in the evolution of life within you, it will be right for you to do to gain your right experience.

So I leave you. The sun of life is pouring into my study as I conclude this The trees bend to the breeze. The birds are about me with their song. May you feel this in your heart . . . and may Youth and Beauty and Strength and Joy and Power and Love all come along to you with this Commentary, leading you further into The Great Peace.

With My Highest Thought always, in Peace Profound.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles 4, California, U.S.A.

End of The Forty-Eighth Commentary,
Inner Chamber.

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The Inner Chamber

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COMMENTARY

49

"THE PATH OF PERFECTION" (17): Transmutation—All Religions Involve Specific Intellectual Beliefs; Important Rules for the Week to Bring Earth Into Heaven.

BREATHING EXERCISES FOR THE WEEK:

1. SILENT BREATHING all the time. Take all the early Breaths, and, sitting quietly, go through them all in your mind. WATCH, Watch, Watch all the time, and see whether you can learn something from the silence of your Breath. It is not possible for me to tell you what you will find, but I am sure that you will find beauty that you have not experienced before.

AS AN EXAMPLE : Sitting in the meditational attitude, in the Memory-developing Breath, you will find your breath become so refined that you will not be conscious of it : it will seem to stop. Then you will feel the body's whole pulsations seem to stop . . there will come the silence of an infinite refinement within . . you will feel lighter than air ---- then you will do your work, and you will feel the outpouring of The Spirit within you.

MEDITATION FOR THE WEEK:

"I AM PEACE . . . PEACE . . . PEACE.

"I AM LIFE . . . LIFE . . . LIFE."

(By this time you will be able to advance into a state of abstraction with ease, and you should come out of your meditation with a feeling of bliss, knowledge and joy).

My Beloved Student in Mentalphysics, Noble of The Light :

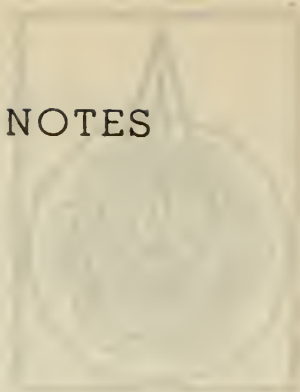
Greetings in The Bond.

In reference to the Breathings and the Meditations above, I would like to tell you a little experience that I had in Tibet many years ago. At The

Page 1.

The Forty-Ninth Commentary.

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Institute I sometimes talk to selected groups on my life in Tibet, and sometimes illustrate my talks with stereopticon views. It is not often, however, that the Spirit inclines me to try to portray my life there, for I feel that it is not possible to truthfully portray in words experiences one undergoes in an exceedingly high vibration without bordering on the spectacular.

This story will explain : In my caravan were eight or nine men, and a few pack-mules. We were resting on the top of a level upland, and, as I sat on one of the loads, I saw afar a man approaching. I looked again, and thought that I must be mistaken, for the speed at which the object moved was impossible to any human being. Continuing to look, I was one moment convinced that it was a man, and the next minute convinced that it was not . . . I must be mistaken . . . it must be a mirage, in which one can so easily be deceived. Turning to the men in my caravan, I said : "Look, what is that?" But not one of them answered me. I asked again, but they were still reticent, only one man saying, under his breath, "That is a holy man." They all looked down to the ground, indifferent perhaps, superstitious perhaps - I knew not. But, as I kept my eyes on this rapidly-approaching object, I was sure that it was a man coming towards us. Every one of us became still, watching. Nearer and nearer he came, hardly touching the ground, his head erect, . . his eyes rivetted apparently on something above him. The speed at which he went was as fast as a horse would gallop. Then I knew he was a "holy man."

He passed us at a distance of about thirty feet, and when he passed the vibration was what some would call uncanny. The truth of the matter was that he had prepared himself, through practice, - that he had control over the elements and of himself, being so AT ONE with THE FORCE, that he was drawing the matter of his body at this terrific speed by the power of his thought . . . he had "melted" the substance, so to speak.

Now, it is for us to practice in that manner - "melting" the substance of ourselves, so that we REALIZE ourselves as THE WHOLE OF LIFE, undetached, not separate, IN it and OF it, so that we have the whole of ITS FORCE at our command. The perfection of our meditation determines the point of conquest at which we have arrived.

(a) "All Religions Involve Specific Intellectual Beliefs."

All religions involve specific intellectual BELIEFS, and they attach more or less assent to these doctrines as true in the intellectual sense. All religions have literature held specially sacred, containing historical material with which the validity of the religions is connected. The religionist will tell you that it is true . . . but most often he does not know, through personal practice, how he knows that it is true ; but he will tell you that "It says so in the books." So far, so good. But in Mentalphysics, we refuse to be satisfied with what is in the books - we know that the only Book is The Book of LIFE ITSELF, and we take our knowledge from The Book of Life because we READ it through our own personal PRACTICE of the Law.

A gentleman wrote to me the other day, and his letter was the very finest example of verbal expression - not an error, words in their right place and the meaning of what he wished to say quite clear. This in itself is a rare gift, for few people have the power to say what they mean. I was entranced as I read his letter until I came to the part in which he began to talk about himself, telling me that he was suffering from "insomnia" (the easiest thing to overcome) and "impotence." Do you see why I am telling you this? I am telling you this to point out the difference between theory and practice - between the full expression of life and

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These are but a few that come hot to my fingers as I write - you will think of many more. Put them down on paper, file them with this Commentary, and then in a few weeks come back and see wherein you have come nearer to mastery. Mastery is the result of doing ; and our life is measured by what we do. But when the whole world comes to know what we now know, that it is The Lord of Life that acts through us, and does our seeing, our hearing, our speaking, our thinking, our feeling, our whole living THROUGH us, what a world it will be to be sure!

And that, it seems to me, is what we should constantly keep in our minds - the vision of what this fair earth will be when it has been transformed - through the means of learning The Law which we are now learning - into Heaven . . . HEAVEN!

THIS IS TO BE THE TRUE SCIENCE OF THE FUTURE . . . TRANSFORMING EARTH INTO HEAVEN. . . TEACHING MEN EVERYWHERE TO LEARN AND TO PROVE THAT THEY ARE THE CREATOR IN HUMAN FORM . . . AND WE ARE ENGAGED IN DOING IT NOW. How grateful we should be - and we are grateful.

And we succeed in doing as we succeed in listening to The Voice, wise if we hear Its direction. As the neophyte overcomes the old order of generation, and attains to the order of the Divine Life through regeneration, he attains his spiritual majority and has a vote in the councils of the Almighty. As he attains to a perception, understanding and practice of a life in harmony with Divine Order as it is established on the earth, in answer to the prayer "Let Thy Kingdom Come," he advances the Law of Life everywhere among all people with whom he comes into contact.

Then, no matter what troubles seem to assail, - whether on the physical, mental or spiritual plane of life, - have no fear . . . all is well! We are going through experiences that are necessary for us to come to KNOW. Not until we KNOW can we properly DO - and this should be our constant thought - that we are being refined as Elder Brothers for the work of the Eternal Law, co-workers with God, custodians with God the Eternal Archives of Wisdom and of Light and Of Love.

Rejoice . . . give thanks . . . be happy.

Peace be unto you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles 4, California, U.S.A.

End of The Forty-Ninth Commentary,
Inner Chamber.

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OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

50

"THE PATH OF PERFECTION" (18): Transmutation Concluded—
Repression of the Law of Sex; Divine Principle in Its Sevenfold
Force; You Have the Secret—Use It.

BREATHING EXERCISES FOR THE WEEK :

L. Practise the Balancing Breath every morning -
not after twelve noon.

MEDITATION FOR THE WEEK :

1. Spend much time in meditation this week. Take ALL the meditations from the start of the Initiate Group Course ; write them down, each on a sheet, and write in your own words your conception of them in the light of your deeper knowledge.

(If you care to send them into me, I shall be happy to scrutinize them and make comment thereupon.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

By this time we have come to see what true Transmutation means. If there is a single FEELING (for we have seen that Man as he understands himself on all planes of consciousness is Feeling) in the whole of your life which you hesitate to submit to the rule of Transmutation, you know that you do not want it to be transmuted, and until you yield it you are not whole-hearted for the Highest. We cannot expect to do this all in a day ; the important thing is to know that you are on your way, and that there is a willingness in your heart to submit all of your life to God by the process that we have been reviewing.

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(a). Choose the Creative Word.

A good rule is : Whenever you feel either attraction or repulsion, whenever you feel any "desire", and with it there does not come the full knowledge as to whether it is right for you, then mentally choose a creative affirmation . . . repeat it until it has transmuted the feeling so that you are conscious of 'the Word only -- this will lead you into a state of oneness with God, and you will not therr in your action. You are aiming at a life in which your involuntary impulse and desire will always move in unity with your Divine Self, - that sub-human, human and super-human may act as one Man, as God.

This practice will become a habit as it is continued. There is no place for sentiment ; the finest accuracy is essential, just as a business man runs his business, with constant watchfulness. Particularly shall we find this important in matters such as sex. Heavy laden with the burden of sex, how are men and women to "become as little children" so that they may "enter the Kingdom of Heaven?" One wise man has said that there will never be a perfect marriage until men and women learn Transmutation of Sex. One might add that as man is only a half, and as woman is only a half, there cannot be the Whole in either man or woman until Transmutation of Sex is understood and practised. But most men and women only want to be halves - they want to suffer attraction and repulsion, reacting to each other as male and female, prolonging the strife of opposites. Yet anyone who has known love without sex knows that it is a thing of infinite beauty.

But just as we are brought close to this divine idea through a consideration of the all-consuming subject of sex, so we may broaden our view of Life in all planes of manifestation and see what a future lies ahead on this earth when all men and women have learned Transmutation, so that it affects EVERYTHING IN THEIR LIVES. . . . when Man has become One with God, and God is expressing FULLY through every human being.

(b) Children Are Un-Self-Conscious of Sex.

A little child is entirely unconscious of sex. It is un-self-conscious of either male or female. But there goes on in the child a process of natural reproduction, although there is neither expression nor repression of generative energy in any activity or consciousness of sex. It is true that the expression of generative activity produces prostitution, diseased children and many other "social evils". It is equally true that its repression accounts for the greater part of the "nervous troubles" which become steadily more and more serious.

You will know, as I know, that man is falsely trained from boyhood to believe that expression is the law for him, for "his health depends upon it!"

Woman is falsely trained from girlhood to believe that repression is the law for her. This absurdity results in clandestine association, in prostitution and so forth, and all kinds of concurrent deception. The cure for prostitution and accompanying and resultant wrongs will never come until both boy and girl are taught the Truth of Sex, and trained in the re-direction of desire and the transmutation of energy as we are being taught in these Commentaries. The generative instinct can, of course, be directed into paths of regeneration, and it will be a holy day indeed when such matters are taught to the young in their regular school curriculum.

Into this glorious truth we are now introducing ourselves, and I repeat that the more we can engage in Transmutation as a whole - becoming ONE WITH GOD - through

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a contemplation of the physical energy, transmuting it, raising the earth force into the Kingdom of Heaven, bringing the physical power into mental and spiritual power, the sooner will we become masters in very truth. The generative processes which are going on in our bodies throughout our lives then become the regenerative processes . . . and as regeneration, Transmutation, "lifts us up on high", we come into the consciousness of THOU IN ME, and I IN THEE for evermore, and we LIVE according to our higher consciousness.

(c) Never-Ending Reproduction.

Man generally has never realized the possibilities of these facts about himself, and rare indeed is the man who is awake to the fact that he is ALWAYS reproducing himself, always reincarnating, always re-making his body according to the pattern of his own beliefs and desires.

We Nobles of The Light have started on this mysterious journey. We are learning that through Transmutation we shall attain to the Wholeness, the Unity, of Spiritual Man who is neither male nor female, but both natures regenerate in ONE - in God. Reproduction will teach us that LIVING beings REGENERATE themselves.

We come, then, through a knowledge of Transmutation to know the seven divine principles -

The Divine Principle of the God-Self.-The principle in which all men are manifested, and in which all true men live, the principle that says "Thou shalt have no other Gods before me," the principle that says "I am the true God-Power - I must put no other attainment ahead of my own, for to lift myself to The Heights I must know this, and lift others to The Heights I must be there myself."

Divine Principle of God-Realization.-The principle of understanding and knowing life as it truly is. In energy we find the God-Power and in correct application of it we find the God-Life. Thus our Divine WORD is "I AM, therefore I KNOW" . . . and I live what I know.

Divine Principle of Attunement.-This principle conducts us to the calm attitude of Peace. We thus come to KNOW the God Energy, and can mould it into any form, mood or interior consciousness, and thus again adapt it into action to do the Will of God and know ourselves to be a positive part of the true essence of Nature.

Divine Principle of Perfection.-As man is the highest manifestation of Cosmic Energy, he must hold himself constantly in the consciousness of Cosmic Perfection. He knows that "Whatever the Creator is, I am" and "I know I am the I Am."

Divine Principle of All Seeing.-Attuned to Perfection, and being the master of meditation, the student is ever "entranced", so to speak, and reaches the realm of reality of The Absolute - he comes to know God. In all that he says and thinks and feels and knows, he is ever in the Presence - hence his life is a life of Perfection.

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Divine Principle of All Knowledge.-Similarly, the student, by living what he knows, contacts knowledge of The Absolute and through constant practice of the realization that he is in The Presence, comes to know all things, and again, through practice, comes to do all things without erring.

Divine Principle of Power.-Observing the principles of All Sight, All Knowledge and Attunement, you possess all Power, for you contact it at its source and have the understanding with which to use it. Thus on all planes your life is complete.

We in Mentalphysics have the Secret. Let us USE it. In a word, it is Transmutation.

I trust, My Beloved, that you are increasingly finding Joy - you are JOY, and Health, and Light, and Power, and Beauty, and Peace . . . you are ALL that there is ; it is your Divine birthright, lost through the ages but now recaptured. May your Highest Self so instruct you that your life in all its expression be the outpouring of all that you are evolutionarily capable of expressing through knowing. . . through living what you know.

And in closing may I ask you what you are doing for The Institute, and for your fellow men? Are you bringing in students - if not, why not . . for you know that the only end and aim of your life now is to work for others and lead others to The Light. I wish that you would give this much thought. Just as your own life cannot again be what it was - just as you cannot ever again throughout eternity slip back into the old consciousness of fear - just as you know that you are on your way to The Heights, so must you realize that there are countless numbers of human beings, your brothers and your sisters, who are also seeking as you were seeking before you found. Therefore it is your sacred DUTY to seek for them. If I were you I would make up my mind to get one student every month, and I can only say again, what I have said many times to you, that there is no satisfaction anywhere to be found such as leading another into the Light of Divine Wisdom.

