



Murdo MacDonald-Bayne

**SANCTUARY OF THE
SILENT HEALING POWER**
(THE MONTHLY NEWSLETTERS 1947-1955)

SANCTUARY OF THE SILENT HEALING POWER

(The Monthly Newsletters 1947-1955)

By
DR. MURDO MACDONALD-BAYNE



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PUBLISHERS PREFACE

From November 1947 to February 1955 Murdo MacDonald-Bayne mailed out to the general public, not only in South Africa but worldwide, the monthly newsletters known under the title "SANCTUARY OF THE SILENT HEALING POWER."

These newsletters comprised a summery of readers letters, an essay, a benediction, thanks for donations, a list of books for sale and later, details of his weekly Lectures given in Johannesburg and Pretoria.

A great number of these essays (mostly from February 1950) were a compendium or 'Reader's Digest' version of the Lecture Notes as given out to Murdo's selected students in South Africa.

It is therefore to be noted that these Newsletter essays even on their own are still very inspirational and full of wisdom. In themselves they form a great introduction to the teachings of Murdo MacDonald-Bayne.

MURDO'S BIBLICAL REFERENCES

Besides the standard King James Version, Murdo often quoted from two other sources, Moffatt and Eastern Texts:

- (1) "A New Translation of the Bible containing the Old and New Testaments." James Moffat (translator), revised, 1935. Harper & Brothers, New York, 1935.

- (2) "Holy Bible: From the Ancient Eastern Text." George M. Lamsa's Translations from the Aramaic of the Peshitta. A.J. Holman Company, Philadelphia, 1933.

ACKNOWLEDGMENTS

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1947

PUBLISHERS NOTES FOR 1947

In 1947 Murdo started work on establishing the Sanctuary of the Silent Healing Power” in South Africa and eventually in circles throughout the world.

Reproduced is the inaugural 1947 letter and “Particular (How to Tune into the Sanctuary)” instructions, followed by black & white reproductions of the complete text of the first two “Monthly Letters” for November and December 1947.

(The following letter is the first known letter heralding Murdo's setting up of
"THE SANCTUARY OF THE SILENT HEALING POWER" circles.)

COLLEGE OF UNIVERSAL SCIENCE
Incorporating
THE SANCTUARY OF THE SILENT HEALING POWER
Under the
IMPERSONAL DIRECTION of M. MACDONALD-BAYNE,
M.C., Ph.D., D.D.

Address: 8th Floor, Dunvegan Chambers, Telephone 22-0703
Corner Joubert & Pritchard Streets, P.O. Box 9385,
JOHANNESBURG.

14th July, 1947.

Today more so than ever before does the world need our help through "Prayer," not the ordinary form of prayer you hear on all sides, but the real expression of the Love and Wisdom that is being continually mediated to us from the Spiritual Heart of the Universe.

In the past this has been disregarded because it has not been understood, today we are approaching the most decisive events the world has ever known.

Man's own thoughts and emotions are about to be reverted back to him. The atmosphere surrounding us is filled with fear, hate and possessiveness bred in every form of occupation. Not only are the nations turned against each other, but every individual is full of antagonism. These thoughts and emotions are continually influencing everyone

who is ignorant of the fact. Sickness is on the incline instead of the decline. There are more hospitals now than ever before and still there is not enough, no matter how many are built they are filled over night. Mankind is virtually committing suicide. The great question is: Is there any hope? And the answer is, "Yes, there is hope and help is at hand."

This separation in the mind of man is surely coming to an end. There is a specific current of Divine Life in the form of Love, Wisdom and Healing Power flowing from the Great Supreme Fountain of Life itself through the Majestic Angels of our Sun World. This outflow is now asserting its presence upon the earth. This Life Current of Healing is charged with knowledge and understanding heralding in the new coming age.

For the first time in human history Solar Angels are in direct communication with our earth plane. This influx of the Christ Power will awaken the consciousness of man to the Love and Wisdom and Healing Power waiting to serve him.

Our old system of thought will be discarded and the Angelic Consciousness in man will unfold to reveal the existence of the Eternal Ever-present Infinite Life immanent in mankind, dissolving all separateness, all antagonisms, hates and possessiveness which is the root of all sickness in mankind—the Temple of the Living God. A great Angelic Spiritual Centre is now beginning to express to the world a Spiritual Essence of thought vibration and upliftment and Silent Healing Power, the rays of which cover the earth.

Mighty work is about to be done in your midst and you can take part in it. The Sanctuary of the Silent Healing Power has been set up for this purpose.

This healing essence can be felt as it is received and expressed out again. The sick have been healed, the

unhappy have been uplifted and all needs have been supplied.

Special times are necessary for receiving this wonderful power in conjunction with the Sanctuary of the Silent Healing Power. Special help is given to those who ask for it, those in sickness, distress, unhappiness and want, doubt and confusion of mind. All in need can apply for this help which is given freely.

Help us to charge the atmosphere with this power of Love, Wisdom and Healing and soon all adverse influences will begin to dissolve away.

The Sanctuary intends sending out a monthly letter of help which will act as a guide to your life, health and happiness and will give you a review of the work accomplished.

Write for full particulars of how to act in conjunction with this centre. The world needs your help through your co-operation with the Mighty Angelic Forces now waiting to assist Mankind through you. This service is free to all through the Sanctuary of the Silent Healing Power.

JOIN IN THE GREAT CRUSADE

PARTICULARS

(How to tune into the Sanctuary)

I am very glad to hear from you regarding the first Circular Letter with reference to the Sanctuary of the Silent Healing Power, and to know that you are eager to take part in this great and grand work for humanity. It will give you great satisfaction to know that by this means you are doing more for humanity than you could ever do in any other way whatsoever.

You will be pleased to know that Sanctuaries of the Silent Healing Power have been established all over the world, in America, Canada, Australia, New Zealand, India and in the Mighty Himalayas, Great Britain, Holland, Sweden, Norway, Germany, Italy and other European Countries including Russia. All over the earth these Sanctuaries will be working in conjunction.

Above the Mighty Himalayas there has always been a mighty Spiritual centre of which the physical world has never heard. Masters are in direct communication with this Mighty Power for the upliftment of mankind.

I myself, when in the Himalayas with the Masters, made contact with these great Angelic Forces (call it the Christ Power if you wish, for that is what it is.) Others call it by other names but it is the one great Infinite Light and Love that surrounds the earth being directly mediated to earth through the medium of the Solar Angels. This one Power is linked up in every living soul on earth and is the only Source of our being though few are aware of it. By our conscious awareness of it we open ourselves to it and by our acceptance of it, it expresses itself through us, we

become God's channel for the unfoldment of this Angelic Power latent in all.

God is the only living Being there is and you live because He lives silently within you and becomes active in your life immediately you become aware of Him.

The atmosphere surrounding the earth, as I explained in my communication to you, is permeated with the thoughts of mankind, thoughts of sickness, hate, jealousy, and antagonism between individuals, groups and nations.

Ignorant man is continuously reacting to this thought atmosphere and by doing so not only adds to it but is drawing these conditions upon himself or herself according to the attitude of mind they hold, creating more misery for themselves and others.

Fear rules the heart of most men and women, everyone is afraid of something and few trust each other. Confidence has disappeared and mankind is divided against itself. Although we are all linked up in the great Angelic Stream of Life which is Love, Wisdom and Healing, yet the mind of man is not receptive to it because he has never felt it or become aware of it, being ruled by the emotion of fear and by other influences that surround him, but our work will definitely help to change all this.

Now let me explain to you the state required so that you can join in the receiving and expressing of this Mighty Force that will revolutionize the thinking of mankind.

- 1: The mind must be free from disturbances, steady, light and glad, open to this Power that will free the Life in all its beauty and loftiness. This will become more evident to you as you tune in at the specific times advised in this communication.
- 2: You must endeavour to get rid of the habit of the invasion of troubling thoughts, wrong feelings such as

envy, jealousy, anger, reaction to things, people, circumstances and the confusion of ideas about the various religions, philosophies and systems that cling to the mind.

- 3: You must not struggle with these things, for you will note that this makes things worse and as you discern deeply you will see that these things matter little because they are relative to you and have no power except the power you give them, for Life (Love and Wisdom) is free and natural and is not affected by any of these things or conditions and it is with this Life alone we are concerned and nothing else, It being the only Reality. If you struggle with thoughts and wrong movements that come to you from outside you make them your own and this only further disturbs the nature and makes it more difficult for the Force to work.
- 4: To be a real help in the expression of this Divine Power your mind must be quiet and at peace so that the Force can be received and expressed in its true nature—Love and Wisdom.
- 5: You will observe that these instructions supersede all other systems or studies of the past, even the studies of the art of the mind does not compare with it, neither can you compare it with any form of meditation you have tried. Neither is it that vacant state of mind that most people engage in for this allows the mind to open to all the influences of the thought atmosphere that surrounds you. It does not matter to what religion or sect you belong, it is this one Power that acts though all even if most people are blind to it.

To be a real channel you must study these instructions and try to grasp their full and deeper

meaning.

The state required is a state of awareness, alertness, with the mind calm so that nothing can disturb it. The mind is then not ruffled or agitated; if activities come from outside there is no reaction to them and these pass across the mind leaving no trace, as I explained in one of my lectures, like a flight of birds crossing a windless sky. Even if the most violent events take place outside there remains that indestructible peace, that peace that passes all understanding, **that peace of the Christ within**. In this state you will be in tune with that Angelic Power of Love, Wisdom and Healing and you will be of real service to the world.

6: You must not try to give this Angelic Power a mental form nor add anything to it but remain calm, composed, unexcited, impersonal. It certainly means not only a presence but "THE PRESENCE." You need not try to define it or turn it into an image of The Presence for this Presence in its nature is "Infinite." What It has to manifest of Itself or out of Itself It will do inevitably by Its own power when there is a **sustained** acceptance by you. Many will feel the thrill of the Mighty Power pouring through them and this of itself is ample reward for it leaves its Presence with you. It is impossible to imagine the great benefits you yourselves will derive for it fulfils every personal need as well.

7: Now let me explain to you the times when you can take part in the broadcasting of this Angelic Power for the benefit of all mankind.

The most positive time of the day is 12 o'clock noon when the sun is at its meridian and every three hours afterwards are suitable times, such as 12 noon, 3 p.m., 6 p.m., 9 p.m., 12 midnight, 3 a.m., 6 a.m., 9 a.m, and

so round the clock daily. It is not necessary for you to engage in all these times, the times most suitable to you for a few minutes **wherever you may be** is all that is necessary. This is also the time for all throughout the world. You will note that as the earth revolves and as the work will cover the whole earth, there will be a continual flow of the Divine Power moving round the world. There will be no time when this Love and Wisdom will not be dissolving away the chaotic atmosphere created by mankind. At the same time mankind will receive the Angelic Power in his or her own heart and mind to make it his or her own. Thus your work will be the greatest blessing that has ever been offered to the world, **for the Christ can live again in the hearts of man and woman.**

As this message has been given to me so it is passed on to you.

May this Love and Wisdom of our Glorious, Indescribable, Adorable Loving Father-Mother-God and the Light of His Mighty Angels surround you in your great and glorious work.

PRAYER

Our Father-Mother-God, we are all Thy children. We are seeking our way back to our Source, the abode of Light. Show us the one Highway of common realization to where all by-paths must eventually lead.

All religions are but branches of the One Tree of Truth, some yet unaware of the One Life within that Tree, which is the only Reality. Help all to see this Life.

In the one Temple of Silence, the chorus of many religions is heard by Thee, yet their differences serve to separate us from each other.

Teach us to chant in that one harmony of Love so that the melody of all Souls shall sing as one with Universal understanding of the one Life and Immortality.

M. MacDonald-Bayne



November, 1947.

MONTHLY LETTER

The work accomplished by the Sanctuary of the Silent Healing Power since its inception has passed all expectations. A host of letters has been received telling of many encouraging stories of cures, both physical and mental, and also of spiritual help received in business worries and domestic troubles. Hundreds of names have been added to the Register not only for aid but also of people who are desirous of helping with this grand work for humanity.

Here are a few of the many healings that have taken place in the last month:

A little girl was given up completely with no hope for her a recovery. Her name was placed on the Register of the Sanctuary, and then this wonderful thing happened—she became completely well. (You can realize how happy and grateful her parents are.)

Another one said: “Since I have been tuning in to the times indicated I have benefited beyond all expectations.”

There is the case of a man who was paralysed by a stroke. Immediate aid was sought from the Sanctuary and within three days there was complete recovery. Of course, the thanks showered upon the Sanctuary can be imagined. Those of you who are tuning in at the specified times must therefore realize how much you are helping in this great work.

Another says, "Since tuning in to the Sanctuary I have derived so much benefit that I feel it will help others to know that not only has my health improved but through a changed outlook on life my business is succeeding and my home life has become a joy instead of one of strained and unhappy relationships."

A child 8 years old had been suffering agony off and on for three years. Only three weeks ago the parents were told that she could not live. Nevertheless her name was placed on the Register. You can imagine the joy and amazement of these parents when their child recovered completely. The doctors could hardly believe that this was possible for they knew that nothing they had done had brought about this recovery.

As you are aware this work is being done in conjunction with the great Spiritual Forces who are co-operating for the betterment of the world at large, as well as for the individual who is co-operating in this work. The world is the individual multiplied millions of times, I do hope you can realize this, then you will not add to the misery of the world but aid it in its Spiritual regeneration.

In this letter I want to show you more clearly how you can help yourself and others.

If you have any friends who are suffering give this letter to them to read and I am sure it will help them more than anything else can.

I want you to realize that if you are suffering it is not repeating phrases daily that can be of any help; but by understanding the condition and the cause of it. If you rebel against these conditions you only increase their effects without gaining any understanding or relief.

God alone lives, there is no other living Being. You live because God lives in and through you. God is the Presence that is Ever-present in every individual and this Presence is never antagonistic or in opposition to Itself in any individual when you begin to discern this, then you begin to understand the causes of separation. Always remember that God is your Silent Partner.

Now, you will not understand the true significance of this great truth till you have recognised the falseness that surrounds.

In every nation, in every group there is a conception of Reality which they call God. Instead of individuals helping each other they become barriers to each other because they do not approach Reality with affection for Reality, but only as a means of getting something from Reality for themselves.

If you look into your mind you will see that you have been discussing Reality as an idea, something outside yourselves.

In all literature of this nature there is some mistake made—the mind is directed to create an idea of Reality. Now Reality is neither an idea nor a concept or something that the mind can grasp. Reality is Life itself, the foundation of your own being, so the question is not what is Reality but must be the translation of Reality into your daily living, and this is obtained by opening up inwardly towards that Life which is Ever-present Love, Wisdom and Healing. It is not looking at something that is external to the self but to find yourself in that Being that is Ever-present and also the Presence in every other being as well as yourself.

To understand, to approach, to realize you must come with affection not in a sense of possession or competition or to merely demonstrate your ability to acquire through demonstration.

It is not that one understands more than another, but that Reality must become that central Living and Loving Attraction towards which all are moving.

In this way you will not lose yourselves in theories, beliefs and philosophies, but you are all the time translating your understanding into daily conduct. You are not judged by your philosophy or by your beliefs but by what you are, by the manner of your treatment of others, the manner of your friendship, the manner of your speech.

If you are loving and kind to all, and you are antagonistic to none, then you are translating Reality into action.

In this then you will find that, that Reality being what it is, Infinite in nature, will express Itself in your life without any effort on your part, the only effort required is for you to discern that which is false so that you can dissolve it away for you will note that that which is false is the self-created prison in which you have lived.

If I merely gave you an idea of Reality and you did not discern that which was false you would only take the idea into your own prison. It may help you for a time but you could not truly understand until you had dealt boldly with that which caused you to be a prisoner.

The Presence is never antagonistic to Itself in any individual. Then what makes you antagonistic, competitive? It is the way in which you approach Reality and all your efforts are without result.

When you become aware of Reality there is a sense of perception that reveals that which is false and with the understanding there is immediately a doubt, a questioning

of what is seen on the surface, this leads to reflection and discernment of the false. On the other hand if you are not awakened to that Divine Nature within, there is an acceptance of what is seen on the surface. This acceptance causes fear and apprehension not understanding the cause, and the false is reproduced with greater vigour. Thus it is most important that you discern that which is false before you can realize that which is true. To attain to that which is true you must think in that which is true and not think in the relative which is but a restricted state of consciousness.

Then take your realization out of the relative where it is restricted and surrounded by beliefs and opinions which are but half truths and transfer it to the Absolute Reality where it is free and unlimited and approach this Reality with Love and Affection so that you will externalize this Reality in your daily living, for it is this Reality, that alone lives—in this way you will be free.

Jesus said “It is the Father who ever remaineth within me who is performing His own deeds.”

The Blessing of the Angel of Light is upon your work of the Sanctuary of the Silent Healing Power.

Benediction

Oh, Beloved One, Thy Love is like a balm that ever increases as we adore Thee. Thy Presence spreads through all minds in all lands and as we learn to love Thee first and most above all else Thy Spirit manifests Itself in all Its Divine qualities through us for the benefit of all. Let Thy Kingdom, which is within, manifest Itself without, and when we look upon the face of our brothers and sisters we shall see Thee. No need to plead, no need to struggle for the comfort and Joy of Thy Divine Nearness and Companionship. We only have to know that nearness that

brings quietness into Life, confidence and peace in the heart.

It is Thy Presence alone that can transform conditions and lives bringing harmony and beauty, peace and love.

From the countries which are in the grip of a deadly Spiritual and mental depression, the aftermath of war, letters indicate that those individuals who are tuning in to the Sanctuary are already feeling more optimistic and cheerful, which is making their daily living more hopeful and bearable because they have come to realize that the Presence is within themselves and aiding them through all their experiences “..... Yea, unto the end of the world.”

I wish to thank all those who have sent in donations for this work and I am sure they are already blessed for this gift to help carry on this splendid work for humanity.

Students will find the following books helpful:

“The Higher Power You Can Use”	£1.1.
“I Am The Life”	£1.1.
“Heal Yourself”	£1.1
“Spiritual and Mental Healing”	£1.1
“What Is Mine Is Thine” Part I	£1. 1.
“What Is Mine Is Thine” Part II	£1.1.

obtainable at the above address or from Messrs. L. N. Fowler & Co. Publishers, London

Please state clearly when sending in names for aid whether literature also is to be sent to the people in question.

Please notify change of address.

Yours Sincerely,

A handwritten signature in cursive script, appearing to read "M MacDonald". The signature is written in dark ink on a white background.



December 1947

MONTHLY LETTER

The work of the Sanctuary of the Silent Healing Power has gone on by leaps and bounds. Letters are coming in daily from all over the world telling of many wonderful things where cures have been effected both mental and physical and Spiritual aid received in many perplexing worries, both business and domestic. Names from all over the world are rolling in to be added to the Register for help in every way.

The following are a few of the many healings that have taken place during the month:

One reported to us of her servant, the soles of his feet were covered with warts and he could only walk with great pain. This condition persisted even after all kinds of treatment covering a period of 12 months. His name was placed on the Sanctuary Register and his feet were entirely healed within a few days.

Another member asked that his brother's name be placed on the Register. He had continuous headaches and blackouts (as a result of the war). In the matter of a few

days he reported that all the Headache's had completely disappeared and he had no more blackouts. Up to the present, that is over a month, he has been entirely free.

Another remarkable case: A member phoned for help for his wife's stepfather who had been given up by the doctors. All relatives were sent for to come to the deathbed. Immediately help was given through the Sanctuary and instead of being on his deathbed as expected, they found him hale and hearty, The doctors could not account for the miraculous recovery.

Here is another—A lady was X-rayed and tests were taken for Tuberculosis which were found to be definitely positive. She was taken to hospital for further tests. Her name was placed on the Register and a week later tests were again taken when it was found that there was no trace of the disease left. She has now left the hospital fit and well, giving praise to this invisible Power that heals all conditions.

A cable came from Switzerland the other day stating, "complete recovery, many thanks." Many others too numerous to mention have received help in different ways.

You should all read the instructions sent out detailing the times when to tune in to the Silent Healing Power and it is wonderful to know that thousands of Spiritual healers of the inner Realm are assisting in this work.

The Letter this month is on Love and Service. I do hope you will read it carefully and apply this in your own Life.

If you have any friends suffering give them the letter to read and send their names for registration in the Sanctuary.

*"Real" success, health and happiness is derived from a "real" attitude of mind. The full significance of this

statement does not reveal itself all at once because the mind is caught up with the things of the world and is lost in fear, in desire and reaction to the external world, thereby losing sight of the unseen source of all things which are made.

We must clearly see that right thinking is necessary for right action; to know that the universal Mind and the individual mind are one, herein lies the creative power of man, the source of will, imagination, visualization and thought.

To know this Truth of our "Being" enables us to perform every transaction according to the nature that will bring forth right conditions in life. Therefore we can tell the result of any action that is based upon a true foundation. Happiness, success and good health do not just happen, they are not accidents, they are the working of the natural Law which all must discover to be able to co-operate. This Law exists for mankind for the happiness of all people, for perfect health; for an abundance of all our needs.

It is natural for the Universal Mind to produce what we decree, but before we can successfully decree anything we must first know the truth about ourselves.

We read in John 1: 1-3, 14 "In the beginning was the word, and the word was with God and the word was God." "All things were made by him and without him was not anything made that was made." "The word was made flesh and dwelt amongst us."

Now this Word is the Divine Nature in us. "The Christ," that inner realm from which all real things must come forth. Man is made in the image and likeness of God and that image must contain the Divine Essence of God Himself. Therefore we know we have the attributes of the Divine Nature and it is for us to bring these forth from the inner realm, so that this Divine Nature can become our human nature.

If we realize, as we must, that nothing happens without definite cause, then we shall be able to formulate our plans in accordance with the exact knowledge. We can control any situation by bringing our true nature into play and when we accomplish we shall know how exactly we did accomplish.

Desire is an attractive force and fear is the enemy. Both are active in the mind that is not matured through real knowledge and understanding. When we realize that Love and Service are the two pillars of the temple of real success, health and happiness, we will not give service only when we want something in return as the ignorant person does, but with our new understanding which leads us into pure action, we will serve continually with integrity and justice

The person that is not fair in his intention is simply ignorant of the fundamental law of the science of living. He may think he is winning but he is doomed to disappointment. You cannot cheat the Infinite, the Law of Compensation is always in operation and this is what the majority are unaware of. Some try to "corner" the Infinite for their own benefit but this often carries an individual responsibility, more than the individual is able to bear, because of the ignorant misapplication of the Law.

If you look into your minds you will see that your prayers have been mostly for your own benefit. Yet your faith was ever strong enough to overcome the fear you had in your mind before and after your prayer, because of the fact that you lived in the outer or material plane and looked away from the Presence within yourself for your aid.

Paul says faith is the substance of things hoped for "the evidence of things not seen. But even this is inadequate unless we become aware of the Presence within which alone gives us the right to that perfect happiness which is promised to all mankind when we listen to that Silent Voice

that always guides aright. For if we ignorantly react to conditions in the outer, which are but the effects of previous causes, we establish the errors we are ignorantly unaware of with the result that we defeat our own purpose. Paul again says that, "things seen are not made of things visible but of things unseen." But this again is inadequate when we are not acquainted with the Creative Law and its operation.

The Forces of Life are responsive to our deepest thoughts whether they be in fear or in faith, they are turned into form. All depends upon the attitude of mind you have.

Generous thoughts are filled with strength and vitality while selfish thoughts contain the germ of dissolution. If we recognise the Presence as the Source of all things and adjust our consciousness to this Presence then through our united consciousness in the Presence will flow the supply not only to fulfil our own needs but we should seek also to fulfil the needs of others. Real success, health and happiness will come as we begin to help others.

It is because the ordinary man has no definite knowledge of this Law that he becomes a slave to his fears, emotions, and reactions. If he fails as a businessman he says luck is against him. If he lacks friends, he excuses himself by saying he is too fine in nature to be appreciated. When he becomes ill he blames everything and every person but himself. He seeks to console himself with explanations and excuses which only make things worse. Our happiness and misery are of our own making.

If our knowledge is founded upon opinions of others we are liable to build our lives upon the shifting sands. We must be able to separate truth from error through the wisdom that is based upon true facts. We must not spend our time in mere affirmations of our oneness with God, we must establish the Divine Presence through our action, we

must translate the Divine Nature into our daily living, by relieving the sick of their error, by adjusting the lives of those whose lives are barren and wasted into a profitable experience through the Truth of Being.

So long as we limit the Presence within ourselves to the narrow boundaries of the conditions in which we are involved we will never know the real truth of "Being," we must know ourselves to be united in the Presence, "The One" and the only "One" out of which and by which all are created and in which we live and move and have our being. In Romans 8:38-39, it says, "I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present nor things to come, nor height, nor depth, nor any other creature shall be able to separate me from the Love of God which is in Jesus Christ our Lord." Paul saw clearly that this Love which was in Jesus was Gods Love for all mankind. "Son, thou art always with me and what is mine is thine."

We must realize that the transcendent Forces of the Spirit of the Cosmos—the Presence—is within each one of us and we will know that there is no privileged few. We are all progressively moving forward towards the inner realms of the Universe of which the outer is but a school for experience in which God is no respecter of persons. All human beings, no matter what station or position they hold, will eventually come to realize that Love and Service is the Law of the Cosmos underlying all creation which includes man, and that there is no separation between one and another and that the apparent separation in the mind of man is but an illusion which must be dissolved away through Love and Understanding. In this way only shall we find that real state of mind which leads to that freedom which gives us that real happiness we so much desire.

The Blessing of the Angel of Light is upon your work of the Sanctuary of the Silent Healing Power.

Benediction

The fortunate that care not for the unfortunate cannot feel Thy Omnipresence.

Those blinded by selfishness cannot see Thy abiding Presence in others.

The unfeeling rich are poor in heart, their comforts are but pangs of ignorance.

Blessed are those who serve others knowing that they serve Thee.

To die rich without giving service is to die poor.

To pass through the portals of death serving others is to be truly rich.

I know that Health and Sickness, Life and Death, are but dreams, and when I finish my work of Love and Service and awake behind the world-painted screen of illusion I shall behold Thee as the abiding Presence in all, and I shall hear Thy Voice saying sweetly in my heart, "as much as you have done unto one of these so have you done unto me."

PEACE BE WITH YOU IN THIS YEAR OF 1948.

Yours Sincerely,

A handwritten signature in cursive script, reading "M MacDonald Bayne". The signature is written in dark ink and is positioned below the typed name "M MacDonald Bayne".

THANKS

We wish to thank you sincerely for your monthly contribution to the Sanctuary of the Silent Healing Power. Your gift goes towards helping humanity and I can venture to say in no other way in such a short time have so many people been helped to health and happiness. Dr

MacDonald-Bayne has carried the burden himself from its inception all over the world, which has run into hundreds of pounds.

We know that everyone wants to help in this grand work and whatever they do towards this work is blessed.

As the contributions arrive in the Sanctuary of the Silent Healing Power they are placed there for blessing upon the gifts and the givers.

We again thank you sincerely for your help in this work.

Students will find the following books helpful:

“The Higher Power You Can Use” £1.1.

“I Am The Life” £1.1.

“Heal Yourself” £1.1

“Spiritual and Mental Healing” £1.1

“What Is Mine Is Thine” Part I £1.1.

“What Is Mine Is Thine” Part II £1.1.

obtainable at the above address or from Messrs. L. N. Fowler & Co. Publishers, London

Please state clearly when sending in names for aid whether literature also is to be sent to the people in question.

Please notify change of address.

* Edited version of Lecture #8 *‘Real Service Comes Through True Understanding’* (4th December 1947 in the book “Cosmic Consciousness: Your Silent Partner.”

1948

PUBLISHERS NOTES FOR 1948-1955

The following Monthly Newsletters for the period 1948-1955 contain only the foreword, the monthly essay and the Benediction. The header illustration, lecture meeting times, book advertisements and Sanctuary donation thanks have been removed as being not being relevant now.

January 1948

During this month the Sanctuary has received hundreds of letters of thanks for the help received from last month's letter and many letters telling of healings in every way. We are indeed delighted to know that in such a short space of time so much has been accomplished with the result that further staff have been added to the Sanctuary to cope with the ever-growing work.

The value of it lies in the fact that it is spreading from one person to another with the result we are inundated with request for names to be replaced on the register. This is taking place all over the world. Every month there are hundreds of names added to the register.

The durability of it lies in the fact that the Sanctuary is so extremely effective. Comfort and joy are being created in many hearts and in the lives of those who read these letters, bring them into contact with a power that although known has not really been understood.

Below are just a few of the results obtained and we are always grateful to those who take the trouble to advise us of what the Sanctuary has done for them.

One Lady writes to say that for many years she had two growths on her neck and now since she has tuned in to the Sanctuary they have dissolved away while previously they had resisted all types of treatment.

A man who had come out from England some months ago could find no home and no employment. The little capital he had brought with him was fast dwindling when he asked for his name to be placed on the Sanctuary Register. The following is an extract from a letter received

from him: "You will be glad to hear that I have been granted a beautiful home and employment and we are very happy and grateful."

Another young lad who had a diseased bone in the leg which had been suppurating for years and was steadily getting worse had his name placed on the Register of the Sanctuary when immediately a distinct improvement was noticed. Now after a few weeks the pain and discharge has disappeared and he is able to put his foot on the ground and is beginning to walk.

The Letter this month is on Prayer and I am sure it will lead to good results.

In this letter I want to bring to your notice the great truth about prayer.

Now prayer is the most common thing in the world yet it is the least understood. All people engage in it no matter what creed or colour. It is unfortunate however that the masses are still steeped in idolatry and superstition and have no real understanding of what they are worshipping or praying to and this is mainly the cause why prayers are not answered.

Jesus said, You are worshipping something you do not know; we are worshipping what we do know. ...The real worshippers will worship the Father in Spirit and in Truth. ...God is Spirit and his worshippers must worship him in Spirit and in Reality.

There is only one Creator, Life. And we are told that in the Beginning there was only God. "I am the only One and there is none other beside Me." St. John tells us that "The word was in the beginning, that the very word was with God, and God was that word....and the word was made flesh." When we begin to think we see clearly that there is only one infinite Mind that fills boundless space and there

can be no outside this mind, all must be in it and of it. Paul says, "We live and move and have our being in him."

This is very difficult for those who are steeped in idolatry to comprehend yet it is an absolute Truth. The similarity is seen in electricity—the electric current that leaves the powerhouse at a tremendous voltage is the same electricity that reveals itself in light and power, the only difference is the degree, the quality is the same. So is the same Life in God expressed in us proving the inseparable link we have with our Father-Mother-God, the supreme Power of the Universe.

So in seeking to understand prayer we must realize the fundamental unity relating us with God, and without this permanent unity God would not be infinite. Therefore we identify ourselves "One" Life that is all, in all.

It has been the lack of this understanding that has led to doubts and the varying beliefs which causes separation and strife and therefore makes prayer futile and ineffective.

Science has proved that matter or solid substance can be dissolved into energy and becomes invisible and this energy fills all space. Commonly called "ether of space" which permeates everything and out of this invisible substance "ether" all things are made. Now this ether of space can be none other: than an expression of the Infinite Mind which fills boundless space and the final conclusion all thinking minds must come to, is that Spirit creates the world and flesh by becoming the world and flesh; that is why the prophet told us that the Word was with God and God was the Word and the word was made flesh. We see clearly that the word is the presence of God in us and that the body is the substance of God for we are also told that the body is the Temple of the Living God.

Now prayer to be effective must be expressed with this understanding, that is why Jesus said "You are worshipping something you do not know but we are worshipping what

we do know," therefore prayer is not a petition, a demand or a command but is a process of Divine co-operation opening up to receive the Divine Blessings that are ever being mediated to every living soul from the great source of life and love.

It will be observed that to repeat a prayer or read one parrot fashion is of little value in gaining this blessing when the essential thing is that the heart should feel Truth, for where the heart is set the mind does not wander.

If your prayer is to be effective you must realise that God is not a deity that is external to yourself and far from your reach and that you have to beseech him to come from a great distance and with the doubt that he may ever reach you. You must realise that God is your Father and Mother, the very essence of the one Life that sustains you and makes you a conscious Living Being. To become conscious of this essence of Love redeems us all.

Jesus was the greatest exponent of the power of prayer and his attitude gives us the key. "The Father and I are one." "It is the Father who ever remaineth in me who is performing his own deeds." "No ye not that I am in the Father and the Father is in me."

The eternal fundamental principle inherent in all things is attraction. Love attracts Love, hate attracts hate, thoughts attract their kind. It is because of this great principle that every philosophy, every religion and every science has proclaimed "Love" the highest attainment because through it all things are possible, it being the only Reality. To love is to feel and to feel is the moving force behind thought. Hate carried the germ of its own destruction but in its destruction it carries with it sorrow and misery. But thoughts impregnated with love become invincible, and it is this principle that gives us the dynamic power and mastery over every adverse human experience.

Paul tells us above all else to make love our aim for it overcometh all things.

Jesus said "as the Father hath Life then in Himself, so He grants the son to have life in himself." This is the all-Creative Life in us. To become aware of this enables us to pray with understanding and through our awareness of the Father united in ourselves whatever we ask the Father will produce. But this law is to be applied otherwise it will not work. "Ye ask and receive not because ye ask amiss." James the apostle also says in similar words that we must use faith with never a doubt for the doubtful (double-minded) person can never get anything from the Lord.

There are too many organisations that thrive on 'sin' and too many preachers concentrating on the evil in the world. We want an abundance of preachers who can love only the good and preach it, then evil, having no substantiality, will fade into nothingness.

Jesus says to us, "ye have heard that it hath been said, thou shalt love thy neighbour and hate thine enemies but I say unto you Love your enemies and bless them that curse you, do good unto them that hate you and pray for them that despitefully use you and persecute you **that ye may be children of your Father which is in heaven.**"

Evil is in man's mind and those who dwell upon it reap plenty of it. How can you pray to a Father of Love if you have hate in your heart and evil in your eyes? To approach the Father you must approach him in Spirit and in Truth.

One must look into one's own heart and there discern the cause of one's own misery. Are you generous and big or are you selfish and small? You cannot be a kind person if you are kind to one and unkind to another. You cannot be a loving person if you love one and hate another. Listen to what the man of Galilee says to you, "give and it shall be given unto you, good measure pressed down and shaken together and running over shall men give unto your bosom,

for with the same measure that ye mete withal shall it be measured to you again." And again, "if you only love those who love you what credit is that to you."

The simple fact that two and two makes four is an eternal truth. The Spiritual and Mental Laws are fixed with the same exactitude, they are as simple and accurate as the Laws of Mathematics. Your attitude of mind will produce similar results, the two are inseparable.

So when you pray, pray with understanding, knowing that the Presence that dwells within is eternally linked with the Eternal Presence that created the Universe "who" has become what He made.

Within ourselves then are the attributes of God and before you come into communication with this Divine Presence dwell upon the love, the wisdom and the greatness of this Presence, then identify yourself with It and as you raise your consciousness to the Christ Level there shall you find Him in all His glory and Power **within yourself**.

"Riches and honour are with me, then yea durable riches and righteousness. My fruit is better than gold, yea, than fine gold; and my revenue than choice silver." Prov. 8: 18-19.

Benediction

O Divine Essence of Love, Wisdom and Healing, we have attuned ourselves to Thee thus making our life a continuous source of joy to ourselves and pleasure to others.

Thy Fountain of Eternal Bliss intoxicates us day and night and as we dissolve into Thy Presence to become Thy Presence, so do we feel Thy indescribable Beauty and Love.

As we inhale and exhale Thy Divine Breath so do we receive and give to others Thy healing balm. O Divine

Nectar, we have found you at last and shall now and for
ever task Thy Sweetness.

PEACE BE WITH YOU

Yours sincerely,
M. MacDonald-Bayne

February 1948

It is lovely to see so many letters coming in from all over the world, grateful letters for the help received in sickness and trouble. Contributions are coming in from those who are desirous that the work may go on expanding more and more. Hundreds of names have been placed on the Register this month for help and guidance in all phases of life.

Here are extracts from Just a few of the letters received.

One person writes: "Many thanks for your wonderfully inspiring monthly letter. Our lives have been completely changed. The home is a happy one now; different to what it was before we registered with the Sanctuary of the Silent Healing Power. My husband and I have read all kinds of literature, magazines and papers sent to us but never struck the note that could give us that true understanding like your letters do. God bless you."

Another person writes: (this was a case of infantile paralysis) "R.S. recovered miraculously. The doctor said he was now out of danger while 48 hours before he had very little hope of living, this most amazing recovery all in two days. Doctor and nurse are amazed beyond words."

Another "This letter is to thank you for the most remarkable recovery of my mother whose name I sent in to you. No human ingenuity can contemplate so great an achievement. Praise be to God for his Almighty Power.

"I wrote to you a week ago asking you to put my sisters name on the Register. She was given up by the doctors. Today my sister came to see me hale and hearty. She told me that she seemed to recover quite suddenly.... with

grateful thanks for the help I myself have received from your book and from the Sanctuary letters. Blessings."

*Paul says, "Let the mind be in us that was in Jesus Christ." When we are able to discern the cause of our trouble we will see that we ourselves are responsible and in this letter we will look into the mind of the man of Galilee and there find the secret of peace, freedom and power.

Fear in one's heart is but the absence of Reality or Truth of being and some fear more than others but when we begin to discern the cause of our fears they disappear. For we will see that fear is always the result of some false movement in the mind, a belief, a superstition, or lack of faith. Yet faith is not so easily acquired as many people think. Faith is the result of understanding and what I wish to do in this letter is to look into the mind of the Master and there see why there was no fear and why there was an abundance of faith.

The world today is living in fear, fear of one thing or another. The history of man contains much slavery, brutality and injustice. Someone a little cleverer, a little stronger, than the rest enslaved his fellows for his own selfish ends. Man in the past has been the sport of kings, priests and dictators. Through fear of starvation he was forced to cringe at the foot of the tyrant and through fear of the unknown he was bound to the authority of his religious belief to which he was forced to conform and through his ignorant craving he brought into being dictatorships based upon the policy that the State is all important and the individual is of no consequence, but history has shown that no form of government can be lasting unless there is true Justice for all.

Individuals and groups of individuals can live comfortably in complete absence of the State. All the

necessary work in the world is performed by individuals and not by the State. The State should be and is but a social department intended to secure and protect mankind, whereas dictators have reversed the natural order and imposed upon their victim a tyranny called the State, which has enslaved and tortured them.

The Man of Galilee showed that mankind was not here to be downtrodden, he showed as all other prophets did, that understanding gives all the opportunity of becoming equal and those with finer minds will always take the lead.

Now the world is trying to right itself through conferences, and through economics and other means but this will surely fail for not until the world will accept the fundamental realities of Love, Wisdom and Service and translate these into daily living can there be peace, freedom and plenty. There is no use in crying "Peace! Peace!" when there is no foundation for a lasting peace. Jesus said to his disciples, "My peace I give to you, I give it not as the world gives its peace," and it is this peace that I want to show you and how it can be acquired in a world in chaos.

In your work in the world of trade and commerce and in your association with others you must not confuse the issue, for Jesus gave to the world a way of life if it had been followed would have saved millions from suffering and misery and, in Robert Burns' words the cause is well portrayed, "man's inhumanity to man makes countless thousands mourn."

Now, let us look into the mind of the Man of Galilee: He was aware that no mental theories had any fundamental importance in the life of the individual, and that belief or imitation of others was also useless for he knew that there was a Supreme Existence, a consciousness and bliss which was not merely a negative thing, neither was it a static or

featureless Absolute, but a dynamic and complete Reality which was the only truth underlying the whole of humanity.

In his recognition of this Divine Consciousness he realized it not only beyond but here, and the acceptance of this Divine guidance was his aim. It was not a mere mental theory for by his own experience he knew that one who is in contact with the higher light can follow the way no matter how difficult it may be for the lower nature to follow.

This was the basis of his teaching so that all, no matter what or who they were or what they had done in their lives, good or bad, could come into this blessed realisation of the Presence of the Divine within them and with this understanding all that was false would be discerned and dissolved away. His parable of the Prodigal Son was the evidence of this fact. His reason and devotion was the way to implicit faith and surrender to the Divine and everlasting Presence. He showed that reliance, surrender and self-giving to the Divine Power was necessary and indispensable, but he also showed that reliance upon the Divine must not be made an excuse for indolence, weakness and surrender to every whim of the mind, but it must move along with untiring aspiration and persistent discernment, and the dissolving of all that comes in the way of Divine Truth, nor does it mean that one can become idle waiting for the Lord to act for them.

The individual is the channel through which action must come. In his own words, "I must be about my Father's business," he showed that we had only to aspire to keep ourselves open to the Divine, so that the Divine should work in and through us doing our work no matter in what capacity. And if we remain open, in this way, the knowledge and realisation would come.

If the mind is full of theories and the heart full of antagonism these have to be abandoned before the true

light can dawn upon you. Therefore patience is required to rid yourselves of these things; otherwise the effort may be abandoned owing to difficulty at the beginning.

It is not easy to throw out of the mind ideas that have grown up with you since infancy but if you look into your mind and heart you will see what it is that hinders you from accepting that Divine Nature that is present in everyone and antagonistic to none.

So first of all look into your heart and mind and see if there is anything there that in any way separates you from anyone, any enmity, envy, jealousy, any antagonism, any belief, religious or otherwise, that hinders your acceptance of this blessed thing that can alone free you and give you peace, freedom and power. Are you antagonistic to anyone because of his or her belief? Are you envious of position and rank? Are you jealous of and hateful to others?

When you can discern these movements and know these monsters for what they are—your own creation—and then call the power and the Presence of that Love of the Divine to take its abode, then this Divine will work in you to transform the consciousness for its own true expression which is the only power there is.

The more the faith is turned towards the Divine presence the quicker you can effect a change. Success at the beginning may be slow and chequered by many failures, but this should not daunt you. Be patient and persevering and success is assured.

Now this cannot be done by thought-control alone for thought-control is a contraction and not an expansion, neither is it understanding. You must reason with faith, and with a strong aspiration in the heart, which will bring about realisation and a feeling in the heart of that Living presence that is all power, Love and Wisdom. Neither must you rely on your own power alone but on the grace and power of the Divine presence you adore.

The cause of most failures is because one places too much reliance on one's own mind and will. If you can get the habit of silent reliance on the power of the presence at all times not merely calling it in to support your own efforts when you need its support most of your difficulties would diminish and eventually disappear. "It is the Father who ever remaineth within me who is performing his own deeds." It is this attitude you must adopt and when thoroughly understood becomes the habitual thought behind all your doings, then a new Life will open before you with a confidence that nothing can shake.

The Christ Consciousness is not attained all at once but if you aspire at all times calling on the Divine presence, that is Ever-present, with a true heart and straightforward will and well-defined thought, you will grow more and more into this consciousness. Then the personal effort will be transformed into a movement of the Divine Force that will astonish all who witness It.

