

Scope
of the
SHANGRI-LA
HOME STUDY COURSE
of
The Royal Fraternity
of Master Metaphysicians



Copyright, 1940

PUBLISHED AND DISTRIBUTED BY
Truth Digest, Inc. 152 W. 54th St., New York, N. Y.

Printed in U S A

Foreword

THE past half century has been very remarkable for two outstanding things: psychological discoveries and mechanical inventions.

Freud's investigations into the hidden subconscious realms, and the metaphysical application of his findings in the field of healing, have opened up a new world of unlimited possibilities. Little or no application has been made by man of the vast store of chemical, physiological and anatomical knowledge uncovered.

The secular world of thought has developed the sciences of physics, chemistry and invention to such an extent that they have far outstripped man's knowledge of himself. In his book, *MAN THE UNKNOWN*, Dr. Alexis Carrel writes: "It is quite evident that the accomplishments of all the sciences having man as an object, remain insufficient, and our knowledge of ourselves is still most rudimentary . . .

"Modern civilization . . . does not suit us. It has been erected without any knowledge of our real nature. It has been constructed at random, without regard to man's true self. Man should be the measure of all. On the contrary he is a stranger in a world that he has created. He has been incapable of organizing this world for himself, because he does not possess a practical knowledge of his own nature.

"We are the victims of the backwardness of the SCIENCES OF LIFE over those of matter. The only possible remedy for this evil is a much more profound knowledge of ourselves. Such knowledge will enable us to understand by what mechanisms modern existence affects our consciousness and our body. We shall thus learn how to adapt ourselves to our surroundings and how to change them. . . .

"Since the natural conditions of existence have been destroyed by modern civilization, *the science of man has become the most necessary of all sciences.*"

TO MEET this necessity the SHANGRI-LA HOME STUDY COURSE in THE FINE ART OF LIVING has been devised. Recognizing thoroughly the THREE-FOLD nature of man, The Royal Fraternity of Master Metaphysicians has collected the facts of life on these three planes of man's existence and herewith offers the most complete study of man that has ever been compiled.

Herein you will read in plain, concise and understandable language all the pertinent facts of man's physical self that have to this date been discovered and classified by science, as well as those now in process of scrutiny.

A careful study of these will reveal to you some very startling, revolutionary conclusions. You will discover that *old age is a disease, abnormal, and can be overcome. You can remain young, active and virile* just as long as you have the will to do so, and a desire to LIVE your life.

About the time the average man has accumulated sufficient knowledge and experience to make him of use to himself and his fellows, he leaves his work and is foregathered to his forebears. This was not meant to be. "The age of my people shall be the age of a tree. There shall be no more thence an infant of days: For the child shall die an hundred years old," Is. 65. In other words, one dying at one hundred will be a child.



THE SHANGRI-LA HOME STUDY COURSE will reveal to you that disease is the result of ignorance. *It will teach you how to get well and stay well.*

If you have broken the laws of your physical, mental or spiritual self and are now suffering the consequences in what you call illness or disease the Fraternity will render you metaphysical aid in recovering your health, upon written request and upon your written promise that you will put into

FOREWORD

practice the very explicit teaching found in the SHANGRI-LA HOME STUDY COURSE.

It will reveal to you the genius that lies dormant in your own SUBCONSCIOUS MIND and teach you how to awaken it and put it to doing the things an OMNIPOTENT OMNISCIENCE created you for and purposed you to do. *It is time for you to be about your Father's business.*

This Course will prove to you that.

You can be what you want to be,

You can do what you want to do,

You can have what you want to have,

and it will show you how to do it.

In the ESOTERIC part of the SHANGRI-LA HOME STUDY COURSE you will find revealed methods whereby you may attain your choicest dreams. "Eye hath not seen nor ear heard neither have entered into the heart of man the things which God hath prepared for them that love him." 1 Cor. II, 9. Is. 64,4. You will become acquainted with that long forgotten ancestor, your Soul, and have the way clearly mapped to that ultimate goal of all human experience, COSMIC CONSCIOUSNESS.



The Fine Art of Living

SLEEPING, Breathing, Eating, Exercising, Thinking, Speaking and Doing, these are our daily activities. The Fine Art of Living comprehends the doing of just these simple things purposely, artistically, scientifically, joyously and successfully.