I trust that you also are using the little depositories - this is a great secret ; and I advise you most strongly to use your Depository daily. If you are not using them, please write personally to me in the matter.

I leave you in the highest vibration of Joy. Be happy - oh, be happy and give thanks always, without ceasing.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles 4, California, U.S.A.

End of The Fiftieth Commentary,
Inner Chamber.

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OM MANI PADME HUM



The Inner Chamber of the Science of Mentalphysics



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COMMENTARY

51

"THE PATH OF PERFECTION" (19): Ascending the Heights—Retrospective; The Importance of Practice; We Are in a New World of Our Own Making.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

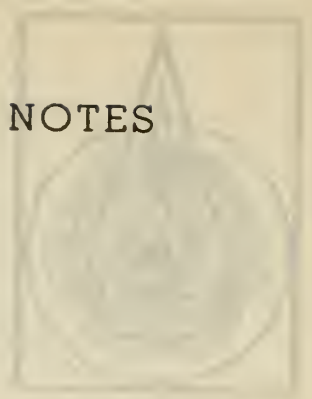
In our last Commentary we saw that we had come to

- The Divine Principle of THE GOD-SELF
- The Divine Principle of GOD-REALIZATION
- The Divine Principle of ATTUNEMENT
- The Divine Principle of PERFECTION
- The Divine Principle of ALL SEEING
- The Divine Principle of ALL KNOWLEDGE
- The Divine Principle of POWER.

In this Commentary I wish to ask you to let your mind dwell on the progress that you think you have made in the understanding of Life Itself since you have been in Mentalphysics. Therefore, let us be ABSOLUTELY HONEST - not afraid of anything or anybody, and let us go into the secret place of the Most High within us, and ascertain where we actually stand in relation to our Higher Selves as we know ourselves now and to The Higher Life which we feel we are unfolding into. Be true. Be brave. Be honest. Analyze without any alibi, without any excuse. If you are not making the progress that you think you should - why not? If you are, Give Thanks!

Do you actually KNOW YOURSELF to be the Divine Principle - The Creator in human form, so that every moment of the day you are conscious of this one transcending fact of life? Do you wake with the thought - do you throughout the day feel that you are directing the Divine Principle and that it is directing you in all the activity of your life. As I write to you, I ask myself this same question. And it seems to me that, looking back, I am much more conscious of this truth than I used to be some years ago. I am able to keep my body fatigueless and full of energy at all times in all conditions. I am able to actually FEEL that my Body is the Temple of the Living God, and the feeling causes me to KNOW the Joy of Life, the Beauty of Life, the Power of Life --- and to an increasing extent, through practice, to know the LIFE OF LIFE within me. And thus I feel I can say that I can truly know myself to be the Creator in human form.

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In Mentalphysics we must not drift into an "understanding" of the truths we are learning. That is so common among so-called metaphysicians. WE MUST LIVE WHAT WE KNOW, and must never for a single moment lose the FEELING (and we understand this now, through our Commentaries on Transmutation) that we are in the Presence, that our bodies are the Temples.

(a) The Importance of Practice.

And that naturally means that we MUST PRACTISE. There is but one royal road to illumination and enlightenment and that is PRACTICE, PRACTICE, PRACTICE!

To become a pianist, we must practise. To become a singer, we must practise. To become a lawyer, we must practise . . . and so on - every phase of human activity needs practice, and practice only, to lead us into efficiency.

Of course, you will meet many who will tell you that there is no need for practice. In one of my classes in New York, at one time, there were two brothers and one sister. One of the brothers came into Mentalphysics for the express purpose of curing a rupture, and the other brother was crippled up with rheumatism. The sister came in "merely because the boys were interested". She, however, worked hard and practised faithfully, and the brother with rheumatism did all that he was told to do. The result was that these two quickly changed their whole life outlook and expression. The other brother was a college professor, and regarded Mentalphysics as a very fine intellectual teaching, but was disinclined to maintain with zeal his spiritual practices. After six months, with the one brother conditions were so wonderful that he lost all his rheumatism, and is today a wonderful specimen of a man, a faithful student and practiser of Mentalphysics. The sister is a wonderful soul, and has found her God. The other brother is still floundering.

When I came to inquire about this trio, I found that the college professor was everlastingly talking about Mentalphysics to his brother and sister. "There is no need for practice," he told them. "We ought to be able to do it in an instant. Why should I have to spend time in meditation every day? Why should I have to do this - why should I have to do that?"

In that manner he not only robbed himself of a priceless heritage, but he unconsciously tried to rob his brother and sister of what they were gaining for themselves. After four years, this brother is anxious to get better - he is almost bedridden now - but he will not "toe the line". And God says to us that we MUST "toe the line." We MUST obey the Law. The whole Universe is ours - and in Mentalphysics we know that the universe is My Whole Body - but we can only come into possession in ONE WAY . . . that is, by recovering our lost birth-right and learning the secrets of life, and then LIVING EVERY MOMENT WHAT WE KNOW.

(b) Your Own Thursday Night

Therefore, My Beloved, at this stage of your development, I counsel you with all the truth that I know - keep up your practice - Never mind what others say - you have come to know somewhat of The Law . . . do not rob yourself ; allow none to rob you of what you have learned.

Moreover, if as you read what I am now writing there steals into your mind any little doubt, you must regard this as a warning from your Higher Self not to let go, not to become indifferent. God is not mocked. Nor are the Higher Ones, and when once we have invoked their aid they see to it that if we turn our backs

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Introduction

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Conclusion

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upon The Light we suffer as a consequence - it is The Law. Let us all together go on, then, to conquest. Avoid any longing for the spectacular. Just BE HAPPY all the Day and GIVE THANKS.

It is possible that you need to look a little more deeply into the ORDER of your Life. You may say that you have not the "time". You will never have more time than you have now. If I were you, I would make Thursday night your OWN night. Let there be no appointments, and refuse to allow anything to interfere with Thursday night. Then, take your Commentaries, and study them consistently, knowing that from 7:30 p.m. till 9:15 p.m. - Pacific Standard Time - the Inner Chamber is in solemn conclave here at the Institute - and that you are with us here.

It is necessary for you to master your Commentaries step by step, and I realize that there is a great deal that you yourself have to "dig out". Truth is in you - you ARE TRUTH. It is YOU who must be the analyst ; I, as your Teacher, can only be your guide. Thus we must all work out our own problems, but Mentalphysics is the royal tool which we have been privileged to use.

And at this stage of your development, you must remember - never forget to remember - that there are countless thousands who were where you were before you came into The Light through Mentalphysics. They are the "field", and the "field" is ready for the harvest. In a single word, I know no better suggestion to make to you than to endeavor every month to get one student for Mentalphysics. I can but repeat that this will bring you the HIGHEST joy. When you understand fully the integral meaning of Aggregation, you will not need to be counseled to do this - you will see that this is the ONLY thing for us all to do in life . . . unselfishly, untiringly working for the benefit of our fellow men. And throughout eternity we shall increasingly come to know that we are linked with those who are brought into The Light through our efforts, a strength to our souls and a blessing to our spirit,

During this week you should read all the Commentaries that deal with Transmutation - from the Thirty-third Commentary onwards. Make your own notes ; do your own analysis : each day, and every moment of the day, KNOW (because you FEEL) that you are transmuted into The Kingdom, that you are in immortality now and walking as an immortal among mortals . . . not in pride of heart, but in the deepest gratitude and humility of spirit, being happy and giving thanks unceasingly as you follow The Path.

(o) I am the Master of my Fate.

Next week we shall open into The Vibro-Magnetic Breath, and teach its inner Meaning. As you will recall, the Vibro-Magnetic Breath is the first truly electrical breath - it is the first truly charging breath. You have come through the Memory-developing, the Revitalizing, the Inspirational, the Perfection Breaths . . . and now, understanding the laws of Right Living, you are ready to go forward into Right Effort through the understanding of the Vibro-Magnetic Breath. Established in the Truth, knowing the essentials, we are now ready to go on and turn on the current, so to speak, in the Vibro-Magnetic Breath. I know that you will greatly enjoy and be enriched by the Commentaries that are to come to you during the next few weeks.

With all my heart I hope that you can say with absolute knowledge - "I AM THE MASTER OF MY FATE."

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But Fate - what IS Fate? We use words glibly, knowing, yet not knowing their meaning. FATE - an irresistible, irrational power determining all events in our lives, with no manifest connection, or reason, or rightness. Is it that? Or is it, as some think, Predestination? . . . all the events being determined by a Power other than ourselves? Or is it Necessity? . . . that which cannot but be?

Nobles of The Light, IT IS ALL THREE.

"There IS a Power that shapes our ends, rough hew them as we may" . . . and there IS a tide in the affairs of men, which, taken at the flood, leads on to fortune. (The Power, as we know, is our Higher Self.) The forces of Nature are blind forces, yet they are not blind - and you have only to think back over your lives to know this . . . THEY ARE ETERNAL, UNALTERABLE FORCES, seeing far ahead. IT IS MAN WHO IS BLIND, for he does not see the direction or the object of the forces. Fate is an irresistible force that determines events. It is Predestination, for the events are "pre-ordained" by ourselves. It is Force other than ourselves, if we see it that way. It is Necessity, for the events cannot but be, for they are the effects of causes. We start a fire ; the fire is inevitable. We can cancel the fire with water - that is inevitable, too.

(d) You are the Controlling Power.

Who, or what, then, is the controlling power? The answer is, and must ever be, no matter how many words we use to try to explain otherwise, THE CREATIVE SPIRIT. But most of us did not know until we learned in Mentalphysics that "Whatever the Creator is, I am" ; and, therefore, for us (as for the majority of the people in the world today) FATE was "black as the pit from pole to pole." The events of life were pre-ordained by a power we thought to be other than ourselves --- which is true, and yet not true. We were creatures of Necessity, for the events that came to us could not be avoided, nor did we know how to avoid or cancel them.

NOW WE KNOW THAT THERE IS NOTHING WRONG WITH LIFE OR THE WAY IN WHICH BY INFINITE WISDOM IT IS CONDUCTED.

WE KNOW THAT IT IS WE WHO HAVE THE POWER TO MAKE WHATEVER WE DESIRE OF ALL THAT WHICH GOES TO MAKE UP OUR LIFE.

IT IS WE OURSELVES WHO DO IT ALL - WE ARE ALONE RESPONSIBLE.

WE OURSELVES CREATE THE EFFECT OF TOMORROW IN OUR LIVES BY THE CAUSE OF TODAY. (A horse cannot cancel fire with water, because it does not know how. Man is just the same as the horse so long as he remains in ignorance of his TRUE nature, so long as he remains the creature of Fate. There is no Fate. Ignorant of the LAWS of Nature, men and women must remain the flotsam and jetsam that will eventually be cast up on the beach, high and dry, to bleach in the sun.


In what men call FATE, there are two factors - CAUSE and EFFECT, that is all that we have to learn.

We are learning this, and we are in a new world of our own making. Let us Nobles of The Light REALIZE this, and, Giving Thanks continually, seek to spread The Light among the Toiling Pilgrim wheresoever, howsoever, whensoever we meet him.

Peace be unto you - until next week, rest in the review of your own Commentaries, in Light . . . and Joy . . . and Reverence . . . and Peace.

Written in Faith at Los Angeles, Calif., U.S.A.
End of The Fifty-First Commentary Inner Chamber

Sincerely your Teacher, in
Fraternal Bonds of Joy and Hope.



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OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

52

"THE PATH OF PERFECTION" (20): The Vibro-Magnetic Breath (1); Secret of Cause and Effect; At the Cross Roads—Beyond the Cross Roads; Loss of Self in Non-Being.

BREATHING FOR THE WEEK :

1. Breathe the Vibro-Magnetic Breath, physically, three times in the morning and three times as soon after sundown as possible.

(You may do whatever other breathing that you wish, but you **MUST** breathe the Vibro-Magnetic at least six times during the 24 hours.)

MEDITATION FOR THE WEEK:

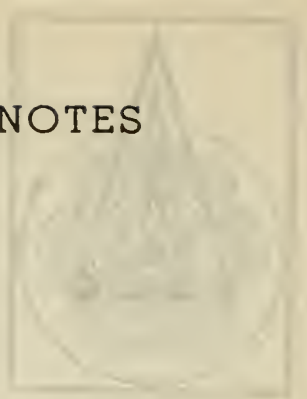
1. "THOU ART MY LIGHT . . . THOU ART MY LIGHT."

(Think of the many meanings that you can give to the word "Light", and meditate upon them as your Higher Self inclines you to meditate. . . Pray without ceasing.)

My Beloved Student in Mentalphysics, Noble of The Light :
Greetings in The Bond.

In our last Commentary you will recall that we spoke of "F A T E" - and we know there is NO Fate. There is but Cause and Effect. These are the two factors. When men are stricken with what they call disease, it is an Effect, . . the Cause lies buried in the Unconscious Mind, so called because we are not conscious of it. You have met many people, and so have I, who do not wish to learn, or to know - THEY DO NOT WISH TO KNOW. The possibility of escape from "Fate" by hearing and living the Truth is literally abhorrent to them, and they consequently have to submit to their self-imposed tyranny. They do not know that their condition is the effect of their own actions in ignorance of The Law. We know that cure of anything - physical, mental or spiritual - is not possible until the CAUSE of wrong thought is lifted out of the unconscious into the conscious. Strange as it may seem, many people will rather face death than face a cure for their trouble, and among such people are to be found many who are steeped in book-knowledge, BUT WHO ARE IGNORANT OF THE LAW AND THE WAY IN WHICH IT WORKS WITHIN THEM AND ABOUT THEM.

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Therefore, such people imagine that all that goes wrong is the cause of "Fate", something external from themselves, all ignorant that they are reaping the EFFECT of causes sown by their OWN thinking and their OWN conduct.

As I write I feel that when you read you will feel this to be absolutely true. You will feel happy that you have come to know. You will feel your heart singing in Gratitude, for, for us, now that we know that WE ARE THE CREATOR IN HUMAN FORM, the whole picture changes. Our outlook is one of Hope and Courage and Power and Final Realization. What have we to care or to worry about - We know ourselves to be The Law, and all that we can do is constantly to raise our hearts in gratitude, "I thank Thee, Lord . . . I thank Thee . . . I am glad . . . I rejoice, and give thanks for the knowledge that the Lord of Me is the Law of My Being enthroned in the All That There is."

At the same time, My Beloved, we must watch - ever be watchful. We know that Man's consciousness is capable of INFINITE expansion and for the entertaining of countless millions of ideas - good or bad. (Think of your memory, and see that it is possible to store your memory with countless, countless ideas.)

(a) The Vibro-Magnetic Breath.