Hypocrisy must be uprooted and this is not easy to do at first, because the mind is chained to the personality, which is full of defects and pettiness. It delights itself in social inaccuracies and vain platitudes and repetitions and when you see what your own mind contains, you will not be so ready to condemn or criticise others. Criticism should be turned first upon the self as a light for self-examination, for the Divine Nature cannot manifest in a mind that is full of contradiction.

The Divine Nature always lies hidden, buried in the falseness of the mind and heart, yet the Divine presence holds nothing against you. So when the mind and heart are cleansed of all the rubble that hinders its true expression, this Presence will take up Its abode in you for you are Its dwelling place, and as the mental poise and quiet is established, there will come a peace and a silence and faith that nothing can change, for that which is Itself complete

will be established in its own Temple,—“for ye are the Temple of the Living God” “I have overcome the world.”

It is this Presence that is established in the Sanctuary of the Silent Healing Power and as you get more and more into the understanding of the great work that is being done you will appreciate more and more these letters that are sent out to you.

The Blessing of the Angel of Light is upon your work in the Sanctuary of the Silent Healing Power.

This is the peace that the world needs and you are helping to give it to the world.

PEACE BE WITH YOU

Benediction

Oh, Beloved One, through the door of my aspiration the imprisoned fragrance of Thy Omnipresence was released on the wings of Thy Love. It spread over Infinite space carrying Thy blessing of peace to every being, turning unhappiness into Joy.

I have broken the cage of past memories and habits that held my wings fast in the bars of my false beliefs and the hypocrisy of my personality.

The eternal Presence has revealed to me it was but a torturing cage of dreams and now I am soaring in the Presence of Thy Love that unites me with all Thy creation.

SO MOTE IT BE

Yours sincerely,
M. MacDONALD-BAYNE

* Edited version of Lecture #2 *‘The Attitude of Jesus’* (10th February 1948) in the book “Cosmic Consciousness: Your Silent Partner.”

March 1948

Grateful letters are coming in every day from all over the world and we express our appreciation to those who take the trouble to advise us of their wonderful cures through the Sanctuary. During this month we have added more and, more names to the Register and it is growing at such a pace that we feel happy that such good work is being done.

Here are a few extracts from letters received:

"I thank you with all my heart for I am now completely cured. I also thank you so much for the literature you send each month, it is most helpful and uplifting. God bless you."

"I am writing to tell you how happy I am that my boy is doing so very well at school now, beyond all expectations. Please continue to help him. Enclosed find a contribution for the help of the Sanctuary. Ever so many thanks."

"Once again many thanks for your monthly letters; they are most heartening and helpful. I must report to you that my eyesight is ever so much better and my memory completely restored again. The dull pain I used to experience is completely gone and I feel so much happier and contented. Thank you and all the staff who help to send out the letters of comfort to us over here."

"It is with the greatest pleasure to me to inform you that my wife has been completely healed. God works wonders through your Sanctuary. A million thanks."

In this letter I want to show you that faith itself is of an inconsistent nature, depending upon your understanding.

You have all experienced the result of impressions that you have accumulated in the past and stored away in your minds. If your minds have been filled with erroneous ideas and fears that have kept you from really living—impressions of fear, worry, anxiety, disease, despondency that give rise to a doubtful attitude of mind, this then leads to failure, ill-health and unhappiness.

When the dominant idea in the mind is fear this brings about a life of impotency, inferiority and insecurity because everything moves round the dominant attitude which is out-pictured in the life and circumstances. This negative attitude instead of being of any value to you brings more and more of its kind and you are forever trying to patch up your lives without result.

The majority of people have allowed this state to exist not only with themselves but have imparted it to their children and those in close association with them. This is the cause of many being unable to realize or express their true nature. It is only when you begin to learn something of the Truth about yourselves “your real self,” and identify yourselves with this reality “your Creator” you refuse to be associated with the prevailing negative attitude which alone makes you slaves, you thus need have no anxiety about the future.

The Master’s teaching and works showed the natural outcome of his perfect recognition of the Divine Principles within himself. He recognised that it was utterly impossible for him to be separated from the Father of “All” and it was this attitude of mind that made him what he was. And he never set up his power as a proof of a nature different from ours. On the contrary, he said that those who learned what he taught would eventually be able to do greater things.

There was no theory or guess-work about what he taught and when we begin to understand the fundamentals underlying what he taught, the true meaning of his

teachings will be a guard against any negative kind of thinking

“If you have faith as a grain of mustard seed ye will say unto the mountain remove hence to yonder place, and it shall remove and nothing shall be impossible to you.” Matt. 18: 20.

Now when we begin to consider faith it appears to have a very inconsistent nature. It is determined and affected by the kind of understanding you have and this determines the degree and quality of your faith. If you can grasp the mighty truth the Master did, it will place you beyond the destructive attacks of doubt, fear, worry, apprehension and place you in a position to operate upon the Law to fulfil its promises of satisfactorily producing, “whatever ye ask in my name it shall be done unto you.”

When you acquire the right attitude of mind through the realizations that you are heir to all the Father has, you will realize the meaning of son, “thou art ever with me and all that is mine is thine.” Therefore the practical application of the power of the Spirit can produce for you an abundance of any good thing, health, happiness and a successful life.

Now to understand fully let me make it plain to you in as few words as possible.

There is only one Mind in the whole Universe—the Infinite Mind—and this must fill boundless space for to be Infinite It must include all and there cannot be anything outside it. Therefore we are all in the infinite Mind and there is no other substance to use—the animating power in that Mind is the Conscious Life that creates all and is capable of expressing Itself in a variety of forms and is the only Creative Power there is and this Creative Power is individualized in us and is capable of realizing Itself.

Science has proved that matter separate from energy does not exist and changes into other forms of energy without loss of the original force, which originates in the

Infinite Mind. Therefore matter is mind materialized. When this is grasped by the Consciousness you will see that whatever you create in fear is just as real as what you create in faith for whatever is dominant in the mind reproduces itself in the personal Life and circumstance as a natural sequence of the Law of Cause and Effect.

In the Bible we are shown the allegory of the two trees, which grow in the Garden of Eden. The Garden of Eden is the soul of man where these two trees grow—one is the Tree of Life, the Christ in you, and the other is the Tree of Knowledge of Good and Evil, otherwise the intellect which is speculative. It is made plain that man must not eat of the fruit of the Tree of Knowledge of Good and Evil or he would die in his trouble and this is man's reaction to the condition he himself creates through his lack of understanding that the Tree of Life is the only Creative Power.

Eve and Adam, are so closely related as to be represented, as a wedded pair. This is the soul and body and whatever the soul realized so would it be produced upon the body. The Tree of Life is the Life of God the only Creative Power and known to man as the Christ, "I am the Life." And the Tree of Knowledge of Good and Evil was man's conception of things through the intellect and because he was not aware of the Tree of Life he created for himself in his ignorance all his own misfortune because of his misconception and so he fell.

To be free then you must see that there can be no separation between you and the Father and that you possess the Father's gifts and nothing can be accomplished without Him, for we are told that we are made in His image and likeness.

The trouble with most people is that they do not take this great Truth into consideration and if they did they fear that they might be considered foolish, but this is the stupid intellect at work.

The intellectuals you will notice are mostly devoid of wisdom and are self-opinionated in their own ignorance.

The only requirement of the Creative Mind is that we include It in all our plans and schemes, even though its activities are unseen, they become known only through the results. But one thing you can be sure of is whatever is dominant in your consciousness so it must come forth because of the Law of the Creative Power inherent in you.

The formula is, "whatever you are aware of so the Active Principle of Life will bring it forth in the substance, and the only substance is the Universal Mind."

Therefore you must use the faculties that God has placed in you by virtue of His Presence and with the will of God intelligently play your part in His predetermined Scheme of Creation, consciously co-operating with Him, thereby fulfilling your own Spiritual and material needs, "what is mine is thine." And because there are different degrees of understanding so are there varying degrees of faith and consequently corresponding degrees of success.

The Christ is your pattern and if you will look into your mind in the light of what I have said you will see what is hindering you. Great work lies before you, and you are assured that you are not alone for God and you are working together, and it cannot be otherwise, for without Him you could not exist and if you were in any way separate from Him He could not be Infinite and this is proof of what Jesus said when he saw this Truth, "the Father and I are one."

This offers to you peace, power, strength, and beauty, and to assert your claim you must take possession of your inheritance.

Refuse to accept the heredity of the habitual erroneous thinking, a legacy left by the intellect of your forefathers, and claim the heredity of your Divine Nature which is urging you continually to accept your share of the unlimited resources which are ready to flow into everyone

capable of receiving. The doorway is the consciousness—the individualization of the Conscious Life of God—and is capable of realizing and recognizing itself. This is your creative Power and through this alone flows the inexhaustible resources of the Almighty.

This is what is meant by the words, “take hold of this Tree of Life and it will become a Spring of Living Water rising up to Eternal Life to all those who realize it.”

Benediction

Oh, Everlasting Presence, Thy ecstasy is in the Breath of Thy Creation. The stricken have heard of Thy Healing Power and have come to Thy door and find it ajar. Printed in Lettering of Love they saw “Enter in.”

Those whose hearts are breaking with despair and sadness Thy Invisible Hand has dried away their scalding tears.

Those who are lost in illusion, to whom shall they turn but to Thee alone Who is seated upon the Throne of Love and Wisdom and as the dawn of Thy Presence appears upon their Consciousness their troubles will take wings.

We rejoice in Thy quiet Silent Voice forever singing in our Souls: “Wilt thou be mine, for what ever is mine is also thine.”

PEACE BE WITH YOU

Yours Sincerely,
M. MacDONALD-BAYNE

April 1948

My dear friends,

This month has been a glorious month, hundreds of names have been added to the Sanctuary and the work done has been phenomenal. We are indeed glad to report this to you, because of the fact that you are tuning in to these Sanctuary times which is on every three-hour period from 12 o'clock noon right round the clock (some are tuning in at one period and others at another), therefore we have a complete Healing Force in operation all the time with the result that many letters have been received and I am quoting just a few here.

"I am happy now to say I am perfectly well and back at school with a strange new happiness in my heart. I am deeply grateful for the wonderful healing received through the Sanctuary."

"My mother and father are now in the best of health and spirits. My father's leg is stronger than ever, his appetite has returned and he is now a new man. Thank you."

"My hearing has improved enormously. I am so thankful that I put my name down on the Sanctuary Register for your marvellous help. I am most grateful for all you did. It is lovely to think that I am privileged to belong to the Sanctuary of the Silent Healing Power. God bless you."

"Ever so many thanks for your monthly letter which I love to receive. They have been a source of inspiration and I am looking forward to them now each month. I pass them along to my friends and they are enjoying them immensely. In fact both their outlook and health have greatly improved.

I am teaching mentally deficient children and with the Sanctuary help they are slowly and surely improving every day. Many are learning to read and write and all are learning to be sociable and co-operative and to love life. Thank you ever so much."

"I want to report to the Sanctuary that my boy of five years is now perfectly well again and taking his food without any trouble whatsoever."

"My little son became suddenly very ill with a temperature of 105. We were distracted, the Doctor wanted to wait further developments. When I telephoned for help a miracle happened, fifteen minutes afterwards the boy was completely well."

"My little daughter was to me exceedingly ill with a temperature of 103 and I telephoned you. After treatment she recovered miraculously. You can well understand our anxiety at this time."

These are only a few of the many cases that have been aided during this period.

Jesus taught us a definite system of logical reasoning, which would produce in us Divine inspiration and the experience in the mode of action through which God finds expression through the individual. He taught that God and the individual are one, impossible of separation ("The Father and I are one") and this was the perfect expression of the individual who realised it and what keeps us from enjoying it is simply our ignorance of this fact. Our ignorance of this truth keeps us in bondage to all sorts of limitations.

If we live in our past experiences and fear the future we will never know the eternal Present, which is now and always will be now. The great truth that we must see and realise, not just as a mental concept but as a living Reality,

is that the Divine mind makes things by becoming these things. Then it follows that Divine Mind must become the individual for it cannot be other than its own natural expression.

In the individual and through the individual the Divine is pressing forward into fuller and fuller expression of Itself, therefore becomes fuller and fuller in the life of the individual who realizes it. And anything that limits the expression of the Divine Nature in the individual must also be retarding the progress of the individual, and this retarding progress can only come about by the individual who is ignorant of the great "truth that sets you free," the individual being the universal in "Individuality"

The question that rises in the mind of many is how can this great truth become a reality, how can it be acquired. The way is so simple that it baffles most and the way is that we have only to fully realize it by continuous realization.

Now some will exclaim that it is beyond their comprehension and if they did comprehend it, it was far beyond the quality of their faith. Yet it is through this understanding that our faith grows.

We take for granted the Life Principle working through our physical organism. We trust Nature's working laws but when we learn the truth the Master taught we will use our inherent powers by assuming them to be as natural as any other.

The Infinite to be Infinite must include all, there cannot be any outside. All must be in the Infinite and all must be Infinite, every particle of substance we see or feel and that which is beyond our sight and touch must be Infinite in nature, therefore there is not one particle of the Universe, not one particle of substance, that can be destroyed. It may change its form and in so doing, we, being ignorant of the Law of Transition (changing from one form to another) call this "death and decay" and many other names, but science

has proved to us that all matter is energy and has an atomic base and is indestructible in nature. Solids may turn to fluids, fluids may turn to vapour and vapour to the ether of space yet the same base that made solid matter still remains and this fills boundless space. Only the vibration is changed, therefore the Life Consciousness or Infinite which becomes all forms is eternal in nature, expressing itself in a variety of forms, then we realize that the individual consciousness can be none other than the Infinite Consciousness itself individualized. That is why you and I are indestructible, our consciousness will remain to unfold in the Eternal Infinite Being by giving greater and fuller expression to the Infinite Life as we realize it more and more.

Jesus taught in parables as it was impossible to unveil the Truth to the masses. Although he taught his disciples the inner working of the Laws yet he told them that the real significance of what he taught would be revealed by the Spirit within themselves. The time would come when the inner meaning of his words would dawn upon them and so it is with us, and when this happens we wonder why we did not discern his true meaning long ago.

The trouble is that most people cling to their experiences and disregard the truth of their being with the result that they ignorantly use the creative power to produce more and more negative experiences and then rebel, not knowing that they themselves are the creators. This discovery cannot be made for us; we must find it ourselves.

This is shown clearly in the parable of the prodigal Son. The state of sonship had never altered for either of the two brothers but in different ways they each missed the true position as sons. One limited himself by separating off a particular share of the Fathers goods for himself and because he accepted his portion as a limited share instead

of the whole, his share was speedily exhausted leaving him in misery and want. He went off on his own into the wilderness of his intellect and lost sight of the Father who was his very life and substance. The other brother limited himself by supposing that he had no power to draw upon his Father's stores but must wait until some specific occasion arose so that he may ask permission to do so, not realizing that it was his inherent right to partake of all that he needed and it was the Father's pleasure to give "All that is mine is thine."

The younger son took up the false idea of independence, thinking that he could do well on his own, while the other although staying in the Father's house thought he had no independence at all. The younger son finds his dependence on his own resources fail him miserably so he returns to find that he still has a position of honour and is capable of receiving all in the Father's house.

The other son rebuked by the simple words "All that is mine is thine, why wait for me to give you what is yours already."

You see it is impossible to make a more clear statement of the relations between the universal and the individual mind, both are interlocked together and are impossible of separation. The Universal gives rise to the individual and the individual expression to the Universal, therefore the individual acting Universal can draw whatever the individual requires but before this can be done the true relationship must be realized. This is the birthright given to us by our Father. We live in the Father and there can be no other home for He is Infinite and the only way the Father can express Himself through us is our awareness of the Father united in us, and whatever we ask the Father will provide. But this law of recognition must be maintained against all doubt or against disappointment for the Father's ways are not ours. He knows best and the way is found

when we hold on. "What man is there of you when if his son asks bread will give him a serpent. If ye then being ignorant know how to give good things unto your children, how much shall your Father which is in heaven give good things to those who ask him."

We now see clearly the simple fact that the only possible action of the Universal Mind or Life Principal must be to always press upon us a fuller and fuller expression of Itself in strict accordance with the condition each individual provides for its manifestation. When we realize that the foundation of His expression rests in a harmonious state of mind, we can easily grasp the condition we have to maintain so that this expression shall be complete. If there are conditions in your life that prevent this true expression, discern then quietly, do not struggle with them but see that they can have no place in the scheme of things. You will find very soon that fear, anger, jealousy, possessiveness, anxiety, sickness, and want, all these things will die at the roots because you will no longer feed them.

When we begin to express from moment to moment through our doing we will be giving expression to that Life which is behind all things, which is impersonal in nature and thus we can use it for any purpose of our individual needs. But we can only do this by abiding in the Father's house and conforming to the law of that House which is LOVE.

There can be no envy or Jealousy in the Father's House, no antagonisms, no differing creeds, all are of the one family feasting at the Father's table, loving one another. Therefore Love is the very thing that puts us in possession of this Limitless power of drawing from the Infinite Source which is Love itself. "Ye have heard it hath been said Thou shalt love thy neighbour and hate thine enemies but I say unto you love your enemies. Bless them that curse you, do

good unto them that despitefully use you and persecute you that ye may be children of your Father which is in Heaven.”

We are all children of the same family, recognizing one Father-Mother-God. We are no longer limited by creeds and orthodoxy and all sorts of conditions imposed upon us by ourselves and others “Son thou art ever with me and all that I have is thine.”

So as soon as we are enlightened as the elder brother was, that there is no other restriction except the Law of Love, we enter into the house of the Lord and Join in the festival of everlasting Joy. This is the teaching of the great Master who left us a Legacy, no treasure is like unto it.

Benediction

O, Divine Presence, unite our hearts with Thine to rest in Thee forever. Teach us to hold ourselves open to Thy Divine expression.

Let the flame of Thy Love in our hearts soar triumphantly above the din of social problems and differing creeds until the light of Thy Love has swallowed up everything.

May I see myself always one with Thee. I pray Thee I may behold Thy Love in others and in the light of that great Love may I behold Thy unveiled face.

PEACE BE WITH YOU

Yours Sincerely,
M. MacDONALD-BAYNE

May 1948

My dear friends,

The Sanctuary of the Silent Healing Power has taken another leap forward this month. Owing to the anxiety during the prevalent epidemic we have had a shower of requests for help from all over the country. Our overseas mail is also piling up and we thank all those who sent in letters of grateful thanks for the help received. We also thank you for your great help in the realization of the Divine Nature through your daily meditations which are of great help in aiding people throughout the world. This invisible power is not only helping them Spiritually, mentally, and physically but also showing the world that peace is a Divine blessing.

I am just giving you a few extracts from letters received this month.

"All my life I have suffered from asthma but since I have placed my name on the Sanctuary Register I have not had one attack. I am indeed grateful for this wonderful help."

"Sometime ago I fell and broke my hip. At the time I was suffering from cancer of the bone. The Doctor told my husband that it was doubtful if the leg would ever heal, but when the Sanctuary got to work on me my leg healed in double-quick time to the amazement of the medical profession. They then also pronounced the verdict that the cancer had left the bone altogether. This is a extraordinary and wonderful demonstration."

"In December last year I took very ill with stomach trouble which was diagnosed as a duodenal ulcer. I could not eat anything and the pain was excruciating. From the

moment my name was placed on the Sanctuary Register I have felt no pain and am now eating normally. The Sanctuary is a blessing to mankind."

"My mother has fully recovered. Thanks so much for your help."

"My baby is now well: wonderful to say the least. God bless the Sanctuary."

There are many, many more letters, all of a like nature and we will continue to publish a few of those that arrive every month. As you will understand, space is limited and we only describe a few of them although we would like to describe hundreds to you.

The other day I was in the company of several people, all animated with a friendly spirit, there was perfect harmony until one said he was of a certain religious faith. Immediately there was a coldness and the spirit of happiness disappeared because of the struggle to conform to certain beliefs.

This happy group of people were on the verge of breaking up when I stepped into the breach, and I want to tell you of this experience because it is a common occurrence with most people. I am sure this experience will help you also to help others to see beyond beliefs. For this is most important to us all in the Sanctuary of the Silent Healing Power.

I spoke to them and explained that we were first of all human beings in whom the one Life is the only Reality and which we all depend upon for our existence and if we would take a few minutes to think we would see that beliefs were utterly false if they caused antagonisms and separation. If our beliefs divided us then we could not live in that "One Presence" of God inherent in each one and which was never antagonistic to Itself in any individual.

This was the only truth and there could be no other and we must learn to think purely from the Presence within, for in this Presence there is no separation, no religions or differing cults or organizations, no nationally, or anything else that separated one Spiritual being from another.

Now this is a tremendous truth and requires our earnest consideration.

If we try to conform to a particular belief there is a constant struggle, but there is no need to struggle to “live”. We live without struggle, but when we struggle to conform we put Life in a prison of our own making.

Perhaps you grew up with your beliefs, but since then you never questioned them to see if they were true or not, and all your efforts were merely to adjust your actions to the dictates of another.

You will see that this struggle, this effort to conform, to imitate does not lead to understanding but makes you a hypocrite and insincere to yourself and others.

Hence you do not know what you really think, what you really feel, because you never doubt the pattern you are trying to conform to. To think clearly you must be free from prejudices, attachments, and the ideas of others.

You know that God is Love, Wisdom, Healing and is omnipresent. You accept this is true, yet you will not discern that which is untrue, with the result that you perpetuate that which is false.

If you will adhere to your divisions in nationality, in religion, and the differing creeds and cults, politics, etc., then you cannot think purely, for you will only think in accordance with your belief which separates you and this is utterly false, for the “Presence” cannot be divided against Itself.

The “Presence” is indescribable and that which can be described is not the truth. But by becoming aware of the

hindrances to your understanding, by discerning them, by confronting them, by penetrating them with pure thought, you will free yourself from them, and thereby realize the Presence that is harmony, poise, love, understanding, wisdom, healing. Then you will become conscious of the falseness of all things that separate one from another.

You will see these hindrances with their subtle variations that prevent you from living in the "Presence" that is Omnipresent and Eternal.

The present is immortality, there is neither past nor future in the "Presence" for the "Presence" is always present and to live in the Present is Reality. The past is but experience and the future but hope tinged with apprehension.

The "Presence" is the only "Life," the "One" and only Reality which gives rise to the individuality, and the individual who realizes this gives expression to the "Ever-present Presence" which is all there is.

This is Infinity and Infinity must include all as there is no outside It. The mind has a tendency to divide Spirit from matter, but when we look deeper we see that matter separate from energy does not exist and energy separate from Intelligence cannot exist, and this Intelligence is the Spirit which is not only the "Presence" but *is* the Omnipresence. It makes things by becoming the things It makes.

So you see that all your hindrances are self-created through the illusion of separation, therefore they have no power except the power you give them. Therefore do not fight them, nor pacifically endure them, ***but become conscious that they are false.***

You become free by examining them, free from all attachments, free from all belief, free from all prejudices, free from all comparisons. If your mind is suffocated with

these there cannot be true understanding of the "Truth that sets you free."

The "Presence" requires no effort to express Itself. It Itself is pure action and in this there is freedom in the individual who realizes it and this is "the Christ in you" the only begotten Son of God.

I want you to realize that you are being used by the Presence in giving to the world the invisible Influence it needs by your realization of the Presence in your moments of meditation. With the result that bundles of letters are coming in daily with grateful thanks for help received, even from those who have only recently heard of this work done by you all over the world through the Sanctuary of the Silent Healing Power, for the world is you multiplied millions of times.

As you grasp this truth you will realize it is the greatest thing that ever came into your life.

When you look around you, you will see a world in ignorance but that should not discourage you for it cannot affect the final issue. The world, ignorant of the truth, becomes an arena of competitive systems of material and spiritual conflicts which create quarrels.

In the material sense there is the desire for security and this leads to a means of piling up wealth and possessions which only bring sorrow and conflict which lead to war between individuals and between nations. And in the spiritual sense there is the desire for immortality and this leads to the acquisition of virtue which leads to antagonism and separation thus virtue becomes a vice.

Man has separated the world into the material and the Spiritual, but there is no separation anywhere, the one is but the expression of the other. The visible is but the expression of the invisible, what we see on the objective plane is but the result of the conscious manifestation of the Infinite, therefore every particle we see or feel is Infinite.

Man, made in the image and likeness of God, is given power to discern the true nature of God. By this understanding we are able to see that which is false and a hindrance to the true expression of God in man. The more this is realized the greater is the awareness of God's manifestations.

I want you to think, firstly, are you aware of the fact that you are conscious, and that this consciousness can be none other than the Infinite Consciousness individualized in you? For there can be no other Consciousness, the Infinite being all there is, and from this centre of Consciousness in you all thought and action must flow.

I want you to think, secondly, are you aware of your thoughts? or are you just reacting to things as they come to you?

If you are just reacting then you are controlled by your environment, but if you can discern your thinking you can control your environment. You can become the active positive centre around which everything must move. It is your duty to become this positive centre not only to yourself but to God.

Realize that the ether of space is the unparticled sea of Divine Mind and flows according to the direction given to it both by God and by you. It moves in the direction in which it is sent. This ether is the medium in which all things are created and through which all things are connected. It does not impair or retard the force you send into it, and it brings back to you precisely what you send forth. It transmits all mental currents from one to another, from Angels to men and from men to Angels. No wave or thought vibration can be impaired. Through the ether we can contact anyone, to heal or help those who ask. Through the ether we can contact spiritual forces in a fraction of a second and their aid is given immediately. Jesus said, "I have only to ask and legions will come to mine aid." Now try to realize what I

have given you. It is better than rare sliver and the rarest of gold, for no treasure is like unto it.

“Reverence for the Eternal trains man to be wise, and to be humble is the way to honour.”

Jesus says to us, in other words to his disciples, “As the Father hath loved me so have I Loved you, that ye love one another as I have loved you that ye also love one another.”

Benediction

O, Christ, thou rarest of hearts, thou didst sail on the stormy sea of prejudiced minds, yet thou shed the aroma of goodness and forgiveness, so helping all through example to become like thee, and now we know that our Father in Heaven is the only Father of all. For thou didst say, “For whosoever does the will of the Father in heaven is my brother, my sister and my mother” showing that there is but one “Presence” in all.

The mighty miracle of love is established in our hearts when we realize the magical words, “Forgive them for they know not what they do” “as much as ye do unto one of these so do you unto me.”

Oh, Beloved One, wandering hearts are seeking the one fold of Thy Divine Love that heals all, and have heard Thee ever calling with Thy Infinite Kindness to be at home with Thee in our Fathers house of Love where we all rejoice together. There we shall know Thee to be our brother who showed us that Love is the only way to everlasting happiness.

PEACE BE WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

June, 1948

My dear friends,

Every month there seems to be a greater expansion of the Sanctuary of the Silent Healing Power. This month has been phenomenal, hundreds of names have been added to the Register and the work done has been beyond all our expectations. From all over the world we are receiving calls for help and this is given immediately with the result that instantaneous cures have been effected, and some of the most difficult cases which are supposed to be beyond medical help have responded amazingly. For instance here is a letter I would like to give in full, but as space is limited the main points will be given.

“God bless you always for the help you have given us all through Sanctuary. Conditions in my home have changed wonderfully since I wrote for assistance. It is as if the whole world of beauty, love and harmony has been opened to me. My little son is very happy at school and last Wednesday when I met all the teachers and masters they were full of praise for him about the lovely work he does and his fine behaviour. I owe all this to the Sanctuary.”

“A little boy I wrote to you about—with pain in his legs which is supposed to be T.B. is ever so much better. All the pain is gone. I am sure this little boy will get entirely well. Thank you too for the beautiful monthly letter which is a inspiration to us all.”

“I wish to tell you this wonderful story: my leg was broken and in great pain. I tuned in to the sanctuary at 12 noon, and immediately the soreness disappeared and I felt

as if the bones were being put into the correct position, the surprising thing is now when the X-rays were taken there could not have been a more perfect setting of the bones. It was a great surprise to me that you took all this trouble to help a person like me and, to think that it could have been done from such a long distance away. Again I wish to thank you most sincerely."

"Your monthly Letters are the most inspiring reading we have ever had. A number of our friends come to the house and we read the letter together. That such wonderful truths could be revealed through reading these letters is beyond our comprehension, yet we are stirred within when we read these Letters. God bless you for the work you are doing."

There are bundles of these letters. The above few have been taken at random, and we thank all those who have sent in such letters.

Remember that we are all tuning in at the various times indicated and your help is doing a tremendous amount of good throughout the world. Keep it up, there is no room for slackers in this work! You will realise how important it is, for the world needs you now.

Read this letter aloud to yourselves and others and you will find greater benefit.

The great majority of people do not realize the fact that Spiritual and material or mind and matter are ingredients of one single system.

Now this is not the product of the imagination nor is it an idea that we have to accept. It is a living reality, which Jesus the Master truly demonstrated, and which modern science and physics have also proved to be true. Therefore there is no room for the dualism that has haunted philosophy throughout the centuries.

When this truth is grasped by the individual, the world will enter into a new age of realism and when fully realized, this realization leaves us virtually spellbound.

If you can grasp the full significance that this means to you here and now you will make every effort to make this truth your own in such a way as to manifest it in this life, not only for your own benefit but for the benefit of others.

The mistaken dualism of mind and matter or spiritual and material has confused the minds of many people, were they try to prove that matter does not exist because there exists a condition that affects them negatively. But I have already shown to you that whatever we think in fear or in faith will equally reproduce their kind. Therefore denying a condition that may exist does not accomplish a healing but only leads to confusion.

Denying a condition is blind ignorance which may or may not give temporary relief is through the understanding of the fundamental truth that we can consciously or unconsciously act upon matter to change, dissolve or create, that gives us power over any condition that may exist.

If any error in a sum exists you do not say that the law of mathematics is at fault but when the error is discerned, it is corrected and it disappears. The Law of Life is similar, and it is stated that we are made in the image and likeness of God with dominion over all things. Now I hope that you will no longer be confused in your mind in regard to a condition.

Most people have a belief that matter is fundamental and the effects which they see expressed are permanent. There is nothing permanent in nature, there is a continual flux or change taking place; the only thing that seems permanent is change, for the simple reason that nature is continually making and remaking, tearing down and building up better and better forms, and all this change has

its origin in the inner world of which the outer is but the reflection. So there is no use in denying the effects we see; we must find the cause and that cause is within ourselves, in our own inner world and this leads us to that great and significant truth, that whatever we identify ourselves with determines what we shall be.

The greatest teacher in the world identified himself with the Father of Love, the "Infinite Being" who alone exists, and there can be no other,—no other power but His, no other Life but His, no other Intelligence but His, in fact all must be Infinite for there can be no outside Him otherwise He could not be Infinite. This leads us to seek within, for the truth of our own Being, Jesus said the Kingdom of Heaven is within you and as we become more acquainted with his scientific mind so we will realize that He is still the worlds greatest leader in modern thought, for modern science and modern thinking today reveal this fact, and we are finding out more and more that that he said and demonstrated is actually true.

Man may for a time please himself but in the end he can only please God, as the law relentlessly brings home to him, what he sows so shall he reap.

We play a part in the great scheme of creation according to the nature or inclination of the Infinite creative principle, through the Divine thought operating through mankind as a means of bringing about "thy will be done on earth as it is done in heaven."

Jesus was an international figure and his teaching is proof of this fact. He made us beware, lest we be caught up in the net of race thought, nationalities, creeds, politics, disease, ignorance and death. He showed that we must refuse to identify ourselves with family, tradition, state or church for none is your "Father which is in Heaven." This alone can give us power over the things of this world, and with the true vision of our Divine potentialities we are able

to move forward into a new world proving that we are really the sons and daughters of God. "Know ye not that ye have the things before ye ask"

The great mass struggle that we see going on everywhere is the result of the inner struggle of the individual. In the midst of amazing scientific achievements we find ourselves in a world torn by craving for things of this world, a world sick and disabled and depressed. Anyone can see that the ravaging effects are world wide, revealing a deep underlying error in our whole civilization. Yet we know that this will eat itself out in the end, and will be the means of mankind discerning his own mistakes, that man may please himself for a while but in the end he finds that the only way to peace and happiness is to please God. "For he maketh the sun to rise on the evil and on the good and sendeth the rain to the Just and the unjust."

True statesmanship requires clear thinking from cause to effect and this cannot be done by those who are merely politicians, who make vain attempts to solve problems without understanding the fundamental laws governing human life. So the masses become the victims of their own ignorance, being unaware of the power of the law of properly directed thought, they hold on to their old fixed mental habits and become deceived by propaganda.

Our habits of thought must be studied, understood and corrected; not until our thoughts become truly intelligent can we have results that will satisfy the human heart.

We place our confidence in those who are ignorant of the true law of Life, we ignorantly pin our faith in the power of things seen, the power of things already created, remaining blind to the fact that these things are but effects of thought and ideas in the mind of man. These things are not the source from which we should draw to "live" to "think" to "reason", being effects and not causes and have no power except the power we give them.

On account of our lack of understanding the truth that we must identify ourselves with our Creator first of all, we have become the victim of our own creation. Yet through this state of things we will be led through discernment into the true Law of Life which is the only sure foundation for the assurance of health, happiness, and prosperity and a civilized civilization, for you cannot say that we are civilized in the face of what is happening in the world today.

If our civilization with its rail roads, steamship, airships, great cities and modern inventions is to evade the fate of bygone civilizations we must at once recognise the importance of the spiritual as the source of material things and that correct thinking in accordance with the Higher Intelligence will bring fruitful results. We will then be true instruments in the hands of an Intelligence that is all-Intelligent and He makes His wishes known to us through our understanding that we are made in His likeness. "For if you love only those who love you what credit is that to you." These are the words of the Master whose ideas were the essence of logic. He showed the meaning and purpose of man's inner struggle as the way leading him to the source of all life in order he might consciously co-operate with this all-originating Life intelligence in creating for himself what was his own. "Son, thou art ever with me and all that I have is thine." Luke 15: 31.

We must help our leaders with all the power we possess to carry our civilization on to a more magnificent proof of the Eternal Creative Power of God revealed in us. This power was revealed to the Master who discovered the power within himself and he gave us the method to direct and control the forces manifesting in all nature. By drawing on this power as individuals we can draw upon the unlimited resources of the universe to build and maintain a greater civilization.

As individuals in the Sanctuary of the Silent Healing Power, we are imbued with the creative power in action through us, and there is nothing to stop this progress we have set in motion for we know that the source of all power lies in God within ourselves, and there is no separation.

We can influence the minds of individuals who are at the head of affairs to bring about the desired results. "Where two or three are gathered together "in my name" and consciously transcend the mortal sense they can bring about things beyond the understanding of the mortal sense. "For there I am in their midst."

Benediction

Dearly Beloved One, dressed in Thy Beauty clean and holy, Thou didst send me to play in the fields Thou hast prepared for me.

But I played in the darkness with ignorance and lost myself in the mire of suffering. I went out clean and came back to Thee besmirched with mud of illusion.

O Divine Presence, wash with thy Love and Wisdom and make me clean again. I lost everything while roaming in the darkness.

O Adorable One, Love of my heart, the tiny candle of light of my remembrance of Thee was not wholly extinguished by the gusts of disbelief. I loved all things only to find that I needed thee alone.

Come with me, O Beloved—Be with me always.

PEACE BE WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

July 1948

My dear Friends,

The Sanctuary is extremely proud this month to announce that hundreds of cases have been healed instantaneously. The work is expanding so rapidly that we feel grateful to those who are tuning in at the regular times for the help given by them to the Healing Forces, who are able to perform such wonderful feats of healing.

Quoted hereunder are a few only of the letters received and we thank all those who have sent in similar letters.

"I wrote to you a week ago asking for help for a patient of mine who was suffering from a hopeless malignant breast. These last two days she has been absolutely free from pain and has slept peacefully, not only at night but also throughout most of the day. She has not required her usual dose of morphine sulphate. I am deeply grateful for this help."

"Thank you for your letter. I am very glad to be able to report a wonderful healing for Roy, one of the friends I asked you to help; his relations are very grateful."

"I want to thank you with all my heart for your prompt answer to my call for help for my niece, who was so ill with bronchial pneumonia. I felt from my past nursing experience that she had not much hope of recovery—her temperature was 104° and she was so blue in the face. So immediately phoned you for help and she intermediately got better."

"Thanks ever so much for your help given to my husband, as he is changed and is wonderful towards the

home and is very friendly towards people nowadays. People can't believe it is the same man they knew a few months ago—I send my greatest thanks to the Sanctuary.”

“I cannot lose this opportunity of extending my gratitude to the Sanctuary for the divine help you so kindly rendered to my sister-in-Law and have pleasure in informing you that she is completely recovered since you registered her name on the Register.”

*In this letter we will do some clear thinking for this alone can lead us to the understanding of the Truth.

Through the Sanctuary of the Silent Healing power wonderful results have been obtained already, because of the fact that you who are working in the Sanctuary all over the world have brought into being Divine reasoning and with this, Divine feeling. These two are the essence of Divine action and Divine action leads the way to a better world, a greater and finer world which we are all helping to build.

When we consider that the Sanctuary started only a few months ago, and since then the numbers have run into thousands, we expected such phenomenal results, as we knew that success was assured because of the exalted Spiritual Forces which are behind this great movement.

We are told that thousands of Spiritual Beings are working in the Sanctuary in conjunction with us on this plane. It would be helpful if you would read the particulars again, which were sent out in the beginning so as to grasp the great significance of this work.

It is desirable that you get a true understanding and this is mainly why in this letter we will do some clear thinking.

I have stated to you before that unless we can discern the false we will not understand the true. If we live in a limited state of mind, brought about by submission and

imitation through education religious beliefs, philosophy, public opinion and tradition, we will not escape the miseries that we ourselves create.

We may seek an escape from the prison of our own making by accepting the idea that The Divine Nature can and will release us from our prison. Yet if we do not discover the cause of our miseries we only bring the idea into our prison and we are still bound by it.

If we have a belief that we feel binds us through fear, and someone comes along with a similar belief which gives greater freedom and we accept this belief in place of the old we are only enticed into their prison and we are still bound. We are not thinking for ourselves, we are only caught-up in the net of their belief. Anything that separates us from our brothers and sisters is a falsehood and a prison.

In our previous letter we were shown that God is Infinite and to be so He must be everything and there cannot be anything that is not infinite, and the only living presence in everyone must be the Infinite Presence because God alone lives. But we cannot realize this feeling until we discern the falseness that surrounds us, and in which we are submerged. Rebelling against conditions does not remove them, we must know them for what they are and understand the cause, and as these causes are discerned and dissolved the true shall appear because it is always there, only hidden by our beliefs of that which is false.

We do not disagree over the fact that we are alive, that we are human beings, we only disagree over our beliefs. We never disagree over that which is true we only disagree on that which is false, and when we look into the matter deeply enough, we will see how true it is.

With reference to disease most people cling to the name of a disease giving it an identity; by giving it an identity we

are merely accepting another's opinion or belief, and we will observe that this is not thinking nor understanding.

The happiness of mankind is not increased by opinions founded upon ignorance and beliefs in theories of those who cannot heal the sick or relieve the troubled mind which is caught up in the net of emotion, imitation and craving. The sick in mind and body are cured by giving them the Bread of Life. Jesus says, "Man is himself the field, his deeds are seeds and what he does to others grows apace. The harvest is sure and he must reap what he has sown." "The fruit of peace and love can never spring from noxious weeds, the fruit is like the seed." "Each one has problems to be solved, he must solve them for himself."

The individual begins to solve his problems when he begins to think. When we begin to discern our beliefs, thought, emotions, reactions that hinder the expression of the "Presence," then the Presence begins to flood the consciousness.

Through the neurons of the brain, through the nervous system, through the whole cell structure of the body the presence makes Itself felt. But if our mind is caught up in greed, craving, names of diseases, caught up in beliefs, hell, the devil and good and evil, we are sowing the seeds of our own misery.

We are instructed not to eat of the fruit of the Tree of Knowledge of Good and Evil but to take hold of the Tree of Life and this shall be our salvation.

The only value criticism has is when it is directed towards the self, thus we are better able to see how to help others. "How can you see the splinter in your brother's eye when you have chunks within your own." "And while your eyes are full of foreign things you cannot see the way for you are blind." If you would lead the way to God you must be clear in sight as well as pure in heart.

We must wipe away everything that hinders, by discerning everything that hides the glorious Presence that dwells in every soul.

I am repeating these words of the Master to show that he did not merely give us a theory, but made it exceeding plain that we must see that which is false, so as to clear the sight to see the way. Another statement which throws light on the path is, "The treasures of Earth are but illusive things and pass away." "Be not deceived! Your treasures are the anchor of the soul and where your treasures are so your heart will be." "Things that man see not with eyes of flesh, are of more worth than the things that man can see."

Most of us are full of defects and it is necessary to discern them and not merely deny them, for this does not help matters. To shrug our shoulders or cringe at the sight of our thoughts is of no value. What is needed is to be quiet and more quiet, to look at these things as something, not your real self, for the real self is the presence of the presence and to abide in its quiet confidence is Divine Power.

If the soul asks for the Divine and our minds are sincere and calls for liberation from these influences, by calling the presence into the heart and relying upon it more and more than our own strength we will be able to end this "siege" and peace would take its place. We will break down the prison bars that hold us in the prison of our own making.

The material world less the revelation of the Creative power manifested thorough the mind. Visible things are the representation of the invisible. If we can comprehend this truth we can rise above the effects we see around us, and by understanding them we will no Longer be afraid of them. We will discern the false, then we will know the true.

We are made in the image and likeness of God living in a material world over which we have been given dominion. A world so constituted that if we will use it intelligently, it will

lift us to spiritual heights yet unknown. With this knowledge our experiences in this world will lift us to the mountain tops of achievement. If we feel a sense of frustration when we neglect to use wisdom, worrying about the matter will not help. We will know how to deal with our troubles through the discerning of our own thoughts, cravings and emotions.

The realization of truth lies in our self-conscious completeness sustained in our own uprightness, free from all conformity, public opinion, tradition, nationality or creed. Through the self-conscious completeness we arrive at full responsibility, in the recognition of this completeness, and this completeness is true freedom.

This is not an escape nor is it flight from conditions around us, but it will lead to a gradual discontinuance of unconscious action through lack of discernment which leads to misery.

When we act consciously understanding the law, this leads to pure thought which leads to pure action. This understanding is the beginning of true action which will expand our consciousness and practical knowledge of our oneness with the creative source of all things—the Presence that is within ourselves.

And as we acquire this knowledge through practice we will by conscious use of the Creative Laws, have revealed to us a deeper significance of our own creative power than the mere intrinsic value of material possessions; they will represent to us the extent of our Spiritual understanding and ability to co-operate with the Creator of all things.

Material is but a name we give to a substance of which we know very little. But when we see that the material, the “visible” and the “invisible” are one and the same thing, we will appreciate that the invisible is the cause and the material or visible is the effect.

When we see that the visible is the result of the invisible, we will know that in the invisible is the cause and that cause is thought-action, then we are aware of the cause of misery. Then there is no longer any fear in regard to it for we will know we are the creators of our own misery.

