

Announcing

A New 224 Page Book

BY MANLY PALMER HALL

*Based upon private class instruction
in spiritual attainment through
self-unfoldment, and a special series
of Student Letters by America's
Foremost Philosopher*

MANLY PALMER HALL'S

SELF-UNFOLDMENT

BY DISCIPLINES OF REALIZATION

How to develop the inward
perceptions that release
and perfect your higher
ideals, give you mastery
over circumstance, enrich
your daily living • •

The philosophy of disciplined
thinking and feeling • •



A PUBLICATION OF THE PHILOSOPHICAL RESEARCH SOCIETY

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Modern psychology has invented the term *mystical experience* to explain the mystery of illumination. Havelock Ellis had such an experience in his life; he glimpsed the Law, and thereafter everything was entirely as it ought to be. He could not convince others who ridiculed or disapproved, nor confer his understanding. He could state the certainty, but could not share it, had no power to force conviction.

The theme of this book is that illumination is as natural as life itself. There can be no enlightened living without a realization of the reason for living. This reason can not be supplied by the intellect. Nor can it be discovered by the senses. The true reason for our existence can be found only through communion with the inner Self.

The purpose of the book is to develop awareness and thoughtfulness so that it becomes part of you. The disciplines are not to be practiced as a ritual, but as an inherent quality of yourself, until acceptance of them becomes as natural as the processes of eating and digesting food.

The principal sources of the metaphysical doctrines are Oriental, adapted to our modern western life, which is more blunt, more obvious, less imaginative. They do *not* include the various forms of yoga, breathing exercises, and kundalini stimulation, for these are among the dangerous teachings and no more suited to the typical American business man than would be the introduction of high-pressure economics into India. The doctrines have also been supplemented with certain teachings of the philosophic schools of Plato and Pythagoras, which have not been lost and here are adapted to modern life to accomplish their original purpose—to release into manifestation the spiritual values within you.

The practice of metaphysical discipline will not remove obstacles, suffering, poverty, relatives, or debt; but by strengthening character will help you to gain mastery over any circumstances by facing them fairly, solving them honestly.

FIRST EDITION

CLOTH BINDING

GOLD STAMPED

224 PAGES

ILLUSTRATED