Thus do I introduce to you the subject of your VIBRO-MAGNETIC BREATH, for it brings us to the cross-roads in our practices in Mentalphysics. No matter at what stage you may be in Mentalphysics, - whether in the Initiate Group teaching, or far far along in the Inner Chamber, the Vibro-Magnetic Breath will always be the midway point. In your Commentaries so far you have gone through what we call the "Melting Process". There has been revealed to you the Golden Light - the Secret of the Golden Flower. That is the first secret, the discovery of The Light. Though differing in form and style (and differing also in physical movement, with consequent differing mental results), the Memory-developing, the Revitalizing, the Inspirational, and the Perfection breaths have much in common in the fact that each is a separate means of unlocking and diffusing The LIGHT,

While alike, they are also quite unlike, for each has its own work to do in the physical organism and in the mind. What I mean is that the work that is done in the body when you are breathing the Revitalizing Breath is quite different from that of the Vibro-Magnetic. Each of your Eight Key Breaths, which you were given in the printed form in the Initiate Group Course (or, if you went through class under my personal direction, were given to you then), is a separate stepping-stone for us as we pass across the Great Divide . . . or as we come from the Outer Darkness into the first visibility within us, . . . or as we come from the extreme outer circumference inward, with faces filled with joy as we see, as yet afar off, the Center of Centers where burns, unfanned by aught, the Golden Light of Life Eternal. So each of these Breaths has contributed to the "Melting Process". The substances have been melted, and we have come to feel the surge of the Light within us in many ways of feeling, and we have through the Melting Process come to know Transmutation.

But we have a great work to do, for we are laying the foundation stone of eternity, and we must not go too fast. Indeed, we cannot go faster than we are evolutionarily able to go - though some want to go faster than is possible for them to go.

Having come through the "Melting Process", we are ready for the "Mixing Process".

When I say that we have come through the Melting Process, I mean that in our practice we have been led out so far into The Light that we have caught glimpses, or dreamed dreams, or had visions of what our True Nature is . . . and we have been

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inspired with our own thought that Man, without understanding of the Divine Principle, will go through this life with no greater wisdom than he came in with. And the glimpses that so far have come to us seem to assure us that, to regain a full understanding of his own True Nature, man has to revert to and re-attain that germ of the Divine Principle that once he fully knew . . . a germ capable of being so stimulated into activity as to raise the personal consciousness even to the point of unity and Oneness with the Universal Mind.

One Noble of The Light will view what he has learned in one way, another in another . . . but ALL of us through practice have come to find that man's "Earthly Heart" (consciousness) can be metamorphosed, reversed, turned as it were inside out and outside in, so that we go on to the realization of the "Heavenly Heart" (the Divine or Christ Consciousness).

In this Commentary, let us analyze a little : We have learned that the Body, and the Mind, form the tool that as willing apprentices we use - we have no other. But we have found that man must rise above external nature to which he is tied as to a wheel. We know also that, unless he gets away from external nature, unless he breaks down the appearance, with the persistent strength of his consciousness, seeking the within from the without, he can never reach the REALITY. Through our practice - and through practice alone is this possible - we have learned, in exact relation to the intensity of our practice, that REGENERATION DETACHES US FROM THE CLAIMS OF NATURE and REAWAKENS US TO THE SUPERNATURAL PRINCIPLE THAT IS INHERENT IN ALL OF US.

(Important Note.- You will notice that in your Commentaries I have purposely called the same thing by many names. This is by definite design, so that we may avoid all narrowness. At the start of your study in Mentalphysics I charged you to read little, to "Have No Tongue," to be narrow in the avenues in which you think, and so on . . . why? So that the seed shall take root. But now that the seed has taken root in our consciousness, then we may explore the whole realm of science and art and literature and philosophy and any other study. But then we will discover that we have learned in Mentalphysics the very KEY OF KEYS, for through Mentalphysics we come to understand all things that we encounter in the Universe Within and the Universe Without. And you can be assured, my Beloved, that in Mentalphysics we have the final doorway through which to realize the Ultimate, and the actualizing of the potentialities of Soul and the Realization of the Eternal NOW.)

(b) At the Cross Roads.

Now, I am inviting you to go far away back again in your Teaching. I want you to take the printed sheet which shows the illustrations of your Vibro-Magnetic Breath, and study the technique just as if it were a new thing for you. You will read the instructions as to how to breathe the Breath ; you will study, the spiritual affirmation that follows it. (You doubtless have memorized this long ago - now I want you to think about the affirmation and see whether you can see WHY)

"I think of the Loveliest Thing I have ever known, . . . etc., etc."

Think WHY the three movements of the Breath - the three swings. Think about the whole of the technique of the Breath.

I want to impress upon you the need of analysis of the Vibro-Magnetic Breath, and the analysis comes under two heads ----

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- (a) The Physical.—You will probably have noticed that the three previous Breaths (the Revitalizing, the Inspirational, and the Perfection) are felt most in the front of the body ; that is, you will have seen that they develop the front of the body more than the back of the body. Coming into the VIBRO-MAGNETIC, we find that we begin a technique that develops the back of the body. (Practise the Breath, and you will see what I mean - that is, if the posture be perfect, and the buttocks anchor the body correctly.)

Do this Breath slowly once or twice, and see if you can feel the effect of it in the body - the parts of the body that you feel it most, the sensation that the breathing brings, and so on. You should feel a great rush of force up the spine as you hold the buttocks and retain the breath in your body.

- (b) The Spiritual.—Read over the Spiritual Affirmation, and think about it. WHY am I to think of "The Loveliest Thing I have Ever Known"? You will see that many ideas will come to you, and the one I wish now to give you is that while you are thinking of the LOVELIEST thing you have ever known, your mind cannot be occupied with any thought or picture of a lesser quality - and this picture will become clearer and clearer to you, so that whenever any negation approaches "The Loveliest Thing" will come up before you, and so dispel the lower negative thought.

Therefore, enter into a critical analysis of your Spiritual Affirmation to this Breath, in the light of what you have so far learned - and great Light will break into your mind.

You already know that you ARE THAT. Then, FEEL it.

(c) We Go Beyond the Cross Roads.

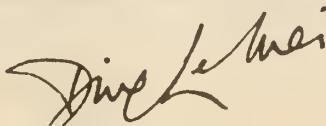
With this practice during the present week, you will prepare yourself for going on beyond the cross-roads. You are ready for your Journey to The Heights, and you are choosing the right road. So far it has been made clear to you that with the circulating of The Light, moving in circles within you, there has come a certain physical and mental purification. In your Commentaries on Transmutation, it has seemed that, as you have watched The Light at work, there has been in the center of your Being a Non-Being, for you have seemed to lose yourself in this Non-Being. Then, as with practice you have watched further, you have seemed to have developed within you an inner Light so strong that you have found that you can go further. And you have gone further, only to discover that in the center of the Non-Being there was embodied a Holy Being, hidden, mysterious ; . . . and with the finding of this Being . . . God, the Almighty Father . . . you are on your way to understand and know ALL.

We have a beautiful time of study and practice before us during the next few weeks, and therefore I ask you this week to remain in the spirit with your Teacher . . . be close to me all the time. Imagine our work here at The Institute. Feel that you are a part of this great movement, and that you are doing all that you can to bring others into our ranks. Look forward with pleasure to your next Commentary . . . and for this week, Be Happy and Give Thanks again.

And when this Commentary comes into your hands, feel that it rides into your soul on the waves of Light and Love and Joy and Strength and Youth and Life and Peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.
End of The Fifty-Second Commentary,
Inner Chamber.



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OM MANI PADME HUM



The Inner Chamber of the Science of Mentalphysics



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COMMENTARY

53

"THE PATH OF PERFECTION" (21): The Vibro-Magnetic Breath (2); Instincts Cause the Outward Flowing; Practise Emphasized for Steadfastness and Freedom.

BREATHING FOR THE WEEK :

1. Same as in your Fifty-Second Commentary.

(I can only repeat that YOU are to be the judge as to what physical breathings you are to carry out now. I would go so far as to say that you need not do any physical breathings if you are SURE that you can breathe mentally and get the same results. BE SURE that you do not need practice of physical breathing, however, before you discard your early practices.)

MEDITATION FOR THE WEEK :

1. "I AM THINKING OF THE LOVELIEST THING I HAVE EVER KNOWN."
2. Take this Meditation, and formulate in your mind, through feeling, what you learned in your early work in the Vibro-Magnetic. Refer to the whole Meditation as it is printed on the illustrated sheets of the Breathings, and analyze its meaning. I would keep a record of what you think, for future reference.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Turn back to your Fifty-Second Commentary to page four, and re-read the paragraph (c) We Go Beyond the Cross Roads. . . . "And you have gone further, only to find that in the center of the Non-Being there was embodied a Holy Being, hidden, mysterious ; . . and with the finding of this Being . . . God, the Almighty Father, . . you are on your way to understand and know ALL."

Let us think of this a little further. I am sure that in your meditation you have experienced this feeling within you. It is as if we look at the sun : all is so light that it appears to be dark. It blinds us if we hold our eyes

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long in the face of the Sun. The Being, the life of the physical world, is in the Sun ; the Sun in you and me is the Eye, the Single Eye, the Inner Eye, the Spiritual Eye. When we began our practice we found out all this gradually, but felt that the power that we developed was flowing outward from us, or downward, or away from us. (This is important to recognize - think upon it.) We were conscious of the Golden Light flowing from us, and we seemed to know that it was constantly flowing through us, outward. But with practice we are to find (through feeling) in our Vibro-Magnetic Breath, that we are not in this Light, but that the Light is within us, that WE ARE THE LIGHT. We are to discover that the Light flows inward not outward, upward not downward, flowing backward, not forward. THE FLAMES OF A FIRE PRESS UPWARDS.

(a) Instincts Cause Outward Flowing.

I daresay that you may wonder what I mean in what I have just written, and I wish that I could put it more clearly; but I cannot - YOU must make it clear to yourself through PRACTICE.

Let us think together on this for a moment, for it is important. When both eyes are looking at the things of the world the vision is outwards. If one closes the eyes and reverses the look - inward instead of outward, upward instead of downward, backward into us instead of forward and out of us, "Looking," as the Oriental philosopher says, "into the room of the ancestors" . . . THAT is the way to open unto us the Elixir of Life.

When the instincts of us are stirred (as in sexual feeling, for instance) we feel that the power of us flows downward or outward (as is true in the dischargement of any product that leaves the body) - it is downward, outward, away from us, and the power seems to proceed from within us before it leaves us. We see it clearly with physical substances that leave the body, and a little practice will convince us of the same principle in all phases of life, particularly our emotional life, and with our higher forces.

BUT THAT IS NOT THE WAY FOR THE DEVELOPMENT OF
THE LORD OF THE ETERNAL WITHIN US.

THAT IS NOT THE WAY FOR US TO DEVELOP THE LIGHT
WITHIN US - it must flow upwards, not downwards.

When the true force of us (and we Nobles of The Light should now know what it is) is held back by the force of thought, so that it penetrates the crucible of the Creative Center, and refreshes us in the physical body, then we know what the "Backward-Flowing Movement" is, which leads us to the eternal spring from which all rivers of Life take their source.

(b) Re-Emphasis of Practice.

My dear Noble of The Light, all this may seem obscure, yet it is not so when we practise. In our earlier Breathings we may say that we have had our minds centered upon the gross side of our bodies and natures, and we know that the work of strengthening and purification has successfully taken place - this is inevitable, precisely according to the sincerity of our heart and the rightness of the

THIS SPACE IS FOR YOUR OWN NOTES

method of our practice. We have experienced some joy in having practised, so far as we have gone, the Commentaries on Transmutation, and we are not afraid to go on. In the Vibro-Magnetic Breath we go from the gross to the subtle, from the outer to the inner, from Being to Non-Being, only to find that, as we penetrate further, the Truth of BEING is successfully and gradually revealed.

This may not be understood spiritually by you. If not, it is because you have not made that progress in the life within that will allow you to make this REAL to yourself. But, no matter how far upon The Way we have gone, the principle as I am trying to describe it, is precisely the same, whether it applies to the Outward-flowing or the Backward-flowing movement.

One philosopher has said :

"By concentrating the thought, one can fly; By concentrating the desires, one falls. When a man takes little care of his thoughts and much care of his desires, he gets into the path of depravity. Only through contemplation and quietness does true intuition come."

We can now see that it is through the Backward-flowing movement (true Transmutation) that we come to the control that the philosopher refers to. All methods take their source in quietness . . . THE SILENCE IS THE HOME OF MAGIC, for all things are born there ; and, Noble of The Light, never forget that until it is made known to us . . . until WE penetrate the mystery . . . all knowledge is embodied in Mystery.

All knowledge is embodied in mystery until we make the knowledge our own. Life seems, however, ever to be in the center of our life calling out in commanding tones, "Forward, forward, into the UNKnown." Or do we hear it as "Forward, forward, into the KNOWN!" Whichever way we view it, we know that we must ever be seeking for that which alone is our power - and that is Knowledge. We are ever grappling - consciously or unconsciously - with the problems of Life and Death . . . and we know that what we have regarded as "death" is also Life. We are all investigators, we cannot help but be, conscious or unconscious investigators. In outlying fields of official science or in the still more distant fields of unorthodox inquiry, our minds are ever grappling with the secrets of life and death, and for us in Mentalphysics we know that there are ever new vistas of splendor and knowledge. I feel I may say that to everyone of us in Mentalphysics, from the Initiate Groups onward, we have initiated ourselves into an entirely new attitude of mind towards life in general. No matter what "education" we may have previously had, in Mentalphysics we are opening up successfully new avenues and methods of personal research. We are unearthing new information and discovering what the sacred word "Breath" truly means. We are tearing down veils. And, My beloved, my advice to us all is never to cease until we have pervaded with the Light of understanding and knowledge every phase of our own lives.

In general, we know that ALL IS LIGHT. Light IS - it is the ESSENCE, though it is the mystery.

(c) You Are a Spiritual Being.

And, further, My Beloved, I wish to inspire you never to let down. Knowledge is slow to come, but it comes more rapidly to us as we practice to know. The central tenet of Mentalphysics is that THERE IS NO DEATH. Now, this is a great statement. We have learned much in Mentalphysics to prove to us intellectually that this is true. If there is to be discovered proof (and we emphatically declare that it is true) that human personality is victorious over death, you and I have a right to

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know it. If there is a spirit world, it is wise that we dispel our ignorance of it and penetrate the mystery. Can we become what we want to be, and for ever do what we want to do? . . . how foolish of us to go on in ignorance of the Art, if it is possible for us to learn it. We, then, are consciously investigating.

So I feel it in my heart as I write to you to counsel us all to be steadfast and ever practise the stepping over of the threshold of the Unknown, or, if you prefer, leaving the Unknown to come into the KNOWN.