We will see with clear sight, freed from illusion, that we are one with the Creator of the Universe; we will also see that it is impossible for us to be otherwise. Then the presence that is Ever-present and Eternal in us will bring forth, "that which is acceptable to God." But if we fail to understand these things we will create a series of causes and effects in which will become enmeshed, caught in their net. And there can no escape until the truth which we have had revealed to us fully dawn upon us. "God Himself has made it plain—for ever since the world was created, His invisible Nature, His Everlasting Power and Divine Being have been quite perceptible in what He has made."

Benediction

O Fountain of love, flood us with Thy omnipresent Love so that our hearts will be filled with thy love for others. Exalt the rivers of our desires and cravings from the lowlands to the heights of humbleness and self-sacrifice and consideration for others, reinforced from Thy fountain of Love, we unite in the ocean of fulfilment in Thee.

Increase our affection for all, so that we do not lose in drought-stricken selfishness, which is waste. But let the lonely separate streamlets of Love coming from Thee at Last merge into the vastness of thy presence, revealing Thy Omnipresence of Love, Wisdom and Healing for all who will receive. My faith in Thee has made me "whole."

PEACE BE WITH YOU

Yours sincerely
M. MacDONALD-BAYNE

* Edited version of Lecture #8 '*Discern All that is False*' (28th September 1948)
in the book "Cosmic Consciousness: Your Silent Partner."

August 1948

My dear Friends,

Yes, the Sanctuary of the Silent Healing Power is always at your service twenty-four hours of the day around the world.

From Czechoslovakia we received this letter: "I revert to my letter of the 16th June and herewith beg to express my sincere thanks for your healing help to my father. He feels himself again and now very well. I wish to thank you very much."

From Rome, Italy, "when we cabled you for help our son was so ill that the physician gave us no hope. On receipt of your cable our son was recovering rapidly and now is fit and well, a most remarkable demonstration of the Healing Power of the Sanctuary of the Silent Healing Power."

From New York, "grateful thanks for your wonderful help I am now completely recovered and feeling better than I have for years."

From Scotland, "many, many thanks for your letter of instruction on receipt of my request for help. I am feeling so much better now, in fact don't feel anything wrong at all. The bowel condition has cleared up. Such a thing has never happened for over thirty years. Your monthly letters are a great inspiration to us. We look forward to them so much each month."

From Cape Provence, "for the past four years I have suffered from bronchial asthma and had come to the end of my endurance. Since your monthly letter arrived a miracle has taken place, my bronchitis has disappeared and I can

assure you I am deeply grateful for the help I have received.”

From Johannesburg, “once again I wish to express my deep and sincere gratitude for all your wonderful kindness. I do so appreciate all you do. It is so wonderful to receive these monthly letters, they are more valuable than all the gold in the world.”

From Johannesburg, “A friend of my husband’s handed his name to you for healing. At the time he was very ill and in hospital. I must tell you that he recovered marvellously and is now back at work. Please add my name and our babies to your list.

From Los Angeles, California, USA, “the whole family eagerly waits for the next Monthly letter to come. We have never read anything so inspiring and helpful. We have a party of our friends about fifty come to the house when the letter arrives and we read it to them. They are just as eager as we are for the next letter to arrive. Thanks ever so much for the help given to the friends we asked for help for; their recovery was beyond our expectation.”

These are a few of the many letters we have received this month from all over the world. Thanks ever so much for writing to me. It makes me feel that our work is being appreciated and this makes me very happy indeed. Naturally I cannot include all your letters, these have been taken at random, to be included in this months letter. Many thanks.

A personal letter of thanks is sent out to all those who donate to this work. If you have not received such a letter please communicate with us as it may have been overlooked.

In this letter I will deal with healing because we have had many hundreds of letters asking for healings of all,

kinds, and there has been many wonderful results. I feel that a letter to you on this subject will be helpful.

To apply the healing power effectively we must realize the fountain from which it pours forth; with this knowledge courage and faith is built up. Knowledge is the key to this most wonderful power and thus fortifies the faith. Blind faith is so often weakened through lack of understanding and doubt takes its place. That is why I have in the past gone into details with reference to truth as it really is, and I would suggest to you to keep all these monthly letters and have them bound at the end of the year so as to preserve them, then go back and read them over again and I am sure that you will get a greater understanding.

Remember that every thought, every reaction, every movement causes a change in the body through a chemical reaction. Unless we can discern our thinking and our emotional reactions we are bound to suffer. If we can become aware of our thoughts, what they are and the motives behind them, our fears, and discern the cause of them, they will loosen their hold on us. Yet the main thing in healing is to know the truth that will set you free.

In the first place we must know that the Divine Spirit in man is inexhaustible and infallible. It is Ever-present in the NOW and not only some future time. Spirit is always active in the Ever-present now. It is perfect Intelligence and is out picturing at all times the Divine Design, "made from his image and likeness," It knows all and is able to restore organs even when they have passed all artificial or material aid. The fact that there is no separation between us and the Divine Ever-present, this life is forever being mediated to us from it's Source and if we can be aware of it in every cell in our bodies, It is there according to our awareness of It.

Secondly, Divine Spirit is perfect in its expression and is expressing itself continually through us. It does not have to be urged, It only needs our understanding and co-

operation, the more we are aware of this the more powerful will It show Itself in our minds and bodies. The most practical application of the Healing Power is to understand that pure Spirit is present in Its entirety at any point simultaneously, that is to say that in me and in you this Spirit is in Its entirety **now** and is pure and perfect. When I am aware of this, and as there is no separation between us, it must affect you as well as it affects me. If you consciously become aware of this then you will help everyone whom you think of at that moment.

Thirdly, Spiritual Forces come to our aid immediately we ask for help, because when a call goes out to God it reaches the very centre of His Being and is returned outwardly to us through His administering Angels similarly as when for instance you cut your finger, a message reaches your brain immediately and then from the brain messages are sent all over the body to bring aid and healing to the part affected. There is an Intelligence at work all the time for our benefit, this Intelligence is the predetermined knowing of the Infinite, "the knowing how."

The fourth part I wish to point out to you is that suggestion has a tremendous effect upon our minds and bodies. The most wonderful forces are set in operation through this agency also the same agency can do untold harm. The majority of people are malpractising themselves and others. What I mean by malpractising is if you see someone suffering from a disease that is considered incurable you think of the disease and forget that pure Spirit is present in its entirety at every point simultaneously, thus you are malpractising. By thinking of a disease as permanent, people condemn themselves and others. Thoughts are things and are absorbed by the minds of others, especially the sufferers, the very expression on your face reveals what you are thinking. Remember the tongue of the wise is health.

If you have an illness or others are affected you must see at once your Divine Nature and that same Divine Nature in others. Free your own minds from disease and you will free others also. Unless your mind is clear in regard to this you will still be in the prison of your own making.

We heal through the truth that God is Life and He alone lives and He is living in you now in all his completeness. The Life Principle is the only Reality and disease has no power of its own. To help us to help you, you must realize your unity with the Source of all Life and that this Life is being mediated to you eternally.

Electricity is continually present, when we put on the switch we make the connection and we get the light or power, whatever the mechanism is suited to. It is the mechanic that determines the kind of manifestation that will take place. The electricity is always the same. The same is with us, the infinite Life is always the same, It flows into us when we become aware of It, according to our awareness of it so shall It manifest.

When we recognise this we will not malpractice others or ourselves.

It has been proved thousands, yes millions of times that conditions that have resisted all other means have responded to the Life Forces directed by a faithful consciousness, aware of the truth of Being.

We must realize that the Life is the builder of the body. There is but one mind in which we move and have our being. We think in this Mind, our bodies and minds are made up of this mind we cannot get out of this mind, therefore you see that this Mind responds to your thought if you are aware of the truth of your, Being. "Call no man your Father on earth for one is your Father which is in Heaven," thus proving that you are a child of God made in His Mind because you cannot be made anywhere else as

there cannot be any outside the Mind of God otherwise He could not be infinite.

Each one of us is a cell as it were in the Mind of God, imbued with His Divine Consciousness, which is the source of our thinking. Each one of us is manifesting the Divine Intelligence under the direction of the Divine consciousness when we are aware of our unity. Every cell in our body is linked up with that Divine cell within us and through the nervous and circulatory system that is why every thought or action affects the body through chemicalization.

Conditions dissolve away when harmony in the consciousness is established by the recognition of the fact that pure spirit exists as the only Reality. This body is the Temple of the Living God. It was this mighty truth of the Eternal Ever-present Living God that the Master knew and understood, "stretch forth thine hand." "Take up your bed and walk." "Your faith hath made thee whole."

Now let us contrast this with the way we mostly think and act in our daily life. Can you discern your daily reactions, your emotions and know them for what they are? Remember that our various mental states and emotions produce in time their effects in time on mind and body. I have seen people faint when adverse news reaches them. I have seen people unable to eat their food when some remark was made at the table. I know that many illnesses are caused in this way. I meet it every day in my work of healing. For most cases the doctor prescribes medicines, which have little or no effect, yet how easy these people are healed by relieving their minds through the truth of their Divine Nature. "Our Father who art in Heaven." This is the common ground upon which we all stand. The Master said this when he prayed. He also said, "He who doeth the will of my Father is my mother, my sister, my brother."

Fear has the effect of closing up the channels of the body so that the Life Forces flow in a slow and sluggish

manner. Understanding, faith and hope open up the channels of the body and the Life Forces go bounding through and disease is cleared away.

People who have no forgiveness in their hearts create disease in themselves. I have known people who suffered from unknown diseases being speedily cured by forgiving all, and expressing love to all especially those who had done them an injury. The path of Love through the soul is a builder of good health and happiness.

Kindness, Love, Goodwill, Faith, Hope, Cheerfulness, etc, create a harmonious chemicalization of the mind and body, excites the healthy flow of all the secretions and opens up the nervous system so that the Life Forces reach throughout the whole organism.

A method that I have advocated with unbounded success to many people with so-called incurable troubles is to lie down in the open air and breathe repeating the words, "Divine Life fills me." Say it so often that it becomes an actual fact. What we say with conviction is out pictured in action. The reason is that the physical body is a mechanism specially adapted for the transmission of the inner or mental action into modes of external activity, the whole body is traversed by a network of nerves which serve as channels of communication between the indwelling Spiritual life Consciousness and the function of the external organism.

In my next letter I will continue further explanation of the healing power.

Remember that at all times the Sanctuary of the Silent Healing Power is at your service. The many healings done through this agency are remarkable. Hundreds of names are added to our register each month. God has blessed our work, and to Him alone we dedicate ourselves so that the Almighty power will manifest through the sanctuary in all its power and glory.

Benediction

Blessed are those who serve others knowing that they serve Thee. Thy Presence is the balm of love that settles every heart in the quietude of Thy everlasting glory. To die without giving service is to die poor. To pass through the portals of death serving others with Thy whisper in my heart, "well done, good and faithful servant" then I am truly rich.

I know that health and sickness, birth and death are but dreams and when I finish my dreams of Love and service and awaken behind the world-painted screen of illusion I shall behold Thee as the only Reality, the Presence that ever was since time began, and when I hear Thy voice I say, sweetly in my heart, "As much as ye have done unto one of these (my children) so have ye done unto Me," my dream will become the vision of my oneness with Thee in all.

PEACE BE WITH YOU

Yours sincerely
M. MacDONALD-BAYNE

September 1948

My dear Friends,

You will be delighted to hear how wonderful the results have been this month with your help. Over five hundred people have asked for help and this has been given through the Sanctuary with astounding results.

T.R.C. writes, "God is wonderful, am feeling a different man altogether. The rupture and kidney trouble have gone. I have put away the truss I was wearing night and day. I thank God for the Sanctuary of the Silent Healing Power."

K.G. writes, "we thank God for His tremendous power. A deaf sister through the Healing Power of the Sanctuary can now hear. With my sincere love to you."

B.J. writes, "thank you so much for your monthly letter. I look forward to it. It is such a help to me, and a great inspiration. My arm is so much better and I feel the Silent Healing Power at work. May God bless you and all in the Sanctuary of the Silent Healing Power."

M. McK. writes, "thanks for the wondrous work done for the four of us. We are spreading the good news."

L.A. writes, "immediately I rang for help the temperature that was 105 degrees reduced in half an hour to normal and the child is now perfectly well. To us it is a miracle."

E.P. writes, "I thank you for the monthly letters. I must assure you that they are giving me wonderful help and inspiration. I could not do without them now."

M.H. writes, "I have never read anything to compare with the Monthly Letters, Those who have read them with us have derived great benefit, beyond their expectation. I could write pages about the wonderful work that the Sanctuary has done for us."

These are only a few of the many letters received this month and I wish to thank all those who have sent in letters. I appreciate the fact that you have taken the trouble to write a letter of thanks for the help received.

I wish to speak to you again in this letter about healing, as so many people appeal for help in overcoming their troubles.

Nervous condition is one of the most prevalent causes of disease in the human body, for whenever the nervous system is upset it causes inharmony throughout. I will explain briefly the source of the main cause of nervous disorders.

To do so, I must give you a brief outline of the common theories, which one knows in general practice, and which are used extensively by psychiatrists although not always with success.

There is a fundamental basis upon which they do get a degree of success in some cases yet in most cases they fail, showing that their methods are limited in scope.

If one has not a knowledge of the truth of "Being," that is, that there is no separation between God and man as the only true foundation upon which to build a new and free life, nervous conditions are liable to return, because the victim is not fortified with this truth which will stand him or her in good stead, when other distressing events occur.

In ordinary life we meet with bottled-up emotions and physical symptoms caused by emotional stress and fear,

which becomes a subconscious or conscious stream seeking release, and this, seems to be more prevalent since the First World War.

These symptoms may occur instantly or they may take some time to develop. Frequently they are not strong enough to push outwardly just when the event occurs. But by repeated distressing events in life this fear and emotion is added to, and eventually a true case of neurosis is established.

We see here that it is not always the distressing event at the moment that is the root, but that which has occurred previously. This root takes growth through lack of understanding of the self, fertilized by repeated negative reactions and produces a complex situation.

It is clearly seen then that a search is not always successful in gaining a release from the prison the victim has created for him or herself, through the lack of discerning the cause. For when one is awakened to the truth there is always a discerning of the thought or reaction, and the motive behind them. Thus there is perpetual freedom through this awareness.

When the symptoms appear instantly it is comparatively easy to remove the condition. But when through a series of negative reactions, the symptoms appear some years after the initial cause, it is sometimes very difficult to search out the main cause. That is why analysis has so often failed, while a knowledge of the truth can completely revolutionise the victim's life and release fears and phobias on a higher level.

They completely disappear as one gets a better understanding of Life. The submerged stream in the subconscious or the unconscious, if you like the term better, is sublimated and freedom is obtained.

In many cases which fail through analysis I find it easy to establish a state of balance by showing that the victims

are the object of their own illusions, and when they get a complete view of themselves being one with God, impossible of separation, there is a distinct relief. This relief often enables them to speak or talk about themselves. I do not attach great importance to what they say except when something appears vividly to me.

For instance, in a lady who suffered with a severe skin trouble for many years, which baffled all medical science as well as psychiatrists, I noted a strain of antagonism in her make-up against a near relative. I told her that when she forgave this relative and made amends and accepted the injustice done to her and she herself became unselfish, a perfect balance would be established and she would become whole.

She immediately went away and made amends and returned in a week to me perfectly whole.

Now this lady through her own experience has helped hundreds of people who suffered in the same way, not always with the same symptoms but nevertheless the same cause. Hundreds of other similar cases I could mention of so-called incurable troubles, these troubles vanish as by magic when a true state of harmony is established within.

Many cases are the result of a desire to forget all about a distressing incident. A large amount of nervous energy is used up in holding back this distressing experience from the notice of the personal consciousness. By forcing the memory up to the conscious, the cordon of repressing energy is broken through, this energy is no longer required and is released for constructive action in the body.

When we face awful facts fairly and squarely, they become harmless. But the great danger with ordinary psychiatry is to allow the patient to go without giving him or her a true foundation of his or her spiritual self, thus the cure is only half done. The complete cure comes through the understanding of the truth about themselves.

If one is in constant fear of exposure this fear causes a condition to reveal itself in the tissue structure through the nervous tension, which becomes habitual. When one is strong enough to face the matter boldly through the truth of their oneness with God then the nervous tension soon disappears and the mind and body become balanced.

When trouble comes upon most people they allow fear to enter which leads to further darkness. For when this crude form of dissociation occurs there is a mental conflict and repression added to by bad auto-suggestion which puts the victim in a state of prostration and fear, and later appears upon the physical organism.

There is also the theory of perverted sex development. Sex life is both spiritual and physical, and in early life this dual action tends to appear in a number of ways such as sex curiosity, exhibitionism, masochism, sadism, etc. These tendencies disappear under normal development when the sex energies are used in the normal way, and the excess transformed into higher forms of social, intellectual, and spiritual services.

The danger lies only when this creative force is looked upon as evil and then repressed with its evil association we create in our minds, with the result that it rises to the consciousness in the symptoms of psycho-neurosis yet the exaggeration of the importance of suppressed sexual complexes can become a dangerous falsehood. It can have a nasty influence and tend to make the mind more fundamentally impure than before.

Sex impulse has been looked upon as a danger to nature. When it is looked upon as an evil and negative thing, it imposes upon the nature and mind an impurity that does not really exist.

We must not look from down up, but from above down, and see the glory of Gods creative work in mankind. When we free our minds from these repressed falsehoods created

through ignorance by continually stamping the Creative Power as an evil in our midst we will find a better race, free from the immoral practices we see today.

We can separate the people in the world into three categories. There are those who lower their ideals to make the way easy for surrender to temptation. The result is not harmful to the body because there is no repressed emotion attached to it, therefore there is no conflict in the mind. But this is unhealthy as far as the soul is concerned; this type is general in the world today.

The next type is those who, through compromise and cowardice when the mind works upon such cravings turn away in horror, fear and emotion. This grips the personality with the result that these experiences are repressed and produce stress and strain in the nervous system, causing tension through lack of understanding. And ultimately produces an outbreak of physical or mental symptoms.

The next type, is those who have gained balanced state of mind through understanding the truth about themselves. They deal with things face to face, and consider carefully the whole situation in relation to their ideals by true reason. Here the normal solution of the conflict is freed from morbid symptoms and the personality emerges from the conflict with added power.

When we become aware of nature as a whole and begin to understand the higher nature, we will be much more able to understand the lower. Wisdom comes from above and not from below. When we understand ourselves we will understand our emotions as well. The result will be not repression but a glorious release with added strength. From victory to victory, from glory to glory, to become as we are the children of God. For in God we live and move and have our being, knowing that the Christ of God dwells in every living soul "the Conqueror." "I have overcome the world" not through the fear of God and repression of our

guilt, but by understanding that we have been given dominion over all things.

Love and service is the keynote to permanent recovery. Many a disorder has been permanently cured through the delight of a service in love to others. Forget yourselves in service to others, understanding the truth that the law is—to Love the lord thy God who is “one” Lord, and to Love him with all thy heart, with all thy soul, with all thy mind, and with all thy strength, and to love thy neighbour as thy self. This then is the cure for all ills of the flesh and the mind.

PEACE AND LOVE BE WITH YOU.

Benediction

O Loving Father, teach me to comprehend the utter uselessness of being afraid.

Help me to remember that though death do come to all I am always alive in Thee.

Teach me not to paralyse my nerves through the dread of my imagination. As thy child I am born to overcome all trials of Life fearlessly.

Awaken me to Thy all-protecting Presence that surrounds me.

Although I may be clad in armour I am vulnerable to disease. But with thee I am protected by Thy loving care for thy art always with me.

May the peace and love of God dwell in our souls to free us from all that assails us from without.

Yours sincerely,
M. MacDONALD-BAYNE

October 1948

My dear Friends,

Blessings have rained on the Sanctuary last month. Again hundreds of letters have come from all parts of the world.

From England—A.E.G. writes: “I followed your instructions tuning in at the given times. I am a new person to look at, radiant within and without. Indeed I tell many and have the privilege of showing the infallibility of your teachings. May every blessing be upon you in this wonderful work.”

From Spain—F.S. writes: “Your monthly letters have been sent to me by a friend. Since reading and studying them I have recovered completely from an incurable illness. Please send me your letters every month. God bless you for what you have done for me and mine.”

From S.A. Transvaal—J.C. writes: “I thank you with all my heart for your wonderful lectures and monthly Letters. I read and reread their many times. I also thank you for your love and understanding. May God bless you in your work.”

East London—D.M. writes: “I do not know how to thank you for your wonderful help, my trouble has completely disappeared two days after I asked you for help, while doctors pronounced me incurable. May God rain His Divine blessings on your work.”

From O.F.S.—A.B. writes: “It is with great Joy that I am writing to you to tell you that my husband is making excellent progress. It is a pleasure to see him enjoying, life again. He could not lie down. He had to sit to sleep, now he

can lie down like anyone else. I can't thank God in words but I know He knows how we feel. Your monthly letters are so inspiring and we always look forward to the next one. May God bless you in your work."

Johannesburg—M.C.D. writes: "The boy you put in the Sanctuary can now use both his legs like a normal child. He is the picture of happiness and joy. God bless the Sanctuary."

The Sanctuary has been blessed this month with many blessings. I thank you with all my heart and may God bless you all for your blessings upon the good work. We are trying our best to help mankind. I thank you all for tuning in at the times, this helps greatly. Thank you ever so much.

I have been asked to write on the causes of separation in the world and what is true Spirituality.

When we realize the "Presence" that is Eternal and Ever-present and which is the only living, existing and Creative Force in all Nature we readily see that the divisions in humanity have their roots in the different creeds, systems and nationalities, and not in the "Presence" where there can be **no** division.

For instance if you were born a Hindu or a Chinese you would probably follow the Buddhist religion. If you were born an Arab you would become a Mohammedan. If you were born a Jew You would follow Judaism. If born a European you would probably follow the Christian religion.

Because of the rigid orthodoxy of these differing creeds the unity of the masses is prevented. Only those who have thought for themselves, and have advanced beyond the antagonisms of the differing cults can see the fundamental unity of all humanity at the root. As more and more people begin to think for themselves, so will the true expression of the Divine Spirit in man manifest.

Figures mean the same thing in all languages, the problem when correctly worked out must come to the same conclusion. So it is the same with the Truth, there can be no duality in the conclusion, there can be no distinction in the result.

We are **not** separated in Truth, we are separated only by the different theories held in regard to it. We do not quarrel over the fact that we are alive, that we are human beings so when we are able to reason to the ultimate we escape the limitations created by false doctrines. Any doctrine that creates antagonisms and separation between one person and another must necessarily be false, when we realize the source of all Life is '**ONE**'.

It is only in the completeness of our understanding of ourselves, in our relation to the Creator and our relation to others, that gives us the freedom of Truth. We must discern deeply our thoughts! Are they moving towards beliefs and opinions of others, or are they deeply concerned with Reality? We are only able to free ourselves from limitation when we are deeply concerned with Reality. But if we are caught up in the different creeds, nationalities, beliefs and imitations or become dependent on others for our thinking, we bring separation, sorrow and conflict into the world.

Therefore our freedom comes through our own self-reliance in the awareness of our oneness with God the Creator of All, and on the other hand to be able to discern that which is false, that which separates us from one another.

There is a common ground upon which all thinking people can agree that is that there cannot be any outside of God otherwise God could not be infinite, and that there can be no division in the mind of God therefore no distinction. Science has proved to us that the whole Universe is a compact form of electronic substance, incapable of division, and only in this substance can form take place. There never

has been any separation nor can we be divided in it. This separation, this division is but a concept born in ignorance.

We cannot escape our relation to people and things. Through them we gain experience but we only begin to know ourselves when we discern our thoughts and reactions. For freedom is a state of consciousness, an awareness of unlimited Reality in which we live and move and have our being and in which everyone is the same.

The time is soon coming when science and religion will move forward hand in hand. When this takes place then fear and death, the last enemies in man's consciousness will disappear. As truth is revealed so will the mind of man change accordingly, and only in the quietness of the mind can this Truth be unfolded.

There is a sense of freedom with the study of Science of this new age, and many people all over the world are beginning to question separation and religion as it is taught today. If religion is to survive it must be streamlined, brought up to date to coincide with facts of science and Nature. For there can only be one religion, the Fatherhood of God and the Brotherhood of man in the light of our new knowledge. If this fundamental truth is rejected then there can only be sorrow and conflict for the world.

There are some who think they live a Spiritual Life so they despise the materialist. Are we not all materialistic in one sense or another? Do not think that by giving names such as "material" or "spiritual" we are going to solve the problem. By labelling this group or that group, this person or that person, we are not going to find the truth. Many people who profess God are unkind to others; this can never be Truth. On the other hand if a person has real affection, loves people, is impersonal in thought and action, he is often looked upon as **not** Spiritual, yet this person is much nearer the mark than one who professes to love God

and is unkind to others. We show our love for God by our affection for our fellows.

First we must find out what being Spiritual means. Now Spirituality does not consist of intellectual theology. Spirituality does not consist of examination of phenomena in other planes. Spirituality is not the exclusive worship by any sect whether it is Christianity, Hinduism, Mohammedanism or Judaism. Spirituality does not consist of distinctions whether a man is a bishop, a priest, cardinal, a pope, a rabbi, a king or a tramp.

True Spirituality is to be all-inclusive without any distinctions. This can be arrived at, and it is not very difficult. But it can be difficult, even impossible, through distinctions and the majority choose this way. True Spirituality is also an awareness of the true values. Our sense of values is upside down, and unless we can get a true sense of values we cannot arrive at a state of mind enabling us to act without distinction, without craving, without antagonism, which can only bring sorrow and conflict.

Therefore true Spirituality is to be all-inclusive without distinctions, with a sense of true values, and the expression of affection, wisdom and healing to all in thought and action. This alone brings us true happiness, for the law never fails to attract to us that which is expressed in ourselves with sincerity.

When you begin to understand this, the distinction between material and spiritual disappears. We will no longer separate ourselves as superior beings because we think ourselves more spiritual.

When we understand the laughter and tears of Life with others who have the same laughter and tears hidden in them. When we have understood this, then we will not divide up Life, saying this one is Spiritual and this one is material or this one is spiritual and this one is not spiritual.

The world is ourselves multiplied millions of times and any result must be from a change in ourselves. But we must not be caught in the effect, lest we lose the substance for the shadow. To be aware of the "Presence" and being that "Presence" which is never antagonistic, never separated, is the essential thing, and knowing that understanding and love are its highest achievements in human life.

Do not battle with or struggle with ethics, virtues and their opposites. If we battle against error longing for virtues we are caught up in both. Most people hack themselves to pieces with vices and virtues. If our desire is the pursuing of happiness, then the perfume of understanding is to lay the emphasis on the essential. The "Presence" is the only essential, It Itself is freedom, unlimited expression, in this lies our happiness and freedom. Wisdom gilded by Love is the perfect expression of the "Presence" in us all.

To the orizing there is no end. Anyone can invent theories. Many books are filled with them, about the Spiritual Life, about Truth. Theories are inventions of the mind and are not Truth. Neither should we be interested whether one is a Christian, a Jew, a Hindu or a Mohammedan; these are but patterns to which the human mind conforms, that which you worship destroys your power to think. It is people that live, not theories or divisions!

Is it not true that we have created a social structure, which demands, adaptation and conformity and thus we are caught up in the net of our own creations, the outcome of our own desires and illusions.

We have become mere cogs in a machine because we exist without the ecstasy of living in the "Presence." We are forever suppressing and destroying our own creative understanding, hence the utter misery and chaos in the world.

It is not what I say or what another may say, that enables you to arrive at the truth, only by your **own** discernment of that which is utterly false. Freedom and happiness is within ourselves and we can find it by true examination, by being impartial, free from beliefs and prejudices.

We must use our inherent gift of pure thought, if, we are to accomplish the so-called impossible—the ecstasy of complete freedom. When you cling to your divisions, your ideas, you call it your path or my path. The division of “your way” and “my way” is born of ignorance and illusion and we make our choice with a mind that is attached to a particular idea or system against others who are doing the same, thus we create prejudices, antagonisms, and you will observe that this is not thinking. Only when the mind is entirely free can we recognise the intrinsic value of any idea.

Love and Wisdom cannot be understood through division, through systems or creeds or distinctions. If you look into a mind that is attached to any of these you will see how rigid it is in its beliefs, this is truly ignorance.

The idea of tolerance is but an invention, which covers up the conflict arising out of false divisions. Where there is real affection, real understanding, there is no need for tolerance.

True Spirituality is dwelling in the “Presence” in our daily living, freed from all separation, ideas, theories and beliefs, by living in the Presence, the Presence which in Itself is all complete, expressing Itself in the full. This Everlasting Reality can only be understood in the fullness of the present, not past or future, but by allowing the “Presence” to express Itself without hindrance. NOW. “I am the Life.”

Benediction

O, Eternal Presence of Wisdom and Love, we attune ourselves to Thee and our Life is one continuous inspiration!

Thy Fountain of Eternal Bliss intoxicates us night and day, and as we dissolve into Thy Presence of endless beauty so do we inhale and exhale Thy Divine Breath of Love and Wisdom. We have discovered the false things that hid Thy face from us, and now that we have found Thee at last we shall forever taste of Thy Sweetness, yes, forever and forever.

MY PEACE AND LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

November 1948

My dear Friends,

You will be glad to know how your work in the Sanctuary is progressing.

Over a thousand names have been added to the Sanctuary Register this month for healing. Your efforts are crowned with success. Little do you know how much good you do when you tune in to the Sanctuary at the hours mentioned. The result of the work done is seen in the following letters, a few of the many hundreds of letters received this month alone.

From England this letter comes—"Without my knowing my brother gave my name in to the Sanctuary; from that time a miracle happened. Although I was bedridden through a motor accident, I got up one morning. I could hardly believe myself—that which had previously weighed me down had gone. I got into a bus and went over to see my brother to tell him what happened. It was then for the first time I learned about the Sanctuary. God bless you and your work."

From Pretoria this letter comes—"I wish to thank God and you for the wonderful help given to my nephew. I was desperate when I phoned you. When you told me what the trouble was he was rushed to hospital. The doctor had not then decided yet what to do. His progress was so rapid and when I asked the doctor he said he realized that medical science was not responsible for his recovery. It was miraculous and beyond understanding."

From Barberton this letter comes—"You will be pleased to hear that my healing is 100 per cent. Two specialists who examined me could hardly believe it possible, yet it is true. With ever grateful thanks."

From the Gold Coast this Letter comes—"You will be pleased to learn that wonders are being performed through contact with the Sanctuary of the Silent Healing power. My son who was reported to be backward in his studies is doing creditably well and has also a marked desire for learning. May I also therefore give the following names to be placed in the register for Divine help. Grateful thanks."

This letter comes from Togoland—"Thanks goes out to our Heavenly Father that we were led to you. Firstly I must tell you that the Monthly Letters are wonderful and of great help to us. My daughter whom you had on the Sanctuary Register for swollen feet and swollen hands has been completely cured and my own illness has gone entirely. God bless you and your work."

From Bloemfontein this Letter comes—"My husband and I wish to express our heartfelt thanks for helping us through a very anxious time. We thank God for his Goodness in restoring our daughter to us. I was convinced from the first that the Sanctuary could help us. Also thank you for the wonderful Monthly Letters. God bless you and your work and for answering our call."

These are a few of the many letters received this month I wish to thank you all for sending in these letters telling us of the wonderful results of our work in which we are all partners.

HOW TO PLAN AND GUIDE YOUR LIFE

This is a subject of immense importance to everyone and no regular set method can be devised as a means to an end.

But what I have to say in this letter will help you to use a method that suits your own peculiar make-up.

In the first place I will enumerate the ways most people use up their time on earth.

Most people are struggling through life trying to make ends meet. Some accumulate wealth and lose their health in accumulating it, because of the emotions generated by gain and loss.

Some haphazardly waddle their way through Life, as long as they get a bed and three meals a day they are satisfied, a newspaper, a novel and a love affair thrown in, this is the sum total of their existence. A life without accomplishment.

Some practice asceticism in some form or another, by doing so they think they can gain the illusion they call happiness, thus some dawdle their life away in useless dreaming.

Only by a full active life achieving the highest that is within us can we say we have done anything in life.

Much is said against building castles in the air and the trouble with most people given to this building, is that they do part of the work, a very necessary part, but fail to do the other most necessary part of producing, establishing and achieving.

Many think but never act. You must both think and act. These must be joined in your creative ability to manifest.

There is a great law which few people comprehend, that is that we are continually attracting to us from both the seen and unseen conditions most akin to our thoughts. This law is continually operating whether we are conscious of it or not.

Sow an act reap a habit, sow a habit reap a character, sow a character reap a destiny. This is the procedure we establish in ourselves one way or another. The discerning of

our thought habits is essential if we are to build that which we truly desire.

Habit is a powerful influence in our lives. Some are aware of this and some are not, but all know that when a habit is established how difficult it is to rid oneself of it.

By repeating the act the habit is established, it has passed from the conscious realm and has taken up its abode in the subconscious, there to build the character.

An honest person is one who has established the habit and the opposite is one who has also established the habit. Imagination is a powerful weapon in the building up of character. When one imagines himself acting in such a way he will generally do so.

The qualities of true character are equality, love, kindness and honesty. Equality enables us to view life as it really is. Equality is an admirable quality which one rarely sees; it engenders the true relationship of one to the other and creates a feeling, of kindliness. It is the fragrance of the beautiful rose that gives it enchantment, so it is with one who has the quality of kindness. Should this be missing, the character lacks fragrance.

Courage is a quality that all should cultivate for the amount of courage you have so will be the amount of power you will get. This is very important and is well worth remembering.

Here are a few questions you can answer for yourselves. Are you poised and calm under all circumstances? Are you swayed or influenced by what others say, against your own better judgement? Can you decide to do that which is best even if it meant a loss to you? Do you place more value in material things than you do in spiritual things? Can you sum up a position quickly and make quick decisions guided by an inward sense of unselfishness and justice? Perfect judgement is the result of a brilliant mind free from selfish interests. Think of yourself in the most difficult position

acting with calm and efficient accuracy, with your mind alert ready to act when an emergency arises.

Have you studied the best and quickest ways of doing the things you do daily or do you just drudge through life haphazardly?

Have you confidence in your ability to accomplish or are you afraid to do anything lest you make a mistake?

Is your knowledge born of experience or is it purely theoretical?

Make it a daily habit to establish in yourself the characteristics that are the foundation of a successful life!

To have initiative and originality is the secret of genius. If you follow the beaten track you will generally arrive with the mob, but if you explore off the beaten track there is no knowing what you may find.

Genius means new ideas, new methods, new experiences and new accomplishments! Are you a rule of thumb person or are you game to come out in front and have the power to go forward against all criticisms? Only weaklings are balked at the first cry of the orthodox critic, the armchair philosopher or the cannot-be done drone of the stick-in-the-mud.

If there is a tendency towards retreat remember that your roots are in the Infinite Mind and the Infinite Mind is expressing itself through you, then if you believe in God you can always believe in yourself, because God and you are one, and cannot be otherwise. The Infinite Mind of God pours forth into the mould that we prepare for it. This was the dominant thought of the Master and it should be the same with you.

Jesus said, "I have glorified Thy name on earth." In other words, I have shown what Thou art to all men.

Become one-pointed in regard to life and identify yourself with it and this verse sums up the question

beautifully:

The song of life has its chords and notes,
Rhythm and volume on the ether floats.
Every atom and cell shall surely vibrate
With love and joy as you create with faith.

There is peace within and peace all around,
Discord has vanished and cannot be found.
You always feel happy and free from care,
For the Song of Life is everywhere.

If you are truly seeking Truth you must identify yourself with Reality, which is not dependent upon any person however far evolved.

If you try to adjust yourself to the type you think has evolved you will only find illusion. Truth is beyond all persons, beyond all stages of individual development. In the self alone can be found that which is real and supports all other selves, the Presence is not afar off but actively present within each one. The Kingdom of God is within you.

It is this that I want to make you conscious of. When you are actually conscious of this you have reached the point where all is possible. In other words, "You have been given dominion over all things."

When you see that the happiness you are seeking is hidden within your own limitation, to expand that limitation into the unlimited which is within yourself is the only way of realising pure life.

There is no mystery to anything which you understand. But those who make mysteries of what they teach do so with the obvious intention of mystifying you and is proof that the truth is not understood by them.

I am making this effort to enlighten you of the truth that will make you free from all limitation.

These few paragraphs are signposts on the way and I would ask you to study them carefully so that the true meaning will be established in you.

1. The voice of the Christ is far-reaching. It reaches far and near, for it is the omnipresence, wherever the Father is, so am "I."

2. The power of The Christ in you is developed through first recognition then realization followed by a period of quiet to become more aware of the Presence of the Lord thy God.

3. You must come out of your material or business life to rest awhile in the Kingdom of God, knowing that you are steadfastly growing and unfolding the true life and power of The Christ that wants to manifest in your life.

4. This state is not one of blankness or a state of nothingness as advised by some, neither is it one of strain in trying to force acceptance upon the consciousness without understanding. These extremes must be avoided.

5. Hold in your heart a stillness that is alive with true understanding, that there can be no separation between you and God. Say in your heart, "It is the Father that ever remains in me, is doing the work." This unites your individual consciousness with the omnipresence.

6. Hold the attitude in all you undertake that God never fails, it is He Who worketh in you. In this realization all is possible to you with God. By yourself you are nothing but with God you are everything. I and the Father are one.

Benediction

O, Thou are rarest of Souls, Thou didst suffer on the rack of ignorance. But thy Infinite Love overcame all and showed to all on earth the way to the heart of God.

We try to follow in Thy footsteps yet often lose the way through the blindness that besets us, and as we feel Thy hand stretched forth to aid us, we know that all is well.

Although the road is beset with rocks upon which we stumble, the fact that Thou hast reached the Green of Peace and Plenty in the Garden of our Father, and Thou hast said, "where I am so shall you also be," gives us the strength and courage to go forward.

MY PEACE AND LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

December 1948

My dear Friends,

This last year has been a wonderful one for the Sanctuary. Many thousands of letters have been received asking for help and many thousands have been received raining blessings and thanks on the Sanctuary for help received, health restored, homes reunited in happiness and problems solved.

All this has been done with your help and co-operation in tuning in and giving out your love and healing to all the world.

Here are just a few of the letters received this month:

"Many thanks for your Monthly Letters. I read them every day and grateful thanks for the wonderful help given to my son who is now well. May God bless you and your work. E.L.F."

"Your wonderful monthly letters are a great source of happiness and inspiration to me, my family and friends. We eagerly look forward to them and are thankful that so many are healed. God bless you all. Most sincerely, M.T."

"I do not know how to express my gratitude for the goodness you have shown me in responding so generously to my appeal for help and freedom. To my great comfort I soon felt a great wave of peace flooding my body and the distressing symptoms disappeared. My doctor was quite startled to find that my trouble had completely disappeared, a trouble which is considered incurable. L.E."

“Thank you most sincerely for your kind and loving help for your lovely letter full of understanding and assurance. Our little animal for whom I asked your help has recovered wonderfully. I must thank you with all my heart. M.R.T.”

“It is with deep and heartfelt thanks that I write to you. My little son who was on his back for over two years has now the use of his legs. It is our great joy to see him getting about and he is now such a happy boy. May God bless you and the Sanctuary for your wonderful work. Mrs. B.”

“I wrote you recently to put my name on the Register for Spiritual aid to get a good position. You will be pleased to hear that I have now obtained a very good position as mine manager. Very many thanks and with all blessings to you and your work. H.B.”

“Thank you ever so much for your advice and help when I phoned you on Friday. Immediately afterwards the disease was checked before it could become dangerous, and I am now 100% again. Thank you and God bless you for what you are doing for mankind. E.W.”

These are just a few. I wish I had space to print many more. Those who have written to me, I wish to thank you very much, the fact that you have taken the trouble to write gives me great encouragement.

NEW YEAR MESSAGE

(Time passes on, but “I AM” Ever-present and Timeless).

We measure time by the repeated cycle of each year and now we are in the beginning of another cycle of time. Yet it is our measurement of time that makes us look into the past and try to scan the future, while the only real thing is the Ever-present.

For centuries we have been ordering our lives by devices for measuring time. Clocks have been invented to regiment the hours. It is obvious that this orderly regulation of human activities is a necessity, otherwise chaos would result in our world.

But within each one there is that "Reality" that Creative Consciousness that is not confined to space nor has It ever been regimented into the physical order represented by the clock. This is that timeless Birthless and deathless Spirit of God manifested in the flesh as the Christ of God. This then is the Ever-present key to all our problems past and future yet few can comprehend it. It Many fear the future because of the past failing to realize that the "Ever-present" Creative Power of the Spirit of God is the only Creative Power there is.

You have only to compare one hour of distress or worry to an hour of pleasant relaxation and concentrated thought on the power of this indwelling timeless Reality to realize Its Omniscience and Its Omnipotence.

You will have already discovered by human experience that your mind is governed mostly by the clock and moves in the direction of things external to the self. But the mind is also capable of functioning in God's timeless time which is Ever-present and which cannot be bound by clocks or cycles or any other physical limitation.

It is common knowledge that a state of mind affects your health your environment and conditions. If you are thus controlled by time your state of mind is not conducive to a perfect state of the body, yet if you will give full mental co-operation to that which is forever present and perfect in Itself, the state of mind will be one where all is possible.

When you are completely lifted out of the conception of physical time and mortal belief and make direct contact with the Christ within—the Word that was with God, the Word that was God and the Word that was made flesh, you

would be healed, lifted out of your physical boundaries of time and space, You would discover your own wonderful Divinity through the recognition of this truth, knowing that the Word that was made flesh cannot be subject to any condition except you believe it is subject to conditions and limitations.

By earnestly seeking you can make contact with your Christ-self, the Spirit of God manifested in the flesh, and thereby transform your vehicle of flesh by the Divine Energy that is limitless, and only hindered because of your misunderstanding of the true nature of things. For this Divine Energy is not subject to time, space or condition. Although you cannot comprehend what It is, yet It can accomplish instantly what no human aid can accomplish.

No matter how long you have been captive to your burden, no matter what man-made concepts say about your condition, you can be helped and healed. For you will know that you have touched the hem of the garment of that Divine Energy from within.

You reach the peak of your understanding through self-illumination, and this makes you the omnipotent onlooker upon the appearances and limitations of human concepts. You will function in God's timeless time, for God is always present every moment of time. You will bless every atom of your body with the inrush of His Divine Energy, to be renewed by that timeless presence of the Christ from within that sees and knows God the Father to be the only Living Being therefore never separated from Him, "I and the Father are one."

"The Word was in the beginning and that very Word was with God and God was that Word, the same was in the beginning with God, everything came to be by His hand and without Him not even one thing came to be that was created. The Life was in that Word and this Word is the Light of man. This Word is the true Light that lighteth

everyone who comes into the world." "Call no man your Father on earth for One is your Father which is in Heaven."

