

Welcome to Mentalphysics: Your Guide to Self-Mastery

Pointers for Your First Lesson:

This simple guide is to help you start your journey.

Begin by practicing the breathing exercises daily, as they are essential to your progress. Remember: **practice is key**—not mere reading.

Your Daily Program (First Week)

1. **Follow the Suggested Diet** (*optional, but highly recommended for faster progress*).
2. **Morning Routine:**
 - Harmonic Breath: 4 times.
 - Vibratory (Memory Developing) Breath: 49 times
(*14 breaths, rest. 14 and rest. 14 and rest. Then the final 7*).
3. **Before Lunch:** Harmonic Breath: 4 times.
4. **Afternoon:** *Optional* Memory Developing Breath
5. **Before Dinner:** Harmonic Breath: 4 times.
6. **Evening Meditation:**
 - Meditate for 1 hour (or at least 30 minutes if time is tight).
7. **Bedtime Routine:**
 - Harmonic Breath: 4 times before sleep.

Consistency is Key: Make these steps part of your daily routine.

Progress depends on what you DO, not what you read.

Key Principles for Success

- **Practice Over Theory:** Self-mastery is achieved through disciplined action, much like learning to play a piano.
- **Mental Discipline:** Challenge yourself to follow this regime for two weeks without compromise. This builds determination, willpower, and self-control.
- **Mind-Power:** Strengthen your thoughts by practicing with force and purpose. Lazy thinking yields no results.

Why Breathing Matters

Breathing is central to enhancing both mind and body:

- It revitalizes blood, boosts energy, and supports physical and mental health.
- The Vibratory (Memory Developing) Breath strengthens neck and throat muscles, improves alertness, and helps balance weight distribution.
- Regular practice awakens your body's innate potential and sharpens your focus.

The Role of Meditation

True meditation requires:

- **Concentration:** Focus on a single thought with intent and force.

- **Practice:** Regular meditation enhances silence and peace, unlocking deeper access to your subconscious and inner power.

Adaptation and Care

- **Diet:** Follow a prescribed diet if you have specific health needs.
- **Breathing:** Adjust the number of breaths if you're new or have health concerns. Start small and build gradually.

The Body: Your Temple

Your body is the vessel of the "Power Within." Strengthen it through:

1. **Solid Food:** Balanced nutrition.
2. **Liquid Food:** Hydration.
3. **Rest:** Quality sleep.
4. **Breath:** Abundant oxygenation.
5. **Thought:** Purposeful and concentrated.

Final Thought:

As Ding Le Mei wisely stated: *"Leave your thoughts outside. God doesn't want your brains; you want God's."*

Focus on the practice, and the transformation will follow.