I feel that all of us in The Inner Chamber realize now that this earth life of ours is a very short episode. We are SPIRITUAL beings, and so work upon matter only in an indirect and secondary sort of way. I personally, as your Teacher, feel that we have not yet gone far. We are not yet able to do with the matter of our very bodies (that particular realm of matter which we have made veritably our own) precisely what we desire to do . . . then how much less can we control the matter bodies that are other than ourselves? Yet we are faced with paradox after paradox, because things are not what they seem, and our control is certain in one course. And what a thought !

In your practice so far you have found that it was necessary for you to gain a knowledge of the matter of your body so that you could build a new and perfect body -- "Perfect as your Father which is in Heaven is perfect." Then, with slow and patient practice, you were led to see that to understand that perfect body that you had built, and to keep it perfect AS THE FATHER WHICH IS IN HEAVEN IS PERFECT (Pure Spirit), it was necessary for you to lose all sense of it . . . and so we learned something of Transmutation, for when we lose sense of the matter-body we only feel that we are freer. Thus we go, so to speak, from matter to Mind or Spirit, which is freedom.

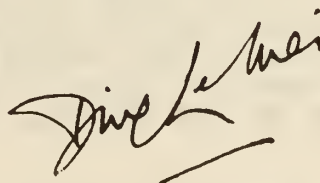
During this week, then, crystallize what you have learned . . . how? Meditate much. Do not get disturbed in the slightest at any moment of the day throughout the week. Do not talk overmuch. Do not allow yourself to be inveigled through desires into the byways, but keep yourself straight in the middle of the Great Highway of your Mind. In other words, PRACTISE MASTERY, - and Be the Master! Every moment of the day, THINK mastery. Act the part. Declare to yourself that everything that you do is under your control, and that you can FEEL the perfect inflowing of the Perfect Principle which is the Wisdom of The Father, so that your actions and your thoughts and your feelings and emotions are all flowing together into one perfect stream of Life perfectly expressed through you. You have learned the way to FEEL IT - now REALIZE IT !!

And thus you will be HAPPY - and Give Thanks. Try to secure one student for Mentalphysics during this week, and so you will help your Mother, Mentalphysics.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Fifty-Third Commentary,
Inner Chamber.

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OM MANI PADME HUM



The Inner Chamber

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COMMENTARY

54

"THE PATH OF PERFECTION" (22): The Vibro-Magnetic Breath (3); Silence the Home of Magic; Conscious Ruler of the Human Heart; Primordial Ruler of the Heavenly Heart.

BREATHINGS FOR THE WEEK:

1. Same as in your Last Commentary.

MEDITATION FOR THE WEEK:

1. Same as in your Last Commentary.

(I hope that you are seeking the inner meaning and reason of this Meditation. "And I pledge myself, I vow, that from this moment henceforward nothing shall enter my Memory - no idea of disease, decay, senility, old age, disappointment, doubt, failure, Death . . . nothing shall enter my consciousness but that which is unison with All Good and my very Highest Conception of Truth . . . And there I see the whole conduct of Man, there I see my whole conduct.")

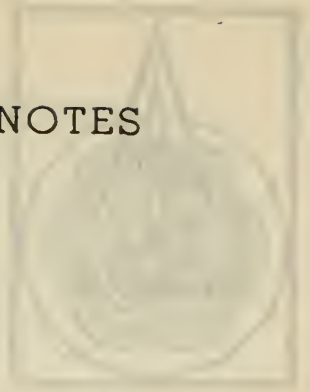
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"I am sure there is a spiritual world and that we are part of it," said Sir Oliver Lodge. "A spiritual world is for me the greatest of all realities. It has not led me, however, to under-estimate the importance of this life. This life is intensely important for most of us, and constitutes a wonderful opportunity that may never recur. Infinite possibilities lie ahead, and I think that if my investigations have proved anything to my complete satisfaction it is that this world is not our home. . . . You see, we are spirits now, although we are incarnate in the body. We are always acting as spirits, and we can do certain supernormal things now. . . . It is a mistake to suppose that material objects in the material world are all that exist. THEY CONSTITUTE ONLY THE SHADOWS OF A DEEPER AND SPIRITUAL REALITY."

I quote this to show that, no matter what our particular study, we inevitably must come to the same conclusion. The physicist, pushing his investigations

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SECTION ONE

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SECTION TWO

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as far as he can on the physical plane, comes to the metaphysical. The materialist must come to the spiritual.

(a) We Are Made of Eternal Things.

Accumulating a certain amount of earthly material, such as money and things, is of no permanent use. You can accumulate experience, memory, kindnesses, and so forth - and these are the real values -- permanent, eternal . . . AND THEY BECOME OUR VERY OWN, PART OF THE SUBSTANCE OF US.

I remind you that Silence Is the Home of Magic - not until we know how to be silent can we hope to know much. Often, when writing to my students in all parts of the world, I wish that we could all meet together. Students are always coming and going, and I always do my best to give them time when they come to Los Angeles. As a general rule, I am impressed with the fine type of human being that we attract to Mentalphysics. Only today there have come a student from Washington, D.C., another from the State of Washington, another who is going to Japan, another who has sold his business and intends to settle for some time in California so that he may come to The Institute for private teaching, another from New York, and another from Norway - one of our valiant missionaries who went there two years ago and has been teaching classes. These in one day. All sorts of people in all walks of life. Yet ALL seeking for the Truth of Life that they know is to be found.

As your Teacher, I am so happy that, in the lives of everyone who comes to The Institute, Mentalphysics has brought that intangible Something - that mysterious Divine Something that we have not been able easily to find. I feel increasingly that Mentalphysics will some day be the universal philosophy. Imagine a state of society when there shall be all over this earth men and women like you and me, men and women who have learned that the sole worthy purport of life is to help our fellow men and make this earth a veritable Heaven. Imagine! Imagine what human society will be when everyone is working and living for the other : we can see that when Knowledge has become enshrined in the hearts of men everywhere, poverty and disease and fear and human misery and woe will have disappeared. We shall live in love and mutual faith and trust.

(b) You Are An Elder Brother.

Do you realize, My Beloved, that you are a member of the New Race - that even now you are walking the earth not as a mortal, but as an immortal? Do you know that your responsibility to the human race is exceedingly great, and that as you readily accept this responsibility you make your own life richer and GROW in the Truth of Life? And it is in the Vibro-Magnetic Breath, which we are now reviewing, that you can see the first point of real growth. Even in the Affirmation --

"I am now thinking of the most Beautiful thing that I have ever known. There it comes before my eyes, that beautiful picture - perhaps from the long ago, perhaps from the far away . . . there it stands perfectly delineated before my eyes as if it happened but a moment ago . . ." etc., etc.

- even in the Affirmation we can see the deep Creative Force being awakened, and now, through Transmutation, we are on our way to the full understanding of

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Introduction

The purpose of this book is to provide a comprehensive guide to the study of mathematics. It is designed for students who are beginning their study of the subject and who wish to develop a solid foundation in the basic concepts and techniques of the discipline.

The book is divided into several parts, each of which covers a different area of mathematics. The first part deals with the basic concepts of set theory and logic, which are essential for the study of all branches of mathematics. The second part covers the theory of numbers, including the properties of integers, rational numbers, and real numbers. The third part deals with the theory of algebra, including the properties of groups, rings, and fields. The fourth part covers the theory of geometry, including the properties of Euclidean and non-Euclidean geometries. The fifth part deals with the theory of calculus, including the concepts of limits, derivatives, and integrals. The sixth part covers the theory of probability and statistics, including the concepts of random variables, probability distributions, and statistical inference.

The book is written in a clear and concise style, and it includes many examples and exercises to help students understand the concepts and techniques presented. It is a valuable resource for students who are studying mathematics at the undergraduate level, and it is also a useful reference for students who are interested in the subject.

Chapter 1: Set Theory and Logic

This chapter introduces the basic concepts of set theory and logic, which are essential for the study of all branches of mathematics. It covers the definitions of sets, the operations of union, intersection, and complement, and the properties of sets. It also introduces the basic concepts of logic, including the concepts of propositions, truth tables, and logical equivalences.

The chapter concludes with a discussion of the relationship between set theory and logic, and the role of these concepts in the foundations of mathematics.

This chapter is a good starting point for students who are beginning their study of mathematics, and it provides a solid foundation for the study of the other chapters in the book.

the Light that comes to us through the spirit of life.

In reviewing the Vibro-Magnetic Breath, while we still hold on to the action that we have learned in all the Breaths, we come here to the gradual "letting-up" . . . we are coming to see that there is a greater thing than Action, and that is NON-ACTION. We are coming to see that there is a greater thing than the Body, and that is LIFE.

WE COME FROM THE BODY TO THE LIFE.

FROM THE NIGHT TO THE DAY

FROM THE SOUND TO THE SILENCE

FROM THE CREATURE TO THE CREATOR

FROM THE PLANT TO THE SEED

FROM THE SEED TO THE SEEDLESS

FROM THE SEEDLESS TO THE ROOTLESS

FROM THE APPEARANCE TO THE REALITY

FROM THE CONSCIOUS SPIRIT TO THE PRIMORDIAL SPIRIT

FROM MAN TO GOD WITHIN MAN.

The Primordial Spirit is the true essence. It is from the Primordial Spirit that the Conscious Spirit comes - the Conscious Spirit is very apparent, and it can adapt itself unceasingly to almost any condition.

The Conscious Spirit is the Ruler of the Human Heart.

The Primordial Spirit is the Ruler of the Heavenly Heart.

(c) The Conscious vs. The Primordial.

So long as the Conscious Spirit stays in the body it is animus. While the body is entering into existence, the Primordial Spirit has not yet made a body in which it can incorporate itself, - therefore, it crystallizes itself into that Oneness that we think about. But the Breath, the HOLY BREATH, is not yet known.

At the time of birth the new-born draws in the power of the air. The Breath sustains it and starts it and the path has begun along the line of consciousness. The HOLY BREATH at birth leaves the primordial state of Non-action, and comes into the sphere of Action, so that the Holy Breath becomes the Human Breath, dwelling in the Human Heart (consciousness). THE PRIMORDIAL SPIRIT RETIRES, so to speak, FOR IT LOVES THE SILENCE (NON-ACTION); but the CONSCIOUS SPIRIT LOVES ACTION AND MOVEMENT, adaptations to outer conditions, which means death, while THE PRIMORDIAL SPIRIT LOVES LIFE.

When we come to know this, and determine that we will awaken the Primordial Spirit - or, rather, go to dwell where the Primordial Spirit dwells - then we come to know through practice that the BREATH OF LIFE is truly magical and wonderful.

In its circulation we find our power of Action mixes so divinely with the power of Non-Action within the Enduring Spirit of Us, and with what beneficial result we are gradually coming to see . . . and we shall see it more and more as we go along in our Commentaries towards Our Own Spiritual Breath. We shall see that the Conscious Spirit transforms into the Primordial Spirit - becomes transmuted . . . but we must have conscious practice in the Right Teaching by the Right Method by the Right Man - and THOU ART THE RIGHT MAN.

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In the Vibro-Magnetic Breath we are at the middle of the Journey, and I ask you, My Beloved, to wait patiently on the Law of your own Being . . . study and practice with the Inward Breath rather than with the Outward - the inward-flowing or backward-flowing rather than the outward-flowing. WE HAVE TO BREATHE WITH THE HEART, so that the Backward-flowing process reveals itself unto you.

This is the only way of the reverent practice of The Law.

(d) Exhortation To Patience.

All this may sound obscure, but I know that you will get the meaning - and that is all I desire. I have sometimes heard of students saying that, after a year or two, they get terribly tired of studying and practising The Law of Life - and as one who has had to struggle constantly for what he has attained, I can quite understand and sympathize with this feeling. But when we remember the hundreds of thousands of people it has taken to bring you and I where we are today - always in pairs - when we think of the idiosyncracies and peculiarities and tendencies to the earth plane that each of these hundreds of thousands of people have contributed to make us what we are today . . . then we should realize how complex a being we are. We must have patience, and realize that we are learning the ART of Living. We are apprentices in the Art, and must be willing always to learn.

When I was thirteen I went to learn the trade of printing and kindred trades. I was the youngest apprentice among ten, and the other nine, by virtue of their seniority, had the power to order me around, and I was compelled to do their bidding. I naturally rebelled. The first two years were absolute slavery, but I gradually came to see that I was learning something of value - which the whole world could not take from me. Year after year went by, and I grew in the knowledge of my business, until at long last I was given my indenture and told that I was a full-fledged Journeyman. The apprenticeship was a terrible ordeal - discipline, discipline all the time. But it finally gave me the right to see that others did my bidding.

So in the learning of the Royal Art. We must be patient, and not rebel. We must realize that this is the Way, and that there is no short cut. We may feel that we wish to be very spiritual, and want to get there much more quickly. We may listen to others, and thus be led astray. How many times have I seen students who are not "making progress", as they think. Look into their lives, and you will find that they are not prepared to practice, and do not practise, yet they think that the world owes them all its knowledge. No, it cannot be done that way. We have to work, and be happy in our practise, and give thanks continually.

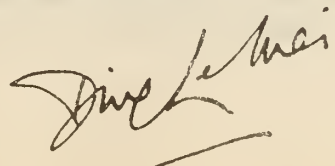
I hope that you will have a very happy week . . . that you will do all that you can to aggregate students among your friends ---- let me repeat that if you do not devote conscientiously a certain definite amount of your time to interesting others, you are standing in your own light. Make up your mind that you will get at least one student during the coming week --- and I assure you that it will bring great blessings into your own life, to say nothing of the life of your friend whom you induce to come into Mentalphysics.

My peace I give to you always --- all ways.

Written in Faith at
Los Angeles, California, U.S.A.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

End of The Fifty-Fourth Commentary,
Inner Chamber.



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OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

55

"THE PATH OF PERFECTION" (23): The Vibro-Magnetic Breath (4); The Center of Our Technique; Need of Zeal—"Do Not Grow Weary of Well-Doing."

BREATHINGS FOR THE WEEK:

1. Same as in your Last Commentary.

MEDITATIONS FOR THE WEEK:

1. Same as in your Last Commentary.

(You should give deep thought to the inner meaning of the words of this Meditation. Take sentence by sentence and analyze. Think of the meaning of such words as "pledge" and "vow"; and of disease, decay, senility, disappointment, doubt, failure, death. Be SURE that you understand the meaning to the extent that you KNOW that you know.)