This is the blessing that I give you at this time, so that time will fade into nothingness and the Eternal Ever-present will take its place. With this realization your healing will not just end in being healed, but all those who look upon you will see the radiance of the Spirit of God shining in your countenance and all can share your good by acknowledging It.

You can rend the clouds that hide the Face of God from the eyes of the downcast. You will help to dissipate the ignorance which causes sorrow in the world. For when one has seen the perfect vision he cries aloud in his heart, 'Behold the Word of God has been made flesh, the Christ is the only begotten Son of God who dwells in every living soul.'

With this true vision thousands, yes millions, are lifted from depressed conditions of war, strife and misery for their thoughts are turned into higher channels and their burdens are lightened.

Live with the beautiful side of human nature and your own life will grow more and more beautiful until you become an inspiration to the world.

Look for the good in all things then you will find God in yourself and when you find God in all things and in all people like yourself, God will be with you in all things and He will speak to you from the souls around you.

Know that you are strong within no matter how the body may suffer, it is but crying out for its Saviour. You will speak to the body about the true state of your Real Self and what you say from within with conviction so shall the outer take on the reflection of your inner conviction. What you realize today in the inner will be expressed in the outer tomorrow,

“For lest ye become as a little child ye shall not enter the Kingdom of Heaven.” Let us all then become as little children seeing no evil, thinking no evil, hearing no evil. “for only the pure in heart can see God.”

No one can teach Christ when they have evil thoughts about others in their heart. “You hypocrites, take the plank out of your own eye before you can see how to take the splinter out of your brother’s eye.” A poisonous tongue poisons the soul which wilts in the darkness of its own iniquity. Your virtue is not increased by your condemnation of others.

The statements of Jesus who revealed the Christ of God were never spoken from the personal, only from the Impersonal. For no truth ever sprang from the personal, only from the Impersonal Divine Mind of God wherein the Absolute Truth can be found.

When the personal mind can merge in with the Impersonal, only then can it speak the truth. “It is the Father who ever remaineth within me is performing His own deeds.” “I of myself am nothing, it is the Spirit of the Father within me that doeth the work.” “I am” the doorway into the All-Impersonal Loving Father of all Wisdom and Power. The “I am” must see itself united in the Father as one, then all that is guile and limitation will be discerned and dissolved away. Through the door of the Christ of God—the Spirit of God manifests in the flesh, through this door alone can you enter into the vastness of the great Universal Storehouse of God. Then do not do your work for the praise of man, but do it for the Love of God.

To what then shall we compare the kingdom of God within and with what parable can we picture it? “It is just like a grain of mustard seed when it is sown in the north, the smallest of all seeds on earth, and when it is sown it springs up and becomes greater than any plant and puts forth large branches so that all the wild birds can roost

under its branches.” This means that when the seed is sown it grows while you sleep and puts forth its shoots in all directions, for seeds sown in Divine Mind grow apace. With this very apt saying of the Master I leave you to think it over in your own mind and heart, and although each year comes and goes time and space merge into each other and disappear for in God there is no time or space, we are all united in His Mind, and live and move and have our being in Him, expressing His nature, this is our Eternal Reality.

My earnest prayer for you in this year of 1949 is that the greatest blessing that can ever come to man—the realization and recognition of the oneness of all—may be yours. Refuse to be caught up in the net of race thought, nationalities, creeds, politics, disease, ignorance, separation and death in which the masses have been lost, thereby losing their Divine Power over the things of this world.

Meditate daily saying in your inner heart of hearts, “Mind be still, let that which really “Is” take its true place in my consciousness,” and pray in this manner:

“Great and Mighty Eternal Father, Thou art the Creator of all things. This is Thy Holy Temple, Thy perfect dwelling place from which radiates Thy Love, Wisdom and Healing to all Thy Children. I am filled with Thy Mighty Healing Power, Thy Inspired Wisdom and Divine Love and I am glorified by Thy Radiance in me.

“My eyes and ears are open whereby I see and hear and my mind receives Thy Eternal Truths, for Thou hast proclaimed me Thy perfect instrument for Thy great and glorious work, that Thy Will which is done in Heaven will also be done on earth. Amen.”

MY LOVE AND MY PEACE I GIVE TO YOU TO REMAIN
WITH YOU ALWAYS.

Yours sincerely,
M. MacDONALD-BAYNE

1949

January 1949

My dear Friends,

You will all be pleased to hear of the great work done by the Sanctuary this last month. Piles of letters come in daily with grateful thanks for what has been done and many have written in to say how overjoyed they are to know that they are able to be of some help in the world. Many have been looking for an outlet for their prayers and spiritual thoughts and have found it in the Sanctuary of the Silent Healing Power, by tuning in at Sanctuary hours and expressing their love and healing to the world. This not only helps those in need but also helps those who express their Divine nature and many have been cured in this way.

Here are a few of the many letters received this month:

From S.R., England: "It is the most wonderful thing I have to tell you. I suffered for many years from a trouble which I was told was incurable. I could not walk or stand by myself. I tuned in to the Sanctuary hours and my whole being was flooded with heat and like electric shocks. Next morning I was able to walk like a normal person. God bless you and your work. I can never thank you enough."

From R.A., Pretoria: "I don't know how to thank you for your wonderful help. My friend was with me on Sunday when I could not walk. On Monday she gave my name in to the Sanctuary, on Tuesday all pains and trouble left me. I could not believe myself. It was just too wonderful. I thank you with all my heart. May God bless you and your work."

From E.W., Johannesburg: "Today I had a letter from my mother and she wishes me to thank you for the wonderful

help you gave her through the Sanctuary. Her asthma has completely gone and she feels better now than she did for years. God bless you."

From L.E., Kenya: "I do not know how to express my gratitude for the goodness you have shown me in responding so generously to my appeal for help and guidance. To my great comfort a great wave of peace flooded my body and the distressing symptoms disappeared. My Doctor was quite startled when he found that my blood pressure was normal. He was bewildered and could not understand it. Your monthly letters have given me great Spiritual strength and help. Thank you very sincerely."

From B.I., Johannesburg: "Words fail when I want to tell you of the wonderful healing that envelope me when I tune in to the Sanctuary. My eyes are better and I can do my work again. How can I thank you. I thank God for you and the Sanctuary. Bless you."

These are only a few of the hundreds of letters this month. I wish again to thank those who have written to me. Thanks very much.

HOW TO DEVELOP THE SILENT HEALING POWER

The great central fact that establishes in man the secret of success, health and happiness is that the Infinite Life is at the back of all and is expressing Itself through all, mankind being its highest manifestation upon this earth.

The great central fact in human life is that this Infinite Life is the central point from which all human thought and effort must proceed.

This means that in your consciousness and mine flows all the qualities of the Infinite Life when we identify ourselves with the Infinite Life. By doing so we bring into

our own life the same mode of action, the same great laws and forces inherent in the Infinite Life. It was in this way that the great prophets, sages and saviours in world history gained their great inspiration.

All men and women who have become truly great have recognised and realized this great truth. For in fact the more capable we are of realizing this great truth so is the degree of our ability to achieve, manifest and conquer.

Most people prevent the flow of these Higher Forces by their ignorance of the fact that they are the focal point through which these Forces must express themselves. Therefore they deprive themselves of the very thing that can raise them to the very pinnacle of success, health and happiness.

Only when we are aware of this truth can inspiration of the highest nature flood our consciousness and there find the secret to the conquest of all things.

Few can realize the enormous power of the God-man because the mind is taken up with limitation and effects and never seems to realize that they are but illusions of the mind. They are saturated with defeat before they begin to do anything. They are caught up in the limitations of the human mind and have not yet realized the conqueror who is waiting to enter into the field of action.

No one can acquire the awareness of their true nature without direction of thought. Thought must be turned back upon itself before the process can be understood. We must think about the process of thinking and not so much about things and this is the first step to the control of our thoughts.

Thinking is the most important thing in our lives and the most interesting when once started upon. It leads to higher and higher planes and there can be no end to it for it is infinite in nature. When this is grasped fully by the individual there is infused into the consciousness

something that was not there before. Some call it "illumination."

The next fact we have to consider in connection with the process of thought is that all feeling and emotion, all conduct and action follow thought. A great many people are copyists, they do not originate. They follow the beaten track made by another. They never begin to exploit their own resources of infinite wealth within themselves. Thus they find only the crumbs that fall from the master's table. It is only when we begin to enter into our own hidden resources do we find the fountain of wisdom and power beyond all our expectations.

When we accept the views of those who fail to get beyond the mortal sense we can never develop the Silent Healing Power to any extent, for we must experience always that which is beyond our ordinary experiences.

The Cosmic Mind is active and alive everywhere every moment of time, now, and calls upon us to awaken from our hypnotic sleep, into that awakened consciousness of the Infinite Life that is expressing Itself through us now.

Many are impotent because of their fears and indecisions caused by the lack of thinking in Reality. They succumb to events and conditions that have really no power over them, they yield to the slightest opposition unaware of the unlimited and inexhaustible resources at their command.

"The Kingdom of God is at hand." This means that all is possible through your recognition of this Kingdom. This is the great secret of conquest. Refuse to be bound by past weaknesses, these things were of the past before you realized the great secret of the power within.

Most people who live today have permitted the limited ideas of the past to fetter their immortal being, permitted their life and mind to be dwarfed and dulled by the

limitation, narrowness, bigotry and separation and their Cosmic Self lies asleep and impotent for want of knowing.

Awake now and be the conqueror that you are in reality, only for your belief in your fears and phobias you would have awakened long ago. Think your own thoughts, come to your own conclusions and go fearlessly forward in the great conquest of your soul's achievement to develop the Silent Healing Power that overcomes all things.

You have never yet called upon the reserves of the Cosmic Power within you. The Infinite Life is ever ready to spring into action through your consciousness, when your consciousness becomes aware of It. Disease, poverty, bad habits and fear have never touched the Cosmic Power that is deeply rooted in your very being. Then arise and move fearlessly into the accomplishment of your heart's desire, then shake off that hypnotic spell of fear, want, disease and death.

By constant thought of the indwelling Infinite Life and by identifying yourself with It, It will become your servant and whatever you ask the same shall be yours. If you are infirm and weak, why fight your way out of your misery, when your misery has no power. Nothing has any power over you except when your mind ascribes power to it. Use your Cosmic Power to overcome; conquest comes through understanding.

Denying the condition is just as useless as if you were in a dark cell and denied the fact that it was dark, or if you sit there and affirm then that it is light, it will avail you nothing. The way is to get out into the sunlight and identify yourself with the Infinite Life. Then be up and doing, action is conquest, the Cosmic neither denies nor affirms, the Cosmic is always constructive, active. Become one with it—**now go out and conquer.**

The indwelling Infinite Life is Intelligence and God has placed in you this Intelligence to achieve, to act for you

intelligently because it cannot do otherwise. This is the Law of Life itself. The power to Be, the power to health, the power to achieve, and the power to enjoy an ever-increasing abundance of every good thing is possible. Then awaken from your self-imposed dream of impotence and really live. Arise from the dead and use the Silent Healing Power.

The more I can turn your gaze towards the indwelling Infinite Life the more I have done for you. It is better than the finest of silver and the rarest of gold. No treasure is like unto It.

You can now turn your back on your negative conditions and face the way you wish to go. If your negative conditions are severe you will know them even if you turn your back on them, but let these conditions now be the starting point for success and conquest.

When your mind is turned in the right direction and you know the truth of your true Identity, the Cosmic Forces will rush to your aid, they become your servant.

If a fraction of the energy and time spent in bemoaning was used in constructive action with a proper mental attitude, that which you would obtain would astonish you beyond words. The harvest is ready and plentiful, it only remains for you to reap it.

Most people by concentrating upon their weaknesses, their ill-health, their lack, produce more and more of its kind. Remember that to react to effects does not cure the trouble. Your ideas and fears produce their kind. So do your thoughts of courage, confidence and understanding also produce their kind. The seeds you sow are the causes. Discern these and you will be free.

You must do this work yourselves, I cannot do it for you. What I can do is to show you the way.

Cultivate the Cosmic Consciousness for beautiful are the pathways, sublime the goal of those who follow the path of the Divine Voice within which leads to the Heart of God. Be simple, be broad-minded. See good in all things.

The kernel of my message this month is the union of the simple human being with his Divine Source with the roots of himself linked up with the All. And this core that is within all is the Divine expression of the Omnipotent Omnipresence within the individual.

This Divinity that is within the individual is within everyone and with God at the same time. This is the most sublime adventure known to man to know your brother as yourself. Thus the final enactment of the great secret of conquest—to develop the Silent Healing Power is to know your brother, to know yourself, then you will know God.

“We are neither sinners nor saints,
We are neither sculptors nor artists
Of the man with the hoe or a rod.
We are neither Kings nor Emperors
With armour as the symbol of right.
These are just ideas of the mortal’s expression
We are the presence of the Light.” M.B.

Repeat this several times till you feel the truth of it—

“My body soul and mind are the instruments of God.
My life is His Life
My Love is His Love
My desires are His will
He sees through my eyes
He hears through my ears.

I am His beloved and I express
His Love and Wisdom to all.
This is my Silent Healing Power.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

February 1949

My dear Friends,

Month after month the work of the Sanctuary becomes greater and greater and I know how glad you all are to hear of the wonderful results, proving that Spiritual Power is above all other means. Troubles that baffle the physician are restored to health and happiness. Here are a few extracts from letters received this month:

"You will be glad to hear that D.M., a case given up by doctors and psychiatrists as hopeless, is happy and well and actively employed again. Thanks to the Sanctuary. God bless you." J.B.

P.S. This case did not know that her name had been put in the Register of the Sanctuary, but was treated without her knowledge.

"It is with deep heartfelt gratitude that I write to you to thank you for the wonderful healing I have had through the Sanctuary. I also wish to thank you for the new hope, confidence and energy I have gained through your wonderful guidance. I shall advise all my friends to get in touch with you when they need help as I did." O.M.

"Shortly after I wrote you, Peter's asthma stopped and he has been quite well since. In my own condition there has been a wonderful improvement. I am very grateful indeed. I am eager now to learn more about your teachings. How wonderful! Your monthly letters are so uplifting and helpful in our daily life."

"I cannot thank you enough for your immediate help which I got through the Sanctuary, there has been the most

wonderful change in my husband, he has recovered marvellously. God bless you for your grand work.” J.B.

“I cannot tell you how much I appreciate your wonderful help. My whole life has changed since I have been receiving your Sanctuary Letters. My health has improved, my business which was going down has recovered and I am doing better than ever before. I am now sure that God really works through the Sanctuary of the Silent Healing Power.” M.S

These are extracts from only a few of the hundreds of letters received this month and I wish to thank all who have written to me. I am grateful to you for your letters, they help others on the way.

TO EVERYONE WHO IS SEEKING HAPPINESS

Yes everyone is seeking happiness in one way or another. Yet most are frustrating the way to happiness through their own foolish habits. Happiness is not difficult to obtain when the Truth is known, and in this letter I wish to give to those in search of happiness a way of life that will lead to this precious thing.

Now, when your mind is filled with impressions from the objective world there can never be happiness. If your mind is filled with past wrongs there can never be happiness. If you are continually taken up with the past and the future there can never be happiness. If you are conforming to some ritual with fear that you have violated the Law of this ritual you will never find happiness. If you fear life or death you can never find true happiness.

But there is a way of Life that is happiness and I have found it, and that is to live in the present always because there is no other time.

The great significance of this truth has not dawned upon most people, they are always dwelling in the past and the

future, with the result that the only time there is, the present, is frustrated.

If your mind is filled with the wrongs of the past and fears for the future you will readily see that your action now is limited and obscure. As action is the only thing that counts in your life, and it can only be done in the present and that present is every moment and every moment must be free from frustration.

I am not saying that all your experiences are valueless, they are of the greatest value, and those which are of most value are always with you in the present. Without experience you would be dormant, asleep in your limitation. Yet experience without true discernment and continual adjustment in the present is but a repetition of error.

If you rebel against the wrongs and rights of the past and struggle with your emotions, the way to happiness is suffocated.

Your Real self which is Life, only lives in the present and is the only Creative Power, and this is YOU.

And if you would understand Life you must seek the truth of Life away from the narrowness of conformity, free from the dictates of religious authority, however learned they may be. For Life is more important than any beliefs, and to liberate Life you must liberate It from beliefs, authority, tradition, past and future, birth and death. If you are bound by any of these things then you can never know true happiness.

I am not giving you a new doctrine nor am I forcing upon you any new or old authority for this would be a limitation. The main thing is to free yourself from all that frustrates you in the present, and to do this effectively it is necessary to question the things that you hold dear and precious, so that by inviting doubt you will be able to

discern what is real and what is not real, so that only that which is of true value will remain.

The fact that you have divided Spirit and matter in your mind, you imagine that Spirit dwells in some far-off unknown locality, and where the Spirit is there only can happiness be. But Spirit is here and now. It is your Real self and only lives in the present and is the cause of all activity. When this is understood the way to happiness is opened.

If you ignore the physical or material and live in the **'theory'** of a separate life in the Spirit in some far-off place unknown, you can never help the world you are in.

Life is One, you cannot divide It, there is no ordinary or extraordinary Life. Immediately you try to divide Life you are caught up in limitation and frustration. You cannot divide Life into that which is manifesting and that which is un-manifest, for it is the same Life. You cannot separate the Life in you from the Life in God, for there is but 'One' Life and 'one' God.

You cannot divide the inner from the outer or the outer from the inner, or the visible from the invisible nor can you separate cause from effect, when you have understood this then the way to happiness is opening up to you.

Form is not Reality but Reality is the cause of form and is within and behind all form. To attain to true happiness you must not seek the form itself but realise the Life that is behind and within all form, and it is this Life which is Ever-present.

The "present" to the troubled heart is freedom. Bondage is living in the past or future. Realize the present then you will know that it is physical laws that make good and evil realities, when in themselves they are but images in the mind. We are told that we must let go of the Tree of Knowledge of Good and Evil and cling to the Tree of Life that will become to us as a Spring of Living Water rising up to Eternal Life.

Life remains Itself no matter in what form it expresses Itself, yet the form is not separate from Life for the manifestation is but the Living Energy of that Life. When this is known, solid matter no longer is to us just a piece of something, but is the expression of the Life that is within ourselves. The world is no longer a prison house and Reality has ceased to be a stranger as we become conscious of Its Presence.

Freedom and happiness come with the realisation of this Reality through your own consciousness within to achieve perfection in the present for there is no other time. Therefore happiness is living in the present giving expression to the Absolute through the form He created for that purpose and this is yourself. You will see then that action in the present becomes pure action when past and future do not frustrate the Now.

If you can become conscious of this truth there is freedom and freedom is the way to true happiness. But if you are still eating of the fruit of the Tree of Knowledge of Good and Evil you will never become fully aware of the "one" Absolute Being that is Ever-present acting in you now. Jesus said, "know ye not that I am in the Father and the Father is in me ... and it is the Father who ever remains in me is performing His own deeds."

When this truth is known, all tension, all fears, all sense of right and wrong, all hates, all jealousies, all things that frustrate your life in the present are dissolved away. The finite must lose itself in the Infinite, then the illusion of separation disappears. There is no separation between the manifestation and the Life that created it, for Jesus said, "when you have seen me you have seen the Father." His message was "Wholeness." You cannot separate a part from the Whole. This separation only exists in your mind. It is this illusion that frustrates true happiness.

If you feel yourself to be only a part and you are seeking to become one with the Life that is behind all visible manifestation, and if this Life is external to you there will be a continuous struggle until you have realized and recognised It as the same Life within you, then and then only can you conquer separation, thus the way is open to true happiness.

When this Infinite Life is realised there is no more separation, no more sorrow, no more pain, no past, no future, no birth, no death, for the presence of the Omnipresence is your only Reality. There is no longer any craving for "all that is mine is thine."

It matters little now what appears external to you. With this understanding you will know what is behind all manifestation, for the material world is the revelation of the Creative Power. When you understand the conditions around you, you will no longer be afraid. The material world will no longer be mere material but will represent the intelligent use of the Law of Creation within yourself, and this Law is only operative in the present, never in the past or the future, these are but dreams in the mind of man, when these are discerned there is a state of freedom with the enraptured feeling of drawing your breath from God every moment with no past memory of wrongs, filled with knowledge of the Divine Love expressing Itself in the present always. This is the ecstasy of true happiness.

BENEDICTION

O, Beloved Presence, I hear Thee calling to me to awaken from my sleep of delusion that separates me from Thee.

The sunlight of Thy Presence blazes forth in me, yet I was blind to Its Creative Power and Beauty while my soul was darkened with the delusion of separation.

Let the fragrance of Thy Presence pour through my being to overflow with Thy Love for all Thy Creation.

O, Beloved "One," I now drink of Thy Presence and Love that spreads everywhere revealing Thy everlasting Nature, embracing all within Thyself, and have found myself at last in Thee and Thee in me living in the present always.

MY PEACE AND MY LOVE I LEAVE WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

March 1949

My dear Friends,

I hope you all received the Circular I sent out to each one at the beginning of March. Thousands have come back but there are still some to come in. If you have not received the Circular please let us know, as only those who have returned the Circular indicating that they desire to go on receiving the Monthly Letter will get it next month.

It is very gratifying to see the wonderful response and the grateful thanks we have received since we sent out the Circular, showing the great and magnificent work that has been done and is being done.

Here are a few of the thousands of remarks made:

"Please continue to send me the Monthly Letter. It is so inspiring and helpful, we look forward to it so much each month. May God bless your work. J.M.

"The help I have received from the Monthly Letter is beyond anything I can say to you. My health and my home life is entirely different, I am a new person. God bless you." A.C.

"My daughter has recovered marvellously from her illness. She has also found a good position and is very successful in everything since we have been getting the Monthly Letters. We are very fortunate to be getting them and very grateful." M.G.H.

"I cannot find words that will express my gratitude for your work, done for a friend whose name I gave in to you for help. He has made outstanding progress. X-ray reveals that his lung is completely healed. The doctor said previously that they had very little hope for him. Please

continue your work for us and send us the Monthly Letter, the wonderful Truth explained therein is so helpful." A.L.

"I cannot tell you how happy I am now my home is so perfect. The harmony and love that exists now is heavenly and this is all due to the Sanctuary and the Sanctuary Letter which we read every month. How we look forward to this. Our united Love and Blessings to you." O.B.

"I wrote to you to put the name of my boy in the Sanctuary, he was having continuous convulsive fits. I report to say that he has completely recovered his normal health—truly a miracle. Please continue to send the Letter each month." K.v.S.

"I am astounded to see the wonderful results of your Sanctuary Healing, I was suffering from heart disease from childhood. Since I was treated through the Sanctuary I am completely healed. I cannot express in words how I feel about this. May God give you long life to continue your grand work." C.P.T,

These are a few of over a thousand letters received these last few days and I thank you sincerely, for your generous response to the Sanctuary Circular.

HOW TO BUILD A TRUE PERSONALITY.

Most people are waddling through life trying to be someone else, with the result that they fail to express their true selves.

Many are running to psychiatrists for this very reason, the constant strain of trying to be someone else causes a breakdown. When we find out how to be ourselves this struggle ceases. It is this struggle that causes frustration.

If there is a continual tension going on, trying to act up to what we think others think about us we also fail to

express our true selves. Why should you worry about yourself, others are not worrying about you? People will accept you as you are when you all are natural. Then all strain disappears between yourself and others.

Most people are a little self-conscious and nervous. When you are at ease, others are at ease. You learn to put everyone at ease by first learning how to put yourself at ease.

We all have attributes that are distinctive to ourselves, no one else is like anyone of us. We stand out alone. But if we try to imitate, we only become a sham of what we really are, many people fail because of this stupid error.

Know yourself to be the only means by which the Creator can manifest through you according to the way He created you and not as another. It is natural for you to act in your own way, and easier to get on with others when you do so.

If you have a strained personality you will find that you have acquired it through straining after some pattern foreign to your own true nature. It is a natural gift to be natural, so why spoil it by straining and struggling.

Find that Real Self within and by knowing It you will express all that is kind and of use to others. When we serve others we serve ourselves. What we do unto others we do unto ourselves. This is the Law that is mostly misunderstood because of lack of understanding.

Confidence is the key to a successful life and this comes when we know ourselves. It is also our duty to know all about our work. Then learn all you can about your work, study the details and make yourself acquainted with the facts, then you will be sure of yourself.

It is pitiful to see how few people know anything about what they are doing. They toil on with no real direction,

and this is one of the main causes of lack of confidence and feeling of inferiority.

Academic learning alone has seldom got anyone on to the top rung of the ladder of Life. But general practical knowledge has, even without academics, and many of our greatest men today have not passed matriculation, But they have made themselves acquainted with the facts of Life and their business. It is general practical knowledge and its application, that makes a person a great citizen.

Therefore do not bemoan the fact that your education has been neglected, that is but an excuse for an escape from Life. See what knowledge you can acquire with reference to your work, and become the best possible specialist in your own way.

If you are past middle age, remember that most successes come after middle age and it is never too late to learn. Remember that Life is triumphant, Life is free and natural. Life is expressing Itself through you now.

The important thing is to profit by your experiences and live in the present and not the past or future, and this needs intelligence. Anyone can dream, but action is required to make dreams come true and action is always now, and this means continual direction.

Then cultivate the attitude of mind that will make your life a success and a help to others. Never mind what others think about you, you have to account to no one, only to yourself and your Creator. Remember that this law never fails.

If people like you, it is because you understand people, and see what you can do for them. Some say that the more you do for people the more they try to do you harm. But no one can do you harm except yourself.

I say keep on helping others and you will find that it pays dividends, "for the least you do unto one of those so

you do unto Me.”

Most of us feel a sense of guilt even over the smallest things. This is always a hindrance to pure action because there is in the mind a sense of inferiority, a fear lest others may find out our private secrets. The cure for this is to remember that God holds nothing against us, not even against His most disobedient child, and when God forgives us our transgressions we know that we are free. All is forgiven and forgotten. There is no room in Divine Mind for anything but Love.

The trouble with most of us is that we fail to co-operate with our fellows, but as soon as we do co-operate most of our ailments disappear. We must forget ourselves in our interest in others. The most practical instruction ever given to mankind was in the words of the Master, “Love thy neighbour as thyself.”

Most human failures in life are caused by lack of interest in others. We only have to study the cause of our troubles and we will find that as soon as we can co-operate with our fellows on an equal basis our troubles begin to fade away. No matter in what capacity you may be, begin to co-operate now. The real person does not care about your standing as long as you are in earnest. It is what you really **are** that counts.

If you feel depressed, get busy and see how you can please someone else, make the other fellow's face light up with pleasure and you will soon lose your depression. There are hundreds of stories about people who have found the way out of their own prison.

If you hem yourself in on all sides, then there is nothing more sure than you are head-on for a collision with the walls you build around you. Rich or poor it matters little who or what you are, there is no escape, you cannot hide behind your false mental walls. Get rid of them and come out into the sunshine and you will feel well.

Many who have studied Truth think that all may have to do is to sit down and let the Truth do everything for them. This is but a form of escape from Life. Life is active and we must be up and doing. You will find that the happiest time of your life has been when you were up and doing, co-operating with Life.

Some say, "how can I make other people happy when I live such a humdrum life myself?" I say it will not be a humdrum life if you take an interest in your fellows around you. Have you ever talked to the liftman, the messenger boy, the chap who brings you milk, what about the kids of the man who works next to you, what about the flowers he grows?

If you keep on thinking about your fellows, there are a hundred and one ways you could help. Have you a special rose that you want to keep all to yourself? Well, one day give a slip to your neighbour and see how keen he will be to grow it. If you have enjoyment out of something, share it, it will be fun. It will do something to you, try it out and see.

If people can feel the perfume from your clothes they can also feel the fragrance of your personality and this is the way to build it. It is the personality that sells, not salesmanship. Salesmanship is raw, cold, has no life.

I remember standing with the head of a huge organisation while the sales-manager was lecturing to the school for salesmen. One of the men going through the rigmarole made the most hideous mess of it even after repeated attempts, then a smile broke over his face, a smile that fascinated. This man had something, and something better than salesmanship. The sales manager turned him down as useless but my friend made a note of his name and asked for him to be sent to him. He gave him an important executive position in charge of the staff, with results that amazed everyone. Behind the smile there was personality born out of helping others; one could not help liking him.

The same can happen to you, others cannot help liking you when you build up a true and sincere personality.

These are some points to remember. Think of your great wealth, you are one with the Creator of all things, "What is mine is thine." "Do good unto those who injure you and despitefully use you." It is what happens inside that counts.

Do not expect anything in return for what you do for others and you will be much happier. If giving joy to others makes you happy, why should you worry? Keep on doing it!

I remember a man who had six million dollars. He lost three million in the financial crash. He tried to commit suicide. When he came to me for help I said I would not shoot myself if I had three million dollars. My answer cured him, he was looking at the wrong side of the ledger, like the majority of people.

Each one of us has our own capabilities, then, let us use them in our own way and not in the other fellow's way. And remember your neighbour is yourself in Reality, for there is no separation. We are all in the **one** Mind of God.

Benediction

O, Thou great and mighty Presence within, I hear Thee calling me.

Come out of your sleep and dreaming.

Come out of your sloth and weaknesses.

Come out of your dream of illusion.

Come out into the sunlight and grow and spread
your wings of Eternal Power in the boundless
Sanctuary of My Presence,

And awaken to the splendour that awaits you For I
have created you in My own image and likeness.

MY WISDOM, LOVE AND POWER I LEAVE WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

April 1949

My dear Friends,

Have you sent in your Circular? If you do not receive your Monthly Letter next month it is because we have not received your circular stating that you want the Sanctuary Monthly Letter to continue.

We have given two months grace now, ample time for forms to be completed and returned, A complete new mailing list is being compiled, and if you have not sent in your form please do so at once, further delay causes much unnecessary work.

The response has been very gratifying indeed. We have received thousands of letters testifying to the wonderful help that has been received and hundreds have been healed that we have never heard of, showing that the work is spreading in all directions.

Letters from every part of the world are coming in with grateful thanks. Here are a few extracts from the thousands of letters received:

"Please continue to send the Monthly Letter. It has become the high light in our lives each month. Our friends gather round when it is received and we read it aloud. The wonderful truths revealed help us all during the month and we look eagerly for the next letter to come. We ask God in our prayers to bless the Sanctuary." S.I.

"You will be glad to know that my son who was given up, as nothing more could be done for him has now recovered completely and is 100% fit. Thanks to the wonderful work of the Sanctuary, we never gave up although others did.

Your Monthly Letters helped us to retain that faith that moves mountains. May God bless you always for your wonderful work." C.J.S.

"Our home life is a joy now, where before it was just hell. We cannot thank you enough for the wonderful help we have received through the Sanctuary. Nothing in the world would stop us now, without the Monthly letter we would be lost. Although we read other literature sent to us it has not the same appeal as the deep Truth that you reveal. God bless you." B.A.C.

"We are amazed at the wonderful healing power of the Sanctuary. Our son whose name we sent in has recovered completely overnight, a miraculous healing. The doctor as well as others are amazed at the result. Words cannot express our gratitude for your help to us. God bless you." J.D.L.

I wish I could print more of these letters but space does not permit. I want to assure you that all your letters sent in are noted and a reply will be sent to you in due course. In the meantime accept my grateful thanks for your many beautiful letters.

"SELF-REALIZATION" IS THE KEY TO OUR DIVINE POWER AND FREEDOM*

The cause of our troubles in the world is that we are told what to think, we become puppets expressing the ideas of those when we follow blindly. This is perhaps not apparent to us at first, not till we awaken to the fact that we have failed to do our own thinking, we have been mere sponges saturated with the ideas of others.

What we need more than anything is to learn how to think for ourselves, we will then free ourselves from the

burden of race thought, propaganda and dogma that stifle our true expression.

There is the age-long belief in sickness and limitation, we act as weaklings ruled by wrong thinking and we perpetuate the error until we realize the truth about ourselves made in "His" image and likeness.

Shakespeare put his finger on the truth when he wrote, "There is nothing either good or bad but thinking makes it so." "The fault, dear Brutus, is not in our stars but in ourselves that we are underlings."

Some are continually struggling with the thoughts that enter the mind, thoughts that are foreign to our true nature, and try to banish them without result. What we must do is to observe and understand these wrong movements, then we can deal with them. To deny these things or to struggle with them does not get us out of the net into which we have fallen.

When we have become aware of these wrong movements, movements such as antagonism, sickness, jealousy, envy, selfishness, egotism, stupidity etc., and understand them and correct the error, we do not dwell upon their defects but think more upon what we can be.

The goal before us is the translation of our Divine nature into our daily living. In this way only will we find true happiness and freedom.

The power of thought is not a new discovery and those who have advanced above the average have used this discovery. They have become the unusual, the extraordinary by means of their greater opportunities through the power to think constructively.

It is sometimes not easy to develop the power to concentrate, yet by doing so we develop the will to do. Some have found it difficult to get rid of thoughts that interrupt the train of thought. The easiest way to overcome

this is to observe the thought and understand it and not to try to banish it or struggle with it for this only frustrates true thinking. When you understand these interlopers they no longer bother you.

Others are continually trying to banish thoughts from their minds because they think they are evil. This is a great waste of time and energy for their thoughts are not evil when understood, nor can they interfere with the true nature. These thoughts are natural in their natural place and when dealt with and understood, the fear of them is dissolved away for they have no power over the "Presence" (the true nature), with this understanding you are freed from the illusion of fear of sin.

The Christ of God is the Spirit of God manifesting in the flesh, and this is the power in man and the only power there is, for God is all-power, and there cannot be any other power. That is why we are directed to take hold of the Tree of Life and let go of the Tree of Knowledge of Good and Evil.

The Tree of Life is within us and is the only Reality while the Tree of Knowledge of Good and Evil is external to us, therefore relative, and has no power at all except we give it power through our belief in it.

The sceptre of power is this consciousness of the Christ within and its messenger is thought which is continually moulding our invisible world which in turn produces our environment and conditions in the objective world about us. The secret then is to discern your thinking and not allow it to attach itself to false beliefs that lead us into the wilderness.

When dealing with "this" that is within, most people talk about It as if it were separate from themselves consequently make It relative and imaginary. Consequently It is useless. They lost the very thing they try to find by

looking without, only through self-realization can It be found.

The "I am" is the foundation of Eternal Life and power and we violate the law of our being when we think or believe that there is a living originating power outside the "I am." When we realize that this is impossible we will see that evil has no power over us. Therefore we cease to react to it, we no longer eat of the Tree of Knowledge of Good and Evil (false belief) but cling to the Tree of Life "I am the Life."

As long as we limit the "I am" in us to the narrow boundaries of the relative and conditioned, we will never realize that the "I am" personified in ourselves is the same unfettered "I am," God, the Creator of the Universe.

There is only one Mind in which we all exist, therefore we are in contact with every soul in the world from within ourselves. When we understand this, separation is impossible and we become aware of the unity that forever exists between us and the Father. Some believe we create this unity, but this unity is already existing as an Eternal Reality. What we have to do is to become aware of It through self-realization.

It is the conscious thought of the Infinite that keeps the Universe operating according to the perfect law of harmony. It is the conscious thought of man that keeps man's world in harmony also. The Universal Mind supplies the power to our minds just as electricity supplies the power to the dynamo. Then let us practice thinking for ourselves and the more we are capable of thinking for ourselves the better the world will be, and our personal Life will feel the first benefits.

The Invisible is not separate from the visible. Man is not separate from God. When we live in a state of separation we react to the external, thinking it is Reality or the cause of our troubles, but the cause is within ourselves.

When we are aware of our unity with the Creator there is no such reaction, we act from within and thus exercise our control as we have been given dominion over all things (external to ourselves).

You should now know whether you are living in separation or moving towards the unity which is real. It is through your experiences you will know, when you note these experiences and understand them.

The moment we become aware of our unity with Reality we are at peace with the Universe and we become a power that shall purge the world of all its unnecessary stupid childish things.

In the first place we must get rid of the personal elements of moods, likes and dislikes, you cannot do this by merely skimming the surface but by careful impersonal examination and discernment. When we have seen these superficial non-essential things in the Life we will begin to discover "I am" the central Reality which no changing mood or environment can ever disturb.

We must not approach them in the sense of possession nor in the state of rivalry as to who understands more and who understands less. There is often antagonism between people approaching the same truth. The truth must become the dominant factor and not individuals. Reality must become a living perceptible enthusiastic realization of Itself in activity through conduct. In this way we will not lose ourselves in theories or philosophies but are all the time translating our understanding and affection into our daily conduct.

We must not lose ourselves in the discussion of Reality and belief in right or wrong. Empty your mind and heart of all those things, then God will fill His own Temple with His Love, Wisdom and Power.

When we set our affection upon "our Father" of Love recognizing our oneness we see how rich we really are, we

see that God's name is stamped in ourselves in the name of "I am."

When we turn our affection towards this "Living Reality" that abides in every individual as well as ourselves, we will remember the Master commanded, "Love your neighbour as yourself." Then we can become a guide, philosopher and friend to others, thus our conduct will be the translation of "Reality" into conduct through self-realization.

Benediction

Now I know I am one with Thee, O Mighty Power of Love and Wisdom.

I will no longer fear the illusion of weakness for I am filled with Thy everlasting strength. Living in the forest of experiences I understand and dissolve all shades, fears and false beliefs that have led me astray.

I now only hear the Voice of Thy all-conquering Power of Love and Wisdom that leads me to Thy quiet waters and pastures green, to feast at Thy table over-flowing with all good things, forever and ever.

WISDOM, PEACE, LOVE AND POWER BE WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #8 (21st June 1949) in book, "Life Everlasting: 2nd Revised Edition."

May 1949

My dear Friends,

We have as usual received hundreds of letters of grateful thanks this month. Here are extracts from a few of them. Thanks to all of you who have written. A personal letter is sent to each one who has written, if you have not received one please let us know.

E.L.M. writes from England, "I could sing with joy and thanksgiving to God and to you for your wonderful help. I send you my love and gratitude for your prayers and teaching."

H.H. writes from Australia, "In writing to you I find it difficult to select the right words for the expression of gratitude and love, with which to thank you for your truly incredible work. The teaching and the Sanctuary letters and the healing have done more for H ... and myself, and our family than can ever be expressed in words. The very thought of you and the Sanctuary fills our hearts with a glowing, elevating sensation of Love, with subsequent powers of achievement that seem miraculous."

S.B. writes from South Africa, "The remarkable improvement in my sight is wonderful. I can find that I can manage now without glasses. I am deeply grateful for your wonderful help."

M.T. writes from North Wales, "Again I thank you for your Monthly Letters. Oh, they are such a blessing. Thank you for your prayers on behalf of my friend E.M.P. she is now able to walk after three years in bed and Mrs. K.E. has also fully recovered."

B.M. writes from South Africa, "It is with a heart full of joy and gratitude that I write to you tonight. A few weeks ago I sent in my daughter's and her husband's name to be placed in the Sanctuary. The change that has been wrought is too wonderful, they are now so happy. Divine harmony exist between them. Thanks for your Sanctuary Letter which is a great blessing and I eagerly I look forward to it every Month."

A.V.A. writes from Kedah, Malaya, "I have great pleasure to report the sudden improvement in the condition of N ... since putting his name in the Sanctuary. This patient was speechless and motionless for over two months. His condition defied all medical treatment. After my urgent appeal for help to the surprise of all around he complained of body-ache and started to move his limbs. Since then he has put on weight, is now fit and well, I cannot thank you enough for your wonderful help."

I wish I could put in many more of these letters but to know that such wonderful work is being done through the Sanctuary, you all will join with me in thanksgiving for blessings bestowed upon us all.

"DO NOT LIMIT THE UNLIMITED"

Divine thought is the uprising of the Christ in you, then do not limit this marvellous creative power of Love and Wisdom by your own limited mental process of reasoning and thus close the avenue for the unlimited.

You cannot reason on that which is beyond your reason, But you can expand your capacity to receive that which is beyond your reason by clearing your mind of limitation. The Father does the work when you clear the way.

You will readily see that your beliefs have become the hindrances to the unfoldment of the unlimited. As the mind

of a little child is free so must your mind be free, thus you enter the Kingdom of Heaven.

Only with the mind free from the limitation of fixed ideas and beliefs of others can you receive the unlimited, for it is the Father that is working in You. "Know ye not I am in the Father and the Father is in me." "It is the Father who ever remaineth in me is performing his own deeds."

There is so much of the Christ power imprisoned within your minds unable to express Itself because of your rigid beliefs. Your livingness is your personal contact with God and this personal contact with God must be your faith and not upon anything outside yourself, "and whatever you ask in my name that will be done unto you."

If you look into a mind that is rigid in its belief you will see how bound it is. This is truly the ignorance that is hindering the manifestation of the Christ in the world, for the Christ is the Spirit of God manifesting in the flesh and is beyond beliefs and limitation. If your mind is cluttered up with these things you cannot release the glorious Christ Power that is in you.

One of your great hindrances is the delusion that times and places for prayer ought to be different from other times and places. Your prayer should be the sense of the presence of God and this should be continuous at all times. It is not your duty to please men in your common business, but at all times as far as you are capable of, to express the Love and Wisdom of God.

In this way your work will not in any way be limited but will expand into the unlimited nature of the Presence that guides it. Therefore you need not worry about the outcome of your labour for your Heavenly Father rewards generously all those who love Him.

Neither need you worry about the outcome of tomorrow for tomorrow is already taken care of by the Love of Today. For within you will feel that calm steadfast

effect of the power of the Christ of God, the channel for the unlimited expression of the Father Himself. This is the Light that lighteth everyone who comes into the world.

You will see that the greatest hindrance to the expression of the unlimited is holding to old fixed ideas which cause perpetual errors. The desire for the security of the self, infringing on the rights of others, produces that fear-bug that hides deep in the recesses of the soul and eventually produces wrong action and thought, paralysing the self, and preventing the all-giving Father from manifesting in and through you.

This attitude of mind separates you from your brothers and sisters and limits your achievements. It makes the health break down and sends many into a state of depression which leads to a nervous breakdown.

The remedy lies in the true understanding of the Christ that is ever working in you to bring the Divine plan into operation. This alone will bring true security for all.

The Christ is undisturbed, fearless and intelligent, as transmitter of this wondrous thing that gives its blessing wherever it is active, not only to the giver but also to the receiver.

This state of consciousness is not one of dreaming, it must be the complete awakening of the Christ Power in you that gives you personal contact with the Father, the Giver of all things. The practice of this enables you to be proficient in the art of correct thinking, living and acting. You become really **“alive.”**

The one thing that must be realized is that the one Life that exists in all as the consciousness of Being is above Law. Therefore “the Law is for the Lord and not the Lord for the Law.” Life-God created Law not Law created God-Life. One is existing Life Consciousness and the other is the way and means in which the Life Consciousness manifests Itself.

If you identify yourself with the Law then you are not free, but if you are aware of your oneness with the Father then the Law is your servant and you are no longer its slave. But if the reverse is your belief, then you are the slave and the Law is your master.