Live we must. Why then not make of it a fine art? This takes no more time, no more effort than living wrongly, ignorantly or in a haphazard manner, and without joy. Would any Sea Captain expect his vessel and valuable cargo to arrive in port by merely drifting about in the open seas? No, he definitely sets his course in accordance with the stars and his compass. Would a skillful chauffeur attempt to run his machine without first knowing that every part of it was in condition to make the trip and the mileage he requires? Intelligent *purpose*, skill and foresight are quite as necessary, and infinitely more valuable in the piloting of the human machine, and the living of our daily life.



EVERY intelligent human being knows that the body and the ego, or individuality, are the only real assets that Life ever gives man. They are his one priceless possession. Lands, wealth, fame, are all incidental to this possession. Only through his *body* can he sense, enjoy or aspire to any achievement Life has to offer. Having realized this, is it possible that he will continue to confuse *having* with *being*, and neglect to put his physical house in order?

What of the millionaire pauper, who can write his cheque for whatever he desires in six figures, but whose body and mind are coarsened, aged or unattractive? He may count his wealth in two hemispheres, but behind the closed doors of his own apartment, he knows his inferiority and his doubtful

place in the scale of human beings. Nothing is more pitiable than these banal, paper-covered editions of human beings, so unattractive to their fellow creatures, and of whom this age of money-chasing has produced so many!

What too, of the great savant, whose physical neglect has resulted in bodily defects and shortcomings? There comes a day and all too soon, when he faces in silent bitterness the mockery of his wit and genius.

We are only human after all, and if we continue to neglect ourselves, on-creeping "old age" accuses us of folly and blindness, as we grasp hopelessly at "what might have been." There are many people to-day seemingly alive at 100, who have been really dead for 40 years—or more!



THE Fine Art of Living, like all other fundamental and practical things in life, is very simple, once we have given it a little thought. No complex regimen, just the doing of those daily things correctly, which we must do to establish and continue a joyous existence. Just the simple things we inherited as our birthright, but which we have lost in the complexities of "civilized" Society.

The Fine Art of Living should be a part of the curriculum of every public school, college and university in the land, the rudiments of it should be taught to the child in the Kindergarten, the scientific reasons for it made clear to the High School boy, and the University man should be taught how to change the Art of Living into a Science of Life.



TODAY, on the contrary, when our young have reached maturity, they immediately start on the down-hill road leading to the cemetery. This is true because in our system of education, more attention is given to the solving of ma-

thematical problems, and to the parsing of Greek roots, than to Life itself. (And this makes no reference to that very large percentage of young people who attend our schools for athletics, sports, contacts or because "it is the thing to do," without the slightest notion of or desire for education.)

It must be borne in mind, in all of this, that THE SHANGRI-LA HOME STUDY COURSE does not interfere with your religious beliefs or convictions as to a future life. The Course is occupied with the solution of the problems of Here and Now.

To cater to life's simple essentials scientifically, takes no more time than we now spend in our haphazard way of merely existing. And the results are sure and swift in developing health, a dynamic body and an irresistible personality. These "Essential things" are, in the order named, SLEEPING, BREATHING, EATING, EXERCISING, THINKING, SPEAKING, DOING.

SLEEPING

WE discover in the study of life that we enter upon it through the gateway of sleep. We not only sleep continuously during the first nine months of our existence, but sleep occupies practically one-third of our life after our eyes are opened to the sights of this mundane sphere. Yet no school has ever taken the time to tell us what sleep is, or what it is for, or how to get the greatest benefit from it. We have not been told, for instance, that the only time for mental and spiritual development, as well as for physical growth, is that in which the body is unconscious in slumber.

However little known, it is nevertheless a scientific fact, that the child can put on weight and develop its little body only while it sleeps. It is even less known that all the habits of childhood and of mature life are formed in sleep. All

mental attributes are fashioned in sleep, and all the deeper cravings for spiritual expression or the reverse, are the outgrowths of sleep.

When sleep is once understood, it is seen to be the greatest period of our life for the development of our spiritual, mental and, in many respects, our physical powers.

Insomnia, the bug-bear of so many, disappears the very first night, if the instructions given in Series II are carefully followed.

BREATHING

IF we are not "still-born," our first act is to breathe. Yet the average man in this Western world has never been taught how to take a correct breath. As a result, he suffers, in common with all other members of the Western, so-called "civilization," from colds and coughs, bronchitis, and other pulmonary diseases; has been a victim of constipation, asthma, high blood-pressure, and has been slowly but surely developing self-poisoning.

These, and many other diseased conditions are totally impossible to anyone who has learned to practice the science of breathing.

Madame C. Novello-Davies, the famous London voice teacher, wrote: "I am willing to wager, that of the 1,400 millions who are reputed to be alive at the present moment, not one in a thousand breathes correctly.