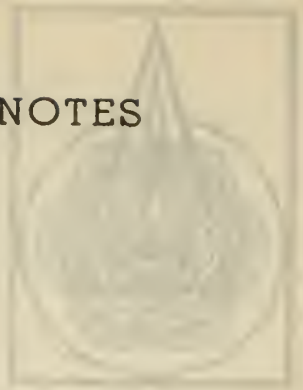
My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

In your last Commentary, I asked you to do all that you could in aggregating students among your friends. Why do I repeatedly advise you to do this? Why should you devote a certain amount of your time to systematically interesting your friends when it is such a hard thing to do? The reason is that, when we come (as we have) to the Vibro-magnetic Breath, we MUST use the force; otherwise, having the force developed within us and refusing to USE it, it departs from us. The responsibility is inescapable. We MUST "keep it in circulation," so to speak; for you will know that ALL life is motion, and if a thing ceases to engage in its own right activity it atrophies and dies . . . " . . shall be taken from him even that which he hath."

Another reason is that we all desire to see Mentalphysics spread all over the earth, for nothing short of the regeneration of the whole human race is our objective. Therefore, be intense; never mind the refusals. Each refusal will not bring you disappointment, but will make you more and more grateful that you

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are yourself in The Light, and comparing yourself with those who still love the darkness, you will be able more and more enthusiastically to Give Thanks. Make up your mind that you will get AT LEAST one student each month.

I have advised you, in the instructions given above on your Meditation, to analyze the true meaning of your Affirmation for this glorious Breath. "What IS the loveliest thing I have ever known, and what do I FEEL when I think upon it?" Think of it in the light of the "melting" and "mixing" and "backward-flowing processes". This week we are to lead ourselves on to the Healing Breath, which is embodied in the Vibro-Magnetic, or rises out of it.

IMPORTANT - IN CONNECTION WITH THIS PRESENT COMMENTARY YOU SHOULD STUDY FAITHFULLY YOUR TWELFTH COMMENTARY, AND BE QUITE SURE THAT YOU ARE THOROUGHLY FAMILIAR WITH IT.

(a) THE PRANIC BREATH

In that Commentary you will see that we have dealt with a Breath that is not shown anywhere in the Initiate Group Course - it is the Pranic Breath or the Healing Breath. Arising out of the Vibro-Magnetic - the first truly electrical breath - this Pranic or Healing Breath is one of the most wonderful phases of the whole of our technique. So this week, reviewing with this Commentary our Twelfth Commentary we are to lead ourselves into the Silence and, through the power of our mind, literally transform ourselves by the mind's power.

We develop in turn the (a) Positive Center of our Will Power, and (b) the Negative Center of our Will Power.

In the meditational side of the Vibro-Magnetic Breath, we have come to "The Loveliest Thing I have ever Known". We find in this attitude of mind the nearest approach to bliss that we have known, for the simple reason that while the mind is occupied with the loveliest thing that has ever come into my mind, I cannot be thinking of anything that comes on a lower level of thought or consciousness. So in the Vibro-Magnetic Breath, our WHOLE BEING - our bodies and our minds - are swept with the ELIXIR that is hidden; . . . and we emerge with the Fire of Life burning brightly in every cell of us, knowing that it has come from the Center of Fire (at the base of the spine) and ascended to the Sacred Pinnacle (at the top of the head).

In our rhythm of breathing we have been taken backward and inward . . . naught has been allowed to go outside . . . we are in perfect balance.

(If you have difficulty in following me, turn back to your Twelfth Commentary, and carefully and reverently go through the Pranic Breath. Do it three times a day. Follow the instructions which lead you to the "pushing" feeling at the right side of the head, and the similar feeling in the left side of the head when you reverse the current, and then, with the sweeping movement downward carry out the affirmations that are given on pp. 3 and 4 of the Twelfth Commentary. You will not be able to understand this Breath unless you practise it; therefore, if it is not rooted in your mind through practice, do it now - and continue to do it. For this wonderful Breath is truly a healing breath.)

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(b) IMPORTANCE OF THE TECHNIQUE

We have come to "The Loveliest Thing I have Ever Known". In our meditational attitude all is plastic and at peace.. We are in the Magic Within so far as we can go, and then, with the intensity of our Highest Thought, we practise looking and FEELING to the right . . going further', . . feeling "as if I am on a cloud going out endlessly through space to the right", "as if I am the bosom of a great billow going out over a far-outstretching sea to the right" (and later to the left), knowing that the forcing-out feeling on the right side and the left side of the head in proper order is the cleansing process for the higher substance of my body and my mind. We have charged the Will - we have turned on Thought to a degree as high as we are capable of . . we have held the thought, and now we stop the current . . . and we feel it coming downward. (You will revive your memory of the technique of this Breath by referring to your Twelfth Commentary, and lest these sheets get into the hands of the profane there is no need for me to reiterate in a manner that can be understood by anyone not within our ranks.)

Though this healing breath may at the start appear to be nebulous to those who have not developed their intuitional powers, it embodies actually our primary concept and first true realization of the Golden Light (the Secret of the Golden Flower).

We have come to the inner cleaning process, to the transmutation, dissolving the bodily substances so that they may be mixed with the divine, breaking down the rock that we may find the gold, learning how to reach (so that we may be able to do it at all times whenever we desire to do so), our highest consciousness.

And as these Commentaries upon the Path of Perfection are not meant for the eyes of anyone who is not a sincere Noble of The Light, I am purposely presenting the meaning in language that must remain obscure to those who have not eyes to see. You will have noticed in your Commentaries that I have used many terms which in themselves may seem to involve conflict of meaning to the pupil, but I pray of you, My Beloved, reverently seek for the hidden meaning.

(c) NEED OF ZEAL

Do not grow weary in well doing. So many people are looking for a "short cut". Only yesterday, I was speaking with a man who wished to come into Mentalphysics and be given all that I know in a few weeks time - with the object, above all others, of learning how to teach Mentalphysics. He had studied very much, he said, and he recounted, with some justifiable pride, the many philosophies he had dabbled in. "Now," he said, "I am looking for what I know you have, and I want it quick." He then went on to tell me that he had "been in Christian Science for many years", not realizing that it is not a matter of "being in" any particular teaching that matters very much --- but that ALL that matters is how much we can bring into manifestation in our own lives. I have repeatedly stated in your Commentaries, and I daresay I shall do so again and again, if I say that I KNOW a thing, and am not able to demonstrate that thing, then I am fooling myself . . I prove myself to be acting as a fool or simply lying against the rules of Life.

I exhort you continually to right practice. The priceless Breath outlined in this Commentary will be priceless to YOU if you will practise it, but if you merely read about it and do not practise, it will be of no value whatever. To merely read about something does not bring us KNOWLEDGE. Everything that we can ever learn -- and we shall at last come to know that there is nothing whatever that we cannot learn, so that it becomes our very own -- is shrouded in mystery until we learn how to manifest it.

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When Galileo invented the telescope he was accused of magic-mongering by the learned men of his day. In a famous letter to Kepler he told the story of how a learned Doctor at Pisa University turned away in pious horror from his telescope and would not look through such a blasphemous instrument. "How I wish you were here with me to have a good laugh," he wrote.

That is how all pioneers feel about the nervous mass of humanity who cringe before the new knowledge, or who, through their accredited Priesthoods, turn upon the discoverer and castigate him. Oh! For a friend who understands that there is nothing wicked or blasphemous about this new knowledge! Oh! For just one man who could relieve my mind by having a good laugh at the expense of those who laugh so heartily, and with so little reason, at my expense! Is that not the cry of the innovator in all ages?

The power of mind, so long derided by the learned men of the West, is now fast becoming a cardinal point in all the sciences of the world. Hypnotism, the telepathic connection and control of one mind by another, is now being used for the good of the race.

"Dangerous!" say people, when they find they can no longer say "Ridiculous!" That is their last line of defence, now as always.

Of course, hypnotism is dangerous - in the wrong hands. So is gunpowder, so is arsenic, so is a bread-knife. Even a baby's bottle could be ground up and made into a deadly poison. There is nothing good or bad but thinking makes it so, said Shakespeare, and this applies to hypnotism as to everything else.

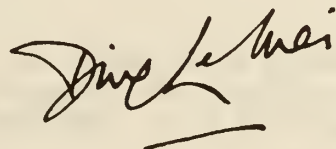
The more you know about your own mind and the mind of your neighbour, the more you realize that we are all truly sons of one Great Universal God, and reflections of His Universal Mind. With that knowledge comes peace, and with peace comes the Spirit of God to give us moral power beyond the ability of any knowledge to break - for in the Mind of God knowledge and power are balanced in perfect harmony, and even the suggestion of the possibility of such an unbalance would constitute an intolerable blasphemy against the Holy Spirit.

This week I trust that you will have a week of happy experimentation. Do not be in a hurry - give yourself plenty of time. Practise this Pranic Breath embodied within the Vibro-Magnetic Breath, and heal yourself of ALL negation on the physical, mental and spiritual plane. It can be done, and you will do it. Be happy. Know that ALL the forces of Life Itself are with you, and that as you FEEL after them, they will be revealed to you.

My peace I give unto you --- you at peace for evermore.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Fifty-Fifth Commentary,
Inner Chamber.

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COMMENTARY

56

"THE PATH OF PERFECTION" (24): The Vibro-Magnetic Breath (5); Main Obstacles of Intellect and Emotions; "The Fire Is the Elixir of God"; Illusion and Reality.

BREATHINGS FOR THE WEEK:

Same as in your Fifty-Fifth Commentary.

MEDITATIONS FOR THE WEEK:

Same as in your Fifty-Fifth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

A passage that I am very fond of is the first Chapter of the Book of Jehovah in "Oahspe", and as I quote it for you I ask you to THINK about it in the light of what we have learned in the last Commentaries dealing with the Vibro-Magnetic Breath :

"ALL WAS. ALL IS. All ever shall be. The ALL spake, and Motion was, and is, and ever shall be; and, being positive, was called He and Him. The ALL MOTION was His speech.

"He said, I AM! And He comprehended all things, the seen and the unseen. Nor is there aught in all the universe but what is part of HIM.

"He said, I am the soul of all; and the all that is seen is of MY person and My body.

"By virtue of My presence all things are. By virtue of My presence is life. By virtue of My presence are the living brought forth into life. I am the QUICKENER, the MOVER, the CREATOR, the DESTROYER. I am FIRST and LAST.

"Of two apparent entities am I, nevertheless I am but One. These entities are the UNSEEN, which is POTENT, and the SEEN, which is of itself IMPOTENT, and called Corpor.

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"With these two entities, in likeness thereby of Myself, made I all the living; for as the life is the potent part, so is the corporeal part the impotent part.

"Chief over all that live on the earth I made Man; male and female made I them. And that man might distinguish Me, I commanded him to give Me a name; by virtue of My presence commanded I him. And man named Me not after anything in heaven or on the earth. In obedience to My will named he Me after the sounds the wind uttereth, and he said, E-O-IH!"

(a) Your Divine Affirmation.

Think of the wonder of your own Thought. How blest we are to know the truth which we affirm in the final affirmation in the Vibro-Magnetic Breath :

"The Creator is within me, looking out on the Universe through my eyes
" within me, listening to the sounds of the Universe through my ears
" within me, thinking the Thought of the Universe through my mind
" within me, issuing the sounds of the Universe through my throat
" within me, doing the work of the Universe through my hands
" within me, EXPRESSING THROUGH ME

"Whatever the Creator is, I am . . . I am perfect, as HE, as IT, THAT WHICH I FEEL, THAT WHICH I KNOW, WITHIN ME, is Perfect . . . I am PERFECT MIND in a PERFECT BODY . . . I AM THAT I AM."

In these advanced Commentaries we must keep the secret of the Golden Light locked up, using language which, to the profane mind, will appear to have no meaning whatever - indeed, may appear to be positively ridiculous. In all deep teaching, this has ever been necessary, and very often even the earnest aspirant delays his Journey to the Heights by expecting the things of the Spirit to be literally presented in language. For instance, with regard to the above Affirmation, it is quite easy for many people to intellectually understand its meaning, but we must use the INNER Eye - not alone listen with our Intellect but must listen with the Heavenly Heart.

What, then, are the obstacles to our REALIZATION?

(b) The Main Obstacles.

There are obstacles of the INTERIOR YOU, and obstacles of the EXTERIOR YOU. Analyze yourself, and I daresay that you will find that

The First Obstacle is YOUR INTELLECT. - We are eternally trying to find out through the Intellect, but we must learn (so that we can really realize it) that the Intellect commences only where the Creator seems to end.

The Second Obstacle is YOUR EMOTIONS - passions to express in ways that draw us downward (the distinctly physical expression through sexual desire -- passion to possess, material possession which chains us to the earth plane -- passion of pride, the emotion of personal exultation. Under the head of the emotions, there are many others, and you are advised to faithfully analyze yourself to discover them. Wherever you find that you are

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not making the progress that you feel you would like to be making, it is likely that your retardation is traceable to some aspect of the emotions.

So we have to guard the two main obstacles - the Intellect and the Emotions. By doing so, we stir the whole of the Internal Fire to consume all qualities that are negative to the Right Principle. And as the Fire "melts" the substances, you, through the highest forces within you, "mix" the purified substances, and come to REALIZE the Primordial Spirit, raising your Conscious Spirit to meet the Primordial -- or bringing into constant expression the Primordial of you through the Conscious of you.

Thus in the Vibro-Magnetic Breath (and the Pranic Healing Breath within it) you take the first step to personal perfection . . . you take your first step along that path where you learn that personal perfection must again be lost in collective perfection - the whole greater than the part.

When you have conquered the obstacles of the INTERIOR YOU, you will be prepared to fight the good fight against the many EXTERIOR obstacles that you must overcome in the "Borderland of Illusion" leading to the Heights.

(c) Illusion and Reality

If the student knows what he is doing in this magnificent Breath, happy is he ; if not, naught can be explained, and realization can only come by practice, not questioning.

In the mechanics of the Vibro-Magnetic Breath (particularly from the point of view of HEALING), we know that we lose consciousness of the body. We experience this in the rapid circulation of The Light and the vibration that it brings. Very early in the Breath we know that our FEELING seems to overpower our Intellect ; it succumbs before The Light. Then we find that the Apparent, the Illusory, the Appearance of the Reality, comes nearer and nearer, and at last we find the REALITY absorbing all. Thus we penetrate from the outer to the inner, we come to the Dawn of the Real. The circulating has definitely caused the substances to break down, and at last we are lost in the Whole. We come to a point where there is no motion - yet the realization of the most intense motion ; for we have gone from the Personal Body and the Personal Mind to the Whole Body and the Universal Mind . . . we have gained some evidence that the Golden Flower is blooming.

IF YOU ARE SUCCESSFUL IN THIS BREATH, YOU WILL FEEL THAT LIFE WITHIN YOU IS FULL OF MOTION, YET THERE WILL BE ABSOLUTE STILLNESS. YOU WILL BE CONSCIOUS OF A GREAT PURPOSE, YET YOU WILL FEEL ENTIRE ABSENCE OF PURPOSE AND EXPERIENCE PURPOSELESSNESS. YOU WILL BE BREATHING AND BE UNCONSCIOUS OF BREATH. YOU WILL HAVE BECOME UNCONSCIOUS OF ALL THE LIFE PROCESSES, BUT YOU WILL KNOW YOURSELF TO BE LIFE EVERLASTING.