The Law of Manifestation is definite, and is the principle of action of the Divine. Jesus says, “unless you forgive your brother your Father will not forgive you. In other words, unless your mind is free from antagonism, hatreds and all those things that bind and limit it, it cannot be a vehicle for the true expression of the Father. Therefore the error is in yourself and not in your brother. And it is you who suffer because you prevent Love and Wisdom from manifesting in your life.

Therefore if you are bound by your thoughts, the Law binds you also, but when you are free, you are above Law. “The Christ of God is not subject unto Law, but Law is subject unto the Christ who is above Law.” Then to be above Law you must open yourselves to the expression of the unlimited by removing the errors that bind you in Law.

There are many who fear their own thoughts, they are afraid to think of the past because it disturbs them. If these are not dealt with fearlessly they only prevent the expression of the “Real” **now**.

You must face everything that happens in your lives. Face it boldly knowing that the Christ overcomes all things. All power is given unto Him in heaven and on earth. The Christ is your Reality, therefore do not hide Him behind your fears, but let Him dissolve them away for He is capable of doing all this and much more.

Freedom does not come by dreaming or taking the Christ into the prison you have created for yourself. Nor does freedom come through introspection. Freedom comes by discerning your own thoughts and actions, then you will know how you are acting. When you are aware of your own

actions the Christ in you will lead you aright and dissolve all errors that make you sad, depressed or miserable.

The Christ is the Joy of Living, then let the Christ abide in your heart. You will be conscious of ever fresh unfoldment. You will see, hear and know the Creative Power of the Spirit of God personified as the Christ in yourself.

Your deep earnestness opens the door to the answer to your prayers. This is real prayer which has all the attractive power. For the place of creation is within you.

No one has ever seen God yet you are in his bosom, He has declared you by his living in you, for He alone lives. "For whoever hears my word hears my Father also." "Call no man your Father on earth for one is your Father who is in Heaven."

Therefore you are the seed of your Father in Heaven, which must bring forth the same fruit.

As the great truth of the One and only One is unfolded in the mind of man so will mankind discard the divisions that bind and limit him. There will be one Truth, one Flock, one Shepherd, for all will listen to His Voice.

Then the darkness that surrounds you will no longer oppose you but will be the means of your growth. "Fear not for I am with thee always even unto the end of the world."

Benediction

O Divine "One," Thy Divine Form with the feet of Eternity walked upon the earth. Thou planted Thy lasting footprints upon the sands of time.

I was one of Thy lost sheep who wandered in the desert of illusion and shadows.

But when I listened to Thy voice in Thy everlasting Shepherd, this Voice was so sweet and clear I could not but

follow It and now I know I am one with Thee, O Divine
“One.”

PEACE BE WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

June 1949

My dear Friends,

Every month the Sanctuary is growing more and more helpful to thousands of people all over the world. This month we have added a greater number of names than ever before and we have received hundreds of Letters of Thanks for help received. This is due to your efforts also in giving your help by tuning in to the great Spiritual Power and expressing it in your knowing that someone is being benefitted by your efforts as well as yourselves. Here are a few of the many wonderful letters received this month:

H.C.v.d.M. writes, "you will be glad to know that my wife is healed. Thanks to the wonderful work of the Sanctuary we have received. Please continue to send the Monthly Letter. It has become the highlight in our lives. God bless you."

G.H.C. writes, "I cannot thank you enough for the wonderful help we have received from the Sanctuary. God is truly manifesting Himself through you. Our little son who was given up by the doctors is now fit and well." Thank God. Your Monthly Letters are so wonderful they give us a true understanding of the wonderful power and laws of God. May His blessings remain with you forever."

A.H. writes, "since I put my brother's name in the Sanctuary he has recovered completely while only a few weeks ago it was thought he would pass away. It is amazing to see how quickly he got well after sending in his name. I cannot thank you enough but you know how I feel. God bless you and your wonderful work."

C.K. writes, “a miracle has taken place, a miracle that could only have been performed by God through the Sanctuary.”

“Ever since the 12th May my wife has been well—no pain. We thank you for what you have done, the wonders of God will never cease.”

These are but a few of the many wonderful letters received this month and we thank all who have written in to us, it gives us great satisfaction to know the wonderful success of the Sanctuary work all over the world today.

FAITH IS OUR PERSONAL CONTACT WITH THE FATHER

The general idea with most is that we must have faith in God, a God that most are uncertain about. But faith is something much more than this. Real Faith is a knowing that we have personal contact with the Father, this is what I will call “awareness” of God in us.

Jesus said, “call no man your father on earth for one is your Father who is in heaven.” “Know ye not that I am in the Father and the Father is in me.”

This faith is greater than Law for the Law never created Life but Life created Law for in Life lies the Creative Power—Faith.

The majority of people believe that they are subject unto the Law, this is true. But the Law is also subject unto us. But if we are ignorant of the truth that we are also above the Law we will suffer because of the Law. If we depend upon the Law as the starting point for our creative action we will bring the whole burden of the Law upon ourselves, because of our fear and misunderstanding of the Law, not knowing that Life is above Law. “I am the Life.”

The Christ of God is not subject unto the Law but the Law is subject unto Him who is in Christ, and Christ is in us all.

If we take the all-giving, all-producing creative Spirit as our starting point then everything else will fall into harmonious order and all we have to do is to receive and use what we receive asking Divine guidance to use it rightly, thus our faith is our personal contact with the Father.

Take no heed for tomorrow for tomorrow will take care of itself, acting always in the present making the Presence of God a reality in our lives and not something relative by making God Law, something outside ourselves.

God is Life and Life is creative and is above Law, therefore with our personal contact with the Father we are above Law. It is the Father who ever remains in us, is performing His own deeds.

This is the faith that moves mountains and not the faith the woman had who heard the story about the mountain being buried in the sea.

Her house was behind a pile of sand that prevented her from seeing the sea, so when she went to bed one night she said, "you pile of sand, you shall be buried in the sea tonight," and when she got up the next morning the pile of sand was still there and she remarked, "I never expected it would be buried in the sea." Is this not just what most people's faith amounts to!

The faith that the Master tried to show, man is slow to understand. Instead of knowing that Life is above Law man believes that Law is above Life with the result that he makes God a mere impersonal force and ultimately has nothing to depend upon but his own unaided knowledge and power of the Law.

But God is very personal to me and should be to you too although Universal in nature He has reproduced Himself in the form of a human being for there is no other source from whence we could come.

“Call no man your father on earth for one is your Father who is in heaven.” To Jesus the Father was very personal and if we can understand the mind of Jesus we will find how close he was to the all-abiding Spirit of God.

There is nothing exists below except that it exists above, this is a truth that must be realized so that we can know that to be individual in nature, God has individualized Himself for us to become individuals, otherwise we could not exist.

I have shown you already that there can be nothing outside God for He is infinite and to be infinite He must include all, you and me, and He must also be expressing himself in you and me otherwise He could not be infinite. The inner reality of God has not been affected by His individual or personal expression in us, therefore as we recognise the Spirit as Reality we also bring the Universal into the personal and the personal into the Universal.

Therefore through understanding the Love of God and the all-giving of the Father we regard Him as taking the initiative as the Giver established in ourselves, not something cold and distant but with that personal intimate love that a parent has for its offspring, we will find ourselves backed up by Infinite Love, Wisdom and Power?

There must be a true feeling of personal contact with the Father united in action, this becomes the essence of enthusiasm when our true relation is realized.

We must stop arguing about non-essentials, for faith in God our Father is far superior to vague religious beliefs. Therefore the most practical thing to do is to practise this faith and the Master showed us the way. He made the Father intimate and close at hand. His Life was the

translation of the Love and Wisdom and Power of the Father into our daily living.

We can do the same for he said, "these things I do you can do also if you will but believe." "He that does the will of my Father is my mother, my sister, my brother." I have put his words plainly to you so that you can understand their meaning, so that you will know that that real and effective faith is our personal contact with the Father.

"Know ye not that I am in the Father and the Father is in me." We live, move and have our being in the Father and the Father is Living, moving and has His being in us. This is the faith that the Master truly meant. Any other faith is void and has no substance.

Paul the Apostle says, "faith is the substance of things hoped for the evidence of things not seen." Paul saw that faith is the actual substance of the thing itself that is hoped for. Faith is the "evidence" of the things that are not yet visible to the eye.

Real faith is our personal contact with the Father, it is warm and close. The feeling that Isaiah had when he wrote Isaiah 43.1-2: "But now, the Eternal promises, he who created **you**, O **Jacob**, he who made you, O Israel, 'fear not, for I redeem you, I claim you, you are mine. I will be with you when you pass through waters, no rivers shall overflow you; when you pass through fire, you shall not be scorched, no flames shall burn you.'"

Write in golden letters of fire in your mind and heart, "God is Love. I am Love." Let this sink deep into your soul and you will know that God is not relative and distant from you but is Ever-present within you. This is our personal contact with the Father, this is our faith and nothing less is of any value.

Knowledge of the Law is of great benefit to us for by it we create, but what I want to point out to you very strongly is, that knowledge or Law is not creative power.

As children of the Father the only One Living God is our parent who loves us, and by Loving Him and all His children we strengthen our Creative Power in the knowledge that He is in each and everyone of us, "as much as you do unto one of these so ye do unto me." "When you have seen me you have seen the Father."

The chief of all commandments Jesus said is, "hear O Israel, the Lord thy God is 'one' Lord and you must love Him with your whole heart, with your whole soul with your whole mind and with your whole strength," and the second is, "you must love your neighbour as yourself, there is no other commandment greater than these!"

The external consciousness of man is ever ready to fall into the error of worshipping something that it can see, so man in his ignorance puts his faith in images and idols which have no power at all. Only the spiritually enlightened consciousness with a deep understanding can worship Reality in the abstract which is not seen, yet is that out of which all things come.

Instead of falling into the error of worshipping the formation of atoms that are in themselves but a creation of the Creator, the enlightened consciousness makes a personal contact with God, the Creator, that lives within the same Creative Power that is behind all creation.

The words of the Master again come into effect. "He that believeth in me and '**Him**' that sent me shall find for himself the Light of Life," "have **faith in God** and nothing shall be impossible unto you."

If we attribute any authority to the Master's sayings we are fortified by them in affirming that there is no limit to the power of faith when we make personal contact with the Father, and what he says is no mere figure of speech, but statements of truth that enable the individual to act upon the Creative Law of the Universe with understanding and faith to produce real results.

Viewed in the light of this the promise assumes a practical aspect and a personal application of the Creative Power is possible to us as we have been born in His image and likeness, born of the Spirit and not of flesh and blood. The flesh has no say, the flesh has no creative power. Spirit alone is Life and Creative Power "I am the Life." Our living is our personal contact with the Father, this must be our faith and the faith that will overcome all things.

Benediction

O Blessed One, I owe my birth to Thee.

Teach me to find Thy Presence in me for we are one.

O Holy One, Thy Love is permanent in my soul, make it of service to all who come to me.

And whatsoever I do unto one of these so do I unto Thee, Beloved "One."

Expand my consciousness beyond the limits of this tenement of flesh into Thy everlasting Presence. I and Thee are one, O Adored One.

WISDOM, LOVE, PEACE AND POWER BE WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

July 1949

My dear Friends,

From victory to victory, every month brings more happiness, more health, more abundance to hundreds through the Sanctuary of the Silent Healing Power.

I am extremely glad to tell you that this month has brought greater results. The Sanctuary's work is mounting month after month. Here are just a few of the hundreds of letters we have received. I wish I could print more of them but space does not permit.

Truly a miracle. "My sister was given up with no hope of any kind. When her name was placed upon the Sanctuary she immediately began to get better and is now out of danger. I had doubts about the power of the Sanctuary, but I will never doubt again for I have seen for myself what the Sanctuary can do. It is truly a miracle. God bless you." M.M.

A complete recovery in a few hours. "Thanks to God and the Sanctuary for the wonderful recovery of my father. In a few hours after ringing you he was sitting up in bed and today is completely recovered from a serious illness which in the past kept him in bed for four to five weeks." J.B.

God's blessings for work for humanity. "I came to see you about my husband lying in a critical condition in hospital as the result of a serious motor accident. When you spoke I knew he would get well. Now I am glad to tell you he is out of danger and will be home in a few days, thanks

for your wonderful help and may God bless you and your wonderful work for humanity.” M.S.

These are just a few of the hundreds of letters received this month. I wish to thank all who have sent in so many grateful letters. I am always pleased to hear from any of you.

The letter for this month is by special request.

“I AM” THE TEMPLE OF THE LIVING GOD

As electricity is the cause of light and power, so is God the cause of your living. This is neither an idea, an image nor a sensation of mind but an actual Living Truth.

A belief, an idea, or an image is something you create in your own mind, these things are not realities, they are your own creation. You do not create Reality.

You will see I hope that God is not an idea, an image but a living Reality. God is Life and Life is God, but God is more than that. The fact that you can think proves that God can think, the fact that you can hear proves that God can hear, the fact that you can see proves that God can see. For there is nothing existing below that does not exist above.

The visible is but the expression of the invisible, the individual mind is the expression of the Universal Mind, the Spirit in man is the expression of the Spirit of God. Therefore you can say, “I am the Temple of the Living God.”

Do not make God relative by trying to define Him. You can only define something that is relative. An idea, a belief, an image, a sensation, these things are relative and have no power except the power that you alone give to them. Then what is Real? This is the great problem that has beset all students of philosophy throughout the ages.

I know how difficult it is for most to comprehend this great truth, for the simple reason that it has never been put in this way. Most people become puppets expressing the

ideas of those they follow blindly, they have not yet learned to think for themselves. Consequently the world is burdened with race thought, ideologies and creeds that cause separation and stifle true individual expression.

"I am the Temple of the Living God." Think what this means in your life. You must free yourselves from the age-long belief in sickness and limitation which is but a denial of the truth, that you are the Temple of the Living God.

The world today is ruled by wrong thinking. Are you perpetuating the error and thereby adding to your own individual suffering? Shakespeare says, "the fault, dear Brutus, is not in our stars but in ourselves that we are underlings." It is your thinking that causes your condition and the only way to correct this error is to understand it. What I am telling you is not a new discovery for the prophets of old have tried in vain to reveal the secrets of the Heavens so that man could save himself from his own folly.

These great oracles were the guiding stars to the masses but much of their knowledge has been submerged in idolatry and is no longer a help to humanity. It is only when you realize that you are the Temple of the Living God do you recognise the great opportunities that lie ahead and advance beyond the average, to become the unusual and the extraordinary. This is your opportunity now and there is no other time—tomorrow never comes, it is always tomorrow. The Master understood this truth and those who have acted upon his words have brought about great achievements. The same law operates in all, you only have to apply it to prove it.

To have faith in anything outside yourself is an illusion of the mind and can never be a real help. You must first of all learn that you are the Temple of the Living God. In this alone can you feel secure and it reveals to you a power that no outside source can reveal. It is getting this

understanding of the power of the Living God, working in the Temple that is not made with hands is the Sceptre of Power.

You must realize that according to your consciousness of the Truth so will you mould your invisible world within which in time will produce your environment and conditions in the world outside.

I want you to clearly see this Truth, for it is not an idea or a belief but the livingness of Life Itself, with this knowledge you will transform your life.

I want to guard you against making this only a mental concept, thereby making Reality relative, a mere image in your mind. For instance if you say God is Life and you think of Life outside yourself then this God of yours is relative, only an idea, a belief. But if you say "I am Life" and feel that unity with all Life then your God will be a Reality to you and not a mere image or idea.

"I am the Temple of the Living God," this is the awakened Consciousness that has become aware of the oneness of all Creation and not until you have this awareness can you have real results. This is an awareness having no limitation expanding into Infinity.

If you talk superficially about that which is within as something separate from yourself you will see that it is just an image you have in your mind, something apart from yourself, then it is useless to you and has no power at all.

Truth will continue to unfold in your mind, thus your ideas will change, your beliefs will change, your personality will change, your mind will change, your body will change accordingly. Yet this Living Reality is changeless and the more your mind unfolds so will It reveal Itself in your life. "I am the Temple of the Living God."

The revealing of this "Ever-present Life" is a continual unfoldment through which you continually make

adjustment according to your awareness of your unity with this mighty Presence. In this lies the seat of all power in mankind.

The great difficulty with the masses today is that they have no true understanding of things as they really are. They live in the illusion that mind and matter are two separate things. Consequently they are forever trying to solve their difficulties through this illusion, while ignorant of the fact that mind and matter or Spirit Substance and material substance are ingredients of one single system. We have been philosophising for centuries on the teaching of the prophets but have failed to grasp the great Truth they taught of the materializing power of our thoughts.

The mistaken dualism of mind and matter has confused many truth students and mental scientists. They try to prove that matter does not exist at all in an effort to dispense with the condition experienced in matter. They fail to see that these conditions are but the expression of thought, mind and matter, being the inner and the outer of the same substance. The more they battle with the condition and try to argue it out of existence the more they support the phenomena they themselves produce.

Blind argument or denial may give temporary relief through autosuggestion, but it can never give true healing. This can only be done by understanding the fundamental truth that you are consciously or unconsciously acting upon the substance we call matter.

"I am the Temple of the Living God," and have been given dominion over all things. This remains a fundamental truth that can be proved by anyone who applies the law faithfully with understanding.

Unfortunately this truth has been lost in the mist of meaningless words and even the learned in our midst are confused by the immense amount of ritual and formalities which they practise religiously, without having any idea of

what they are really doing so they go on mystifying the people and confusing themselves.

We find them praying to their God to aid them against their enemies, little realizing that their enemies are also praying to their God to aid them also.

Now what God are they praying to? Certainly not a God of Reality, so it must be a God they have created for themselves. For there is but "One" God and He is Eternal and Ever-present in every soul. So they are worshipping something they do not know.

"I am the Temple of the Living God," a Temple that is not made with hands, but by God Himself. This is the Temple in which you must worship the Father in Truth and in Reality. If you are caught-up in the error of your fear and your belief you have not yet realized the Creative Power you have inherited from your Father in heaven. No matter how much you may argue with yourself or philosophise, you will fail if you are unaware of your inherited Creative Power. "As the Father has Life in Himself so He grants the son to have Life in Himself," the same Life in the Father is in the son. "Call no man your Father on earth for one is your Father who is in Heaven" and "The Kingdom of Heaven is within you."

Man may for a time please himself but in the end he can only please God. Thus he finds through experience that the Law relentlessly brings him what he sows so does he reap, and ignorance of the Law does not make the Law less effective in producing this experience, ultimately there is no other way but to please God and we find the answer in the Master's command to Love God with all our strength, with all our mind with all our heart and to love our neighbour as ourselves and in the light of the Truth that God is "One," manifesting in every soul, your neighbour is yourself.

Before you can really comprehend the greatness of this Truth revealed in this letter, you must read and re-read it till you find confirmation of it in your own heart, then you will find the way opening up to you, “and whatsoever you ask it shall be done unto you.” You will find that the Father does the work when you clear the way.

Tennyson says,

“Speak to Him, thou, for He hears
And Spirit with Spirit will meet
Closer is He than breathing and
Nearer than hands and feet.”

“I am the Temple of the Living God.”

Benediction

O Divine Omnipresence, as I dwell in Thee I know that Thou dwellest

Through Thee I know all that I know, and Thou knowest all I know, and what I ask so do I receive.

I know that Thou art I and I am Thee and all my troubles have vanished in Thee.

Thy formless Omnipresence gives birth to my form and thus we become One, both personal and impersonal.

And this is my devotion—O lovely One, I sometimes beheld Thee as Krishna, sometimes as Buddha, sometimes as Christ personal and visible, yet within my own soul I have found Thee unfettered and free and abounding in Thy glory and Infinitude.

While Thou art expressing Thyself in Cosmic finitude, so do Thou appear unto me, visible and living, that I may serve Thee by serving my brother and sister.

Yet Thou art the Ocean of Life with and without the ripples of finite creation and I worship Thee in the shrines

of Thine own creation, for I am Thy holy Temple, Thy perfect dwelling piece from which radiates Thy Love, Wisdom and Power to all Thy children.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

August 1949

My dear Friends,

"Wonders will never cease." That is what I read in a number of the many letters received this month.

Wonders will never cease. "My mother, 83 years of age, who had a fractured hip is now up and walking. She and we are truly grateful and will ever remain grateful for the wonderful help received from the Sanctuary." D.N.

"It is indeed wonderful." "It is indeed wonderful to see how God is manifesting Himself through you. My daughter was amazed I to see the wonderful results and the happiness and calm I have received. I cannot thank you enough. Your monthly letters are of great help in our daily living." O.M.

"Wonders will never cease. Thanks so much for the beautiful help from the Sanctuary we are very happy." V.D.B.

"We are most grateful, words cannot express what we feel." "We were amazed to see the change in mother. The doctor was surprised to see her alive. Her recovery is miraculous and quite out of the doctor's hands. In asking for help for mother we also have received help and strength. We are most grateful, words cannot express what we feel." R.P.

"Truly you are doing a wonderful work." "I cannot find words to express my feelings and my gratitude, all fear has disappeared and the baby is normal and healthy. Truly you are doing wonderful work and bless you and the Sanctuary." M.E.

“You have done wonders for me.” “Very many thanks for your wonderful Monthly Letters, I look forward to them. You have done wonders for me, my legs are normal in size now. God bless you, your work and the Sanctuary.” M.R.

These are a few of the many letters received this month. I also give thanks for the work the great Spiritual Forces are doing for humanity through the Sanctuary. My letter this month is by request, the title being:-

REVEALING THE MYSTERY OF AN ENCHANTED LIFE

It has been said, when the student is ready the Master appears, for according to the student's capacity to receive so will he receive.

The word “Truth” has a tremendous meaning. Thousands, yes, millions have heard the word but have failed to comprehend its meaning. Truth is the understanding of oneself, and to understand ourselves we must realize the Source of our Being, not born of flesh or of the will of man but of the Spirit of God.

We must not only search the outer but also the inner. For he who lives in Truth is not afraid to proclaim the Truth. He knows he is Spirit and lives in God while living in the flesh. He is able to discern his thoughts and actions so that he can correct the errors when he sees them.

He knows that his life is continuous in and out of the body of flesh, for he realizes that he lives in God and God lives in him. This makes him strong and full of optimism and he looks to the bright side of things.

In the dark corners he makes the sun shine and walks through life with a smile singing the song of joy. Everyone is pleased to see him because he brings that breath of fresh air which is so much needed in the life of everyone.

He inspires faith because he knows he lives in Absolute Faith and is eternally safe, and he knows also that Absolute Faith lives in him. He carries the message of help and courage for he loves all Life knowing that Life alone lives and he is one with It.

He is not afraid of sickness and death, he knows these impostors for what they are and is able to deal with both in a way that gives courage and faith to others.

He gives help where it is needed. He is not inquisitive nor does he speak scandal because he knows as a man thinketh in his heart so is he.

He helps others to help themselves for he is free from worry and fear, and shows the way to others so that their loads can also be made light.

He forgives readily for he knows that forgiveness is the first fruits of the elect. He is always tolerant, knowing the weakness of the flesh.

He is devoid of hate, envy and malice because he knows that to indulge in them breeds their kind. He knows that to be with the Lord he must act as the Lord, for he knows the Law, as a man soweth so shall he reap.

He radiates love to all for he knows that in essence he himself is love. It is the Father Who ever remaineth within him is performing His own deeds.

He has seen the Christ, the Son of Love, with the power of the Omnipotent healing balm.

He minds his own business for he knows that mortal error is prevalent everywhere and he does not add to it, but dissolves it away by that inner understanding, that error has no power of its own. Yet when asked to intervene his wisdom is as great as Solomon's.

He pours oil on troubled waters and soothes the mind and frees it from disturbance so that the ineffable Spirit can reign in the hearts of all. Thus he creates harmony

where inharmony once existed. He establishes Truth where there was error, and error is no more.

He goes through Life joyously, things that drive others to despair and misery leave him in a calm and undisturbed state of mind. He has already realized that he is one with the Power that overcomes all things.

His power comes from within for he knows that the Father of Love, Wisdom and Power is there. For the Creator of Heaven and earth does not dwell in temples made by human hands but in the very inner Sanctuary of his own being. Therefore he realizes that he is the Temple of the Living God. He makes this the dominant Truth in his mind and is free from all fear and doubt.

He is like the ocean that receives all streams and rivers yet the oceans mighty calm is unmoved. And all who come in contact with him feel his power and receive his encouragement.

He attracts Love and friends for the Law of Attraction is always in operation. Yet he is not dependent upon the love of the individual. Nor is he dependent upon things, although all these come to him as his right. He knows a higher law so he becomes the giver of every good gift and the more he gives the more he gets in return. "Give and it shall be given unto you again, pressed down and running over."

He acknowledges the Law and the Law responds, yet he knows that he is above the Law for he is one with the Creator of Law.

He is at home with all classes of people, the rich and the poor are all alike to him for he does not seek what they have. He also realizes that "the least ye do unto one of these so you have done unto Me."

He feeds the soul for he knows that when the soul is clothed with the riches of the Spirit, the body and

circumstances together will be the out-picturing of that which the soul perceives.

If the soul perceives true riches so shall it be in the outer. If the soul perceives limitation and frustration so shall it be in the outer.

He knows the law of cause and effect and is content to leave it at that, for he knows that the results shall be in accordance with the law.

He is not interested in what other people have, for he knows the source of supply and can draw what he wants and when he requires it. All people are one to him for he knows that they are all children of his own Father-God, some may be further down the ladder of unfoldment than others, but he also realizes that the last may be first and the first may be last.

He is welcome in all homes for he brings that atmosphere that disperses gloom. Children cling to his coat and climb on to his knees. They feel the presence of Love that cannot harm for such as these make up the Kingdom of Heaven.

He loves all that lives and all that lives responds to his nature. The sinner and the saint are the same to him, he sees the good in the sinner and does not look for the weakness in the saint. He knows there is none good but God.

He knows his own shortcomings and never casts a stone. He has already taken the plank out of his own eye so he does not look for the splinter in his brother's eye. The outcast recognises him as a brother because he knows he will not be condemned but forgiven and helped back to the place where God sees him.

He makes all understand that God is no respecter of persons and gives to all without question, to him that asketh in faith so shall he receive.

His spirit speaks to the Spirit in others for the prodigal son is again in the Father's house feasting at the Father's table and no one can keep him out.

The woman who has passed through the furnace of Life trusts him, for he gives his love and wisdom and points the way to true happiness. He knows that God never withholds His love from His most disobedient child, neither does he withhold that Love of God from his brother or sister, but shares their troubles for he understands; he has experienced the way himself.

He knows all great people in the world have passed the same way and are mellowed by the experience of Life, and when understanding comes they do not regret these experiences but rejoice in their uplifting power. "Nearer my God to Thee even though it be a cross that raises me." So he neither pities nor condemns, because he knows that all are conquerors if they will conquer.

He finds joy in his work, he is happy in his doing. No matter in what capacity he is engaged. He never hurries nor is he rushed, for he knows that time does not control him, he is attuned to the Eternal.

He has absolute faith in the Absolute Power of which he has become aware. He praises "His Beloved," for he is in love with God Who to him is brother, sister, mother, father, child and sweetheart.

He is full of love, because he loves with all his heart and soul the Loving Father Whom he can speak to, for he knows He hears. There is no secret between them, they are as one, always welded together.

He knows he is one with all Life and loves Life because he knows it to be the same as the Life within himself. He believes in the All Good for he knows that nothing else is real.

His outlook is coloured by the inner vision of the Christ of God, the only true son that dwells in the heart of every man, woman and child, for he knows that in every child that is born there is born the Spirit of God.

In all situations he seeks Divine Justice and is guided, for in that moment he knows what to do and what to say. He has acquired the knack of listening to God speaking for him.

He is simple, loving, kind, for he follows in the footprints of the Master. He is the promise of a better world, a world where peace and goodwill will reign in all hearts, for this is the plan of the Almighty. He has decreed it and it shall come to pass. "I saw the new Heaven and the new earth for the former heaven and earth had passed away.

"And I saw the Holy City, the new Jerusalem descending from God out of Heaven, all ready like a bride arrayed for her husband and I heard a loud voice out of the throne, crying, 'Lo, God's dwelling-place is with men. With men will He dwell, they shall be His people and God will Himself be with them. He shall wipe every tear from their eyes and death shall be no more. No more wailing, no more crying, no more pain, for the former things have passed away. Then he who was seated on the throne said 'Lo, I make all things new.'" And he said, 'write this: "these words are trustworthy and genuine."

Benediction

O Lovely Father-Mother-God, as I awakened I gazed upon Thy face of Wisdom and Love and Thou beckoned me through Thy gates of Light.

My pleasure dreams faded into the Omniscient Light enfolding them.

All that I could ever seek, for all that I could ever crave for Thou hast given to me, O Cosmic Mother of Love, to

gaze upon Thy face forever.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

September 1949

My dear Friends,

This month the mail consisted of hundreds of letters of thanks, also many requests for letters on various subjects. I will always do my best to fulfil these requests.

Here are a few of the letters sent this month. As the Letter itself is rather long, space is not available to print more. I wish to thank all of you who sent in letters of thanks.

"Your wonderful monthly letter we look forward to, all our friends come round and we read and discuss these wonderful truths. Wouldn't it be possible for you to write a letter on "Love"? We would like your words on "Love" they would be of great value to all." J. C.B.

"It is a joy to receive your monthly letters, they are wonderful inspiration and help to us all. Since reading your letters she began to improve and now is in grand health. Thanking you so much and God bless you and your work." W.S.

"Since the day you received my wire my mother began to improve. Everyone is amazed at her quick recovery. God alone can repay you for what you have done for me alone. May God bless you." H.J.S.

"K.C's. leg condition staggers the hospital from his surgeon downwards. The latter has tightly trussed him up in bed with a walking calliper on so that he won't play round with it while surgeon is on two weeks holiday. Surgeon is non plussed at its recovery. K's arm is out of plaster. I think there were four fractures in arm and having had a graft it is 1½ inches shorter—the leg is considered a

miracle and is exactly the same length as its partner. May God bless you and your wonderful work." A.L.

THE KINGDOM OF LOVE

It was the Man of Galilee who revealed that the Father of Love ever remains within us. "Call no man your father on earth for one is your Father, who is in heaven." "The Kingdom of Heaven is within you."

These words bring us to the true realization of our relationship to the Supreme Creator of the Universe, and unless we realize this relationship we are lost in confusion or ignorance.

The Central Life is Love and this is a truth that cannot be denied. Love never dies, Love never changes. All other things will, but Love will always remain as the Central Life in All. Paul says, "Love never disappears, as for prophesying it will be superseded." as for tongues they will cease, as for knowledge it will be superseded." Yet love never ceases, this is the Father who ever remains in us, who is performing His own deeds.

Love is expansive, ever-renewing, never-ending, unfathomable, the indescribable, and the greatest antidote to any negativeness in mind, body or circumstances is to be aware of the presence of the Divine Love as the only Reality in your life, so that **not** even for a moment will you hate instead of love.

This Love has no reaction, it is an ever-flowing power that attracts to itself all the beauty of its own nature. To understand this Love that is beyond our comprehension yet real and eternally within us we must first go through the experience of individual attachment. Then we begin to discern the limitation of our expression of this blessed thing.

To say that you love and have never experienced the surge of this wonderful power, "Love" to you is but an illusion. we can only realize its power when we are really "in Love," whether it be the love for a child, husband, wife or sweetheart. When this love is turned towards its Source, the "Eternal," the gate to happiness is opened.

There is nothing that can interfere with pure Love directed from Its Source. For really there is no distance, the only necessity is a condition of receptivity and this is obtained by opening up to Eternal Love through loving All.

All your thoughts of Love and healing sent out even without special direction are caught up in the Stream and helps all, nothing is lost in the world of Love.

Space is the wrong idea for it belongs to separation and in Reality there is no separation. Let your hearts and minds rest undisturbed in the realization of the Omnipresence of the Love of the "Father," even the flesh will respond for the greatest healing power in the world is Love. The body will respond to the realization that there is no space or distance for all dwell in God and there is absolutely nothing outside Him.

For God who made the world and all things therein and who is Lord of Heaven and Earth, It is He who gave Life and breath to all men and has made of one blood all nations, to dwell on the face of the earth, so that we should seek and search after Him and find Him by means of His Creations, for He becomes the things that He makes. Therefore He is not apart from any of us for in Him we live and move and have our being, "we are His kindred."

Your senses would cloud or hide the truth of Reality. You must not let suggestions from outside interfere with the unfolding from within for you are in the secret place of the Most High. "I am the Alpha and Omega, the beginning and the end. I will give freely of the Fountain of Living Water to him who is thirsty."

As the rain refreshes the earth so does Eternal Love refresh the soul and body. Love is that unseen Spiritual substance that is alone substantial and the only Reality that can be expressed in your personal Life now.

Let your Love flow out and bless every brother, every sister, so that all your divisions will be swept away, to be swallowed up in the ocean of Love, which is the source of the secret Spring of the Eternal in every human heart.

You must come to the understanding of the Omnipresent Love that fills all space, knows nothing of past or future, right or wrong, but is eternally present, the same yesterday, today and forever. When you begin to know this you will know there is no past or future, right or wrong, for Eternal love is all there is. You will cease to crave or condemn and the strain will drop from you.

When you gain understanding, you eager souls who feel that you must accomplish so much in a given time will come to know that "Love" is the greatest service and rewards the greatest pleasure and rest. You will renew your energies and unfold wider avenues for further experience with a sense of peace and quiet that comes from that which does not consider space or time, past or future, right or wrong as an essential factor, for there is no room in Eternal Love for any of these things.

To live in Love is to live in eternity, not spasmodically and in limits. For Love is the eternal present and glorious Now which is a rest and a Joy, a satisfaction too full to make us look backward or forwards since we know that Love is Ever-present, Its "active" Presence is sufficient for all our needs. Think over this carefully so that your Joy may be full. "I am" is the Ever-present Love.

You can be as much of God as you are prepared to express His Love. Christ, the Son of God, in the heart of humanity reaches out in all souls to awaken the Divine Consciousness of Love. The Christ is in you and forever

with you and nothing can assail you from without. The evolution of even one soul exalts the whole race so that all may be one.

Only the good that we can do has any vitality. In your physical sense you make good and evil seem of equal power. This is theorising with mortal sense and is not a truth of the Eternal Reality.

Love is the only Reality and is Ever-present. Realize this Ever-present Eternity, free from all conditions, for when the heart is full of Love there is no darkness in the soul. No matter how vile a person may be immediately Love enters, the soul becomes bright and all is washed clean with the Divine Stream that washes away all ignorance and sin for they have no power in themselves.

The Devil is said to be the father of evil, sin and death, and what I am going to say about him is self-evident and cannot be denied.

Since God alone "is" then the Devil is not. Since God is alone "Being" the Devil is "not being," so we are met with the paradox that though the Bible says so much about the Devil the Devil does not exist and it is primarily the fact of non-existence that makes up the Devil.

It is that power which in appearance is, and in reality is not, in a word, it is the power of the "non-existent."

All our faith must be the recognition of that which exists and not that which is non-existent. But because man's thought conceives the non-existent and gives it a substantial power off its own, this becomes a real power to the person who believes in it. So we see that evil, Devil, death is a product of man's mind when man is ignorant of the truth of the Eternal Ever-present Love that underlies all, and is ever expressing Itself through form.

It is the individual Life in form not seeing this, is the cause of all evil, fear, sickness and belief in death. There is

only one power, call it Love, for it is Reality, that which organises atoms into form and that which maintains them and is the central Life making and unmaking to make the greater and the better, always unfolding and evolving, therefore God being all there is makes things by becoming the things He makes. And as God is Love the central power in everything must be Love.

Truth is the search for the Light of the World, First Cause, the only Reality "Love" and when we have found this we have found everything for where "Love" is, all that is contrary to Its nature is dissolved away.

Fear and hate is a thought power generated by the individual through lack of understanding and has the temporary effect of interrupting the flow of Life "Love" through the body affecting the entire body mentally and physically through chemicalization. To overcome this condition you must apply the antidote, Love, the only real power in the Universe.

Love is a power just as electricity is a power, each streams forth from its own source and as the one electricity is the source of every light so is Love the source of every living soul.

Love is the Life energy passing through the body. Love is the greatest emotional power in the world, Love is the protective agency in every human being, Love is the foundation of all Divine action, Love is the salvation of the Race. All must succumb to it, and the more we know and feel it, the more like God we become.

Love is the only existing power in the Universe, everything responds to it, flowers, animals, humans and angels, all respond to Love's adoration. Love will remain when all conditions are dissolved away.

Ignorance, Evil, the Devil and death have no principle just as error has no principle. Mathematics has a principle but error has none. Therefore we learn that ignorance, sin

and death have no principle or power of their own. They have no real existence in the sense that "Love" God has existence. For God is all there is, therefore ignorance, sin and death and all that pertains to it has no existence except in the mind of man, who gives it a power that it does not really possess. "Fear not for I am with you always."

We must worship in Love, if we would attain a consciousness of God. Idols, symbols are the product of the mind and we gain little from this but confusion and separation. Love is the uniting balm that dissolves all separation which is the cause of all strife and misery.

"What I see the Father do I do likewise." This is no longer strange to you now. In this way your thoughts dissolve the ethers of disease and death, and Eternal Life and Love is revealed as the only lasting Reality.

"I am the Light of the World, he who follows me will never walk in darkness, he will enjoy the Light of Life." Then the Pharisees said, "you are testifying to yourself your evidence is not valid." And the Master replied, "though I do testify to myself my evidence is valid because I know where I have come from and where I am going to I am not by myself. There is myself and the Father who sent me."

Benediction

O love, Thou everlasting Flower of Eternity, Thy fragrance wafts through the evil scented gloom of mortal mind, yet Thy fragrance remains pure and unadulterated, spreading Thy aroma of Thy goodness and forgiveness.

With Thy sweet-scented perfume of Thy all-Loving Nature we succumb to Thy beauty and find that in ourselves Thy fullness dwells, O Perfect Love.

PEACE AND LOVE BE WITH YOU.

Yours sincerely,

M. MacDONALD-BAYNE

October 1949

My dear Friends,

There is no need to tell you of the wonderful results of the Sanctuary for you already know what it has done for you.

As space is limited this month I have just used extracts from three letters of the hundreds received this month.

Thanks very much. "I do not know what I would have done without your Monthly Letters. Every time I read them I get more and more enlightenment. The Truth you reveal has healed me of all my troubles. God bless you." O.R.

I am so grateful for your wonderful help. "When I asked for my name to be put in the Sanctuary Register I was in despair. Now things have happened in a mysterious way with the result that our home is happier than ever it has been before. I am so grateful." D.G.

"Our group gather together when your letter arrives and we read and discuss it. Words are inadequate to express our thanks for your wonderful wisdom. How it has helped us all cannot be measured. It is too wonderful what you have done for us all."

"Would it be possible to write on the subject of Healing thoughts and the best way of projecting? We would appreciate your instruction on this subject." D.D.C.

The letter this month is also by request from D.D.C. Thank you, D.D.C., for your letter and request, this subject is one I am intensely interested in and I hope that my letter this month will be of great benefit to all who read it.

THE HEALING POWER OF THOUGHT*

The question is how can we get the best results from the Sanctuary. We all know the power of thought and we talk about sending thoughts of Love and Healing to others in need. Many are helped and healed, some even claim that a miracle has been performed. But there is no miracle, there is only cause and effect.

Yet there are some who do not get results and wonder why.

Now, it is not just a matter of tuning in by the one who is the sufferer nor is it a question of sending thoughts to someone who is suffering or not suffering. It is a question of thought itself.

Can anyone be helped whose mind is filled with negativeness or can anyone help another if they themselves are uncertain of themselves?

If you tune in with expectancy knowing that the Presence is within you, you will receive the help and strength of all the thoughts that are being poured forth of a similar nature.

If you are strong, certain, purposeful, aware of the Presence, you will automatically help everyone around you. But this certainty, this strength, this awareness only comes when the Presence of the "Presence" is realized. In this lies your strength, in this lies your power to help, to heal, and in this lies the power of healing and in nothing else.

If this realization is missing then what does your thought amount to? If your thought is filled with doubt, with disease, with limitation, then your thought is of little value to yourself or another.

If you weaken your thought with your feeling of negativeness it can only produce its kind. Your thought

must be charged with the essence of the Presence from within, then results are sure because thought reproduces itself in exact proportion to the realization of the one who is thinking.

We are told that there are two Trees in the Garden of the Soul. One is the Tree of Life and the other is the Tree of Knowledge of Good and Evil. We are told to cling to the Tree of Life for this is our salvation.

The meaning is plain. The Tree of Life has a real existence, Its roots being Eternal while the Tree of Knowledge of Good and Evil is relative, and has its roots only in man's mind. When we see this we know that which is Real and Eternal and that which is changeable and relative, that which we can depend upon and that which we cannot depend upon. One is Divine and the other is human.

Spontaneous action to help is always beautiful but if it is not sustained with the real quality of the Presence, the aid is not complete.

Time and space to the one that truly lives in the Presence does not exist, neither is there any fear of death or sickness for the one who is aware of Eternity in the present. If you are all the time living in hope and fear, and not fully concentrated in the present which is Eternal, then your thought is weakened by your attitude of mind towards sickness and death.

The quality of your thought must be effortless in the knowing that you and the Presence are one and the same. For the Presence has individualized Itself and you are this individualization, then the individual becomes the Presence when this is realized.

But if you are all the time entangled in the idea of whether you are helping or not helping or whether you are getting results or not getting results, you are caught up in the mental struggle that is not filled with the Presence.

The Presence is present in everyone and this is the source of your healing. Therefore you have to realize the Presence in which there is no separation and not the projection of thought to the individual with a background of sickness in mind, for this is the tree that has its roots only in man's mind and has no real existence like the Tree of Life has, which is the Presence.

Thus you will readily see if you do not really understand that love, Life and Health is the only Reality and still believe that sickness, fear and death has a real existence you do not get results.

Jesus the Master was aware of the Presence always. His words were, "your sins are forgiven, arise and walk," showing that the Presence alone had any real existence. This was the effortless and automatic projection of the Healing Forces charged with the Presence which contained the power to dissolve all conditions.

What is necessary for you to understand is that the Presence is present, is always present, and this fulfils the law of thought projection. It is knowing the Truth that counts, not merely sending thoughts of healing which are filled with uncertainty.

The statement of the Master, "I and the Father are one, it is the Father who forever remaineth within me is performing His own deeds," shows that the Presence is always present in the individual.

I cannot do better than relate some of the work done by the Master to emphasize the importance of what I say.

Jesus travelled up and down the country healing and teaching and news of his wonderful healing power spread far and near. As he reached Capernaum a man named Jairus, an eminent member of the Church and the community, came to him and beseeched him to heal his little daughter aged 12 years, who had been given up by

the physicians as incurable and what I am going to say will reveal the true meaning of the Presence.