"Most of us have forgotten how to breathe. You smile. But it is true beyond fear of contradiction.

"We began properly as babies. The secret is simple enough. The child breathes deep down. On his lungs there is very little demand, on his throat, none at all. But give him two or three years, and he will become one with the rest of the world of unconscious shallow breathers. Now, it is because the vast majority ARE shallow breathers that asthma,

the common cold, bronchitis, and tuberculosis even, are so rampant.

"If you wish to be healthy, and to live long, breathe properly. It is the cheapest receipt anyone could offer."

EATING

THE third thing a child does, if it continues to live, is to eat. If it is a natural child, and is fed at the breast in a natural way, it performs this task scientifically until after it develops a mouthful of teeth, and then, for the average individual, all is changed, and he begins immediately to dig his grave with the newly acquired teeth.

Man is not taught that, in addition to fish and fowl, there are four distinct types of animals, each with a different number and shape of teeth, differently constructed digestive organs, and a very greatly different length of alimentary tract. Nor has he been taught that these characteristics scientifically determine the character of his normal diet.

Because he was never taught how to eat or what to eat, he usually remains in ignorance of food values until his digestive system breaks down. He usually labors strenuously, if in average circumstances, to secure edibles with which to poison himself and to curtail his energy, intelligence and life.

In other words, the average individual "lives to eat" instead of "eating to live," and in the process he has developed over 2,300 different diseases, all most profusely described in any standard work on pathology, and has invented more than 23,000 remedies (or superstitions) which are all correctly described in any authorized pharmacopeia. Statistics show that ninety-four per cent. of all the diseases to which man is heir today, result directly or indirectly from his ignorance in feeding himself.

EXERCISING

THE fourth thing the child does, if it is normal, is to creep, walk and run about. Its little body, the human machine, is super-imposed upon a skeleton made up of over two hundred bones, which are moved about through the operation of over six hundred muscles, with energy supplied through several miles of wires (nerves) and generated and directed by the most marvelous, multiple engine (the brain) known to man.

But as he matures, he is seldom told that his ability to use this engine for mental purposes depends very largely upon his keeping it in running order daily, through the exercise of each and all of the six hundred muscles. Therefore, through the ignorance of a nursing mother, or the training of his elders later on in life, the child becomes right handed or left handed, instead of remaining, as he was when born, ambidextrous. This is another way of saying that he is educated to become lop-sided, and that he uses only one of the lobes of his brain, instead of both; that he fully develops only one-half the muscles of his body, and is therefore gradually producing a condition which throws out of alignment his body structure. All this helps the more readily to produce the breakdown which is erroneously supposed to result from (the disease of) old age.

Youth and its conservation mean movement and suppleness, which can be secured and maintained by a very few minutes daily, devoted to a few scientific muscle movements.

In his school days the boy is mistakenly taught that athletics furnish all the exercises he requires, when, as a matter of fact, the athletics indulged in, in our colleges and universities only serve to make more permanent the above-mentioned "lop-sidedness," and, if there is anyone today in need of scientific exercises more than another it is the so-called "trained college athlete," and the modern votary of "indoor sports."

THINKING

THE fifth thing we do as children is to think. But this is a propensity which the average child is never permitted to indulge for any very great length of time, for the reason that, if, through moving about and observing things, he begins to ask questions, he soon becomes a nuisance in the home. He is therefore bundled off to some school, where the process of inhibiting thought has been reduced to a science.

The child is therefore, given a number of little volumes, called "text-books," which correctly inform him just what some other individual *thought*. His ability to get through school, to be regarded as bright instead of backward, to pass his examinations, and to secure his diploma, depends upon not his power of thought, but his power of committing to memory what some other people thought.

This effort to memorize has consumed his mental energy, and in due time he is turned loose upon the earth so mentally crippled that in ninety-five cases out of every hundred, he never recovers. He becomes just another unit in the great mass or herd. He has been robbed of his power to think by a system, the votaries of which seem to believe that committing other people's thoughts to memory develops the mind. If education consists of committing to memory and correctly reporting what other people think then the wax recording disc in an Edison talking machine is the last word in education.

Our thinking is almost never individual. We follow blindly as sheep in the groove traced for us by tradition, convention, and our particular ancestors.

A man who can think individually is a genius. Individual thought, allied with the emotions, has produced all of man's creations. Every form of art and science, every tangible thing that we see about us, apart from Nature herself, has come from some man's *individual* thinking. Without that,

life would have been stagnation. There could have been no progress.