IN THIS STATE YOU WILL FIND THAT YOU WILL BE ABLE TO HOLD YOUR THOUGHT TO ONE POINT IN THE MIND - IF IT STRAYS IT IS BECAUSE THE SPIRIT OF YOU STRAYS, FOR YOUR SPIRIT IS THOUGHT. THOUGHT IS THE HEART. THE HEART IS THE FIRE. The Fire is the Elixir of God.

And thus, My Beloved, have we started to take hold of eternity - THE ETERNAL NOW - becoming emancipated from time and sense, making all things and combinations of things, in the universe within and the universe without, our servants instead of our tyrants. We become the Children of Serenity - therefore, we must throughout the day and night cultivate serenity and let it live within us. Thus in the

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The following are the notes for the first section of the course. They cover the basic concepts of the subject and are intended to provide a starting point for your own research and study.

The second section of the course deals with the more advanced topics. These notes are intended to provide a more detailed overview of the subject and to highlight the key areas of research.

The third section of the course covers the practical aspects of the subject. These notes are intended to provide a guide to the various methods and techniques used in the field.

The fourth section of the course deals with the current state of research in the field. These notes are intended to provide a summary of the latest findings and to identify the key areas for future research.

The fifth section of the course covers the historical development of the subject. These notes are intended to provide a context for the current research and to highlight the contributions of key figures in the field.

The sixth section of the course deals with the ethical aspects of the subject. These notes are intended to provide a guide to the various ethical issues that arise in the field and to discuss the ways in which these issues can be addressed.

The seventh section of the course covers the future of the subject. These notes are intended to provide a vision of the potential for the field and to discuss the ways in which it can be developed further.

Vibro-Magnetic Breath, we find that Peace that passeth knowledge, and that can be defined only through our own individual experience. We have come from slavery to freedom . . . we have come from darkness into Light . . . we are on the way to mastery of all things temporal and eternal, and the MASTER, we find, sits triumphantly within.

(d) Think On These Things.

So infinite is the meaning and effect of the healing part of the Vibro-Magnetic Breath that I feel, as it is time for me to end this Commentary, that I have not done justice nor fully elucidated its inner meaning, which I counsel you earnestly to seek after . . . that is your work.

We may look at this Breath and all that it embodies from any viewpoint of the Intellect or the Reason or the Spirit, - all of which are, when understood, one and the same - and in the end all that we can do is to stand in reverence before the Wisdom pent up in the substances, not of my own personal individualized instrument, my body, but before the UNIVERSAL WISDOM, the Sustaining All, that is pent up in the substance of MY WHOLE BODY, this Wide Universe.

We bow our heads in gratitude, and pledge ourselves that, as we have within our command the "means by which" we may aspire, so will we go on with constant watchfulness over our words (guard thy tongue), our thoughts, and our deeds.

I hope that this Commentary will be an inspiration to you this week. I hope that you will feel flowing to you from me as your Teacher and from the Institute waves of Peace and Good Will to all men . . . feel the love and the joy and the gratitude and the peace that we all feel in being indissolubly linked for ever . . . for all time and until time shall be no more. It is a great and ever-widening inspiration to me that Mentalphysios is growing and spreading its Light throughout the world, and I hope that you, too, are doing all that you can to bring all men into the Light. Work, work, work . . . spread the good news. Do all that you can, and I know that in counselling you to do this, - I am offering you advice which, if taken, will prove to be the best advice that can ever be given you ----- for ONLY as we help others can we expect to receive. And we DO receive only AS we give.

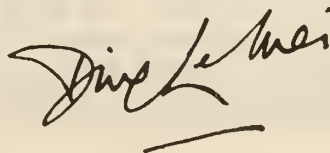
Peace be unto you today and all the days . . . YOU ARE WHOLE * PERFECT * STRONG * POWERFUL * LOVING * HARMONIOUS * RICH * YOUNG . . . and YOU ARE HAPPY.

I hope that as a Noble of The Light, you wear your Mentalphysios insignia in your lapel. If you have not already acquired your "pin", write in and ask for it. Also there is a new publication on "The Living Word", now in course of manufacture. It covers affirmations and meditations for a whole year - I feel that it makes an admirable birthday gift.

I leave you in Joy.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Fifty-Sixth Commentary,
Inner Chamber.

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Chapter 1: Introduction

The first chapter of the book introduces the reader to the basic concepts of the subject. It covers the history of the field and the current state of research. The author discusses the importance of understanding the underlying principles and the role of the researcher in the process of discovery.

In the second chapter, the author delves into the theoretical framework of the study. This section is crucial for understanding the models and theories that guide the research. The author explains how these theories are applied in practice and the challenges associated with their use.

The third chapter focuses on the methodology used in the study. The author provides a detailed account of the research design, data collection methods, and the statistical techniques employed. This chapter is essential for evaluating the validity and reliability of the findings.

The fourth chapter presents the results of the study. The author discusses the findings in detail, highlighting the key observations and their implications. This section is the core of the research, where the author's contributions are clearly articulated. The author also addresses the limitations of the study and suggests directions for future research.

The fifth chapter is a conclusion that summarizes the main points of the study. The author reflects on the overall significance of the research and its contribution to the field. This chapter provides a clear and concise summary of the entire work.

The final chapter is a bibliography that lists all the sources cited in the book. This section is important for readers who wish to explore the topics discussed in the book further. The author has provided a comprehensive list of references, ensuring that all relevant works are included.

Author's Name
Date



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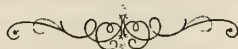


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COMMENTARY

57

"THE PATH OF PERFECTION" (25): Retrospective; Aspects of Self-Analysis; The Eternal Battle of Life; A Great Dream for Our Beloved Mentalphysics.

BREATHING FOR THE WEEK:

1. Take any Breath that you care to, and engage in it mentally, silently. Do no strictly physical breathing this week, unless you feel a distinct urge to do so.

MEDITATION FOR THE WEEK:

1. "I REST IN THE LORD I TAKE REFUGE IN PEACE."

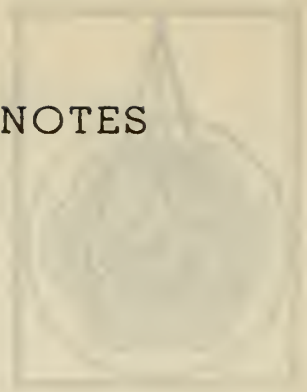
My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

Since writing your last Commentary, I have been thinking much on the Spiritual Life. There was a time, in far away Tibet, when, knowing less than I do now, I found bliss in the Silent Life. At that time I found peace in trying to absorb from those who knew far more than I knew just what life truly means.

It had taken me many years to discover for myself the pivotal point of right outlook. I had wandered much, ever seeking though ever skeptical, doubting, refusing often to even try to believe; but, like so many others, vainly expecting in some strange manner that knowledge would come to me in some way outside of myself. I have now discovered (and I hope that you have) that Knowledge . . . TRUTH . . . does not come unsought -- we HAVE TO SEEK IT. And as one who for many years has been endeavoring to unlock the sublime centers of Knowledge in my own Being, I have no reason to change my opinion. We have to continually seek, and in our search it sometimes seems that the time will never come when Knowledge will open up in our minds as it seems to open up in the minds of others. We are apt to grow despondent, some even despair and give up - seem to lie down before Life - and prove that their courage after all is sheer cowardice. Speaking for myself, I have to say that never has there been a time when I have made my struggle towards self-betterment but what the reward has been immediate.

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(a) Aspects of Self-Analysis.

"If we live after the flesh, ye shall die," said Paul, writing to the Christians at home, "but if ye through the Spirit do mortify the deeds of the body ye shall live . . . for as many as are led by the Spirit of God, they are the sons of God." We nobles of The Light can all say that we know this to be true. When we come to view the body (as we do in Mentalphysics) as the ECHO OF THE SPIRIT, and existing solely and alone to carry out the behests of The Spirit, we see that things of the body do not count for much. WE ARE SPIRITUAL BEINGS. Paul found that to be so . . . for he said: "That which I do, I do not willingly do; for what I wish to do, that I do not do, but that which I hate I do." He found that, early in life, as a result of a lack of knowledge, we fall into the habit of doing things that have to be undone later when we strive towards the building of a spiritual consciousness, as we in Mentalphysics are doing. Later Paul says: "For I do not do the good that I desire to do, and the evil that I do not wish to do, that I do . . . I find then a LAW, that when I desire to do good, evil is present with me; for I delight in the Law of God AFTER THE INWARD MAN, but I see another law in my members, warring against the Law of My Mind, and bringing me into captivity to the law of sin which is in my members. . . . SO THEN WITH THE MIND I MYSELF SERVE THE LAW OF GOD."

No doubt some of us in Mentalphysics see, more often than we wish, this same condition within ourselves . . . but let us Give Thanks that we do. There was a time when we would not have even noticed it. Let us have no Fear!

It is good, first of all, that we do see it; that is something to give thanks for. When we see the evidence of a low nature within ourselves we should not despair, and cry out that we shall never be emancipated to the point where our ideals may fully be realized. When we have sufficient spiritual sight to see this, we supply the evidence that we are going onward and upward . . . that we are leaving behind the old nature, though it is not entirely eradicated. In giving thanks, we should resolve, and we do resolve, that we will press on to the mark of our high calling, that we will through meditation assiduously uproot from our subconscious mind that of which we are ashamed, substituting for it that which is more beautiful and of good report. Training ourselves as we are in Mentalphysics, the time will come when there will be nothing whatever of a negative nature in our consciousness.

(b) The Eternal Battle of Life.

My Beloved, no matter how we may view it, life is a battle; and it is good that it is so. We must be grateful for the struggle, and to fight the battle heroically and well is the great purpose of every man's existence. To stem the strong currents of adversity, to advance in spite of all obstacles, to snatch victory from the jealous grasp of fortune, to become a chief and a leader among men . . . to rise by eloquence, courage, perseverance, study, energy, activity . . . discouraged by no reverses, impatient of no delays, deterred by no hazards --- that, I say, is to fight well the battle of life.

BUT ***** BE NOT THOU THE WARRIOR.

Speaking personally again, life for me is no longer that life up in the far Himalayas, where one may contemplate the inner mysteries in non-action; to that I have perhaps not yet attained - I do not know. But life to me today is ACTION, action, action all the time, doing through The Spirit the deeds of life that make me a Master of Doing . . . expressing on all planes of life the divine urges of the Creative Spirit within me.

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I would go so far as to say that the highest battle of life for us all in Mentalphysios, and that in which the truest honor and the most real success are to be won, is that which our Intellect and Reason and Moral Sense - our spiritual natures - fight against our selfish appetites and passions - our earthly natures. The subjugation, in other words of the strictly human and selfish in man to the Divine in man, for then we may say that we have discovered the true glories of heroism, the success that entitles us to triumphs. But all this means DOING - Life is measured by what we DO.

BUT ---- BE NOT THOU THE WARRIOR . . . SEEK THOU THE WARRIOR WITHIN THEE!
AND LET HIM FIGHT THY BATTLES!

(c) Mentalphysios the Key to Knowledge.

In this battle of life, basing my opinion on a fairly wide observation of human beings, I feel that all that a man can ask for is Happiness and his Heart's Desire, founded in Wisdom. It sounds simple enough - and it IS simple, when we know the Law of Our Being . . . and we can never find happiness (unless it be the bliss that accompanies ignorance) without first acquiring the necessary KNOWLEDGE. When we realize that there are no two human beings alike, we should not be surprised that what is perfect happiness to one is quite another thing to someone else ; and what would satisfy the heart of one human being would bore another to distraction. But THE LAW IS THE SAME FOR ALL.

And the longer I am a Teacher of Mentalphysios, the more do I realize that, if they practise, all men have the key to life in our beloved philosophy. I hope that you who read can exult in Mentalphysios as I can, but it is too much to hope that every Noble of The Light can feel its beauty to the same degree. But, even if you have not yet come to the point of KNOWLEDGE which you recognize as Master-ship, I know that you will nevertheless agree with me when I declare that, with the principles and practices of Mentalphysios firmly rooted in the mind, and deeply entrenched in the wisdom that it discloses to us, we can go out, anywhere, at any time, in any circumstances, and BE THE MASTER OF OUR OWN LIVES.

What a glorious feeling this is!

How can we get it over to the masses of the people? Though knowing that they are unconsciously seeking the key to life, many deliberately listen to the exposition of The Truth, and yet quite as deliberately turn their back on that which alone can satisfy them. But we are not to criticize them. They stand at the point of evolution where the cross roads once more demand a choice. They are the doubting Thomases. It is a serious matter for them, but, like Thomas, they must have just that little extra guarantee of the reality of the territory into which they are invited to enter, before they can become real settlers in the new evolutionary world. There are some people whose minds are so closed to spiritual powers that they would not believe though they saw men rise from the dead. How grateful we all should be that we have the secret! I feel that I would like to shout it around the whole wide world - my gratitude for the knowledge that "WHATEVER THE CREATOR IS, I AM."

And, My Beloved, all that we can do is to go on, confident, radiantly happy in service to mankind, giving all and expecting naught in return, growing, expanding, . . . closer each day to the Grand Realization and the final Illumination that leads to emancipation and enlightenment.

(d) Let Us Dream Our Dreams

As we all feel grateful, we all have our visions, and we dream our dreams. I have mine - you have yours . . . dreams of the Heaven on earth that life will grow into

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when all men and women know even the little that we now know. Sometimes our dreams are so surpassingly beautiful that we seem to go away into them . . . away from the ordinary habitat of man, away to our Dream City . . . a Dream City that shall be a permanent place where Mentalphysics principles and practices guide the life and daily conduct and labors of all of us who have learned the Art of Living.

Dreaming? . . . Yes, just dreaming. But if you will go back over your own life you will remember that the things you began to dream about, . . . that you first saw in your mind only perhaps as the "impossible", . . . have gradually begun to take shape and tangible reality -- and later they will come into full fruition in your life, surpassing your own beliefs.

The Dreamers are the Saviors of the world. They stand apart from others. As the visible world is sustained in the invisible, so the masses of man, through all their trials and sordid vocations in our present civilization are sustained by the beautiful visions of the solitary dreamers of the world. Humanity should not forget its dreamers - yet, while it crucifies them, it vaguely understands that it cannot let their ideals fade and die. Humanity lives in its dreamers - in its composers, sculptors, painters, poets, sages, engineers, prophets, teachers . . . ALL THESE ARE ARCHITECTS OF THE WORLD THAT IS TO BE, the architects of a Heaven on earth.