Jesus was healing at the time when Jairus approached him and because of the Father's grief Jesus paused in his teaching and turned towards the house where the little girl lay. One could imagine the throng of people that followed him to see this, another miracle so everyone was jostling one another and pressing closely around the Master.

The Master's mind was made up. He was sure, purposeful, the realization of the Presence was at its height. His whole being was charged with the Life Force to be released at any moment. When he felt someone touch his garment in search of healing, he immediately perceived what had happened for he felt the stream of Living Force flow from him and he knew that someone had received it. He turned round and said, "power has been drawn from me, who touched my garment?"

Now it was obvious that many had touched his garment but only one had claimed the power of healing. So his garment was touched in a certain way and the power flowed towards the one who sought it so fervently. At that moment the woman was healed and his words were to her a benediction, "thy faith hath made thee whole," for he knew her mental attitude towards him.

It is the Presence that you must realize and feel, so that at any moment those who are in ignorance of the Truth who are eagerly seeking can have it. Their faith will make them whole, their faith being their capacity to receive.

Many are caught up with their little gods, their little ceremonies with their methods and their separate beliefs and fears lest they commit a mortal sin. They are afraid to step out of their cages and seek freedom and Life. They are steeped in their illusions claiming these to be knowledge. It is because they do not know the Real, "The Presence" that these illusions are realities to them.

I must complete the story of the healing of the little girl. So as Jesus came near the house the servants and relatives came running out to exclaim in their sorrow mingled with a certain amount of resentment because the healer had not arrived sooner, that the little girl had died.

Jairus the father broke down at this terrible news coming at the greatest moment of his hope. Jesus, on seeing his great grief turned to him and said, "Jairus, have faith, **believe with all your heart and THE PRESENCE OF GOD will be revealed to you.**"

Here is the instruction from the Master himself, **"believe with all your heart in the Presence of God."**

Jesus then called three of his disciples, Peter, James and John and went inside the house. His first act was to send all the weeping family and the wailing neighbours outside for they were of little help for they believed in sickness and death. Then he took the little girl's hand in his own, and the strangest thing began to happen, the little chest began to swell with Life's breath and the child's cheeks began to flush with Life's bloom and she opened her eyes with a wondering look. She gazed into the eyes of Jesus—THE PRESENCE HAD MET THE PRESENCE.

His disciples were also amazed, and the throng that followed him could hardly believe their own eyes. But these were his words, "if you will only believe in me and what I teach you, these things you see me do, you will also do, even greater things shall ye do and anything you ask in my name the Father will give you."—HIS NAME WAS THE PRESENCE.

The same Life in the Father was being expressed in the Son. This is the Presence that is Ever-present everywhere, not only in the visible but in the invisible. The Presence does not die nor does it fade away.

The assurance of the mighty power and the understanding with all your heart that the Presence is

everywhere is the proof of healing. Healing becomes the dissolving action of the illusion held in man's mind but few can see it. They cling to the recognition of the trouble while they believe that they do the healing. This is purely separation which is the great illusion. Understanding and Love are the highest achievements. The world is ourselves and the world changes with a change in us. So above all else we must realize the Presence that is Ever-present everywhere. This in Itself is Healing.

Benediction

O Divine Presence, Whoever remains invisible yet expressing Thyself in visible form, I see only "One" who becomes many and still remains "One."

It is Thy Presence alone that will loosen the entanglements of our self-woven net of illusion.

Thy Presence is revealed in the flower of humanity. May each one awaken to their oneness with Thee and Thy Love will lead them to Thy bosom "Our Eternal Home," O Beloved "One."

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #7 '*Quality*' (22nd November 1949) in the book "*Developing Your Faith*."

November 1949

My dear Friends,

As each month rolls by my heart is gladdened to see so much beautiful work done for the suffering and those in need of upliftment. You can be justly proud of the part you are taking in this work. And whatever ye ask believing you have received so shall ye have. This is the theme of my lecture this month, for I am fulfilling the request of an earnest worker.

Amongst the hundreds of letters received this month I have taken a few at random and here are extracts from them:

"We do look forward every month for your letter to come. What comfort and joy it gives to us all at home you can never know, and words cannot express what we feel. Our home has been changed completely, full of love and happiness. God bless you." A.L.T.

"Once again we write you with hearts filled with gratitude for the beautiful letter this month. The loving kindness expressed therein has lighted our way. Divine Love, joy and happiness are with us now and we go on our way refreshed and gladdened. We have talks and read your letter over and over again which has soothed our sorrows, calmed our strife and we now love and bless all. **You are indeed our beloved friend.**" M.D.E.

"Words cannot express my thanks to you for the wonderful healing of my son although the doctor said he could not live I knew when I put his name in the Sanctuary

that he would get well. May God bless the Sanctuary, that is my earnest prayer." A.L.

"FAITH IS THE SUBSTANCE OF THINGS HOPED FOR
THE EVIDENCE OF THINGS NOT SEEN"

Faith with most people is faith in something they do not know and this is always relative to the self, apart from the self. This faith can never be real nor can it bring results because it is always accompanied with its neutralizer "doubt."

Some say that their faith is in God but when you pursue this faith to its lair it dissolves into a vagueness that betrays the fact that this faith is not real. How can it be real when their faith is upon a God they do not know.

Now God is Life, He is the Living God and the fact that you and I are alive is proof that God is living in us. Therefore God and you and I cannot be separate or apart from you or I but is our very existence.

A further proof of this: God is absolute, Infinite, therefore there can be nothing outside Him and He must be in every living soul otherwise He could not be infinite. That is why the Master said, "know ye not I am in the Father and the Father is in me, I and the Father are one," and this must be the same with you and I, otherwise God could not be infinite.

Therefore faith is an awareness of the presence of God in ourselves. This is not a faith in some outside God or faith in any individual or any external agency nor anything relative to the self, but an awareness by the self of the indwelling Creator, not a separate Creator but the one and only Creator.

It is the Father who ever remaineth within you who does the work, then whatever you ask when you pray believe you have received it and you will have it. This is the way in which the Father works.

I am aware that this Faith is not obtained in a day because you have to cleanse the mind of false teachings and beliefs in separation before it becomes a Reality to you.

Unless you begin to discern that which hinders the awareness of Reality you will never understand "Faith" and the mighty power of faith. The great power of faith lies in the realization of the Presence as the self, I and the Father are one. This is the faith I want you to understand, that whatever you ask it shall be done unto you, "the Father, who ever remaineth within me doeth the work." But you must ask aright, that is, believe you have received and you will have it.

The faith that most have and perhaps the faith that you have at present has its opponent "doubt," then there is a continual battle for supremacy, this is the double-minded creature who gets nothing from the Lord, with the result that if the thing asked for is not forthcoming in the way you think it should come, doubt wins.

In Genesis, we are told in other words, that the Divine Principle makes things by Itself becoming them, and this includes the individual.

Therefore **It** cannot have any other than **Its own** natural movement in the individual, pushing forward to fuller and fuller expression of Itself in the individual who realizes It. This is the awareness of the Presence, not a Presence separate or apart from the individual but the actual inner self which is Universal in nature.

It is this same Self that is in every other self. "Love your neighbour **as yourself**," is the command of the Master, for your neighbour is in Reality the Self. This is the true meaning of the Master's words and, unless we realize this,

we will still live in separation and our faith will count for naught.

In understanding the Master and his words and works I could not do better than relate the incident when Peter saw the Master walking upon the water on the Sea of Galilee.

It was near Bethsaida, seven miles from Capernaum where the Master restored the little girl to life of which I spoke in my last letter to you. It was also on the side of the hill leading down to the Sea of Galilee that Jesus fed the multitude from the few loaves and fishes that were at hand.

After all had been served, the scraps and fragments gathered up filled many wicker baskets and were again distributed to the poor people of Capernaum for the morrow's meal.

Naturally enthusiasm amongst the people was at its height for they were proclaiming the Master, the Messiah, the King of the Jews, Provider of the people, Ruler of Israel, and the crowd were swept with intense excitement.

Jesus, recognising the peril to his mission, ordered his twelve disciples to cross the Sea of Galilee to the other side in the darkness, while he returned to the hills near by where he spent a few hours in Divine meditation for he was fully aware of the Presence of the Father within.

Early in the morning the Master saw a storm rising on the Sea of Galilee and he knew the fear that would take hold of his disciples in their tiny craft, for a storm on the Sea of Galilee is a great ordeal and those who have been on the sea at such a time will well remember this fact. Jesus therefore wished to assure his disciples that all was well so he stepped upon the water in the direction in which he knew the small boat would be.

With his complete awareness of the Presence he did not have to use occult power necessary for levitation in accomplishing such a feat, knowing this he walked upon

the water and it was to him as solid as the ground beneath our feet.

It was in the early morning when he came upon his disciples. When they saw a figure swiftly moving towards them they were greatly afraid. When they heard a voice calling to them out of the morning mist, "it is I, be not afraid," you can imagine what was in their minds. After the miracle of the feeding of the multitude, the healing of the little girl and now to see the Master walking upon the water was just as much as they could take.

Then Peter in all his impulsive excitement and in the depths of his own thought free from all limitation cried out, "Master, master, direct me to walk to thee on the waves."

The Master, understanding the feelings of his disciples, directed him to walk towards him. Now Peter's great inner forces were aroused by his faith in the Master and he sprang from the side of the boat and began to walk towards the Master. But when Peter saw himself on the water he **lost faith in himself**, he could hardly believe that such a thing was possible, so the power left him, the Presence was no longer established in his consciousness and he began to sink beneath the waves.

The Master realized what had happened to his disciple stepped forward quickly, caught him by the hand and ordered him to walk saying, "Peter, the water is solid beneath your feet," and Peter found it to be so. They both entered the boat together and then proceeded to the shore near Capernaum.

It is this lesson about Peter that I want you to see and you will take more from it than hundreds of books written on faith.

When Peter saw Jesus walking on the water his whole self was alive with faith. For the Master had told them so often that what he could do they also could do if they properly understood his words, so without hesitation Peter

walked on the waves. But when he saw himself doing something that was unfamiliar to his habitual belief, he allowed limitation to enter into his consciousness.

He lost that "awareness." He succumbed to his mortal consciousness, to his habitual belief in limitation. The unfamiliar thing he was doing was beyond the range of his habitual beliefs so fear entered in, his faith was not strong enough to go beyond past experiences.

Is this not what you are all doing? But you do not discern it, that is the tragedy of it all. Do you think that you could walk on the water? Your answer to this question will prove whether your habitual belief in limitation exists, or not, that vast experiences limit your faith. Jesus says, "all is possible to him that believeth."

Now you can see what I mean by "faith," not the common faith that has as its partner the "fool" called "doubt." But still if you do not discern this limitation you will never be able to deal with it properly unless you see that doubt does not exist in Reality, but only in your own mind. You will never understand the "faith" of the Master, until you have cleared your consciousness of separation.

Remember you are continually asking by your daily thinking, and that you believe you have received so shall you have. Job said, "that which I feared came upon me." This is the same law in operation, what you think in fear and in faith is equally produced. Then surely a true understanding of the faith that is built upon the Rock of Truth is all-important to you.

According to your past experiences you calculate upon the possibility or the impossibility to accomplish, therefore you have to look beyond your experiences realizing the Presence and in that Presence all is possible, knowing that whatever you ask so it shall be done unto you.

Remember the Father and you are one, there can be no separation between you, therefore whatever you ask the

Father, He will do for you, it is the Father who doeth the work.

In Hebrews Chapter 11 verse 1 and 3 (Eastern text) we read, "now Faith is the substance of things hoped for just as it was the substance of things which have come to pass and it is the evidence of things not seen. For it is through Faith we understand that the worlds were formed by the Word of God, so that things which are seen came to be from those which are not seen."

The faith with God must necessarily be inherent in man because man is made in His image and likeness. The Word was with God and God was that Word, and that Word became flesh. And by this Word you create, "what a man thinketh in his heart so is he."

Benediction

O Eternal One, that which is in the beginning is now and shall ever be the same.

It is Thy Word that has become flesh and Thou art that Word and that Word dwells in me to create what I think.

Let me listen to the one Voice, that creates out of the void so that no other sound is heard but Thine.

It is Thy Presence alone that is the proof of our oneness and whatever I ask of Thee knowing that I have received I shall have, O Benign One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

December 1949

My dear Friends,

Loving greetings to you all! My earnest wish at this season is that you may have peace, love and abundance now, and in the years to come.

All over the world at this time millions of people are coming together to rejoice. There is a fever of delight, inspiration and goodwill. How could it be otherwise when at this time everyone is captivated by that beautiful story of that first Christmas nearly two thousand years ago in which the whole world was presented with the key to Love, Faith and Life.

The shepherds on their knees with their flocks peacefully grazing around them, the wise men with their gifts stand before Mary with her child in her arms. Motherhood was lifted to the highest pinnacle of human thought, the Christ is born through woman, the great Truth was revealed through woman, that in every child born there the Christ dwells.

This is the highest form of human thought that enables all to reach their godhead through the power of "faith." Those who do believe and those who may not believe agree on the thing that on this Christmas night long ago in Bethlehem the vision of goodwill towards all men shone out over the world.

The World is far from the perfect vision of a world ruled by Love, "Faith" and justice, there man loves God with all his heart and his neighbour as himself. This ever-flowing

Font of Living Water is offered to mankind as a free gift leading to Eternal Life.

In a world torn with strife, greed and separation man still raises his eyes to see the Star of Bethlehem still shining as gloriously as it did on the first Christmas night, not only is it still here but it is brought nearer to us by the faith of the Man of Galilee. His faith was the awareness of his oneness with the Father, Faith the awareness of the "Presence" of God.

This faith is not understood by the majority of people. It is not a, faith in some outside God, a faith in any individual or in any external agency, nor is it a faith in anything relative to the self—the Christ within, but the awareness of the Self—the Christ, the indwelling Presence of the Father, not as a separate Being but as "One" in eternal unity so that whatsoever you ask believing you have received so shall you have.

Lack of faith is when the self is affected by fear, doubt, not knowing that there is only one Substance and one Christ operating. Therefore faith and doubt will always oppose each other in the mind that is not aware of the Truth of the Living Presence of the Christ.

By the growth of your understanding of the action of your thought so is the power of your faith increased in proportion. When you become aware of the action of your thought, you will know the result before you begin. This is proved in the Master's statement, "believe you have received and you will have."

There are two facts that require your earnest attention.

The first is, that the perfect liberty of the individual must be in accordance with the will of the "Father" who is manifesting Himself in the individual, and any system that advocates blind submission to adverse circumstances as submission to the Will of the Father has failed utterly to

understand the teaching of the Master who revealed our Divine Authority over all things.

The second fact is even of more importance that it is our ingrained ignorant belief to the contrary that keeps us tied in bondage to all sorts of limitation.

Now the Master shows us that when we know the truth about ourselves we shall find that we are not tied up at all, we are utterly free, and it is this ignorance of our Divine nature that causes all our limitation and bondage.

To struggle against any condition or limitation does not free us but only intensifies the condition because of our belief in it, due to our ignorance of the fact that, "the Father and I are one."

If you plant a seed in the ground, you go away and leave it, the Intelligence becomes active and reproduces its kind. If you plant a seed in the mind the same operation takes place, the "Father doeth the work," as it is done on earth so is it done in heaven.

Job said, "what I feared came upon me," this is the same law put into reverse, therefore "Faith" is pure thinking on the part of the individual who thinks ignorant thinking is done when this law is not fully recognised. Therefore I say to you, thinking whether it is done in fear or in faith amounts to the same thing, you either have or you do not have.

The Man of Galilee showed that his faith was the result of his awareness that, "the Father and I are one." If you will read my last letter to you about Peter where he saw himself doing something unfamiliar and his faith left him, you will find it is much the same with you.

Ask and you shall receive provided you ask aright. This asking must be done with the dominant attitude of mind which refuses to give up, refuses to worry, refuses to fear. You must see the Creative Principle acting freely,

exercising its own wisdom in the manifestation of the things asked for.

Your faith in the Creative Principle becomes the evidence of that which will be produced. When the seed is sown, water it with faith and understanding and it will grow to fruition.

The majority of people believe the worst, they believe they have already received the worst, while many who may have success have no real success because they do not know the law with which it came about.

He that hath "faith," more shall be given him, but he that hath not "faith" even that which he hath will be taken away from him. According to your past experiences you calculate upon the possibility or the impossibility to accomplish. Jesus says, "all is possible to him that believeth," therefore ye must look beyond your experiences into the perfect law of liberty, knowing that when you ask in "faith" it shall be done unto you.

On the other hand if your past experiences have been successful and this success deprives you of the conscious use of "faith" then you are on shifting sand. For the only successful person is the one who sees beyond experiences into that sure and stable state where "the Father does the work," and naturally you will think more constructively and create with understanding.

Thus you depend upon the greater wisdom of the "One" that is greater, and not upon past experiences, good, bad or indifferent. "If any of you lack wisdom ask of God who gives to all men liberally and with grace and it shall be given him, but let him ask with faith never doubting, for he who doubts is like the waves of the sea driven by the winds and tossed." (James 1: 5-6 Eastern Text).

In all great achievements "Faith" has been consciously employed as a result of the actual knowledge of the faith that is the substance of things hoped for, the evidence of

things not seen. In Hebrews 2: 1 (Eastern Text) the translation is as follows: "Now faith is the substance of things hoped for just as it was the substance of things which have come to pass and it is the evidence of things not seen." In verse 3 it says, "for it is through faith we understand that the worlds were formed by the Word of God so that the things which are seen came to be from those which are not seen."

This means that the same faith with God is the same faith in mankind. For what is with God must necessarily be inherent in man made in His image and likeness. Could anything be made plainer than this to reveal the perfect law of liberty that is ours through the Word that was with God, that very Word was God, and that same Word made flesh.

When you examine your desires you will note that they appear under a pressure of lack on the one hand, and on the other a more or less feeling of hope for their fulfilment. If you will examine your mind carefully you will see that these images exist side by side. Why do they exist side by side? Simply because you do not understand the Law of "Faith" which is the Law of Creation, when you believe you have received you shall have.

When we look into the teachings of the Man of Galilee we see how true they are. The parting gift of the Man of Galilee will ever remain with us and his wisdom will always be in the world as a guide to our minds and hearts.

When man ceases to look through evil eyes and looks with eyes filled with Light then the Reality of Perfection will come into the world so surely as day follows night, for when the Divine Light shines forth, no darkness can remain.

"Truly, truly I tell you, he who believes in me will do the very deeds I do and still greater deeds than these."

We must see the vision of perfect "faith" not as a star in the far distance but Ever-present within us, we will know ourselves to be one with the perfect Law of Liberty. We will live in that true vision of "faith" and "when you have seen me you have seen the Father."

The birth of the Christ is for everyone, and with this realization the outward change will take place, "the inner becomes the outer and the outer the inner." Believe that it is done and it will be done. Believe in God first, then believe in yourself, is the secret of true "faith" which the Master demonstrated for our sakes. We hereby acknowledge his greatness so that we may also become like him.

Benediction

O Master Mariner, take charge of my ship for Thou art the Wisdom of my soul.

I was buffeted by the winds and waves in my ignorance of Thy Presence. The sea of my mind was ruffled with fear and doubt and Thy reflection was indistinct.

Now that Thou art Captain of my ship, it is heading towards Thy shore.

O Master Mariner, take charge of my ship always, then I know I am safe, for where Thy Presence is all is well, this is my "Faith," O Beloved One.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

1950

January 1950

My dear Friends,

We have entered the second half of the 19th Century and I give freely of my blessing to you all that your life will be a joy to you and all those whom you come in contact with. I have written the first letter of the year on making all things new. This title was taken from the following letter I received the other day:

From O.F.S., "your newsletter means so much to me. The Sanctuary has become a vital part of my life. You have made all things new. May God Bless and keep you." P.W.H.

From New Zealand, "I cannot tell you how much I appreciate your wonderful help. Not only has my health improved but my whole outlook in life, in fact you have done wonders for the whole family. May God bless your wonderful work." L.J.

From England, "I hardly know how to thank you. I owe you so much for your great help, physically mentally and spiritually. God will surely bless such faith as you have given to me." H.R.S.

From Johannesburg, "about two weeks ago I asked for help for my little grandchild who was suffering from rheumatic fever. I am grateful to say that she is now completely healed. Our grateful thanks and God bless your wonderful work." E.N.

From O.F.S., "God bless you! Thank you a million times for all the help and kindness, the baby and I are both fighting fit and my joy is so great. L.B.

From Cape Province, "a short time ago I asked my father's name to be put on the Sanctuary and now I thank

you for your wonderful help. The doctor told us that he could never get better, in fact would get steadily worse. But now he is so well we cannot believe it is really true." F.M.

And hundreds of others all similar, I wish I had space to give extracts from them. They are all so wonderful, giving proof of the power of the Spirit that makes all things new.

MAKING ALL THINGS NEW

We have just entered another year, perhaps a more important year because we have now entered the second half of the 19th Century, 1950.

We talk about making new resolutions yet these resolutions are of little value to us unless we are aware of the truth of our Being.

When we grasp this fundamental principle of Life there is no need for resolutions for we make all things new. Everything then is changed for us through the realization of this great living Reality that underlies all things. We recognise in every person and in every thing this eternal Substance out of which everything is made. We come to the truth of the "one" in which all things exist.

Einstein has just recently postulated certain mathematical facts to prove that there is only One and everything must be in and of this One. Now this truth has been known throughout the ages to the great thinkers in the world.

Now let us understand ourselves so that by doing so we can make all things new. We know that God alone created the heavens and the earth and all things thereon. He could only create all this within Himself and out of His own Substance, let us call that Substance "Mind" as there can be no other substance but His, being infinite in nature. Therefore we are virtually made out of His own Substance

and every particle of substance must be God for there can be nothing outside Him. Paul says, "we live and move and have our being in Him." Jesus says, "know ye not I am in the Father and the Father is in me."

I am quoting these sayings to add substance to that which I wish to reveal to you for you will readily accept what the prophets say rather than depend upon your own thinking. You really accept what you read as Truth without really knowing in yourselves whether it is true or not and this is why you fail. You have never thought it out for yourselves, you have not made it your own therefore Truth to you is a relative thing and not a Reality. "I am the Truth."

Now, the great thing you want to know is, "how is mind materialized?" This subject has gripped the minds of most, especially those who wish to create for themselves. Thus the Creative Principle is turned inwards and not outwards.

One lives to create for himself, to accumulate wealth, power, prestige etc., while another creates for the sake of creation. One lives unto himself and the other lives for all. One has all the worries in the world and the other has all the joy, one is forgotten and the other is remembered. "You must remember the Eternal for it is He who gives you the power of gaining." Deut. 8: 18.

The Eternal God is the Creative Power within all and as the Eternal is "All" we gain more by creating for all and not only for the self. Thus we do not make God a separate relative thing, an idea in our minds, but He becomes the Creative Will within us. "I and the Father are one." "The Will of the Father is done in me." These statements we must make our own so as to make it real in ourselves.

The "I"-you is the Creative faculty yet by itself the "I" is nothing. The "I" must lose itself in the Whole to become Real, and it is this conscious Creative "I am that I am" that truly governs, guides and directs, manipulates and materializes.

Jesus says in other words, "ask in my name and the Father will do it for you.

Ask in the name of the Son of God, the Son of the Father, recognizing the Father as the Source of your being and He will do the work for you. "It is the Father who ever remaineth within me He does the work."

Now, there is a certain amount of training necessary to develop this power to make all things new and I will direct you to a simple exercise that will develop in you the realization of that great Self that underlies the individual self.

All Masters of Nature have at one time or another gained this realization through developing the conscious awareness of the Self in relation to all things relative to it.

In my own training I was directed to analyze the "not I" things until I arrived at the realization that my mind and body were relative instruments in which I was acting or creating. When this realization came I found that both these instruments responded to my thought and direction. My health and circumstances improved and although now in my 72nd*year I am young and as virile as a man in the prime of life.

I found that with those highly advanced, the only difference was in the degree of this realization. They were as gods as compared to the ordinary man. But the real Power does not manifest Itself until the "I" has lost itself in the great "I am" the Creator of all things.

As one develops the power to create through this realization, the attitude towards things external becomes entirely different. They become just things, effects, and therefore your reaction is also entirely different, which is one of the main points in our mental make-up. It is **all the time** the mental attitude you take towards the external that gives you power over it.

Your mind changes your body changes yet “I am that I am” never changes. This is the Real you and will always be “you,” because it is not separated from the Creative Power behind all things. “I am”—Consciousness and Life are synonymous. The name is different but they are one and the same. Then be careful that in your thinking you do not make “I am” relative, you must know it is “you” “I am” that is thinking and creating. Thus you make all things new.

“I am”—you are above all things, therefore you become positive to all things relative to you but you must first find what is relative to you by this exercise. Anything you can think about, see, feel and touch is relative. “I am”—you are negative only to the great “I am” the great Creative God who is manifesting Himself in and through you. With this understanding, whatever you ask, the Father will do for you because you are virtually one.

As you assert your authority over all things, so do you subordinate yourself to the “Greater,” the Father is greater than “I” and gladly and joyfully open your soul to the inflow of His Divine Will, Wisdom and Love and all things will be added unto you.

It is stated that Solomon asked God only for wisdom and with it all other things were added, so it is with you and me.

It is the proper use of our thought action that is essential to our health and happiness. Therefore the most important thing in our lives is to acquire a knowledge of how to apply ourselves so that we can become an asset, not a burden upon our fellows.

Therefore the first process is to have a mental house-cleaning so that you can use your mind to work through. What I mean by a mental house-cleaning is to see all that which is false, and this is not easy to accomplish at first because of your rigid adherence to preconceived beliefs

and ideas, these are more often not your own but that which you have habitually conformed to for years.

Misconceptions and errors continually reproduce themselves but when we begin to think deeply and logically and think from First Cause, errors and misconceptions will naturally disappear.

If you accept something that you read or hear without applying your Divine Wisdom to it then you are bound by that which you accept. If you have been taught to conform to a certain belief through fear of what may befall you if you do not adhere to this belief then you are a prisoner and freedom is impossible. This conforming happens when the mind is young and it takes some time before you can rid yourselves of the shackles that bind you.

YOU ARE FREE **NOW**, But this can only be realized by knowing that God you are one and never has it been otherwise. How can it ever be otherwise when you and the Father are one and will be for ever. Your thinking power, your Creative Power comes from the Father that is within doing the work.

Therefore any belief that separates you from your fellowman is but an illusion and is not Truth. You never quarrel over the Truth you only quarrel over your ideas of what Truth **is**. But Truth is and you are the Truth. I am the Truth. No one can deny that you are living and living is Reality, for God alone lives.

When you have cleansed your mind from all that is error and illusion then you will find that the Truth is there. It was always there, only needed uncovering and this is the cleansing process of the mind.

Now Truth is not an idea or an image neither can you create It, that which you create is not the Truth, it is only an idea of the Truth and not until you have arrived at the Truth through the cleansing process, not until then can you

really create, for then there will be no doubt nor fear to hinder you.

In my next letter to you I will give you further instructions so that you will become a greater and more powerful instrument for good, not only to yourself but to all others whom you may contact. Only by becoming an active worker now can you make all things new.

Benediction

O Divine "One" who resides in all, teach us to cleanse the mind and heal the body through the Divine Wisdom of Thy Presence.

Thou art my Father-Mother, my Friend, my Beloved, Thou art myself.

Thou hast created me in Thyself out of Thine own Substance and Thy Spirit of Life is "I."

O adorable One, how lovely Thou art when I see the best that is in me.

May the halo of Thy Presence be revealed to all minds, and in all lands of earth, so that material worship be changed into worship of Thy Presence, Thy Wisdom and Love,

So that we learn to love Thee most and see Thee everywhere,

So that Thy Spirit manifest Itself in all Its Divine qualities through all mankind,

So that we learn that we are free from limitation, and imperfection and misery,

So that Thy Kingdom which is within will manifest Itself without, then I will know myself to be One with Thee.

O Beloved, Thy Love has made us "One," making all things new.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Actually his 62nd year.

February 1950

My dear Friends,

It is a great pleasure for me to receive so many letters each month in gratitude for what the Sanctuary is doing for so many. These letters pour in daily from all parts of the world. I also feel so grateful to the great Father of us all for hearing our prayers on your behalf. It is very true that whatever you truly ask, the Father will do for you. It is the Father who ever remains within, it is He who doeth the work. How true are these words of the Master.

Here are a few extracts I would like you to read:

"I wish to express my sincere gratitude for the help you gave my mother in Switzerland. Immediately after your treatment began, my father reported improvement and since then my mother has been free of her trouble. When I visited my mother last year I saw how terribly she suffered day and night. One doctor diagnosed it as cancer, another arthritis. The treatment given by them had no effect and now by your wonderful work my mother is free again." Mrs. E.B.

"I do look forward every month to your letter which is such a wonderful source of help and inspiration to me. I am in perfect health since you treated me, I thank our Father for you. God bless you for your wonderful work." M. d. W.

"Thanks for your beautiful Monthly Letter. It is always a joy to read it. I am deriving happiness and peace of mind from your beautiful work. I cannot express in words what I feel about it." O.M.

And hundreds more in a similar strain lie before me as I pick these letters up at random.

Thank you all for writing, it is a joy to receive your letters.

QUALITY IN PERSONALITY*

What we need most in the world today is an understanding of the operation of the inner laws. We need a practical working knowledge not only a philosophy of life.

The solution of every problem lies in understanding and applying a method which combines all the human elements with all that we consider superhuman. Most people have separated these two with two different natures, one operating against us, the other operating for us. But the fact is that human and superhuman are not separate agencies but both are the expression of the one Force.

Man is a combination of Spiritual and Physical. These two are but two different manifestations of the same thing and successful results can only be obtained when these two operate together for they cannot be disentangled. The Creator and the created are one.

The majority of people put this Creator outside themselves, something apart therefore making Him relative. By doing so they have lost that power to co-ordinate all things. Whatever occurs in our lives is the result of the ignorant use or conscious use of the creative power.

Now everyone wants to have satisfaction in Life, but satisfaction does not come from the acquisition of material things only for when these are gained there is still that vacuum, that feeling of inward poverty that can never be satisfied from without.

Everyone wants to attract confidence, love and success. It is the “quality” in the individual that attracts these things and without this quality there is no attractive power.

Great men and women in the world have been pointed out as examples yet we can only be great when we are true to ourselves and not the copy of another. What is necessary is to apply ourselves scientifically so that the natural law behind the individual will manifest the quality according to the special assignment given to the individual by the Creator.

First of all we must become aware of this quality and observe its action by discerning carefully our own thoughts and actions and we will observe very soon whether this quality is developing in us. The attractive power of this quality is in every individual yet it only becomes evident through practice.

First of all I will try and give you some idea of the action of this quality.

When you come in contact with this quality in a person there is a sense of rest, a feeling of peace and ease. There is nothing that makes you afraid, there is a mental telepathic action that gives you confidence yet you are unaware of how it comes about.

You will notice first of all that this person is not nervous, there is no aggressiveness nor pomp nor falseness about him or her, there is a natural easy manner, you recognise a hidden strength although you cannot localise it, yet you feel this powerful influence, this hidden force that is affecting you.

You feel at home in this presence and this gives you confidence. You are never really the same after this contact, for you have acquired something yet you do not know what it is and you desire more and more to get the secret behind it all.

There is always a fascination about a person that is calm and powerful. This is a quality that is seldom met with in the ordinary everyday world. If you look into his eye he holds you with a kindness and love that attracts you. You know that this person is your friend and will always be your friend no matter what you do.

This sets up a definite reaction in you and this is "quality." He looks always on the right side of things and not the wrong side and fills you with confidence because of his own understanding of the law of action and reaction. His faith is in the Absolute in Whom he lives and has his being, therefore his message to you is one of hope and courage and he helps you to help yourself through your own understanding.

He knows that hate, envy, malice and all such things destroy this quality, therefore he radiates Love only to all and minds his own business. He does not meddle in your affairs, he is too wise for that.

He understands what is driving you to despair for he himself was once without this quality of poise, peace and power. Now all these things leave him undisturbed, so he shows you the way. His peace comes from within and he shows you how to acquire it. Yes, he is like the ocean which receives all streams and rivers yet the ocean's mighty calm is unmoved. There is that inner confidence that nothing can shake.

Now when this quality is acquired there is no hurry for he knows what he wants and he creates, no matter what the outside condition may be, the inner confidence is always there for he understands the law of cause and effect.

He stands behind the Law for the Law is responsive to him. He knows that Life made the Law and not Law made Life so he knows the result beforehand.

He sets in operation certain causes and he knows what the effect is going to be. His faith is based on understanding. He knows well also that he that has not this faith even that which he has will be taken away from him. But he that has this faith more shall be given unto him.

He knows that he by himself is nothing. It is the Father who always abides within him is active. This is the quality that is always in front, so he himself keeps in the background for he knows who the Warrior is, the Warrior that never strikes a blow amiss, and whatever he asks of this Warrior so does the Warrior do for him.

This is the quality that attracts friends and Love, but he is not dependent upon people and things, he depends always and alone upon the Spirit that is Ever-present in everyone and he knows the Reality of It within himself.

Now when you speak to another what do you say? Is your talk self-assertive, full of vanity of the self and your accomplishments? Do you burden others with your opinions, your desires and what you intend to accomplish? This state of mind reveals a sense of inferiority, a sense of separateness from Reality, therefore the quality is not there, this is just a lack of knowing. Yet the one who understands, understands you and can read what is behind your conversation. In fact you give yourself away when you open your mouth.

Again you will notice the one who understands is not eager to make you think of him, there is something in his make-up that pricks your curiosity.

His inward understanding enables him to express himself with dignity and power. He knows his own strength and where it lies and does not require the aid of another neither does he seek it. He knows that the Father does the work. In this way he stands behind the law of cause and effect and understands his thoughts, his motives and his emotions.

He does not seek an escape from anything, but faces it boldly knowing how to cope with any situation for he knows that all things are relative to him in the knowledge that the Father and he are one and whatever he asks the Father will do for him.

He is at home with all types of people because he understands their weakness and their strength, yet he never takes advantage. He sees the goodness in the sinner and does not look for the weakness in the saint for he knows that he himself is not without sin, so he never casts the stone.

He also knows that he cannot eliminate the negative by substituting the opposite for these are but images in the mind and the negative still remains. He deals with these two impostors in the same way by discerning them, by understanding them, for he is the creator of both.

Have you ever truly examined your thoughts and why you say what you do? If you did you would not say the things you do say. The conversation of most people is based upon escapism, when they say something about another that very thing is deeply rooted in themselves and they are seeking an escape. They tell all their secrets, it seems impossible for them to keep one, so beware never to tell your secrets to others, unless you know that the "quality" is there, that "quality" that gives strength, courage, confidence, understanding and love.

My success in helping others to find the way to true happiness and success is the result of understanding their minds and this is the personal picture I am trying to paint for you.

Benediction

O Blessed One, Thou hast taught me to understand Thee that I may enjoy the world.

I am becoming the Prince of Peace sitting on the throne of poise, directing the kingdom of activity.

I am no longer caught up in the whirlpool of good and evil for I witness these two as the tree that grows in man's mind. Only with Thee I have my salvation where neither of these opposites exist.

This is the quality of that perfect personality expressed in Jesus. This is Thy Presence, O Perfect One.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #1 (11th April 1950) in book, "How To Relax & Revitalise Yourself."

March 1950

Dear friends,

Yes, letters keep coming in daily with grateful thanks for what the Sanctuary is doing. Here are just a few of the hundreds received this month.

"I am now feeling so well. I cannot express adequately my thanks and appreciation for what the Sanctuary has done for me. Thank you, God has truly blessed you and your Sanctuary for the wonderful work you are doing." H.H.

"A few weeks ago I asked your help and prayer for my husband to stop his drinking habits. I want to thank you for the wonderful change. He is quite different and the home life is very happy again. Thank you ever so much." M.E.M.

"It is with great pleasure to tell you that Dr. C.E. is completely healed of his addiction to alcohol. It is now a thing of the past and his dear ones are receiving the happiness for which they have longed. I thank God for the blessings which are now flowing into his home and I must thank you sincerely, you who made this wonderful thing possible." M.S.

"I am sending you my contribution for your great work for humanity and thank you from the bottom of my heart for the help your monthly letters give me. Any time when in trouble or I feel out of sorts I just take up one of your monthly letters and always find there the words that put me right. No wonder that we all feel so grateful to you, we all who have had these experiences over and over again." E.M.v.d.B.

“As a family we do thank you ever so much for these wonderful Monthly Letters. It is also wonderful to read them over and over again and to hear of the good the Sanctuary is doing all over the world. As a family we read and re-read the letters and study them. Some of our friends whom we have introduced to the Sanctuary have had truly wonderful benefits in every way. God bless you.” J.L.H.

I know you would like to read more of these letters but space does not permit. I want again to thank all of you who have written to me. I thank you sincerely.

IS OUR HEALTH AND SUCCESS IN LIFE AFFECTED BY OUR HUMAN RELATIONS?*

In my last letter to you we saw the quality in personality that attracts and this is one of the links in the chain of successful living.

Now we have to understand the law of our thought-action, otherwise we will be lost in our reaction to people and things and in this way we lose the power of constructive thought which is our true creative power. To understand this thoroughly I will refer to my last letter.

I told you the Infinite Self is the only Self there is. There can be no other, being “Infinite.” Therefore the Infinite Self must create everything within Himself. Therefore, “we live and move and have our being in Him.” We see then that the Infinite Self must be in you and me and is the Creative Power we have, made in His image and likeness.

Science has proved that electricity in its fluidic state is everywhere in the form of the “ether” of space. We therefore live and move in a sea of energy which we are continually absorbing and discharging again in the form of thought or directed energy to be used for any purpose we please.

In a similar way this energy is absorbed from the atmosphere by the generating station and then discharged in the form of a force we call electricity which we can also use in any way we please.

When we set in motion a thought, little do we realize that we have set in motion a current of Life into action, for we are the generators for this force we call thought.

Now as we have seen that the Universal Self is the only Self, this Self must be individualized in us. Jesus gives us the key to this when he says, "know ye not I am in the Father and the Father is in me."

Thought therefore originates in the Self and is the means of "Self-expression." If our thoughts originate in reaction to the external coupled with the emotions of fear, anxiety, jealousy anger etc., our self-expression becomes complex and complicated. These feelings surround our thought, and gather together the particles of energy which often become a solid mass of matter. Matter being energy modified, the same substance changes its form accordingly.

Through our brain and nervous system we express our feelings and those habits we form become the pattern we express, and not knowing the cause in our anxiety we set in motion the vicious circle adding coal to the fire we ourselves kindle.

"I and the Father are one" is the most powerful thought in existence when thoroughly understood. The mind is the vehicle of expression and with this inner realization there is a continuous automatic flow of pure thought flowing out towards people and things. Besides this there is an accumulated store of energy stored up in the soul and body which attracts more and more of the same energy from the Universal pool of life.

When this state exists, our thoughts are charged with this energy and have the desired effect on people and things. Jesus never forgot his relationship to the Father

therefore he was always surcharged with this Universal Life Force. His words, "it is the Father that does the work" reveals this wonderful truth.

We also saw in our last letter how one who had "quality" in personality attracted love, friends, success, health etc. Surely then a knowledge of the operation underlying human relationship is of the greatest importance to all.

"Thou shalt then have thy delight in the Almighty and shalt lift up thy face unto God." Job 22: 26. This is the inner confidence that nothing can shake, no matter what the outer may be like. The real Creative Power of the Self lies in the realization of the greater Self. "I can of mine own self do nothing," John 5: 30.

When this truth is known there is no need to be aggressive and possessive. Never argue with ignorance, that is the fool's paradise, you must stand behind the Law of Cause and Effect and see its action. When you understand the cause you will also understand the effect. Thus you are free from reaction to things and people and quickly understand the cause of the effect of which others are ignorantly afraid.

These are pertinent questions and require appropriate answers. Are you morbid and gloomy? Are you a drag upon the other person's happiness? Are you always asking others to hold you up? Do you say you are misunderstood? Are you full of grievances? Are you a grumbler? Do you always seek flattery and are affected if you do not get it?

Unless you know whether or not you are doing these things you can never deal with them properly. One must be honest with oneself and not merely skim the surface. These emotional habit-patterns are deeply-rooted in the mind, brain and nervous system but they can be eliminated by Divine reasoning and proper relaxation of brain and body.

It is unwise for you to criticise such a person for he is really sick through ignorance of the law of cause and effect.

Criticism to be of any value should be turned first against the self. Always apply this rule, it will help you to overcome your own weaknesses. This is always a safeguard against negative reaction in human relations.

We must not lose that quiet confidence gained through understanding that "the Father and I are one." Mentally transfer this feeling of peace and quiet and you will be showing a greater success to others as well as strengthening yourself.

A strong person does not vent his grievances nor does he bluster or threaten, he leaves that to the weak who wish to be thought strong. When true understanding comes you have power to overcome all circumstances.

Some admit failure from the beginning, they say, "it cannot be done." By themselves they can do nothing, but with God all things are possible. When this is thoroughly understood your condition becomes the starting point for positive action, your liabilities become your assets.

You must use this type of thinking with the Spirit of the true Presence. It offers unlimited possibilities more valuable than any previous experience has led you to imagine; a new world will open before you giving up its hidden secrets willingly.

We can profit by others' successes and failures but fundamentally we must train ourselves to use our own mental equipment freed from all outside influences.

This new education can only be acquired by becoming conscious of our mental equipment and of that which is hindering us from using it effectively and efficiently. We cannot get this knowledge via conventional education and with a mind dominated by habit and precedent or biased through conformity for it is entirely foreign to the habitual type of thinking.

It is this new type of thinking and understanding that is capable of carrying forward all the results of the past into a scheme of Life which will establish a new day for all. The world offers glorious opportunities to make a better and more enlightened world in which to live and with it will come a new kind of education for the unfolding of a material world to fit the new knowledge and understanding of our human relations.

There is but one God, one Principle of Being, one mode of action, one true reason based upon Truth, one in All and All in One.

Benediction

Through the darkness of ignorance and error we search in vain for happiness.

With our feet on the path of selfishness we become bogged in the marsh of disillusionment.

The deceiving element of desire leads us to be smothered in the bog of possessiveness. O Divine One, light our path with Thy true torch of progress revealing our true relationship to one another.

Thy beacon light shines on the Rock of Truth so that we may reach Thy everlasting Shore of Peace and Plenty through our human relationship.

MY PEACE AND LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* This is an edited version of Lecture #2 (18th April 1950) entitled "*The True Torch of Progress in Our Human Relations.*" In the book "How to Relax and Revitalise Yourself."

April 1950

My dear Friends,

This month I have hundreds of letters telling me of the monthly letters, how they have helped in every way. Here are a few extracts.

"Thank you most sincerely for the beautiful monthly letters, they are a living inspiration to me." M.R.T.

"God bless you for your wonderful Monthly Letters. The family gather round and we read them often. We are now so happy together, loving kindness permeates the home all due to your wonderful letters. Thank you, thank you." T.J.P.