The man who *thought* became a success. If he expressed his ideas with potency and persistency along individual lines, he became a genius.

The power to think means the power to live fully and greatly. Alas! nearly all of us remain mere copyists and imitators, and are thus exploited in the scheme of life and lost in the shuffle.

SPEAKING

IN due time the normal child learns to vocalize his thought, and thus learns how to express himself verbally. But very soon his "education" is begun, his inner self repressed, and therefore he has nothing to offer to the world but just words. Although his words are parrot-like and automatic, and in the main, very meaningless, yet they are never without effect.

A man breaks himself or makes himself daily by the character of his words.

Psychology has finally demonstrated, that through the power of suggestion or auto-suggestion, words, however meaningless or idle, are nevertheless always effectual. There is more power in one single word—for good or evil—than in the greatest power engine ever devised by man.

One of the first things a Student of the New Life will have to master, will be scientific speaking—the scientific use of constructive words. He will have to learn to eliminate from the vocabulary all words of a destructive character, and to substitute words that are purely constructive. *More of success or failure in life is due to the voice and the manner of using it* **THAN TO ALL OTHER THINGS COMBINED.**

DOING

IT is inconceivable that once you have learned how and why to sleep; how and why to breathe; how and why to eat; how and why to exercise your more than 600 muscles; how to actually think your own thought and how to effectively vocalize it, you should then retire to twiddle your thumbs. There are no superannuates among those who have learned the Fine Art of Living. Life means activity. Life is neither quiescent, dooless nor indolent.

The great mass of mankind is made up of 'round pegs in square holes.' But Ruskin defined education as "Learning how to do useful things well." And so THE FINE ART OF LIVING has much to say about Self-expression, Creative work, doing the thing for which you were born and for which you inherited the talent and the mental, emotional and physical equipment with which to DO certain things *better than they have ever been done before.*

You are the here-and-now living expression of an OMNISCIENT CAUSE, not the quiescent remnant of a Has-been.

"My Father worketh hitherto and I work."

YOUTH AND THE PROLONGATION OF LIFE

IN 1925, at the International gathering of scientific men and women in America, a German scientist gave an interview to a body of newspaper reporters, in which he stated that, "Before the end of this century, science will have found methods by which man may live upon the earth for a thousand years if he chooses."

The Professor of physical chemistry at the "University of Toronto has reasserted his belief in man's "ability perpetually to rejuvenate the body and to arrest decay."

These statements only serve to show the trend of present-day thought regarding the prolongation of life. There is

every reason to believe that longevity, extending in some cases to hundreds of years, was the rule rather than the exception within the history of man, and there is no question in the world but that there are many individuals on the planet today who have escaped the disease of "Old Age."

THE SHANGRI-LA HOME STUDY COURSE does not aim at "Perpetual" rejuvenescence, or to prolonging life "for a thousand years"—however possible that may be—but it *WILL SHOW YOU HOW* to add many useful, youthful, active, successful and happy years to your life!

"OLD AGE"

PARADOXICAL as it may sound, *years* and "old age" have nothing in common. Old age is the decay of bodily tissue. This decay is the result of criminal ignorance of the laws of life and health and of the requirements of the mental and human machine.

We would never think of treating our automobile, our live stock, our house or our other possessions as we treat ourselves. Our ignorance is appalling, and our premature decay the inevitable result. People formerly lived in the fullness of activity and of their life forces, to a far greater age than does the human being of today. Old age is synonymous with decay and disease, *but not with years.*

A newspaper correspondent in Peking recently announced the death of Li Chang-Yun at 256 years of age. No country in the world is more careful of its vital statistics than China, and the fact that Li Chang-Yun was tendered an official banquet in commemoration of his 250th Birthday, at which time he was in full possession of all his faculties, confirms the accuracy of the report.

It is also an historical certainty that several of the names mentioned below did retain their youthfulness for long past the period when men are supposed to be really OLD.

Here is an authenticated list of the names of some of the people who have lived beyond the century mark:—

The Turk, who attracted so much attention in this country, because of his 156 years, was outclassed by two contemporaries, Rafai Rabal, an Arab Sheik who was 157; and Dr. William Feldman of Stamboul vouched for Fatma Harum's 163 years. William Edwards of Cardiff, who died in 1787, was 167. The famous Harry Jenkins died at 169. Louisa Truxo of Brazil lived for 174 years. Petratsch Zartan of Hungary died in 1724, after having lived 185 years. Thomas Caron, of Shoreditch, England, as shown upon his tombstone, lived for 207 years. David Fernison, of Chicago, was 117 years of age at his death; Robert Bowman, of England, 119; the famous Countess Desmond 120, and Joshua Hightree 126. "Old Parr" (Thomas Parr), died at 152. C. J. Brakenberg, the Swedish sailor and adventurer, was 146 years and eleven months old at his demise.