-- AND, MY BELOVED, WHY CANNOT WE IN MENTALPHYSICS BE THE DREAMERS OF OUR PERFECT CITY, WHERE THE TENETS OF OUR PHILOSOPHY SHALL FIRE THE IMAGINATION OF COUNTLESS NUMBERS OF MEN AND WOMEN AS IT HAS FIRED OUR OWN - YOURS AND MINE. I CAN SEE OUR ORPHANAGES AND SCHOOLS, OUR HOMES FOR THE AGED . . . WHY CANNOT WE BEGIN NOW WITH OUR FIRST ORPHANAGE - THERE ARE MANY FATHERLESS AND MOTHERLESS CHILDREN WAITING FOR US TO DO OUR PART . . . AND IT WILL COME AT THE RIGHT TIME.

-- UNTIL THAT TIME WE MUST BUILD THE CITY THAT IS NOT MADE WITH HANDS, LIVING IN THAT CITY AND SO ACCUSTOMING OURSELVES TO IT THAT WHEN WE ARE GROWN WE SHALL ERECT THE IDEAL-CITY OF THE WORLD - AND AFTER THE FIRST, THEN MANY MORE . . . TRUE MENTALPHYSICS CITIES!

That is my Dream! As I can think of the Kingdom of Heaven within me, so I can think of a city, and many cities, outside us and round about us where Truth and Beauty and Fair-play and Love shall form the square upon which we may build one city and then another, and so on without end.

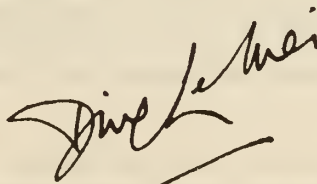
Think on these things . . . that is your work and mine! May the Light of the Divine Wisdom that is in us so inspire us that we may never grow weary in well-doing - for that is the first and final step . . . to live for others, knowing The Law.

My Peace I send to you all ways and always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Seventh Commentary,
Inner Chamber.



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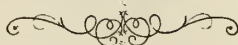


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COMMENTARY

58

"THE PATH OF PERFECTION" (26): The Cleansing Breath (1); Diligent Search for the Secret Only a Matter of Faithful Practice; Reading the Aura.

BREATHING FOR THE WEEK :

1. Go back to your Cleansing Breath and see whether you have thoroughly mastered the physical breath. You have the illustrations in your sheets that accompany the Lessons in the Initiate Group Course.
2. Breathe this Breath three times before breakfast - three times at noon, if possible - three times before your evening meal.

(I invite you to THINK about the Affirmation at the end of the Breath, to see whether you have not only memorized it, but to see whether you understand it.)

MEDITATIONS FOR THE WEEK :

"THE LIGHT OF THE DIVINE WISDOM SHINES THROUGH ME. . . . I AM LIGHT
. . . I TAKE REFUGE IN THE LIGHT."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Speech (as we have already learned in our study of Right Speech) is the chief revelation of the mind, the first visible form that it takes. As the thought so the speech. To better one's life in the way of simplicity, as we Nobles of The Light know, we must set a watch upon our lips and our pen. We must think justly, speak frankly. We should all aim at grace and elegance of speech. Though ever conscious of his shortcomings in this respect, your Teacher feels that one cannot say too well what he has to say, but when we understand the flow of The Spirit through speech, we see that it does not follow that the things best said and best written are most studied.

You will have noticed that the greatest things are those which gain the most by being said most simply, since thus they show themselves for what they are - there is nothing so strong, nothing so persuasive as simplicity.

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I confess that my principal difficulty in writing your Commentaries on our various sacred Breaths in Mentalphysics is in condensation and right explanation in words. I could write three times the number of words about each of them; but, no matter what I write, unless the Noble is aware of THE THING THAT IS BEING DESCRIBED, little can be gained. It is YOUR work to seek for the meaning that is contained in these simple messages - simple, and yet dealing with the most profound secrets of Life. YOUR work, as these Commentaries come to you with the story of the ideal of Mastership, is to kindle the enthusiasm necessary to the realization that the sacred flame of Truth is burning within you.

(a) Your Beautiful Cleansing Breath.

We have now come to the CLEANSING BREATH - Cleansing, quite a simple word, but charged with meaning that staggers the mind and makes us bow our heads in reverent gratitude to the Power that enables us to think the great thoughts embodied in the key to our practice.

Following on the ideas pursued in all the previous Commentaries, we find that the "MELTING" and the "MIXING" are things accomplished. We have succeeded in learning. We can circulate The Light. We can "Melt" and "Mix" the sacred substances, and can do with the molten metal of the Elixir whatever we desire to do, so perfect have been our study and practice. We know no disease - no pain - no disturbance - no disbalance. WE HAVE COME TO THE PERFECT BALANCE. . . through the perfect use of the Perfect Light that perfectly lighteth the hearts and the minds in all ages everywhere.

Again let me advise you to go back to the Cleansing Breath as you studied and practised it in the Initiate Group Course. BE SURE THAT YOU HAVE THE AFFIRMATION FIRMLY IN YOUR MIND.

In your Cleansing Breath you march forward, from the center of centers - apparently outward to the furthest circumference, onward through your own personal light, onward to the first radiations of the First Outer Light in our Grand Rejuvenation Breath, which follows this. . . onward, upward, outward, yet outward through the inner processes of Our Own Spiritual Breath.

I mean this :

- (a) That in the Cleansing Breath, as we search for the heat at the base of the spine, and watch so that we find "The Light that comes from the Flame that comes from the Fire that gives the Heat (of Life)," we are conscious of The Light coming from the Inmost Center . . . radiating up through the spine outward, outward -- and when we cannot stand it any more we think of the top of the head. The Light permeates us, and we are conscious of its upward movement.
- (b) Then in the fullness of this feeling of The Light, we prepare ourselves for the first radiations of the all-pervading Light which we feel - thrillingly, overwhelmingly in our Grand Rejuvenation Breath. In this latter Breath we are conscious of all the Light of Life flowing through our physical bodies, giving us strength and power and vigor and inspiration to DO our full duty to ourselves and to our fellow men.
- (c) Then, finally, in Our Own Spiritual Breath, there comes a totally different feeling, in which we lose ourselves in the Universal Light -- sending it out to Every Living Thing, and knowing that, by that mystic Fourfold Law, it returns to us from Every Living Thing.

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(Think on these three Breaths and meditate upon them, and you will be shown the secret of the final ascension of The Light, the true conception of the transcending meaning of those simple words, "MY WHOLE BODY".)

(b) Search Diligently for the Secret.

You know all about the physical part of the Cleansing Breath - analyze the details carefully in your own mind for a moment. Then think of the teaching you have received for the reading of your own aura, your own Light. Possibly you have experimented - you have been aware of lights of different kinds, either through definite feeling through your finger tips, or through the Inner Eye that first began to see the simple light within you, and you could then follow it outwards, so that in time ALL became Light, and you were in the center.

NOTE - THESE WORDS MEAN EXACTLY WHAT THEY SAY. YOU SHOULD BE ABLE TO SEE LIGHT WHENEVER YOU WISH. IF YOU HAVE NOT DEVELOPED TO THIS POINT, HERE IS AN EXERCISE WHICH MAY HELP YOU:

- (a) Sit in the sevenfold position, and see that the load of the body is being taken evenly by every vertebrae in the spine. Experiment, and BE SURE that your spine is straight.
- (b) Then, with the arms bent, and the upper arm away from the body (not touching the body), place your finger tips together, so that they gently touch. You hold your hands, so that the fingers are bent, not straight, and the fingers about four or five inches in front of the chest.
- (c) Then you think of the finger tips, closing the eyes, and imagining that you are bringing them very near, the fingers of the right hand nearly touching the fingers of the left hand - and you FEEL very fine in the experiment.
- (d) Watching with your FEELINGS, you will find that the fingers begin to move. You should feel a gentle tingling at the finger tips, and the hands should then, through the power that you are developing, begin involuntarily to move backwards and forwards to the magnetism that you feel in your finger tips.
- (e) When you are successful with this experiment, you will find that your body thrills all over, and there will be lights at various inward points. Your duty is to watch, and when you feel the Light, so register it in the mind that you will be able, through your imagination, to bring it back at any time.

(c) All a Matter of Faithful Practice.

Therefore, if, having practised this Cleansing Breath faithfully and not having been able to see the Light, the above exercise will help you to do so. We will not make any comment upon the physical side of the Cleansing Breath as you have already been taught, and I hope that you have practised it so well that you have discovered the Light and can with ease switch it on whenever you desire to do so. I mean with the same assurance as you place your right hand over your left hand and know that you are doing it.

THIS SPACE IS FOR YOUR OWN NOTES

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If you have practised you have experienced magnetic radiations - or auric rays - from the sides of the head, the ears, the nose, the lips, the shoulders, the toes, the finger tips especially and from other parts of the body. If you can in what we call in Mentalphysics "complete the circuit", then you will know what I mean. These auric rays may have struck you as being the auric atmosphere, "leaking" out through you at various points. You may have found that the auric rays from the index finger of the right hand, emanating to the index finger of the left hand, coalesce with one another in a way that is definitely known to you ; these rays follow the law of polarities - unlike poles attract each other, while like poles repel each other.

If you have practised, you have found that the index finger of the right hand, when placed opposite and near to the index finger of the left hand, give a different feeling, and you should register this feeling. Then experiment with your other fingers, and so teach yourself the fineness of your own feeling in this way. It is practice that will teach you, and the most simple experiment leads us on, if we are patient, to the true understanding of the auric rays of the body as a whole - to the wider understanding of the auric rays of "My WHOLE BODY", this wide universe.

I have found that the best way to begin to "read the aura" is to cultivate seeing auric rays from the fingers - with the physical eye.

If you will practise in a dark place, you will see what I mean. But the best way of all is to read the aura with the Inner Eye. We may read the aura of a person through the feeling life of us. Man has devised delicate instruments that record the emanations of Light that come from the physical body, these emanations of Light varying, of course, according to the quality of Thought. This idea could be dealt with almost to an infinite extent, but let it suffice for me here to say that we in Mentalphysics, through the technique of our practice, in a manner that we can absolutely depend upon, do the same thing in our way that the scientist does with his instrument.

Therefore, My Beloved, practise - and again practise!

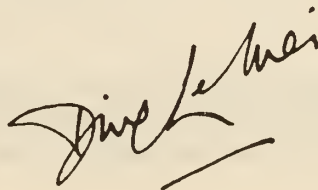
I hope that this week will be a week of great joy for you. If you do not at once succeed, try, try, try again. It is the most glorious thing to be able to induce and see and analyze The Light. We have but to learn what it FEELS like to be able to bring it into consciousness at any moment . . . and then you can see that all our troubles automatically vanish. If you are able, when the darkness of doubt or despair fall upon you, to turn on The Light, then all darkness must flee away --- and we are left radiant and full of joy and light and love. It is the great secret, and in a very real sense it is the only secret. Persevere, then, Candidate! Be not easily dispirited. All is well. The best is always yet to be. The Dawn is at hand. Practise in the Light of the New Dawn.

My peace I send to you - you are whole - perfect - strong - powerful - loving - harmonious - rich - young, and YOU ARE HAPPY. Let us Give Thanks. Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Eighth Commentary,
Inner Chamber.



THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM



The Inner Chamber

of the Science of Mentalphysics



THIS LESSON IS FOR YOU - IT IS
NOT TO BE TOUCHED, IF POSSIBLE,
BY ANY OTHER HAND . . . IT IS NOT
TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

59

"THE PATH OF PERFECTION" (27): The Cleansing Breath (2);
Advice on This Wonderful Knowledge; Truth Comes From
Within.

BREATHING FOR THE WEEK:

1. Same as in your Fifty-Eighth Commentary, giving special attention to your Affirmation following the Breath.
2. Analyze the words, so that you are SURE that you know what they mean - then
 - (a) See what you feel as a result of studying the Affirmation.
 - (b) FEEL what you SEE as a result of studying the Affirmation.

MEDITATION FOR THE WEEK:

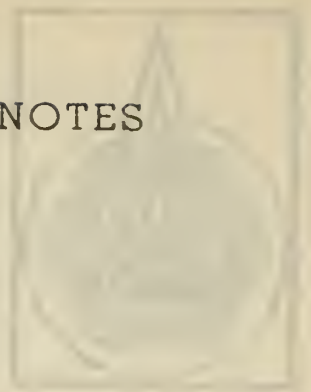
1. Same as in your Fifty-Eighth Commentary.
2. As you meditate upon "THE LIGHT OF THE DIVINE WISDOM SHINES THROUGH ME", be slow in going into the abstraction, watching the processes of your own mind as you REALIZE the Light. Then, by the time you get to the final sentence in the meditation ("I Take Refuge in The Light") feel the TRUTH of this, and know that you feel yourself ACTUALLY losing yourself in The Light.
3. Make this quite REAL, as you have never before.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I hope that you will be able to make this week a week of much experimenting in your work. Consider carefully your Fifty-Eighth Commentary together with this Commentary. Study both Commentaries very hard. There is much in each of them.

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They deal with the CLEANSING BREATH -- well, first, WHY is this Breath called the CLEANSING Breath? The reason is precisely this : that when we can read with clarity and without any possibility of doubt the LIGHT that is in us, then (knowing through previous Breaths how to USE the Light), we cleanse the physical body so perfectly as to consciously know it to be a fitting instrument for us to go on further . . . and know it to be MY WHOLE BODY . . . losing, losing the physical body into the spiritual body as the dewdrop loses itself in the ocean.

You are right now at a most important stage in Mentalphysics. Be faithful, Candidate - for you may gain great knowledge if you are faithful but may miss much if you are indifferent. May you gain inspiration to be faithful and not lazy in your search.

(a) First Aspect of Cleansing Breath.

I have said that "when we can read with clarity and without any possibility of doubt the Light that is in us, then (knowing through previous Breaths how to USE the Light), we cleanse the physical body so perfectly as to enable us consciously to know it to be a fitting instrument for us to go on further . . . and know it to be MY WHOLE BODY . . . losing, losing the physical body into the spiritual body, as the dewdrop loses itself in the ocean." I cannot put this meaning in any other words, and you must let the Light of you shine upon them that they may give you their true meaning.

You will remember that in the Initiate Group Course (and in the early classes conducted by Ding Le Mei) we used this Breath, teaching us to enable us to rid the body of physical uncleanness; and allowed it to deal with the purification of the constantly changing substances of the physical organism. This was necessary, for we could not possibly hope to go forward to the Mountain of Man's Highest Hope of the THING ITSELF unless we had first begun and completed our journey through the Sphere of Illusion.