"I cannot thank you enough for what you have done for us, my son has completely recovered. I refused to accept the belief that he could not live when I wired you. Your reply was re-assuring and now God has blessed me with His kindness. Thanks for your wonderful letters, they have been the backbone of my faith in God. God bless you." A.L.C.

"I have been receiving your monthly letters now since the beginning and have had them bound. What a wonderful book they have made. Our friends gather together each week and we have a lesson. Our group has now grown to one hundred and what a happy family we all are. Your letters are the most wonderful we have ever read. The real Truth stands out in them all. May God's blessings remain with you to write more wonderful letters for us." A.T.L.

I am so sorry that there is no room for more of these wonderful letters. I wish to thank you all for your most welcome letters and although I have no room to print them

in the Monthly Letter I esteem them just as much as those which I have taken at random. My letter this month is on:

DESIRE IS A LIVING FORCE WHEN USED WITH
UNDERSTANDING*

“The Eternal will answer when you call and when you cry He will say here am I.” “And evermore shall the Eternal guide you guarding you without fail.” Isaiah 58 verses 9-11.

We saw in our last letter that we use a force that is Ever-present around us and in this lesson I am going to show you how desire can be made a living force when used with understanding.

The great Truth is that the Universal Consciousness gives rise to the individual consciousness and the individual consciousness gives expression to the Universal, when this is realized by the individual.

Its Creative Genius can be used by man when man becomes **conscious in the Universal Mind**. “And it shall come to pass that before they call I will answer and while they are yet speaking I will hear.” Isaiah 65: 24.

Now, desire is a mental current laden with power set in motion by your conscious awareness of the thing desired, yet few people have yet understood the action of this wonderful power invested in man.

With this knowledge we are no longer controlled by desire. For when desire takes control the individual is often the victim and slave to his own desire.

Therefore with true understanding desire becomes a conscious energy directed to fulfil what the consciousness is aware of. But before this power can be established in its unlimited nature the individual consciousness must become aware of itself.

This is not so difficult to do if you will take the trouble to cleanse the mind by discerning all the movements therein and at the same time becoming aware of yourself doing it.

A master can produce a picture before your eyes by concentrating on the object he wants you to see. But as this takes years of patient practice I do not intend to burden you with the ways and means of how it is done. Yet, in fact, you do this daily yourselves in a minor way by the power of your desire-thought. The only difference is in the degree of awareness and the understanding of the application in the process of desire.

Mind is the only substance underlying all things, things are thoughts objectified. Suggestion proves that thoughts can be objectified upon the body, and the law of auto-suggestion has proved a great ally to the one who knows how to apply it.

The consciousness not only can manipulate the mind stuff that the body is made of but can also manipulate that mind stuff that supports the body and surrounds it. This is no idle dream but actual fact and it would be wise for you to remember it. For upon this truth depends a great deal of your happiness.

Let me show you the state of the average mind when "asking" for something. When you create in your mind an image of any particular thing that you desire you have the image of yourself having and the image of yourself not having, the image of yourself lacking and the image of yourself possessing.

Now these two images oppose each other. Ask yourself now which image dominates you. You do not get what you want, you only get the manifestation of the image that dominates your mind. This is an infallible law of the working of the mind. Whatever the consciousness is aware of so does the Intelligence fulfil.

You will say to yourself, "how stupid of me, why did I not see this before." Yes, that is the cry of most people, yet they go on repeating the error even after they have seen it. This is truly ignorance. They have not yet fully realized the importance of practising a method that will ensure success.

Only when you have the Truth deeply established within you is there fulfilment of what you want. But you must know what you want, it must not be vague and ill-defined. "Ye ask and receive not because you ask amiss." The Universal Mind is all there is and all must be in It and of It because there is nothing outside It. Therefore you desire and create in Universal Mind, and only that substance can form the image you hold for there is no other.

Desire is a great force in your lives and it is necessary that you should know its power and how to use it, for by its misuse much damage is done through ignorance of its operation in your mental and material existence.

Let me show you how the Adept is trained in the manifestation of desire. First of all he is shown that desire is a conscious energy which he must become aware of and he must feel within himself this source of power.

He consciously becomes aware of the Universal Energy as the Life that surrounds him and in which he moves and has his being and becomes conscious of the power that is behind him. The whole Universe in fact, tends to fulfil what he is aware of, and he knows that this Intelligence will work out accurately every detail.

He holds the completed picture, ways and means he allows to be worked out by that Universal mind which knows how. His desire for wisdom comes first so that the use of the thing desired should be put to the best possible advantage or purpose.

The next part in the operation of the law of desire is to take the desire into the inner chamber of the soul there to dwell upon it. Close the door and never again speak of it

except to one who understands. If you release this force in words, written or spoken, you will have dissipated the energy you have stored up. That is why many desires are never fulfilled.

We are told by the Master, in other words, desire in secret and God will reveal to us openly the manifestation of our desire.

“Pray unto thy Father which is in secret and thy Father which heareth in secret shall reward thee openly.” (Eastern text). A prayer is desire, therefore it builds its power from within. To release this energy in words, written or spoken, weakens the internal power of that stored up energy desiring release, but should only be released through the manifestation of the desire.

The Universal Mind directs its power towards the object of the desire. It can be changed or thwarted by your own actions. You must be quiet in your strength and peaceful in the manifestation, knowing that the Father does the work. This desire becomes a living force when used with understanding. Jesus said these words, “Father Thou hast already heard me.”

It is in the Universal that you are really creating. Seeing is a sense we use in seeing things that are already formed, but true desire is seeing something that has not yet come into form. When we understand the means through which it will come into form then there is no frustration. When we know what we are doing we get good results, when we do not know what we are doing we get haphazard results.

Desire and will are interlocked in the process yet both desire and will must be free from anxiety or stress. You do not will with clenched fist and gnashing teeth but with quiet confidence, neither can you truly desire with doubt, but with that faith that moves mountains. “Whatsoever you desire when you pray believe you have received it and you shall have it.”

The great mass struggle is but the effect of individual inner struggles, in ignorance of the great Truth that desire is a living force and must be used with understanding.

A new era of great prosperity and abundance will appear when this is understood and applied. At present we are all struggling in a world sick, disabled and depressed, revealing the misuse of this great power invested in man. Its effects are world-wide, revealing the deep underlying defects in the use of this great weapon which has been wielded only for the benefit of the self, with repercussions that have astounded the world. Yet the world is still ignorant of the cause.

Let your hearts be light and glad in knowing the Truth that sets man free.

Benediction

O Divine Alchemist, Thou hast formed all things by the power of thought-desire.

Teach me to desire in Thee so that Thy great alchemizing power be manifested in my life.

And out of every seed of my activity shall grow some good. Thus Thou shalt reveal Thy magic to all who desire in Thee.

May all selfish ambitions be transformed into noble aspirations.

Teach each one to desire Thy abode first, there to transform the cloak of dark ignorance into the gold and purple cloak of Wisdom and Truth.

O Divine Alchemist, then my desire will become Thy Living Force manifesting Thy will be done on earth as it is in Heaven.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #3 (25th April 1950) in the book “How to Relax and Revitalise Yourself.”

May 1950

My dear Friends,

Thanks for your grateful letters received this month from all over the world. You will be delighted to know that this Monthly Sanctuary Letter is going now to twenty-six different countries.

Since its inception the numbers have spiralled by leaps and bounds each month. More and more people from all over the world are asking for them.

Here are some of the requests received:

"I have been brought in contact with your Sanctuary through Mr. and Mrs. B.... please send me your wonderful Monthly Letter, I have never read anything so inspiring." S.S.G.

"Please send me your Sanctuary Monthly Letter. I had it sent to me by Mrs. G.... from London. I was a very sick person but after studying your Sanctuary Letter I recovered so quickly that the Doctors were amazed. I showed my Doctor your letter and he said it was the finest explanation he had read and practical. He would like the letter as well, his address is enclosed.

"Some time ago you wrote to us on Faith. Would it be possible to give us further enlightenment on this subject? Your last letter on Faith was so wonderful that I gave it to the Reverend Alexander He said it opened a new world for him. Please give us more about Faith." A.M.S.

"God bless you for what you have done. My husband has completely recovered from his illness. To think that within

a few hours after receiving your wire that you were treating him he regained consciousness and was out of bed four days afterwards yet the doctor said he could not live. Wonders will never cease. God is good. May he bless your Sanctuary a hundredfold." G.G.M.

These are just a few of the many letters received this month. I am always glad to hear from you. It is encouraging to know that so much good work is being done through the Sanctuary.

EXPANDING YOUR FAITH*

I have been asked again by many to write on "Faith," apparently my letter on Faith given some time ago had a deep effect on many readers of the Sanctuary letter and in this letter I will give you further instruction on Faith.

In Matthew Chapter 8 we read these words of the Master, "Now everyone who listens to these words of mine and acts upon them will be a sensible man who built his house on rock..... And everyone who listens to these words of mine and does not act upon them will be like a stupid man, who built his house on sand." This is true as regards the faith I will speak to you about.

Real Faith is the practising of the "Presence of God." You will readily see that you cannot practise the Presence of God and struggle with the outside world at the same time, for this is the double-mind that gets nothing from the Lord.

Struggle with the outside world reveals a belief in separation from God, a belief that God is separate from ourselves.

Have you ever thought what place God occupies in your life and schemes? You have read about it in the man Jesus, but you have never connected yourself with God in this

way. Yet only by doing so can you realize your own faith and creative ability.

When you apply this to your own life, your affairs, your body, your circumstances, you will bring into operation this self same faith that was his. This makes all things possible and God becomes a Reality in your life and experience.

We must dwell upon the faith of the Master and attribute this faith to ourselves, the law being that thoughts are things, thus we make his faith a Reality in ourselves.

When we dwell upon the unlimited nature of God, His inexhaustible resources, His Eternal Nature we make these our own, knowing that we cannot be separated from Him in anyway whatsoever.

Whatever we are consciously aware of, so is it established in our lives. You habitually weave into your minds the impression and ideas that come from the outside world through struggling with it.

If you would cease this by understanding that these are but effects and not causes, and weave into your mind what you know to be true of God, making His Presence a conscious Reality in yourself, you will find that your actual experiences would coincide with your awareness of His Presence.

Thought being the creative action of your consciousness what you then create in the inner must necessarily be produced in the outer. Thus the "Presence" would be translated into your daily activities. You will soon realize that by the practice of these instructions the faith of the Master becomes yours.

Let us look into the minds of those who are all the time struggling against sin, how miserable they become and they want everyone else to become like them. The cure of this is given in the Master's words, "resist not evil" but take hold of the Tree of Life and cease eating of the fruit of

the Tree of Knowledge of Good and Evil—the relative world.

The Tree of Life is the “Presence,” the Eternal Life, and this is behind all creation while the Tree of Knowledge of Good and Evil is what man thinks in his ignorance of the “Eternal” within himself, and so what he believes so it is unto him.

Immediately the “Presence” is realized “Faith” is established. If you are struggling to find something in the dark the struggle ceases when you bring a light into the darkness. The “Presence” is the Light of man. I am the Light of the world and he that believeth in me will not remain in darkness.” You will see that this is not merely a platitude or a saying but a direction to mankind to free himself from struggle, thus acquiring the faith that will move mountains.

Our Creative Power depends upon the power of the “Presence” in our consciousness, and “Faith” is the instrument that brings forth what you desire. Just as electricity will flow into the globe to create light so does the Creative Intelligence flow into the ideas you hold steadfast in your consciousness.

We must clearly understand what is our relation to God. “I and the Father are one.” “As the Father has life in Himself so He grants the son to have Life in himself.” All things are made by Him and without Him not anything is made. This proves that the materialization of our thoughts is made visible by the Creative Power of God inherent in us. The realization of this Truth is the basis of our “Faith.”

God is all, and the master perceived this fundamental Truth and used it. When this is established in your consciousness it will begin to reproduce its effects in the outer because the outer is but the reflection of the inner.

Thus you will see that wholeness is the secret of perfect action and the Master’s words, “wilt thou be made whole”

is proof of this fact. When you realize that you are made in His image and likeness then there is no need to struggle to create wholeness. **You are**, and that is all there is to it.

As your neighbour is yourself and in the light of this great Truth you should not hold an image of another contrary to what you would like yourself to be. What you hold in your mind about another is sure to be out-pictured in your own life and circumstances. The Master warned us, not to condemn lest we be condemned.

Now to repeat my words will not give you freedom from the effects of your own mental action. It is not what I say or what another may say will free you, it is what you arrive at through your own understanding of that which is a hindrance to the establishment of "Faith" in you.

Neither can you set one idea against another or choose according to your own prejudices for this only binds you. There must be fearless honesty in your discernment of that which is a hindrance to the power of Faith.

This Faith must be free from all prejudices and preconceived ideas of right and wrong. You must arrive at that which is unconditioned and free and you cannot make it conform to your ideas of right or wrong. For this is merely struggling with the relative, and this is not expressing the "Presence," you are merely expressing your ideas and opinions and this is not "Faith" neither is it understanding.

If you try to understand what I say to you with ideas built up from the various religious conformities which are in themselves but contradictions you will see that this background impedes your true discernment, and you are no longer able to think clearly because of your beliefs.

Neither trust you accept what I say, but examine what I say impersonally, without bias, then you will discover for yourself the immanent power of "Faith." You cannot examine, criticize or question intelligently if you are

attached to any idea or belief or if you are biased or have prejudices.

You will realize that this is not understanding nor thinking, you can only realize true Faith when there is no division, no distinction, no attachment, no bias, no prejudice. You have only to look into a mind in which these exist to see how stupid it is, and this is truly ignorance.

To approach or try to understand "Faith" through division is futile, even the idea of tolerance is but an intellectual invention which covers up the conflict arising out of false division. Where there is real understanding there is no need for tolerance.

You do not need to belong to any organisation and denomination or society to understand Faith. Faith is greater than all these. Faith is the realization of the "Presence of God" in your every waking or sleeping moment.

There can be no duality in this conclusion. Figures mean the same thing in all languages, so it is with Faith.

In the beginning you will not find it easy to acquire the mighty power of Faith, this Creative Power inherent in man. For fear and Faith have equal power in man. What you think in fear and what you think in Faith are generated by the same creative power. Think well over this, it will help you to gain your freedom from struggle.

Practise your faith after due consideration, and you will begin to see clearly how to put Faith into action and it is only by understanding the Law of Faith that this can be done. Therefore acquaint yourself with the Creator of all things then you will understand the Law of Creation through faith.

"I have come that they might have Life and that they might have it more abundantly." "It is not I that doeth the

work but the Father Who ever remaineth in me He doeth the work.”

Benediction

Loving Father bless me that I may behold Thy wisdom so that my Faith be as Thine.

May it remain with me in the light and shade of my earthly life. I was long blinded by the appearance of the outside world and failed to see Thy presence.

I looked at the flowers and the trees yet I did not see Thy hidden Spirit. Even in myself I failed to recognise Thee.

But now my inner realization has been opened, keep it open always so that Thy Presence may never again be dimmed by the appearance of things.

Let me behold Thy Presence forever though the veils of matter may hide It.

Bless me with the Power of the Christ that was mine from the beginning, so that I may behold Thee everywhere.

Now my Faith is eternal in Thee, O Mighty One. My struggle is over. Amen.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #9 *'Your Faith is Weakened by Struggling with the Outside World'* (28th March 1950) in the book "Developing Your Faith."

June 1950

My dear Friends,

I wish to thank you again for the lovely letters I have received this month. Here are just a few of them picked at random from all over the world:

"I cannot express my deep gratitude for what you have done for us. My husband who was given up by all as incurable is now out of hospital. He began to progress immediately I put his name in the Sanctuary—also the Sanctuary letter you sent last month was truly beautiful. God bless you and your grand work for humanity." S.J.C. South Africa.

"Your Monthly Letters are the most helpful literature we have ever read. You would be surprised to see how eager the whole group is to read your letter. We live for it month by month. Mrs. B..., the lady who was so ill, has recovered and is grateful for your great help. She says your letters kept her alive all these months and we are all so glad to see her around again. God bless." A.B. England.

"Thanks so much for the literature and your Monthly Letter. This is what I have been looking for for many years. It is wonderful to think that this grand Truth is being spread in so many countries. What a wonderful work you are doing." J.S.T. Canada.

"I am sending you a list of names I wish to be put in the Sanctuary. I am a doctor here and believe in your work. I first became acquainted with your work when in London last year and have read all your books. They are truly marvellous, When I feel I need Spiritual help I just open 'I

am the Life' and there I find the answer. My wife is also studying your books and wishes me to tell you that they are the finest she has ever read and what she has been looking for, for years. Many many thanks." T.S.J. New York.

This letter requires deep contemplation to obtain its true value for it is truly:-

THE WAY TO FREEDOM

The vast panorama of Nature is being constantly changed by the change in the rate of vibration. The same process is taking place in our own minds and bodies usually unconsciously according to the prevailing mental attitude we maintain. That is why it is so essential that we become aware of our mental attitude, always aware, noting the kind of desires, emotions and thoughts we entertain. If we become lost in our mental attitude we are incapable of strict examination and the result we blame on others. This only adds coal to the fire we have kindled ourselves.

If we maintain a grudge towards someone or some condition or if steeped in superstition we are incapable of deeply discerning our mental attitude, the vibrations set up within are being expressed in our lives, in our bodies and our circumstances when these conditions become manifest, unaware that the cause is within, we seek outside for a cure, with the result that we never find it for the cure must come from within ourselves.

We read books with the idea that this will relieve us. Everything we do, we do with the idea of ridding ourselves of our trouble, we read our trouble into every kind of literature we can lay our hands on. We may seek relief from others who are as ignorant as ourselves as regards the cause of our trouble and who often advise us to read certain books with the result that we are very little if any

better off than before, only to become more confused, for we substitute one cage for another.

Little do we realize that it is Life that is seeking freedom from this confusion. Many Truth students are moribund with affirmations and are not enlightened regarding the real truth of the real way to the freedom of Life. They keep on repeating words and phrases, a temporary relief may be obtained, but it is only temporary and many have found this out to be true.

Life itself is free and natural, it is the true expression of the Infinite Mind in the finite mind. If the finite mind is **not aware this**, we create beliefs, build images in our minds in regard to what our beliefs represent. We put Life into one cage after another. This only produces for us experiences which are contrary to our true nature, and then we rebel. We seek outside ourselves for some relief so we ask others for the bread of life but we are given a stone. We may accept what we are given but soon we find we have just substituted one cage for another, so life goes on in the continual seeking for freedom.

We carry our conditions around with us, we present them to this specialist, that specialist, this psychologist or that. Some specialists will give it a name, others will say, "I cannot find anything organically wrong with you, it is in your mind." The first has added to the harm already done by identifying the condition with other conditions which are known in our world of ignorance, with the result that we believe that all other aid is futile and resign ourselves to a life of misery.

What the second says is partly the truth but gives little relief to a person who knows and suffers agony with no means of eliminating the condition. So we wander along to a psychologist who looks into our minds, mistaking effects for causes, trying to find this cause and if the cause is found this ends the matter.

Still we are just as bad as before because when one devil is released without putting in the Truth, seven other devils may take its place, so we try Truth teachers, and some say: "Now I will give you some books to read." So we read our troubles into the books and become more confused. Another will say, "you do not give enough. Open your purse and give and you will be free." But this is just exploitation of the ignorant who suffer, and when we do give, we find ourselves with less, materially, but just the same in regard to our trouble.

This is exploitation in its worst form and many people are bluffed by it. But the poor sufferers still have their cages. Some may give us phrases to repeat but this is just another form of mental hypnosis which wills us into a false feeling of security from which we must eventually awake.

I hope you see the point I am driving at. It is the freedom of Life and Life can only be free when the individual; frees him or herself by knowing the Truth about themselves, by discerning that which is not true and disposing of it as we would an old coat and recognising then our inner reality and freeing it from all its cages, no matter what they may be, religious or otherwise.

Error produces error, beliefs produce only beliefs. You cannot substitute one error for another error or one belief for another belief. Life does not need any of these things. It is free and wants that freedom of expression that is seen in the little child, for such as these make up the Kingdom of Heaven—the Kingdom of Freedom.

If we are uncertain of our own judgment we instantly resort to authority and tradition. This has the effect of weakening our capacity for judgment and defrauds it of its true aim.

What we need is to become more and more impersonal so that judgment becomes freed from entanglements. To become strong and free must not appeal to authority

outside ourselves. We must take sole responsibility for all we do, then we begin to rely upon ourselves.

We must not run away from suffering, we must know what it is, then we shall be free from it, and this can only be done by a process of impersonal progressive discernment, and when we establish that impersonal outlook in ourselves we will find that we will no longer cling to authority and tradition, which are cages in which we live.

Most people are imitators. They live on second-hand ideas for the fulfilment of life. People of the same type gather together. You will notice that the greater the mass the greater the ignorance, because they have the same outlook. It is only the few who will get down to self-development, that is the only way to realize Life's purpose.

The majority think that Life's purpose is sleeping, working for material gain, eating and having plenty of amusements to drown the suffering that it brings.

The next group are those who seek relief through religion of some kind. So the great Spiritual thing in Life is standardized and the individual is smothered.

The individual is taught to want and to give but this is always a going away from oneself. It is our being we have to recognise, this is the only positive thing in us and this is what every one is seeking. To obtain it we must not depend on external things. Our wanting or giving are personal things and have nothing to do with Truth.

The majority try to buy themselves into Heaven. When we enter into this Being which "Is" we become the sunshine in which all things grow and in this Being we will find that there is nothing which is evil or good, bad or indifferent for these are relative things and we are not the subjective reality we are seeking. These things are made in man's ignorance of his true nature. We create the vibration and this produces the condition we ourselves rebel against.

This knowledge is of priceless value and by applying it we shall know what we can do. We will realize that our present physical condition and environment is the result of our thinking. Our errors are externalized by the power of the thought they engender, therefore we must examine our method of thinking.

We must remember that every thought attracts its kind and produces the vibration which we see manifested on the screen of our lives.

To make a mental picture of physical perfection is not enough, there must be a discerning of the motives and thoughts that cause these conditions otherwise we will not be free. The mental attitude which we hold will keep expressing itself in the subconscious and will show itself in the objective, sooner or later.

We may hold a picture of the perfect physical but if the mental attitude towards others and life in general is distorted then we shall not be free. The old conditions will keep cropping up from time to time. We must rid ourselves of all these things by deep discernment.

By this method thousands have destroyed all manner of physical and mental disturbances in a few days and sometimes in a few minutes.

Benediction

O Infinite Splendour, Thy call has come to me to awaken myself.

In my sleeping mind I heard Thee whispering to me. Where I am behold Thou art there also.

Since then Thy whisper has been constantly working through my soul and body.

And now I am working with Thee through Living Eternity.

O Mighty One, I am Thy trumpet so that all may hear
Thy voice and awaken with this true knowledge.

When my earthly voice can whisper no more I will still
whisper through Thee so that Thy voice will be heard by
every soul, O Infinite Splendour.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

July 1950

My dear Friends,

This month has been truly a great one. Letters from all over the world speak of the wonderful help received through the Sanctuary. Here are a few extracts:

From London, "I wish to tell you of the wonderful help I have received through the Sanctuary. My child who has been so seriously ill has completely recovered in a miraculous way. Immediately I received your cable in answer to my cry for help I knew all would be well although there was no hope of recovery. God bless you and the Sanctuary. F.S.T.

From Canada, "your wonderful letters are an inspiration to us all. We have become such an enthusiastic body of workers that people are amazed at what has been accomplished. The truth that you teach us is beyond comparison, we are all truly grateful. Your devoted students." J.C.S.

From America, "we thank God that we have been put in contact with you. The many conflicting paths which we have in the past followed are now but a dream. Our lives have been changed and the whole family bless you. Our gratitude is beyond words." M.S.A.

From South Africa, "the help you have given us is truly marvellous! The health and happiness that you have brought into our home is beyond words. My husband and family join with me in wishing you a long life to do this glorious work. F.C.

These are just a few of the hundreds of letters received this month, and I thank you all for writing me, it is very encouraging to see how much good is done through the sanctuary. My letter to you this month is: "The Voice of the Spirit." I hope that you will enjoy it as much as you did last month's letter for which I have received so many congratulations.

THE VOICE OF THE SPIRIT*

On sitting down to write this letter I opened the Bible at Proverbs, Chapter 8, and this caught my eye, "is it not Wisdom calling, Knowledge raising her voice? On the high ground by the roadside, in the streets she takes her stand, by the gateways opening to the city, at the entries, she is crying out: 'O men, I am calling to you, my appeal is to all men!'"

What we all need is an intelligent conception of our being. To live we must create, there is no alternative for this is the Law of Nature and we must encourage the Voice of the Spirit which forces upon us the full recognition of Itself. If we fail to do this we are forced into conditions and circumstances until we do give this recognition.

The noblest guide is the Voice of the Spirit, "Intuition," and it is by cultivating and perfecting this that we arrive at our goal, and when we arrive we find that we are the embodiment of Spirit Itself. Then all the little struggles, the little turmoil's and disturbances do not affect us, although they have their value they do not close out the Voice of the Spirit.

The way to cultivate the Voice is to be intensely interested in Life and in all the things around us. Imitation has nothing to do with it, we must be alive. So each one of us has to be an artist who creates for himself or herself,

because we have been thrilled with the glimpse of the Vision of Reality.

You will find that all great men and women are in themselves great teachers, they have lost that sense of exclusiveness and have gained that sense of all-inclusiveness, that makes up all Life. They embody all things and are part of all things.

It is not that we should make ourselves fit into any mould not of our own making, nor should we allow ourselves to become stereotyped following the one path, we must see all paths otherwise we become limited conforming to a pattern. This is fatal to the development of perfect intuition, yet we must never forget that we shall all meet in the Kingdom of Heaven for this is our home.

The great hindrance to the true Voice of Intuition is that we think ourselves different from other people, we treat the world outside as something apart from ourselves. So we become exclusive, thus we destroy with limitation instead of creating through Intuition.

Intuition cannot err, it is when we follow and try to copy ideas of others that we go wrong.

I can advise you of the principle involved but to have intuition you must obey the Voice yourselves, you must develop your own intuition.

Most people are hiding behind the veil that hides the Truth. They have beliefs which they cannot respond to wholeheartedly. This is being aimlessly swept along the path of another. In this way we will never find new avenues of experience for ourselves for it is we ourselves who must listen to the "Voice."

Intuition is the whisper of the Spirit, therefore to hear this Voice there must be harmony of the emotions and the mind, only under these conditions can the true Self express Itself.

We must have strong feelings of Love and Kindness, a person with no feelings is useless. It is the person who is hard, indifferent that cannot create or construct. There is no true creative ability when we are limited and bound in our own ignorance.

A great lover is never a small person, there is something wonderful in the expression of Love and Kindness. The more feelings we have the better. The idea that we should have no feelings or emotions is absurd and unspiritual.

The more we are bubbling over with feeling the better. We must direct the energy of our emotions into constructive channels. Otherwise we wander away on the bypaths instead of on the main highway.

We must go out and be adventurous, but in that adventurous spirit we must know where we are going, not wandering aimlessly along in the wake of another.

To be alive we must have our mind and emotions alive all day long, active not dormant. The Spirit is creative, It is action Itself. Interest comes to those who are truly civilized.

Even if we have been mellowed by experience and suffering through years of wrong application of our Creative Power, this should not now deter us but make us more eager, more interested, for the only way we can follow the Voice is through enthusiasm for the Whole of Life.

If we have this enthusiasm we will find that this Voice of the Spirit that is "restless" in us for experience, will become our guide and friend and the only authority in our lives. Then we will find ourselves one with all things and as we obey the Spirit so we will find that all Nature will obey us, she is virtually at our command. But first of all we must have the capacity to lose the sense of the separate self, for in separation there is limitation, conflict and sorrow.

The nearer we are to this Truth the nearer we are to the Creator of all things. It is only the separate self—this division which the self creates that stands in the way.

To hear the Voice we must be on the alert, even if we have to grope at first, until our interest and enthusiasm is awakened, then our vision will be clear and strong and the flame of genius burns within us.

A genius is one who sees his goal and whose enthusiasm is ever alive. The only struggle is to keep the vision undimmed by the petty things of Life, by family and worldly troubles. The ordinary person is smothered by the world and cannot see the way or hear the Voice. He succumbs to his environment and loses the power to create with Nature the beauty and harmony of Life.

As we read on in Proverbs it says, "O heedless souls, learn insight, O foolish folk, learn sense! Listen, for I have a weighty message, my lips open with right words, I utter what is true, false lips I loathe, all I say is honest, with nothing in it false or wrong; 'tis all plain to a man of sense, and true for those who are intelligent. Choose instruction rather than silver, and knowledge rather than rare gold, for wisdom is better than rubies, no treasure is equal to her.'

In reading this verse in Proverbs the prophet understood the true meaning of the Spirit, Life, which in Itself is everything, so the foolish separate and destroy while the wise unite with Reality to create.

Be a world lover, then we must be for everyone, only in this way can the beautiful in others be awakened. The more we have lit the light of genius in ourselves the more shall we be able to understand and serve. Service and love are the pillars we must have to make our structure secure.

When we understand the great Master and live in his world, we will also give to the world that eternal beauty that is seen from the mountain top of realization. Yet we must live in the valleys as well, because we can only be

great when we can become as humble as the babe, for there is the Life in its purity. In this may we find true culture.

We can only hear the “Voice” clearly when we have this culture, this interest, this enthusiasm. Pay attention to all things physical, mental and Spiritual; our physical well-being is the reflection of our Spiritual Being, to take an interest in the body is as much Spiritual as to take an interest in our soul, for one clothes the other, this all tends to our true culture.

We must get that perfect refinement and sense of culture, Spiritual, mental and physical, for one is the reflection of the other. It is the attitude that we create through understanding that counts, not what class we are in, or what religion we belong to or what type we belong to. These are but distinctions and divisions and are only temporary things in a passing world.

Beware of the pitfall of virtues and their opposites, either is of little value to one who is struggling. Hell and the Devil are as barren as the wilderness to a struggling soul. Remember yourself when you were struggling, what was it that helped you most? Proof of the existence of the “Presence of God” in yourself. Then give it to others in similar circumstances. Lose yourselves in others and yet retain your own vision, the Voice of Intuition.

Benediction

I hear Thy Voice calling me to come out of my dream of separation and weakness.

I hear Thee beckon me to grow and spread my wings of Eternal Power in Thee. I hear Thee calling me to realize that all is Thine and to know that all is also mine.

Thou hast created me in everything everywhere, and as I serve Thee, Thou hast promised to serve me.

Thy Voice is the delight of my heart, O Infinite One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #10 '*The Voice*' (6th October 1949) as in the book
"Developing Your Faith."

August 1950

My dear Friends,

You will be interested to know that more names have been added to the Sanctuary than in any previous month since its inception and the work done has been revealed by the many hundreds of letters of thanks received this month.

Here are two of the hundreds received this month, sorry I have not room for more in the letter.

“Words cannot express my grateful thanks for what the Sanctuary has done for us. Within one week of putting my husband’s name in the Sanctuary he got the position he had been waiting for for years.” J.C.T.

“I wish to compliment you on your June Monthly Letter. Of all the excellent letters penned by you I think this is one of the best. I was particularly impressed with your emphasis that ‘authority and tradition are cages in which we live.’ ‘Freeing our inner Reality from all its cages no matter what they may be, religious or otherwise.’

“You have been a great source of inspiration to me and, I know, to many hundreds of students. You are teaching the unadulterated Truth—stripped of all dogma or religious punching.” Dr. W.

Dr. W., I am greatly interested in your letter because I have had so many letters about my June letter, therefore this month I have written another one which in fact is deeper. The understanding of it will enable you to free yourselves from destructive reactions, thoughts, and emotions that tie you up and hold you bound in a prison

created by yourselves. Therefore this letter requires very deep contemplation. It must be read and studied carefully.

I know there are many who will not fully understand the meaning of this month's letter but if they will try and understand, free from prejudices and accepted beliefs, they will obtain more results than they would from a thousand letters of telling them something that they already know.

ARE YOU CAUGHT UP IN YOUR OWN THOUGHTS, EMOTIONS AND REACTIONS?

"Call upon me in the day of trouble, I will deliver thee and thou shalt glorify me." Psalm 50: 15.

When conditions seem severe denying them or trying to run away from them does not alter them, only by understanding can we master all conditions.

Some will say that nervous conditions exist because of our lack of control of our mind. But when you are only controlling your mind and thoughts you are not understanding, you are merely contracting and this brings suppression which is the cause of nervous conditions through fear.

You try to control your mind because you are afraid of what your thoughts may produce. Some live in perpetual fear of what their thoughts will produce for them. This is truly a lack of understanding of the Law of Creation. Your mind is a vehicle through which many thoughts pass. When you look at them as you would look at a flock of birds passing across a windless sky leaving no trace you are free from their influence. Only when you fear them do you drag them into your consciousness. "What I feared has come upon me."

What is necessary is to have a pliable mind with understanding then there is an immediate discernment of

right values. Therefore control becomes unnecessary. Controlling of the mind in this sense means limitation because it becomes dominated by the idea of fear or the idea of escape.

When ideas come into your mind you try to brush them aside, at the same time you try to focus your attention on a particular idea in opposition to the idea or thought which you wish to escape from.

You will note that is not thinking. You are merely caught up in a struggle between ideas. Thus you are causing repressions and confusion without gaining any results.

When thoughts or ideas you do not desire come into your mind do not fight with them or struggle with them, allow them to enter into your mind and discern their true value. When you receive thoughts or ideas you will notice that they are relative to you and then you can do what you like with them.

The true function of the mind is to receive thoughts and ideas without strain. Then there is peace, and turmoil ceases. Mental alertness is the state you should cultivate then you will discern what is happening. Anything that is contrary to the happiness of your fellows would then be abandoned and happiness is secured through co-operation.

Many people who think they are Spiritual are strained, they imitate and hence are caught up in struggle. "True Being" **is Living**, you do not have to imitate if you crave to be something, you will pursue your craving only to be caught up in sorrow and confusion.

It is not a question of balancing your mind between opposites where your mind becomes the battleground for conflict. Only when the mind is free from conflict can there be peace and harmony.

If your mind is caught up in desire, craving, selfishness and separation, the ecstasy of Infinite Love and Wisdom

can never be known, and whatever you seek will end in conflict.

The only foundation for true happiness is when your actions are in accordance with the highest that is within you, then your rewards are phenomenal.

When this state exists there is security, there is joy and conflict disappears. You no longer crave for qualities you think you should have or not have, you have that quality that is harmony itself.

Virtues and their opposites are but craving of the mind that is full of conflict through fear. This is separation in its most subtle form. When you are free from that bundle of "qualities" then there is no fear, no opposites, there is only love and wisdom and in Reality that is all there is. As long as your mind is caught up in false values there can be no realization of that Life in which there is no distinction, no separation, no craving, no time, no opposites. If you can grasp the true meaning of this then your action becomes pure action in which there is no reaction.

If you are continually occupied with the self, which is selfishness where there is attraction, repulsion and continual effort, then this Life that is free cannot be understood and cannot be experienced. You just put yourself in a cage which separates you from your fellows.

If you will take time to think you will see that all thought is limited by the state of consciousness of the individual who thinks. To understand that which is limitless, unconditioned you cannot have your mind burdened by the thought of the self.

If your mind is burdened with the conflict of ethics you will not understand Truth. But if your mind is no longer bound up in the self nor bound by virtues, by distinctions, by tradition and formalities then you will comprehend what I mean by pure action, spontaneous action that is free from separateness.

If you are seeking happiness then this understanding cannot be postponed. You must free yourself from false values to have enlightenment. Ignorance is not an absence of learning but the confusion and conflict of a mind that lacks true values, and the acquiring of this requires the discernment of your motives, thoughts, emotions and reactions. If you are continually wondering what is right and wrong you only confuse the issue and your mind is caught up in this conflict which prevents you from understanding the true ecstasy of Life.

If you are trying to imitate, trying to mould yourself after a pattern you only create an image of what you think to be the ultimate reality, so you carefully fashion yourself after it thereby losing the substance for the shadow.

If you imitate, then by what means can you realize this enduring happiness?—the Life that is Ever-present, this is enduring happiness. Life is not separate but is unbounded unity. You cannot understand what is enduring happiness while the mind is occupied with distinctions, self, and separation.

When you are conscious of an inward poverty you set up an authority and worship it. You want to lean on someone because you feel unequal to the task, not realizing that Life is real, that Life is Intelligence. So you look outside yourself for aid while Reality always abides within yourself, complete in Itself expressing Itself. So in your ignorance you want to shelter in the comfort of an idea.

Your mind must no longer be agitated by the worship of virtues and the horror of sin. For if you are moulding yourself after a pattern, there is fear. Fear disappears when you seek understanding, freed from the illusion of time and space which is separation.

The understanding of “Life” will always elude you if you follow the narrow path of ethics.

To be without fear you must know yourself to Be. Understand the meaning of illusions, vanities, jealousies, envies, cravings, you must also free your mind from the burden of longing, hope and regret.

If you can perceive your own emptiness and understand it, then you can dissolve it. Only in this way can there be true understanding of "Life" in the Ever-present. The ever expanding consciousness will always be the Reality while all that is external can be discerned with wisdom and understanding. The Infinite Life is ever expressing Itself in Love and Wisdom. You limit Its action in yourself through narrow bigoted beliefs, thus you prevent Its true expression in your life here and now.

By means of inspiration you supply the conditions so that the Life Intelligence can be received by the soul which becomes the receiving set and your body, brain and nervous system the sounding-board, thus the invisible becomes visible.

We do not exist as separate individuals but as units in one whole. In the Bible we read, "by the word of the Lord were the heavens made and all the host of them by the breath of His mouth."

Jesus said, "let the dead bury the dead." They were those who believed in death. If you fear death you are as the dead. The "Living" do not fear death. The dead are burdened by the past, by memory, by time. But for the Living the present is the Eternal. You weave the net of time so your thought is caught-up in it.

The "dead" seek Life but Life cannot be found in the belief of death. The Timeless has neither beginning nor end. The self, the maker of time must yield itself to the Timeless.

"I and the Father are one," this reveals the Ever-present, the birthless, deathless, timeless. Oh, if I could only make you "see"! It is not by constantly asserting that you are

whole that you become whole, such repetition is but self-hypnosis. To gain freedom, wisdom and love there must be true understanding and a knowledge of the self, not mere repetition that drugs the mind.

“I of myself am nothing, it is the Father who ever remaineth within me, He doeth the work.”

Benediction

O Divine Nature, Thou art the essence of my soul, my wanderings in the forest of doubt delayed my understanding of Thy Presence.

As sleeping sons and daughters of God awaken, so does my greater self awaken more and more.

Sons and daughters of God understand that they have everything the Father has. “I and the Father are one.” This realization gives dominion over all things even as the Father has. This is my Birthright, O Divine One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

September 1950

My dear Friends,

Thanks for your many letters of thanks for the work done by the Sanctuary. It is a great inspiration to know that even so-called incurable troubles have been completely cured.

You must remember also that the help you give is largely responsible for your freedom from pain and suffering and the letter this month will help you to understand this more and more.

Here are just a few extracts from the hundreds of letters received this month.

"Your monthly letters are an inspiration to us. The whole family has become Sanctuary-minded with the result that there is now no sickness and no complaints. The home is full of love and what a joy it is to live. Our gratitude is beyond words. Thank you, thank you." F.R.S (Cape.)

"I can only begin my letter by saying God bless you and the Sanctuary for the wonderful healing I have had. My doctor was amazed at my recovery. When I showed him your Monthly Letter of June, he said it was the most wonderful thing he had ever read. Please send him your Monthly Letters, his address is enclosed" M.R.C. (Free State)

"I cannot express my gratitude in words for the Divine work done in our family. At one time the home was full of strife, now it is full of love and understanding. God bless you and the Sanctuary." C.R. (Johannesburg)

“I write to report that I have been completely healed of bronchitis and discharge of blood, an ailment given up by everyone. It is indeed a miracle to me and all who saw me during my illness.” T.A.O. (Nigeria)

PROVE YOUR FAITH BY YOUR WORKS*

“Thy Faith hath saved thee, go in peace.” Luke 7: 50

To sustain our faith we must use it otherwise it dies in us. To realize what Faith is we have to see clearly our oneness with the Creator of all things, “the Father and I are one.” In this way the Creator works wonders through us. The more understanding we have, the more His power is revealed.

The Master says, “it is the Father who ever remaineth within me He is performing His own deeds.” Action is needed on the part of the individual who is acquiring faith. In James 2: 14 we read, “what does it profit, my brethren, that a man say he hath faith and have not works ...” “Even so faith, if hath not works is dead, being alone.” This means that to have Faith only and not use it then it dies in us. It is the use of Faith that keeps it alive. “Yea, a man may say, thou hast faith and I have works. Show me thy faith without thy works and I will show thee my faith by my works.” “.... But wilt thou know, o vain man, that faith without works is dead ... Ye see then how that by works a man is justified and not by faith only ... for the body without the Spirit is dead. So faith without works is dead.”

If you say then that you have faith, prove it by your works. You are known by your works and not by your faith only. This is the all important point in this letter. Action is needed to prove our faith.

We do not have to solve Life, we have to experience Life and the right way to do this is through action. We have to

train our minds to refuse suggestions from without that are contrary to the power of the Spirit that is Life and action. Without action you could not be alive now, for God formed you and me and is ever active in us **now** and now is "Eternal."

With this Cosmic wisdom resident within your own consciousness you can back every action without limitation of any kind, when you know this to be true. The prophet says, "he who cometh to God must believe that **He is.**" And the Master shows us that God is within us, waiting to come into action on our behalf and there can be no mental distance between yourself and the Creator, "What is Mine is thine."

Now move into action knowing: that God is now active within you and your affairs. You must be ever watchful lest your mind be caught up in the manifestation and lose the realization of the living Presence that is manifesting in you. For if you lose the realization of that which creates, that which you create turns to ashes. "It is the Lord thy God that giveth thee all things."

We are allowed to ask whatever we will and are given the assurance that it will be granted provided we play our part in the receiving. When we expect a meal we must sit at the table. We must arrive at the definite and permanent conclusion by our reasoning that God is present within us now, before we can act intelligently.

If you start out with certainty and then fail to continue in that certainty because the thing has not come about as you planned, then you do not understand that the Divine Intelligence is active in your affairs. The mind must be trained not to turn away but to know that the one Supreme Infinite Intelligence is ever active and **knows how**. The Intelligence that is greater is acting on your behalf.

This state of consciousness keeps the mind open so that the Creator can work in you to bring about the fulfilment of

your heart's desire. But you must keep the consciousness open to the "greater than I" that is Ever-present in your affairs. Just wherever you are there He is. If you can be conscious of this even when things seem to go wrong you will prove your faith by your work.

In your daily tasks remember you are never alone. God works with you for you can never be apart. If you will listen He will show you what to do, and He works with you. It is a grand, grand story and is the truest and most magnificent story ever told.