FRANCE'S OLD-MAN-CHILD

THE reverse of these examples of longevity was forcibly brought to the attention of the scientific world a few years ago through an historical case in France.

The case in point was that of a boy whose mother was past fifty, and whose father seventy-two when the child was born. Both parents considered themselves very old, and the mother long since past the period of child-bearing. She believed in her "old age," and she impressed upon the child during pre-natal culture the evident condition of the father to such an extent, that when he was born he seemed to be a miniature man. Everybody who saw the boy remarked in the child's presence, on his appearance of age, so that in addition to his pre-natal culture he was ever in receipt of the suggestion of "old age."

The boy entered his adolescent period between five and six; at ten he was a mature man, with a second set of perfect

teeth, and a beard. At twelve the appearance of old age set in; his hair became grey, and he was partly bald, and his teeth began to decay. At seventeen he died of the senility of old age, and with every appearance of a man of seventy or seventy-five. Of course, with our present knowledge of the ductless glandular system, this case would be easily accounted for by the abnormal development of the glands in infancy, and their degeneration during adolescence. This will ultimately be found to be the case of little Lina Medina, of Lima, Peru, who recently gave birth to a baby boy before her fifth birthday.

DR. CARREL'S DEMONSTRATION

THE underlying principle and one of the great secrets in the prolongation of Youth and of Life was clearly shown by the demonstrations made by Dr. Alexis Carrel just prior to 1914. In his experiments conducted at the Rockefeller Institute, and accounted shortly afterwards to the world, he proved that there is no actual necessity for physical death or dissolution, as long as the equilibrium is maintained between alimentation and elimination. Dr. Carrel has experimented with embryonic chicks, before they were able to break out of their shells. He placed their vital organs, which he removed for the purpose, into a pre-digested food solution, and carefully washed away the debris from day to day, and saw the organs grow to their normal size. He discovered that if a bit of liver or heart were cut away, the organ had power to rebuild the portion removed. He also discovered that if *he failed to wash the parts thoroughly, or to remove the debris for a single day, decay or death seemed to set in immediately.*

During the 25 years the connective tissue of a chicken's heart was kept alive in the Rockefeller Institute it doubled its size daily, and enough of the tissue was cut away to have covered with thin slices the entire Island of Manhattan.

THE FINE ART OF LIVING

This balance between alimentation and elimination is paramount and vital in maintaining a youthful organism, and the SHANGRI-LA HOME STUDY COURSE convincingly demonstrates this fact.

YOUTHFUL APPEARANCE A NECESSITY TO PRESENT-DAY SUCCESS

NO LONGER is a youthful appearance considered a luxury. It has come to be a necessity which even our younger generation recognizes. The wiser among them do not intend to relinquish it. They mean to know the Scientific Method which will retain it; and young and old admit to-day that the world of successful achievement is inseparable from a vital and youthful personality. They have ceased wondering why Father was "laid upon the shelf" before he was 50.

The reaction brought about by the intense suffering of the first World War has doubled and trebled this impetus in the last twenty-five years. Since then, the world has paid more to *plastic surgeons, to beauty specialists, and for the manufacture of toilet preparations for covering up the effects of age, than for the satisfying of any other single human craving.*

THE ANSWER TO THE PROBLEM OF STAYING YOUNG

WHEN one knows the human machine and how to refuel it, and the human entity and its primary causes, and combines this knowledge with a scientific regimen, it is possible to keep it in unimpaired, workable condition for an indefinite period of time.

The problem of staying young is a problem of the mental outlook in life, of the cultivation of a pleasing personality, of a knowledge of the human machine and the sort of fuel required to keep the human engine functioning properly, but

above all, of a knowledge of the human animal's glandular system and its chemical requirements.

Until you have learned how to feed and care for your own glands, it will be useless for you either to borrow the glands of your simian cousin or indulge in tabloid extracts of his glands.

The endocrine glandular system not only moulds the body which is the "Temple of our Soul" throughout life, but provides or *takes away the elixir of Youth*. Its secret processes are so vital and all-powerful that only through their *perfect and normal functioning* is health maintained, or youth, beauty and virility produced. Not only are the endocrine glandular secretions the very essence and foundation of the human body, but they control our *character, our mental and even our moral tendencies*. In a word, our endocrine equipment is responsible for our personalities, and makes or breaks our physical entity.