Later, the Cleansing Breath took on a different aspect, for we came to see that we can read the aura through this Breath. In this respect, it is interesting to see what progress science in the Western world is making towards what we are learning, and which has been known to the ancients for centuries. The American Chemical Society (according to a message from Kansas City on April 12, 1936) reports the "discovery of previously unknown electrical charges in the human body, showing that the 'spark of Life' is essentially something electrical." This "discovery" was made at the Harvard Medical School, and it "fits significantly into other recent revelations of science that include thought and emotions in a network of electrical phenomena which appear to underlie body chemistry and structure of living matter." The report then went on to state that the newly found electrical charges are the giant protein molecules, the body's so-called "building blocks", hitherto considered electrically neutral.

"In effect," continued the report, and this is important to note, "the Harvard men discovered billions of molecule-size dynamos which exist in every human being. . . . When such an electric magnetic molecule moves, it is just like the armature of a dynamo - it produces electric current which flows, in this case, to other tissues of the body."

(b) Reading About Not Necessarily Truth.

It is all very wonderful to read about these things, and there is not the slightest doubt that Western science will ultimately discover the EFFECTS of all the forces of life. But we learn from the CAUSE, and the CAUSE is WITHIN US.

THIS SPACE IS FOR YOUR OWN NOTES

While on this subject I will quote from that great columnist, Arthur Brisbane, who writes prolifically. In one of his recent columns, speaking about the value of the human heart, he wrote:

"A woman's heart beats faster than a man's, on the average; a child's heart faster than either. The human heartbeat varies, normally, between fifty and eighty-five, with exceptions at either end. The canary's heart beats one thousand times a minute. Cattle have a heartbeat between forty and fifty.

"Doctor Benedict of Carnegie laboratories finds that the adult elephant's heart beats from twenty-two to thirty times a minute, less than half the human heartbeat, and the elephant's heartbeat is nine strokes faster when the animal is lying down.

"You are interested in your heart. Life starts when it starts beating, ends with its last beat. The most wonderful of all your mechanical possessions, it starts long before your birth, survives incredible hardship, and the most important food that it carries through the blood, to the hungry hundreds of billions of cells in your body, is OXYGEN. So, get plenty of fresh air, and breathe deep, from the bottom to the top of your lungs.

"Twenty deep breaths will reduce the beat of a tired heart by ten strokes to the minute, easing the load. Try it. In your brain alone, Doctor Carrel tells you, are thirty thousand million separate cells and each requires fresh oxygen, from the blood, at least once every second. You are, indeed, as the Bible says, 'Fearfully and wonderfully made'."

(c) Truth Comes From Search Within.

All extremely interesting, but if we do not learn HOW TO STRENGTHEN THE HEART all the reading ABOUT IT will do us no good whatever - indeed, may do us positive harm.

Now, we Nobles of The Light have to some extent completed our Journey through the Sphere of Illusion, through the miasma of the outer darkness, and have come to know beyond dispute that we have at our command and may use it when we will a power that enables us not alone to cleanse our physical bodies, but our mental body and all the higher bodies --- that enables us to come into the REALIZATION of what we truly ARE. We through practice come from the outer circumference into the inmost Holy of Holies: then, seemingly losing ourselves in our own purification, we turn again outward to realize that MY WHOLE BODY is infinitely more than this changing physical organism, but that it is to be found two steps further along when we consider Your Own Holy Spiritual Breath.

In the "CLEANSING" Breath, then, having passed into the understanding of the "MELTING" we rest upon the wings of time and analyze the FIRE that melts the substances -- and that is what Western science is trying to do objectively, and will never thoroughly find the way . . . for the Kingdom of Heaven is WITHIN YOU (and nowhere else), and EACH MUST FIND IT FOR HIMSELF.

In our next Commentary we shall lead on the review of the processes we have so far entered upon, for the Cleansing Breath is the Breath of the true analysis. Western

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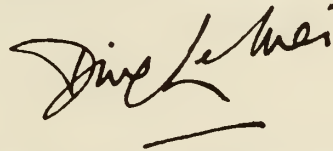
science is trying to analyze objectively that which is beyond all analysis . . . and the only way we can hope to come to know is by seeking within. In this way we try to probe that which cannot be probed, for the more we push our idea objectively the more do we find ourselves subjectively lost in the Idea Itself and absorbed by it - just as the physicist, pushing his experiments further and further, knows that he must come to the time when his investigations will be pushed into the realm of mentalphysics . . . from the unknown to the known, from the real to the false, from the false to the real, according to the point of view of the investigator but we in Mentalphysics know that the true enduring Reality is hidden. Therefore, my Beloved, pursue your own investigations into the realm of the real, into the realm of the Golden Silence, where the Golden Flower blooms peacefully, where all is lit by the silent glow of the Ineffable Golden Light.

Be Happy this week. We are in possession of a great secret. It is all being unfolded for us. We must be patient and faint not by the way. We must be strong and full of hope and give thanks for every tittle of evidence that we gain of greater knowledge.

Do all that you can to Spread the Light by getting more students. If you are interested in Teaching Mentalphysics write personally to me, and I shall be glad to see whether you are ready for it -- we are ALL ready for what we can do in life. . . but so few of us really TRY to do what we can.

My peace I send constantly to you. You are THAT. Give thanks.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

A handwritten signature in cursive script, reading "David Le Mei". The signature is written in dark ink and is positioned to the right of the typed name. Below the signature is a short horizontal line.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Fifty-Ninth Commentary,
Inher Chamber.

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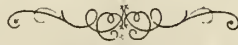


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The Inner Chamber

of the Science of Mentalphysics



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COMMENTARY

60

**"THE PATH OF PERFECTION" (28): The Cleansing Breath (3);
The Justice of God; Advice on Reading the Aura; Be Happy—
Give Thanks!**

BREATHING FOR THE WEEK :

1. Same as in your Fifty-eighth Commentary, bearing in mind what you were instructed in your Fifty-Ninth Commentary, and considering the following words (three distinct sentences), so that you are SURE that you know what they mean --

- (a) SEE what you FEEL as a result of studying the Affirmation
- (b) FEEL what you SEE
- (c) DO what you FEEL.

(I ask you to think about this, because the Noble Secret is to see rightly - to feel rightly - and to do rightly, to which I shall refer in the present Commentary.)

MEDITATION FOR THE WEEK :

Same as in your Fifty-Ninth Commentary.

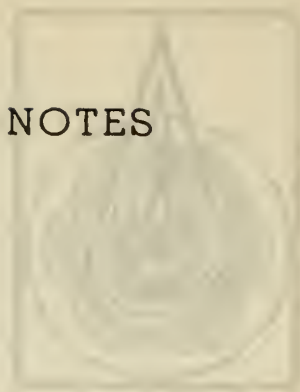
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, I remarked that "in the Cleansing Breath, having passed into the understanding of the 'MELTING', we rest upon the wings of time and analyze the FIRE that melts the substances." Now, in an analysis of anything, we pass from the idea of the thing to the thing itself - let us say that in a very real sense we become that thing. What do I mean?

I mean this. Some time ago I was up in the High Sierras, stretched out in the snow, gazing in rapture at Mt. Whitney, which, as you know is a very

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beautiful mountain, and one of the highest points in California. That beautiful mountain, glistening in the sun, so fascinated me that I lay there enthralled. I seemed so to lose myself in that mountain that I found myself asking myself - "Where is that mountain . . . where am I ? . . . Who am I? . . . and what is that mountain?" I had so entered into that mountain that it had become a part of me and I had become a part of it. I SAW the great giant before me, and I felt that I saw it. But I went further : I began to feel it in me . . . it became so real to me that I felt that it was actually WITHIN ME. (Think of this, and you will see what I mean when I advise you to "See what you feel," and "Feel what you see.")

To love is very beautiful, but to know why we love and so cement the love with a knowledge of the love is better.

(a) Apropos the Fire.

To be able to enjoy the warmth of a fire gives us a very grateful feeling - and perhaps is all that is necessary - but when the fire begins to die down it is useful to know how to stoke it up again and thus continue to enjoy its warmth, "Fanning the flame." I cannot emphasize too much that in our Cleansing Breath we go from the effect of the FIRE, which we have discovered and made real, to the FIRE ITSELF. We analyze. We experiment. Our experimental field is within ourselves, for the Fire is there, in the center of the center of the center of Ourselves. We know it to be the ONLY Fire. We desire to understand the Fire as perfectly, if possible, as we can understand its effects within us; and so we start out with courage in our hearts to make our analysis.

WE START WITH READING THE AURA, SO CALLED.
WE GO DEEPER AND DEEPER.
WE SEE THE LIGHT THAT COMES FROM THE FLAME.
WE DISCOVER THAT THE FLAME COMES FROM THE FIRE.
WE PRACTISE SO THAT WE CAN PENETRATE THE VERY FLAME ITSELF,
THOUGH AT FIRST THE LIGHT SEEMS BLINDING.

After much seeking we find ourselves penetrating to the very center where the Fire dwells. . . only to find that we are consumed by it . . . we are lost in it . . . the substance of us is dissolved, dispelled, brought to nothingness, but, thanks be, we find that all that we have lost is the APPEARANCE, for the REALITY remains. The fire raged and roared, and for a time we were sore afraid ; but, through practice, we come to know that there is nothing to fear, for the fire consumed our fear . . . WE COME TO SEE THAT THERE WAS (AND IS) ONLY TRUTH, and that ALL FALSITY AND FALSEHOOD, and PAIN and EVIL and all the qualities of darkness were merely lesser qualities of Light, and that when we came into the VERY LIGHT OF THE FIRE, all negation left us, and we found ourselves to be resting - charged with knowledge and unafraid of aught that seemed to be embodied in this Appearance that most men call Life - IN THE VERY FIRE ITSELF.

This may be repetition, but it is important for us to grasp the inner truth of it all.

(b) The Justice of God.

Our beautiful Cleansing Breath teaches us THE JUSTICE OF GOD, the only thing that we have to learn . . . that GOD IS JUST.

IF WE SEE RIGHTLY, seeing Good (God) in every living thing and in all emanations from Every Living Thing, then all darkness simply is not. Negation disappears (does not appear). Fear, Doubt, Disappointment, Death do not come into consciousness.

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IF WE FEEL WHAT WE SEE, we "lose" ourselves in the thing (in the Good) that we see.

IF WE DO WHAT WE FEEL - then comes the glorious consummation of all, and our lives conform to the JUSTICE of Life ITSELF.

Let us grasp this bedrock principle. It is not of OUR creation - it belongs to the immutable Law of Life . . . it IS the LAW. Everything that we send out belongs to us - of all possessions they are the most tangible. And because we can send out into the universal only that which we SEE, that which we see we become, for (as we Know) what we send out alone can come back to us. That which belongs to us and has been sent out by us, must come back to us because we are the owners.

Let us never forget that

Every Evil planning, conniving, plotting, unclean thought must come back to us. How? Well, it may come as bodily illness, or as a business failure, or as a nervous breakdown, or as melancholia. IT MAY COME BACK IN A MYRIAD DIFFERENT WAYS. . . BUT IT RETURNS.

This applies, of course, not only to the evil things of thought, but applies also to the good things. When we send out anything that is pure and good and helpful to every living thing, then what a harvest must come back to us!!

(THEN, STOP FOR A LITTLE WHILE AND THINK OF YOUR MEDITATION FOR THIS WEEK, AND LET YOUR MIND DWELL UPON THE INTERRELATION BETWEEN THE THREE WORDS - SEE, FEEL AND DO.)

The CLEANSING BREATH is preeminently the Breath that causes us to rightly SEE - and FEEL . . . and we should by this time have developed enough good sense to rightly DO. With this trinity of Seeing, Feeling and Doing established, what a future awaits us in our Grand Rejuvenation Breath, which follows . . . for we have now learned balance ; we have nothing more to learn, so that there is naught but YOUTH for us in this life . . . we come into a practical knowledge of the immortality of life which men talk about yet know little of. When we look and really see the way indicated in our Cleansing Breath, the wonders of the opening and the shutting of the Gates of Heaven will be inexhaustible.

(c) Be Happy - Give Thanks.

And now, again - perhaps for the millionth time - I exhort us all who are Nobles of The Light, to Be Happy and Give Thanks. To give thanks is the Fire of the Wise, for it is the true instrument which works for the sublimation of our whole life. To give thanks is the secret Fire of the philosopher, leading him on to the dissolution of all doubt. The longer we practise what we are learning in Mental-physics, particularly the two great positive laws of Giving Thanks and Feeling Happy, the more shall we be able to recognize the Secret Key to life and understand ALL philosophy . . . indeed, all written material upon occult philosophy, cloaked in strange phrases for the most part, will be made quite clear to us. If you are interested in Hermetic philosophy, for example, when you next read anything relating to it, try to see where the ancient alchemist is leading you . . . you will find that Giving Thanks and Feeling Happy are his two rare gifts from heaven that enable him to enter into the Conversion of the Elements. In Yoga, in all its ramifications, it is just the same. The deified "justice" of Confucius is the same - giving to every living thing. So with the sublime teaching of the Buddha.

THIS SPACE IS FOR YOUR OWN NOTES

In the Kingdom, the search for True Knowledge is the highest blessing of the Adept. In Mentalphysics we are all on our way to adeptship, to reach the faultless life, and our philosophy shows us how. Mentalphysics is radiant with a divine beauty. Through it we are coming to know the mystery of the Balance of Life, the Secret of the Universal Equilibrium. All of us can now come to the Equilibrium of the Deity - between the Infinite Divine Wisdom and the Infinite Divine Power, from which result the stability of the Universe, the unchangeableness of the Divine Law, and the Principles of Truth, Justice and Beauty and the obligation of Divine Law upon all men. We come to know the equilibrium of the Divine Mercy . . . of Divine Equity . . . and the Harmony of the Universe. We come to know, as Adepts, of the EQUILIBRIUM that is possible in ourselves between the Spiritual and the Divine, and the Material and the Human, in Man . . . AND THIS IS ALL EMBRACED BY A KNOWLEDGE OF THE LAW OF OUR OWN BEING.

"Enter The Path! There spring the Healing Streams quenching all thirst. There bloom the immortal flowers carpeting all the way with Joy! There throng swiftest and sweetest hours."

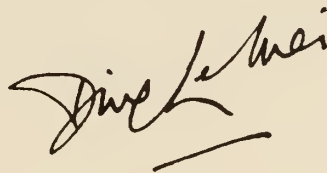
Kill not - for Pity's sake - lest ye slay
The meanest thing upon its upward way.

Give freely and receive, but take from none
By greed, or force, or fraud, what is his own.

Bear not false witness, slander not, nor lie ;
Truth is the speech of inward purity.

I embrace you in Love . . . and Joy . . . and Youth . . . and Law.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

A handwritten signature in cursive script, reading "Dore Le Mei". The signature is written in dark ink and is positioned to the right of the typed signature block. There is a horizontal line drawn below the signature.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixtieth Commentary.
Inner Chamber.

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