A perfect scientific knowledge of this system is therefore indispensable in order that we may produce the *Masterpieces that Nature intended us to be*.

THE SHANGRI-LA HOME STUDY COURSE is the first successful attempt in the modern world to supply a regimen that scientifically, philosophically and practically takes care of the needs of man upon the three planes of his existence—Physical, Mental, and Spiritual.

PERSONALITY AND ACHIEVEMENT

AT FIRST glance, it may seem odd that a Course of lessons which has for its primary object instruction on how to remain young, and how to ensure the manifestation of that most priceless of all earthly possessions—a healthy happy life should concern itself with Personality.

But upon second thought, it will be seen that life without personality, without beauty, without that intangible expres-

sion of individuality which reflects charm and power, is *life wasted*. Personality makes of life a glowing and vivid reality. Life devoid of it is as shadow compared to substance, and keeps us in the common herd of humanity, imprisoned in our longings and desires, which are destined never to be realized.

"Life in itself is the first, the greatest of all the arts, and for it all other arts seem to be but a preparation."

THE HIGHEST OF ALL DUTIES

THE aim of life is self-development and self-expression; to realize one's nature perfectly. That is what each of us is here for. But unlike those wise and inspired Greeks of the Hellenic era, the modern race is afraid of itself. It has forgotten that the highest of all duties is the duty one owes to oneself. The courageous few have learned this. The successful have had the courage to put it into practice, for they know, as the wise of all ages have known, that the world is governed, and our desires attained, not through intellect or will, but through the direct expression of something greater than either—a forceful pleasing personality. This is the only tangible medium of intercourse with our fellow-men, and is the sum total of what we are.

In fact the greatest altruism is to show to our fellow-men what is possible in developing a personality at once pleasing and capable of worth-while achievement. If your interests lie along service lines, what greater service can you render to humanity than to blaze the pathway into a newer and greater manhood, a newer and greater womanhood?

MEN AND WOMEN WHO HAVE LEFT THEIR IMPRINT UPON THE PAGES OF HISTORY

SOMEONE has said: "Diplomacy of nations to-day all resolves itself into personality." This is no truer to-day than it has always been. The destiny of nations has always hung

upon this slender thread, as has the destiny of men and women in private or public life.

The most poignant and romantic period of Greek history was made through the great beauty and fascinating personality of Helen of Troy. Kingdoms fought for her possession, and upon her smile rested the fate of the Hellenic world.

Cleopatra ruled Emperors, serfs and diplomats, and changed the strategy of more than one general. Her beauty was less than the force of her personality, whose power was without equal.

Ninon de l'Enclos, though endowed with unusual beauty, owed her endless triumphs at the Court of Louis XIV to a brilliancy of intellect and to a personality so fascinating that, she was alike the envy and despair of all the women of her day.

The men who have left their imprint upon the pages of Time have all been remarkable for their personalities. Those who have risen from the ranks, like Michaelangelo, Richelieu or that titanic character—Napoleon, did so by the sheer force of personality. It was the visible expression of their genius. Without it, they could never have reached exalted heights.

The subtle influence of Napoleon was such that all eyes turned to him instinctively wherever he appeared; and on the battle-field his soldiers felt inspired to superhuman prowess under his orders. He possessed from the very beginning that magic which gave to the unknown young lieutenant at Toulon a hearing before the greatest generals of France. This magic was sheer Personality. Without it, his genius would never have served him, for it was the touchstone of his success.

PERSONALITY MUST BE CULTIVATED

LIKE physical beauty, Personality may be inherited (in its incipient form) and very often is. But without cultivation, it can never achieve actual power and influence. Where

it does not exist, it may be acquired. The laws which govern it are not intangible, but *definite and real*. The reflexes of the human body, the action of the endocrine glands upon body and intellect, are so interwoven that the one can only exist in harmony with the perfect functioning of the other.

A powerful or pleasing personality is never entirely independent of beauty,—for where there is youth and vitality and charm, *there is always beauty*.

A great writer has said: "Beauty is a form of genius—is higher indeed, than genius, as it needs no explanation. It is of the great facts of the world, like sunlight or springtime, or the reflection in dark waters of that silver shell we call the moon. It cannot be questioned. It has its divine right of sovereignty. It makes princes of those who have it. The true mystery of the world is the visible not the invisible."

Beauty is above all others the greatest gift of the Gods, and like personality, it must be cultivated, "For what the Gods bestow they quickly take away." (If not used and improved.) Science is now showing us the way to retain physical perfection far beyond the accepted period, and with it a vitality that brings back Youth in its train. A knowledge of the laws upon which a successful and pleasing personality is built, is indispensable; for in the final analysis our personality must always make or break us,—it is the sole arbiter of our destiny.

THE ANSWER TO FAILURE AND DISILLUSIONMENT

HOW many men to-day are wondering why others obtain apparently without effort that for which they have so laboriously struggled in vain? Why, they wonder, are those apparently less favored with brains or merit surrounded by friends or wealth? Why that apparent injustice of fate that condemns so many who possess talent or even genius, to poverty and neglect?

And why, so many women wonder, does the man who still holds their love and admiration, appear to take them as a matter of course, or to have lost all interest in them? Perhaps their mirror tells them that they are still as beautiful as when they first challenged his love. Why then are the foundations of so many marriages crumbling into the commonplace, or the tragedy of disaster?

The answer is a poignant one. The unsuccessful woman, like the unsuccessful man, is one without personality, and therefore without charm.

PERSONALITY VERSUS LUCK

NO MAN in business or law or art or medicine, or any of the other service callings, can hope to succeed without this asset. The great Captains of Industry to-day all possess it, consciously or unconsciously, and through it have risen to the top.

This is true of every great statesman, from Marcus Aurelius and Julius Caesar to Cavour, from Richelieu to Clemenceau, from William the Conqueror to Pitt, Disraeli and Churchill. There is in reality no such thing as luck. Personality is the magic formula upon which success is built. Its effects are more far-reaching than beauty, and when allied with youth, no event or series of events exist which cannot in time be mastered and overcome through its influence.

According to a recent consensus of the beliefs of the College and University Presidents of the United States, *personality* is the chief ingredient in the make-up of 85% of all successful men and women.

A man or woman at his or her best is a masterpiece which inspires us as does a great work of art—for Life and Nature surpass all art.

To apply the laws of Science to the creation of such a masterpiece is the aim and task of The Shangri-La Home Study Course.

Scope of the Shangri-La Home Study Course

THE Scope of the SHANGRI-LA HOME STUDY COURSE is in general terms covered in the preceding chapter on "THE FINE ART OF LIVING." But in addition, it is intended to be a comprehensive study of the Science of Life. Life can only be fully lived or expressed on all these planes, PHYSICAL, MENTAL, and SPIRITUAL — or Emotional.

The perfecting of the Physical and Mental Life is sufficiently covered in "THE FINE ART OF LIVING." The Metaphysical and Spiritual aspects of Life are comprehensively dealt with in the Esoteric Section. The word "Esoteric" as here used simply means the INNER SIDE OF LIFE. The body or physical is the machine. The mind or the mental is the engine. The Inner Self is the Engineer or Director. The student should know himself in his entirety.

To KNOW oneself is the greater human accomplishment. When you *know* all there is to know about yourself, you KNOW ALL THERE IS TO KNOW ABOUT THE ENTIRE UNIVERSE. The greatest intellectual dishonesty is to pronounce judgment, reach a conclusion and act upon any given subject without first comprehending all the essential facts. IT IS EQUALLY DISHONEST TO IGNORE OR ATTEMPT TO "LIVE ABOVE" ANY ESSENTIAL PART OF THE HUMAN ENTITY. You must master and use, not dominate and destroy.



THE Course, for convenience and usefulness, is divided into a number of SERIES. Each Series contains FIVE DIVISIONS, as follows:

1. The Argument or the Reason Why, on the PHYSICAL.
2. The Argument or the Reason Why, on the MENTAL.
3. The Argument or the Reason Why, on the ESOTERIC.
4. The Practical or "What to Do" in the:
 - a. Physical.
 - b. Mental.
 - c. Esoteric.
5. Questionnaire.

Each of the DIVISIONS of each SERIES will contain an index which will serve the student's convenience as a ready reference.

The Practical Instructions given will be found to be concise and simple, and the logical outgrowth of the Argument preceding each subject. It is our intention never to require any Mental or Physical action on the part of the Student, without first having given in "The Argument" a comprehensive, scientific reason for it.

Each SERIES concludes with a Questionnaire that contains a few pertinent key questions. Upon receipt of the written answers another SERIES will be promptly posted. Prizes will be offered from time to time for the best answers, and at the conclusion of the entire Course a suitable Diploma of Mastership will be awarded. **THE MOST OUTSTANDING STUDENTS WILL BE AWARDED A FREE PERSONAL POST GRADUATE COURSE AT SHANGRI-LA, PEACE HAVEN, UNDER THE SUPERVISION OF MASTER METAPHYSICIANS.**



AS you will discover in the perusal of The Shangri-La Home Study Course, it is a stupendous achievement, the result of the research and study of the literatures of

thousands of years, a work that has required many years of preparation, and which is compiled and sent to you at great labor and expense.

It is the first time in history that a life-stirring work, containing such a priceless treasure-house of vital instruction, has been made available to the world at large upon a FREE WILL OFFERING basis.

Two reasons prompted the Fraternity to do this. First, never in its long history has the world been in such acute need of the information contained in this Course—and our privilege and task is to pass it on to the largest possible number of Students. Second, after due consideration, the Fraternity has decided that Humanity is essentially honest; that man has long since discovered that he cannot get **SOMETHING** for **NOTHING**; that the value of the work is so obvious—you could not yourself gather, correlate and condense this information at the cost of a million dollars—and the results to the individual Student, when diligently applied, so certain and miraculous, that we are risking nothing in accepting the Student's valuation and in depending upon his basic honesty to pay for the benefits that will come to him.

Attached you will find an **APPLICATION** form. It contains a pledge that you will carefully read each **SERIES** as received, put to practical use the information contained therein which you consider scientific and useful, answer the few key questions and remit to the Registrar a sum of money in keeping with **YOUR** estimation of the value to yourself of the lessons and information contained in the **SERIES**.

*There is no other cost or obligation to you. We have nothing to sell excepting that we should be pleased to sell the greatest thing in the Universe to you, that is, sell **YOU** to yourself.*

GENERAL REMARKS

THE SHANGRI-LA HOME STUDY COURSE is printed on extra good paper, and arranged, with perforated holes, for binding in a 6 x 9 loose leaf binder as received, a size easy to carry around with you in coat pocket or handbag. When completed and bound, *the Course will constitute the most complete and remarkable volume that has ever been put between two covers on the subject.*

With SERIES I is sent a temporary paper loose leaf binder into which succeeding SERIES may be placed for protection until a permanent binder is secured. If none is available in your local market we will supply one, suitably stamped in gold letters, at cost.

ILLUSTRATIONS

The SHANGRI-LA HOME STUDY COURSE is profusely illustrated with anatomical, food, character and color charts, and with other engravings which will serve to make clear and understandable its teachings.

ON YOUR HONOR

The SHANGRI-LA HOME STUDY COURSE is fully protected by copyrights in all languages and in all countries, but only for the purpose of keeping it intact and preventing unscrupulous publishers from wrenching portions of the work from their proper setting or from the context.

As soon as it is found to be beneficial in the Student's life, it becomes his duty to pass the truth on. Truth not shared with others is never a blessing. But the printed pages that comprise the Course are furnished on the understanding that the Course itself, in printed form, is the personal property of the Student, and should not be given or loaned to non-subscribers.

WE STRONGLY ADVISE THAT YOU CHOOSE FROM AMONG YOUR FRIENDS A FEW WITH WHOM YOU ARE MOST CONGENIAL, AND URGE THEM TO JOIN THIS COURSE SIMULTANEOUSLY. This will enable you to hold periodical meetings for the exchange of ideas and the clarification of perplexing points. Your progress—and that of your friends—will be immeasurably enhanced by frequent contact with a group sympathetic to one another, every member of which is eager to acquire the same knowledge as speedily as they are able to absorb it. Your friends will, of course, have to enroll as Students, individually, to qualify.

Proven truth is only a blessing when shared with others.

Truth not proven is always false in the mouth of the inexperienced.

These Introductory lines can only give you the faintest conception of what the SHANGRI-LA HOME STUDY COURSE is and what it teaches.

It is a veritable "BIBLE OF HEALTH, WEALTH AND HAPPINESS."

It is an Encyclopedia of facts essential to your continued Youth, Health, Personality, Achievement and Longevity.

It supplies you with AN INCENTIVE FOR LIVING, and with the knowledge to make life a glorious adventure.

It helps you discover the career of your choice and teaches you how to prepare for it.

If you have an agreeable profession, or are finding success along lines that are pleasant and profitable, it will prepare you for greater achievement and teach you how to prolong your life at will, until your greatest dreams are all and more than fulfilled.

Some wag has said, "Old age is an accumulation of unsolved problems." The SHANGRI-LA HOME STUDY COURSE will help you solve all your problems, and thereby eliminate the need for old age.

It will make and keep you BRILLIANTLY ALIVE!