So open your mind to His Mind so that your greatest Friend can help you for He knows how. Even if you do not understand all, He will bring about things in the perfect way. This is the mental attitude you must have about your problems. If you are at peace about it then the work will continue. But if you think that God has forsaken you because you do not get what you want, the mental attitude deters the perfect manifestation whether it be a desire for health, happiness or abundance.

"Acknowledge Him in all thy ways (actions)," is the secret of greatness, for He alone is great and He shall make you great also if you will but believe. Forget the self for the self always stands in the way, then your works shall prove your faith and only by your works are you justified.

The mind of man has not yet dreamed of all the good things the Father has prepared for those who love Him. To love God is to love your neighbour. If this Love is not in you how can you expect good things. Jesus said, "Father forgive them for they know not what they do." "As much as you do unto one of those so you do unto me."

Faith is built upon constant awareness of the indwelling Presence of God everywhere. This will give you the power to create without limitation because you will be constantly alive in Him.

In I John 5:14-15 we read, “now the confidence we have in Him is this, that He listens to us whenever we ask anything in accordance with His will; and if we know that He listens to whatever we ask, we know that we obtain the request we have made to Him.”

Jesus and the prophets reveal God to man by their works, by their sayings, by their miracles, using them as a means of opening the door of the Kingdom of Power and instructing us to use the laws and methods they used so that by doing so we shall do even greater things. By their works they proved their faith, by our works we shall also prove our faith.

We are all immortal now at this very moment, there is never a cessation of activity in the Infinite God and we are moving in Him Who made us like Him with power to become active in co-operation with His will.

The Spirit of God is embodied in every living soul, this is the Reality in us all. This is the foundation of our faith. There Love dwells. This is the Supreme Power of the Infinite God, for God is Love. Every part of space and every instant of time is in the Eternal Now.

Since the Universe is governed by Love, Love is the perfect law. This Love acts on your behalf and opens the prison doors and sets you free. You may not know how it is done but it takes place in the Cosmic Presence that is “greater than I.” The realization of the Indwelling Power of the “greater than I” becomes the magic power that carries over the stormy seas into quiet waters and beside green pastures. It soothes the doubting and troubled heart, it sustains our faith that produces works. In all humility we say, “in Thee, O Father of Love, I dwell. I am protected by Thy eternal Love for me.”

All great achievements are gained through action with faith. If you wish to accomplish, you must be up and doing, no matter what obstacles beset you, and there will be many,

they cannot defeat you when you realise the Indwelling Presence of the Omnipresence.

The unknown must be faced with confidence. On the uncharted seas make the Infinite Intelligence your guide. Scarred with experience you will rejoice in your faith that has been proved by your works. All is well with him who works with Him, who knoweth all things.

All the great of the past call to us now to free the spirit of adventure that is latent within us and through our action in faith we will be about our "Father's business." We shall forget our little selves, this is the only way, we must lose ourselves in others yet retain our own vision.

It makes no difference now what you are or where you are, you will have found the one thing in which you can live forever, now you can make others feel and live happily. This is the key to Eternal bliss, You will have proved your faith by your works.

Benediction

O Divine Mother, I was a babe in swaddling clothes unable to talk or walk.

I bleated in ignorance of Thy Divine Nature, but as I grew up I found myself.

In the realization of my birth Thou didst open my eyes to the glory of Thy Presence.

The Voice of Wisdom was heard deep in my soul and there in the crystal Pool of Peace Thou didst show me my face to be like Thine. Now even if I roam in the world of experience I will seize these vexing perplexities and timid fears and banish them forever.

O Divine Mother, Thy all-conquering Wisdom is mine for Thou hast shown me that what is Thine is mine, Beloved Mother of Mine.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #6 (7th March 1950) as in the book “Developing Your Faith”

October 1950

Dear friends,

You will be pleased to know that the Sanctuary is now working in thirty-two different countries. People from all parts of the world are writing for help and, as usual, hundreds of letters are received full of grateful thanks for what is being done for them and others. I wish to take this opportunity of thanking all who have written in. I would like to print these, but you will realize that this is impossible. Here are just a few extracts:

“Your monthly letters are an inspiration to all of us. The good they have done you will never realize, words cannot express our gratitude. Please accept this donation towards the work, very small indeed for the many blessings we have received from the Sanctuary.” F.S.C. England.

“I am so grateful to you for your wonderful help. My son has completely recovered and is back at work, all within ten days, while before his life was fading away. God bless you and thank you.” C.J.M. South Africa.

“Oh, could I write a letter to thank you for the wonderful help you have given to my husband. He is a changed man and the home is now a happy dwelling place. God bless you.” K.S.T. Rhodesia (now Zimbabwe).

“Many many thanks. Words cannot explain how grateful I am for your wonderful help. The hopeless situation in our business has completely disappeared. The power of the Sanctuary is truly wonderful.” S.T. Switzerland.

“Your monthly letters are too wonderful for words. How we look forward to it each month. We have a group of about

one hundred now and I read the letter when it comes. As you can realize our first meeting of the month is a very full one. God bless you and the Sanctuary." C.M.F. Canada.

"I have been greatly helped by your lovely monthly letter. My health has been completely restored. In the past I have suffered from asthma and bronchitis, now it has completely gone, due entirely to my changed attitude towards Life through your wonderful Truth. God bless you." A.S.C. Australia.

The theme of my letter to you this month is:

JESUS TAUGHT MODERN MEDICINE IN OUR DAILY
LIVING*

"O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge?" Prov. 1:22 (Moffatt)

We have already come to the realization that thinking is creative. Yet we must become conscious of that which creates, for thought is but a product of something else which is greater, which is eternal.

Thus you will see that if you are continually fighting your work you are only fighting yourself. When you struggle, you only create habit-patterns which out-picture in your body and mind, the reason is not far distant but right within yourselves.

Do you know that when you realize fully the oneness of all things you can begin to express the unlimited resources of the Universal Mind, that Master Mind that controls and directs all things large or small.

The consciousness of the Universal Mind must be the same consciousness in the individual mind made in His image and likeness, for there can be no other, being Infinite.

This must be realized before it can be a reality to you. For this alone sets in operation the process of creative genius which becomes automatic in nature and grows with understanding. Thus we realize what the Master meant when he said, "Love your neighbour as yourself."

When we hate our enemies we are giving them power over us, over our sleep our appetite, our blood pressure, our stomach ulcers, our health, our happiness. Your enemies would dance with glee if they knew how they were worrying you to death, how they were turning your days and nights into turmoil.

If selfish people try to take advantage of you in your daily business or daily tasks just cross them out of your mind do not try to get even with them you only hurt yourself more. Remember the Master's words, "the least you do unto one of these so you do unto me." In other words it means the least you do unto one of these you do unto yourself.

It has been proved that in 90% of cases of hypertension, in other words, high blood pressure, the cause is chronic resentment and in many cases causes heart trouble.

Here we have the habit-patterns externalized on the body. So when Jesus said, "Love your enemies," he was not preaching ethics which so many people believe, he was really practising twentieth century modern medicine.

When he told us to forgive seventy times seven he was telling us how to prevent high blood pressure, stomach ulcers, heart troubles and many other ailments.

A person came to me some time ago with a complaint which she had over four years which defied all treatment.

She had had the usual X-rays etc., and all the rounds of specialists without result. When I told her as soon as she would forgive her sister and become friends the trouble would cease, she looked at me in amazement and said, "how do you know that I hate my sister and her husband?" I said, "by your complaint." She said, "if you only know what they did to me," etc., etc. I said, "go and read what the master said about this kind of thing."

After a week or so she returned to see me, practically cured, everything forgiven and forgotten. In a fortnight the whole trouble passed. She was completely cured.

Jesus was right, he was 2,000 years before his time and today people cannot see the wonderful truth in his sayings. when he said, "Love one another" he was telling us now to improve our looks.

I know a woman who is so envious and jealous, her face has become haggard with wrinkles, a comparatively young woman looks a hundred. Although she tries to patch herself up with creams and powder the disfigurement still shows through.

All the beauty treatments in the world will not improve your looks if you harbour enmity. The best beautifying treatment is the heart full of tenderness and forgiveness.

Hatred, antagonism, resentment, all these destroy our ability to think, to work, to create. You must get along with your fellows, you can prevent an inharmonious atmosphere if you will always remember the Law, always make the other fellow feel important. Again Jesus' words come before me as a guide, "do unto others as you would have them do unto you."

Your enemies would gloat over the effect they had on you by your hating them, making you tired, nervous, ruining your looks, giving you heart trouble and shortening your life. Therefore to love your enemies is not a principle of ethics but the law of self-preservation.

If you are not saintly enough to love your enemies you can for the good of your health and happiness at least not hate but forgive and forget.

If we do not forget, than we are liable to kindle a smouldering fire that destroys our health, happiness and ability to work efficiently. I must remind you again that this is not a letter on ethics but a lesson for your daily living.

“Where there is a will there is a way,” the will is not something that we have to create, it exists as the motive power behind all Creation and when we become aware of our oneness with the Whole it operates automatically. But we cannot have this will unless we forgive. Remember when you forgive others, you forgive yourself.

To be able to forgive, we must become big in ourselves. We must become absorbed in something infinitely bigger than the narrow centred self. Then insults and enmities which we encounter will not matter. We will become oblivious to everything but our cause.

Jesus was absorbed in the cause of humanity and he is still the greatest figure in the world even today. The insults hurled at him by those who should have known better did not disturb his calm interior because he “KNEW.”

“O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge.”

Great men will always be denounced and insulted but they are too wise to retaliate. Take some of the great men of the past and present, when they are attacked and abused they smile for they know, “a smooth tongue turneth away wrath.”

Listen to these words, “Love your enemies, bless them that curse you, do good unto them that hate you and pray for them which despitefully use you and persecute you.”
“....so that you may be children of your Father which is in

heaven." This will give you the peace that millions have sought in vain by other means.

Getting along with your fellows is part of your regeneration. Then, "do unto others what you would have them do unto you." You want the approval of others with whom you come in contact. You want recognition, you want at least a feeling of importance, no matter in what capacity you are at present engaged.

No matter whether your world is small or big, the same rule applies. No one wants cheap insincere flattery but you do want appreciation, so give unto others what you would have others give unto you. When and where, you may ask? My answer is here now, and everywhere. When your mind is trained to see the beautiful in Life you will soon become beautiful too.

A true "thank you" and mean it, for the smallest service will pay big dividends. When you have said something nice to someone which makes them happy does it not also make you happy? In fact it makes the whole day brighter and better.

A few words will make all the difference. Try this out some day and see what happens. When someone does you a turn say, "how charming of you." "How nice of you. You are really a kind person," etc. These act like oil in the cogs of the daily grind. No matter if you see that person daily it makes no difference. Others will like you, and you will soon begin to like yourself.

"He is like a tree planted by the stream that bears fruit in due season, with leaves that never fade; whatever he does, he prospers." Psalm 1: 3 (Moffatt)

Benediction

Thou rarest of Hearts, amidst the prejudiced minds and bitter hatreds thou hast shown us how to treat insults, how

to forgive others their trespasses against us.

Thou didst shed thy Love upon all with equality, and show us how to become attractive and sweet with loving kindness.

Thou didst love the stray as much as the good. Didst thou not say leave the ninety-nine and go find the one that is lost so that the fold would be complete.

Thou hast taught us how to free ourselves from self-torture and remorse by loving all who love us and loving all who love us not. Thank you, Beloved Master.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #6 *'Jesus Taught Modern Medicine and Occupational Therapy'* as in the book "How to Relax and Revitalise Yourself."

November 1950

My dear Friends,

Let me again thank you one and all for your lovely letters to me this month, I feel it a great joy to be of such service to you and hope that your faith will grow through understanding.

Here are some extracts from the hundreds of letters I have received this month:

"I am so glad to tell you that my son has completely recovered. Your letters have been an inspiration and power in our trial. To think that his life hung in the balance. Our faith in God and in you has done wonders. The doctors at the hospital told me that it is a miracle, nothing less than a miracle. Thank you." F.C.H. Natal.

"Thanks for your inspiring and comforting letters, we can never thank you enough for showing us the true path. The Minister of our church is very interested and has read your monthly letters and would like to have them each month. He is a very advanced soul, full of love and compassion. God bless your wonderful work." J.C.T. England.

"You call us 'my dear friends.' It is wonderful to be a friend of yours, we are continually singing the praises of the Sanctuary for the wonderful help we have received. Your ever grateful." M.S.C. Transvaal.

"If I could in words tell you what I feel, it would be a joy to me. Your letters and help have been more than I ever expected. When I cabled you I had no idea what would happen, but next day my mother got up out of bed and has

completely recovered. The doctor says that her heart is normal and he cannot understand the sudden change. God bless you and keep you safe is our prayer each night." J.C.M. Australia.

"Although I cannot understand the wonderful thing that has happened to me since I started to read your monthly letters it is all too real. My fears have gone, my constant pains have disappeared and now I know that God is with me always. Bless you, dear friend." H.C.K. Cape Province.

THE INFINITE HAS MADE ME TO BE*

"In the beginning was the Word and the Word was with God and the Word was God All things were made by Him and without Him not anything made that was made, ... and the Word was made flesh and dwelt amongst us...." St. John I: 1,3,14.

When we incorporate this truth in our daily living our opportunities increase a million-fold and it takes praying more and more out of the realm of speculation and gives expectation a logical and reasonable foundation. Thus we are reminded of the Master's words, "when ye pray believe ye have received and you shall have."

Most people seldom think of what they have but of what they lack. This is the greatest mistake that man can make, in fact it is a tragedy. It has caused more misery, more mental anxiety than anything else, in fact has caused more physical troubles than all the diseases in the world.

The Universe is full of wonderful things patiently waiting for us to use them. This reminds me of the Master's words, "if you have faith as a grain of mustard seed ye shall say

unto the mountain remove hence to yonder place and it shall remove and nothing shall be impossible unto you." Faith is a mental activity that is kept in one direction until the finished product is established.

In this way our images are fortified against the destructive attack made upon them by doubt, worry, fear, apprehension. It allows God to operate in our affairs, which promises satisfactory fulfilment.

The formula I have created is, "day by day in every way God is making me better and better." Now this is a truth, for the Divine Nature is always working in us for our good. When we discern our adverse thinking in the light of this truth it tends to dissolve away, for error and truth cannot exist at the same time.

Fear is soul-murder and when we know the truth fear dissolves away. No wonder Jesus so repeatedly told us to, "Fear not," "Be not afraid." He knew the penalising effect of fear upon every organ of the body. He knew how it deranged the whole system, how it caused stomach troubles, the stomach becoming paralysed with the effect of fear.

He knew how the fear of lack affected his disciples for he taught them to pray believing that they had received and they should have. This same truth will banish fear from the mind of man today. When you challenge these oppressors of the soul they will disappear like mists before the rising sun of faith. These fear thoughts are the enemies of man's peace of mind. But man alone gives them power and as man has made them so can he dispel them. We must be careful not to allow our consciousness to be caught up wholly in our fleshly garments but to understand the true nature of the mind and body.

We are told that in Divine Kind there is the Divine Consciousness, the Director, the Divine intelligence fulfilling the direction of the consciousness, and the Divine

Substance in which all forms take place in all planes, Spiritual, mental and physical.

Consciousness, Intelligence and Substance co-ordinating in perfect unison reveal the Life, organising the atoms, cells, organs into the complete body which is the Temple of the Living God and keeps it in repair according to plan. What we have to do is to discern adverse thoughts and emotions that interfere with the Divine creation and, discerning the errors in the mind, we dissolve them.

In this higher knowledge we do not repeat hundreds of mantrams that cloud the mind as they generally bring up their opposites. For when you say, " am well," there is something that rises up and says to you, "you are not well." If you are ignorant of the truth it is better for you to say, health, strength, life, love, wisdom, thinking of these qualities in the abstract way.

This was brought home to me very forcibly when I visited a dying man. He was trying to hold on to his body by repeating sayings and what little strength he had was being used up. I said, "what are you trying to do," and he said, "I am trying to live." I replied, "stop saying these things because you are only creating a struggle within yourself. Just breathe easily and deeply and know that breath is Life." As he started to breathe he lost his fear and life returned to the body. Had he kept on with his mantrams he would have surely passed on.

Another case of mantrams was when a New Thought student became very ill. She said, "I have repeated every saying I can think of but I am getting weaker and weaker, what more can I say?" I told her also that she was struggling inside her mind. Life was real, just breathe it in and know all is well. She also got well, but had she kept on with her mental struggle she would have passed out. There are hundreds of such cases that prevent the Spirit from

acting naturally because of the struggle that goes on in the mind.

The action of Life is like a chemical reaction in the substance which blends atoms, molecules and cells and manifests Itself in the form of a body. A continuous animation of numberless reactions is kept up. This is the action of Life yet Life is Infinite in nature and supreme. "I am the Life," the Master says, and this is the same for you and me.

We must remember that every mental state has a corresponding physical state. Change of mind means a change in the body, sorrow causes tears fear causes the body to tremble. When we elevate our minds through understanding we free ourselves from many of the perplexities that haunt us daily. We will find that heaven is in the mind, for thoughts make us miserable or happy. Jesus says to us again in twentieth century language, "the Kingdom of Heaven is within you.

Then, "count your blessings one by one," is our greatest asset, it creates mental harmony. Ask yourself, would you sell your eyes for ten thousand pounds? What would you take for your two legs and your two arms? What would you take for your children, your family, those you love and those who love you? Add up your assets and you will find that you are richer by far than if your coffers were filled with gold and diamonds.

I could tell you hundreds of stories of people who have made themselves over in a short time, just by being themselves. The problem of being unwilling to be yourself is behind many failures, many headaches, many neuroses, and inferiority complexes. The craving to be something that you are not makes you a second-rater. There is a saying that to copy another is the essence of flattery to the one being copied, but to the one copying it means disaster.

You cannot get anywhere playing the ape or the parrot. This is the safest advice that I can give, drop at once trying to be someone else and **Be Yourself**, and you will be a success. Never mind the other fellow. If his actions and ways intrigue you, they are not for you. **Be yourself**. No one wants a counterfeit coin. God has made you the way He wanted you to be, this is to be yourself.

Do not waste years of your life trying to imitate, you are original yourself and it is originality that succeeds. With all your faults, with all your mannerisms they are yours, and there your true experience lies.

In this way we progress towards the unbounded Reality of our existence. We recognise Nature's majestic handiwork of something infinitely greater that overwhelms and transcends our finite conception. Yet within each one of us is the Spiritual essence, a latent power with unlimited possibilities. Then let us find ourselves, and be ourselves, as He made us. With this understanding we will progress from victory to victory.

We will yet unwrap the material cloak that hides the perfect creation, made in His image and likeness.

There are many who come to an understanding of this mighty power within who make serious and conscious efforts to realize health and happiness and abundance, yet they seem to be unable to bring the law into operation, this is because they concentrate on the external and miss the point that in the mind only, can conditions be created. It is not always what you want you get, you must build up within. "Seek ye first the Kingdom of God and His righteousness and all things will be added unto you."

We must first find the Kingdom within so that we can attract, build, materialize in the external. The Power is within, the Way is within, Wisdom will disclose the source of all power.

When we seek Wisdom we become creative, when we express Love we become dynamic, the greatest gift God gave to man was to create within himself first, then the external world would respond because the outer is the expression of the inner.

“Truly, truly I tell you the son can do nothing of his own accord, nothing but what he sees the Father doing, for whatever He does the son also does the same.” St. John 5: 19.

Benediction

O Perfect Love, I am Thine and Thou art mine, so we are one.

Thy Flame of love has consumed me in its allness and abundance of Thy mercy and loving forgiveness.

May all souls on earth worship at Thy Shrine of Love to be purified in Thy Cosmic Crystal Pool of Thy Love. Help us to forgive one another as Thou hast forgiven us.

That we may love one another as Thou lovest us and then all souls may be strung together as pearls with the one Spirit of Love, O Perfect Love.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #8 (5th December 1950) as in the book “How to Relax and Revitalise Yourself.”

December 1950*

My dear Friends,

Loving greetings to you all! My earnest wish at this season is that you may have peace, love and abundance now, and in the years to come.

All over the world at this time millions of people are preparing to meet and rejoice. There is a feeling of goodwill, a desire to give, a desire to make others happy. There is a fever of delight, inspiration and goodwill welling up on the approach of Christmas.

The shepherds heard the heavenly host sing, "glory to God in high Heaven and on earth, peace and goodwill to all men." These shepherds were men of deep understanding and had practised all their lives communion with the Spiritual realms, for their calling had developed gifts that are latent most people.

The wise men with their gifts stand before Mary with her child in her arms. Motherhood is lifted to the highest pinnacle of human thought. The Christ is born through woman and the great truth is revealed through woman, that in every child born there the Christ dwells.

Those who believe and those who do not believe agree on one thing that on this Christmas night long ago in Bethlehem the vision of goodwill towards all men shone out over the world.

Although the world is far from the perfect vision of a world ruled by "Love" where man loves God with all his heart and his neighbour as himself, yet this overflowing Fount of Living Water is offered to mankind as a free gift

leading to Eternal Life and liberty now, just as it was on that Christmas night in Bethlehem.

This babe, destined to become the leader of all men entered into a world torn with strife, separation, greed and dishonesty and although man has not thrown off these self-imposed shackles that bind him, he can still raise his eyes to see the Star of Bethlehem still shining as gloriously as it did on that first Christmas night. Not only is it still here but is brought nearer to us by the Love and Faith of the Man of Galilee who showed the way. His faith was his realization of his oneness with the Father of Love, and as the Father always did the work, that work was always done in a way that would benefit the individual most.

This knowing of the Master proved that his faith was not put upon any individual agency but untimely in the Father who resided within him, not as something apart from him but the very nature of God was in himself, so that whatever he asked believing that he would receive, so he should have. And the same message he gives to us, when we also believe as he did, "whatsoever ye ask, believing ye have received so shall ye have."

Lack of understanding is the cause of our lack of Love and Faith. When we love we are on the crest of the wave that carries us on to fame and fortune. Faith is absent where there is fear of not having, this sense of not having is the seed of doubt and fear. But when we know that it is our thought that reproduces itself we see how necessary it is to follow in the Master's footsteps.

In the Life of Jesus this truth was lived out completely. He showed in terms of simple beauty that all may follow, so that all may reach the pinnacle of perfection that he reached. Yet today we look over a world that is suffering from the scars of war and strife and still the world is quarrelling over the way it should live.

It is evident that the world has failed to understand and practice the teaching of the Master. Instead of realizing the oneness of all Life, so simply expressed in the Master's own words, "I and the Father are one," those who follow him have set up an image of Jesus as a form of worship instead of applying his teachings in their lives. By doing so they have put Jesus and all he stood for far away, quite beyond their reach.

Mankind must clear away the fog of this illusion before he can claim his true birthright shown again in the Master's words, "call no man your father on earth for one is your Father who is in heaven." In the light of this truth the miracles of two thousand years ago are possible today.

We must all realize that great truth the Master gave in simple language for all to understand, that this Truth would set us free. Through ignorance and craving, man has turned away from that ever-flowing Font of Living Water offered to him as a wonderful free gift from God leading us to eternal bliss.

Have we not all the world over erroneously exercised our Divine Gift of free will by disregarding the gift of eternal Life and Love, and we are now nearing the point where we touch the darkest depths of our own self-created misery. But this is the point where we perceive a gleam of light as we raise our eyes and see the Star of Bethlehem still shining as gloriously as it ever did. That Vision of Perfection is still with us and becomes nearer to us and clearer to us as the effect of our own folly is discerned with understanding.

This Divine Wisdom is always with us if we will but use It, "for in Him we move and have our being." Made in His image and likeness we have also been given His free will to choose. Thus we learn through experience, and as long as we do not allow experience to deprive us of our true birthright we will know the meaning of his words, "all is

possible to him that believeth," for the Divine Creative Power is inherent in us all, "what you gaze upon, you bring forth."

The Divine Light shineth in the darkness and the darkness cannot overcome it. This Divine Light of Love and Faith does not leave man alone but surrounds him even in his darkest hour. It was this that Jesus showed us so clearly in his last moments on the cross, "O Father forgive them for they do not know what they do."

The world has reached the stage in mental and scientific development where Spiritual understanding must serve the greater purpose. Failing this, mankind could destroy itself on earth through separation and ill-will. Yet by unity and goodwill, as demonstrated by the Master, mankind can reach a pinnacle unheard of in the ages past.

We have reached the stage also where we become our own evolution and it is up to us all in the world to reach out to the Star of Bethlehem and make it a reality in our lives by translating the Christ that is born in us into our everyday life here and now.

Here are some of the Master's words that I have selected for our enlightenment. "Let not your hearts be disquieted, you believe, believe in God and also in me." "If you knew me, you would know my Father too, You know Him now and you have seen Him." "These words I speak to you all I do not speak of my own accord, it is the Father who remains in me who is performing His own deeds." "Believe me I am in the Father and the Father is in me." "Truly, truly I tell you he who believes in me will do the very deeds I do and still greater deeds than these."

The effects we suffer from today are but the causes of yesterday and no matter how we treat these effects, it will not cure our troubles. Nor can we separate ourselves or close our eyes to the conflict that is going on in and around us, for we are ourselves the cause. What the individual is,

so is the world. The trouble of the world will pass when the individual ceases to add to it.

The light of the world is essentially individual in character because the individual must see the light before it can be established in the world, for the individual is the world. Therefore we must live by example and not by preaching.

The world today is divided into two armed camps, both are seeking advantage, antagonism is at its height, any moment a spark could set alight the powder magazine. We cannot have that lasting peace by threats of atomic bombs nor can we obtain it by looking down the barrel of a gun or at the point of a bayonet. Only by the free systematic unselfish co-operative tackling of the causes of war, strife, and misery can these be eradicated.

It is only when we can love each other and have faith in each other instead of hating and fearing one another can we hope to banish our self-created misery.

To the younger folk I would say, yours will be the responsibility to make a real contribution towards a better order of things. Become world citizens and direct your brain power and efforts towards security and freedom for all humanity by harvesting the world's assets for the constructive use and benefit to serve mankind and not for enslavement. Let your love for one another dominate all your actions. For love is that strong vigorous manly expression of the Christ character. Time does not change men, will-power does not change man, only the Christ Character can do that and this is your opportunity. In the years ahead the world looks to you for security and happiness.

You must then not waste time trying to patch up your old mistakes in thought and action but see the Light that shines in the darkness and which the darkness cannot overcome. Then nothing will stand in your way. True

happiness only comes when this is found in yourselves first and the only instrument you can use in the process is true Love and Faith.

Action is needed, nothing can be done by just thinking about it. We must each be fired with that Divine dynamic purpose devoting our energies to constructive work, individually and collectively, to make our brotherhood complete. We must first begin with ourselves in our immediate surroundings, our homes, our associates, our business and in our everyday life. Above all let us be practical about it and not merely theoretical or visionary.

Now is the time, there can never be a tomorrow for tomorrow never comes. Now is the time for constructive work to be done in the individual and the nation. Only Love for our neighbour and Faith in God and ourselves can bring that peace and happiness that all are seeking.

Jesus lived to make men free, then let us follow the Star of Bethlehem, that Light that shines in the darkness and in our hearts, we will utter these words of the immortal poet Robert Burns:

“It’s coming yet for a’ that
That man to man the world o’er
Shall brothers be for a’ that.”

Yes! LOVE **is** the greatest thing in the world and the **Star of Bethlehem still points the way.**

Benediction

In the Garden of Humanity there blooms eternally a flower of great beauty and the aroma spreads all over the world.

All those who look upon this flower are no longer the same, they feel the fragrance of Love that overwhelms them.

Deep wounds of hatred no longer exist when the seed of this flower grows in the soul.

Those sweet words will also fall from our lips, "O Father, forgive them for they know not what they do."

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* A Digest version of Lecture #10 *'The Star of Bethlehem'* (13th December 1949) as in the book "Developing Your Faith."

1951

January 1951

My dear Friends,

Thank you so much for your many letters of good wishes for Christmas and the New Year. I feel that now I have many, many friends and I want you to know that you have a friend in me that will do all I can to help you.

I want you also to remember that there are a host of spiritual helpers helping in the Sanctuary work and even if you are far away and time is precious you can tune in to the Sanctuary and ask for help and it will be given. Many of you have found this to be true to your great surprise.

More and more letters are coming in each month with grateful thanks, not only for the help received but for the Monthly Letters. I feel indeed pleased that these letters are doing such good work among the thousands who receive them.

Here are just a few extracts:

"Your letters are an inspiration to us. How we look forward with delight to receiving them each month! Thanks for the help to my mother. She has completely recovered when it was thought she would not speak again. Not only has her speech come back but she is moving about quite well. Thanks ever so much." J.S.

"God bless you and the Sanctuary for the wonderful help given to my child. You will remember I asked for help when he was severely injured in a motor accident. At first, amputation was suggested. Then I received your letter to say not to amputate but to trust in God and now to think that both his legs are completely cured is a wonderful

revelation to us. How wonderful is the work of the Sanctuary." M.S.C.

"Thanks! My words can never express what I feel. Our home is like heaven, the happiness we have received through the Sanctuary and your Sanctuary Letters is beyond words. God bless you." C.J.C.

"Your Monthly Letters are looked forward to with anticipation of the wonderful help you give us each month. They come at the right time and in fact they give us the right answer to our questions. It is marvellous to think that there is such wonderful Truth to help us on our way of Life." D.P.

"FOR LACK OF STATESMANSHIP, A NATION SINKS: THE SAVING OF IT IS A WEALTH OF COUNSELLORS"*

Prov. 11: 14

We have entered another year, the year 1951. Upon the horizon, man is destined to greater things by living in the Timeless—the Ever-present Reality. Yet by his own folly he can bring about greater misery to the world by living in the element of Time.

Do not think that I am inventing some mystical formula through which you may escape from the world, nor can you close your eyes to that which is going on in the world because you are part of it.

It is impossible to rearrange the world which is the exact copy of your own mind-heart which you have not truly discerned.

Economic and social evils, antagonisms, wars, etc., cannot be adjusted without understanding what causes them. When we discern clearly our own mind-heart we will

see that individually and collectively we have created these conditions, therefore individually and collectively we can bring clarity and freedom to our thought-feeling thereby bringing about a change in ourselves by understanding the cause within ourselves that produces outer conflict and misery.

We may legislate but this will not bring about a change. Legislation cannot cause a change in the inner. It may alter the outer but if the inner is not changed, antagonism will rise in a greater form than ever. These outer reforms will need other outer reform and this will lead to further oppression and violence.

Lasting and outer peace and harmony which is creative peace will only come when we have peace and order within ourselves.

Then let us look into our mind-heart and see if we are seeking power, position, things, as a means to dominate. The more we seek to dominate so we create an opposition that will eventually destroy us.

We must observe that society is becoming more and more complex, more efficiently organised in order to survive, to exploit, to kill. We have progressed, but we have paid a terrific price and we are liable to pay a more bitter price unless we begin to "Live" in harmony with each other.

We have made great advances along the physical and intellectual planes, but we have failed to make the same advance along the Spiritual, with the result that we are entirely out of balance. All physical and intellectual advancement must be balanced with Spiritual understanding so that our progress will be made real and constructive and not artificial and destructive.

We have movies, we have radio and television. We have faster moving transportation and all the equipment of modern civilization. We can kill thousands upon thousands

in a few minutes. We can wipe out whole cities and their people in one flash of an atomic bomb.

We are all aware of this and we call it progress. Can we really call it progress? Can the urge to dominate be called progress? This, you will see, only creates an opposition which is out to destroy the progress we have made, so we invite our own destruction.

In this progress there will never be an end to conflict and sorrow, because there is no end to struggle and pain in the expansion of the self.

“For lack of statesmanship, a nation sinks, the saving of it is a wealth of counsellors.” A nation can only survive when there is a wealth of counsellors.

Look back into the history of the world and you will see the cause why nations have faded out of existence. Old Empires have died because they were based upon domination, contrary to the Law of Love, while cruelty, hatred and selfishness were the only factors in their riotous existence.

So will all nations destroy themselves when they seek to dominate others or sections of others, only by love for one another can progress, true progress be made.

The self is but a bundle of memories of good and evil the product of time. We do not experience Love through time nor do we become nobler through time and memory. We can never gain freedom through an accumulation of memories. You cannot find enlightenment through the cause of ignorance and conflict.

It is not in the time element that we can find freedom but in the Timeless, that which is Eternal and Ever-present. If we think of ourselves as gaining or losing etc., our thought-feeling will be held bound in the time element and we will never know the Timeless, the Eternal and Ever-present in which alone exists our freedom and happiness.

If our thought-feeling is bound up in the time element of yesterday or tomorrow we will never experience the Timeless.

It is the incessant noise outside—the din of social problems, the strife of war and misery that hinders the expression of Reality. In Reality there is a deep, deep silence, therefore if we would deeply understand we would be silent and to be silent there must be an awareness of the “Immensity of Being” in which there is no division, no separation, no domination, no yesterday, no tomorrow.

If we look into our mind-heart and there discern our motives, our thoughts and actions, we will discover that we are seeking power, we are greedy, there is violence in the mind-heart through antagonisms, envy, jealousy, acquisitiveness. The Timeless, the Real is thus ever hidden, covered up by those elements that spring from time, from yesterday, from tomorrow.

If we are to bring about the necessary fundamental change in the outer with its wars and tyrannies we must firstly deeply transform ourselves. Some may think that this will take a long time before the world will be reformed, but as long as man is caught up in time there will be no reformation. Right ends never come through wrong means. Only through the Ever-present, the Timeless that is **now** can we see the Light, that was the Light of mankind that came into the world for man’s salvation.

It is ignorance that prevents right thinking and gives emphasis to the things that are secondary, so Life becomes an intolerable burden from which all are seeking an escape. But there is no escape except through understanding.

Only when the storm and conflict of time cease can the Timeless be understood. We do not bring It into operation. It becomes active of Itself when the storm abates. The Sea of Galilee was calmed by the Word that was in the

beginning so is the mind calmed by the wisdom of the Truth of the Timeless.

If we would try then to understand the outer we must come to the inner and when the inner is rightly understood we are led to the Supreme, the Timeless, the Ever-present. This is the realization that brings peace to the world through the soul of man.

We can readily see now that the world is in chaos because we have pursued wrong values. We have given prominence to the things that produce conflict and misery.

True value is found only in right thinking and there can be no right thinking without self-knowledge, that which will lead us out of the time element into that which is Timeless, Eternal and Ever-present. This is the Reality where alone can be found true Love, Compassion and Freedom. Remember that true Love is compassion, not passion.

This is the Living Water that Jesus said was the free Gift of God and any one who would drink It would never thirst anymore. This water would turn into a Spring of Living Water welling up to Eternal Life.

To worship God we must know what we are worshipping, not an idol or an image, nor secondary issues but the Eternal which is that Timeless Reality within everyone, and is waiting to come forth when we clear the way.

Character can be modified, changed, made harmonious, but character is not Reality. We must go beyond thought and then comprehend the Timeless.

When we think of progress we are thinking and feeling within the pattern of time. It is only when our thought and feeling frees itself from time can we hope to become aware of the Timeless—the Word that was with God, the Word that was God and was made flesh. “God makes things by becoming the things He makes.” Therefore only the

Timeless can free us from those conditions which we have created in ignorance of our true nature.

Therefore we must not depend upon time but through self-knowledge we will become aware of the Timeless which is harmony, which is Peace, which is Love and Compassion.

How few of us can understand the great significance of the Eternal that is within all—the Eternal, the Timeless which Jesus knew, and which we must also know, for it was for this that He came. “It is the Father who ever remains within us, He does the work.” Jesus told us in very plain language that it was the Father within that does the work, and that there was nothing impossible to the one who understood this completely.

John 5: 25 and 26—Jesus says, “truly, I tell you, he who listens to my words and believes him who sent me, has Eternal Life; he will incur no sentence of judgment, he has already passed from death across to life.” “For as the Father has Life in himself so too he has granted the son to have Life in himself.” The great Truth is that the Life of the Father is in the Son. This Timeless, the Everlasting Life, is in everyone who will realize It. This is the Real Value upon which we must depend. The Silent Voice that is ever waiting to come forth to perform miracles.

It is the Father who sent me sent you, into the world to witness unto the Truth of the “Only One”—the Eternal, the Timeless, in which harmony and peace eternally dwell.

We are all capable of recognizing and realizing the great spiritual Principle of Life. To die in our ignorance of this is the great sin in the world. We seek knowledge from past experiences and fail through lack of understanding and faith to look to the Infinite for the unfoldment of our limitless possibilities, so we employ our intelligence in denying that which would be a Spring of Living Water rising up to Eternal Life and Freedom.

“Do not work for the food which perishes, but for the food which endures unto Everlasting Life.”

Benediction

In the Timeless Hall of Creation everywhere I hear Thy footsteps. In the booming thunder and in the Silent Atom that moves in my soul, they are one. Thy steps are echoed in the farthest horizon.

May Thy steps ever tread to the magic music of Infinity in the Sacred Sanctuary of any Soul. There I will listen to Thy invisible Harmony, which is Eternal and Ever-present, Beloved.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #10 (10th April 1951) in the book “Life More Abundant.”

February 1951

My dear Friends,

This month has been a record month for the Sanctuary, month after month the work increases. This month we have registered over 1,500 for help and guidance and have answered over 1,000 letters. As this letter is a longer one than usual I am not giving extracts from any letters this month.

I want to thank all those who have sent in letters of thanks and appreciation. I feel uplifted when I read these letters, to think that such a great amount of work is being done all over the world through the Sanctuary.

The title of this month's letter is:

"WITH THEE IS THE FOUNTAIN OF LIFE"*

Psa. 36: 9.

"Where could I go from Thy Spirit, where could I flee from Thy face?"

"I praise Thee for the awful wonder of my birth; Thy work is wonderful. For Thou didst form my being, didst weave me in my mother's womb. Thou knowest all about my soul, my body is no mystery to Thee,..."

Psalms 139.

We create ideas in the inner realm and their power is according to the nature that we attribute to them. Fear of an idea on our part causes it to condense so that it might be seen even with the natural eye.

Then we identify it with what we believe to be real with all its horrible characteristics held in the mind. If we could only understand what we are doing we will see that the only power it has is the power we give to it.

Matter does not create for there is no power or action in matter by itself. By our ignorance we have closed our eyes to the creative power within ourselves in which lies the cause of every effect visible in the natural world.

By understanding ourselves we will know that we have our happiness or misery in our hands, and much of the suffering of the world will be done away with.

It is the general conception that the cause of disease lies in the body, but Jesus shows that this is not true. We have set up standards of right and wrong with regard to health, with regard to other things in the world in general. When our belief embraces these things we ignorantly sustain them because we fail to understand ourselves.

Happiness is not dependent on the external but lies within us. We fail to see that the effects which bring about our unhappiness is from a wrong direction given to the mind. We have opinions, thoughts and beliefs but all these can be changed. But that which is eternal can never be changed.

What we really "know" we have no opinion about. This knowing can only come when we thoroughly understand ourselves. If we do not understand ourselves we shall not understand anything else, for the root of understanding lies within ourselves.

In understanding myself I must understand my relationship with others, with the world, for in me as in

everyone else is the "Whole." I am the result of the Whole. "I praise Thee for the awful wonder of my birth. Thou knowest all about my soul, my body is no mystery to Thee."

This is the Reality that we have no opinion about, no doubts about. The recognition and understanding of this fact will bring about the necessary and vital change in the individual first and then the world, for the world is what we are.

Is not the state and society what we are in thought-feeling? The world is but the projection of ourselves, without us the world is not. What we are, the world is, the State is, society is. When we are brutal, perverse, exclusive, greedy, envious, we live in separation so we create in body and circumstances just what we are. There is no denying this fact.

The study of oneself is by no means easy, it requires alertness and keen observation of every thought-feeling and an understanding of our motives and what our feelings are towards others.

Our subjective self has taken years to build, and most of our motives are hidden behind a series of misconceptions. There is a whirl of activity and inward confusion torn by conflicting desires. We deny, we assert, we praise, we condemn.

We must slow down our thought-feeling like a slow motion picture to see what is happening on the surface, then we can study the movements of our minds.

To merely control our thought-feeling, to merely apply a brake to it, to merely say this is wrong or that is right is a waste of precious time and effort. If we are merely engaged in controlling our thought-feeling there can be no understanding of it.

Most of you have found that your mind wanders all over the place, one thought is never finished before another

jumps up, no thought-feeling is ever finished. Just to control this wandering, to restrain it, instead of examining it and understanding it only makes you more petty, narrow and thoughtless.

The mind has to slow itself down. If you use force you only create more opposition. But as you discern every thought-feeling without restraint, without comparison, without judgment of right or wrong, letting go completely of what the mind is made up of, you will become aware of that which is unchanging, you will become aware of that which is significant, that which is real. Then follow this up with awareness of the self, not as a separate self but as the whole, this will lead to freedom from mental confusion, beliefs, opinions and separation. You will begin to “know,” you will understand yourself.

This is being religious in the fundamental sense of the word, not dependent on a particular organised religion for this will make you irreligious which leads to separation through your belief. You will be responsible for separation which is the cause of dissension, economic disasters, wars, starvation and oppression.

I urged you before not to label yourselves with names for are you not followers of the “One Life” that is in all, understanding him who showed mercy and compassion to all, who refused to be limited by any nation, church or society.

Labels only bring confusion, labels such as Christian, Jew, Hindu, Buddhist, Mohammedan, American, German, English, Chinese etc. True religion is above nationalities, above creeds, and is the way to the realization of the Supreme, the way to Peace and happiness, and world prosperity and so for the individual.

When we all become truly religious in the true sense of the word then only will there be peace in the soul, peace in the world. Then only will we understand ourselves and

others. Unity can only come through right thinking and in no other way. We will have that inward wisdom and peace and love of the Master himself. "I am the way, I am the Light of the World." How true these words are to us now.

In Mark 7, Jesus rebukes the Pharisees for their tradition. In verse 5, it states, "then the Pharisees and scribes put this question to him, 'why do your disciples not follow the tradition of the elders? Why do they take their food with 'common' hands?'" He said to them, 'yes, it was about you hypocrites indeed that Isaiah prophesied!—as it is written; This people honours me with their lips, but their heart is far away from me: vain is their worship of me, for the doctrines they teach are but human precepts."

In Isaiah 29 verse 13 it states, "since this people draw near me with their mouth,' says the Eternal, 'honouring me with their lips, while their hearts are far remote; since their religion is a mockery, a mere tradition learned by rote;....'" This is what Jesus was referring to.

Mark 7: 8-10, "'you drop what God commands and hold to human tradition. Yes, forsooth,' he added, 'you set aside what God commands, so as to maintain your own tradition!'"

Here Jesus shows us the unreality of tradition and outer show which meant so much to the Scribes and Pharisees was useless in themselves, in fact it was honouring with their lips while their hearts were far away from God. Is this not the same today? We have pomp and ceremony, tradition, lip-service, while antagonism and separation is rife, then all our prayers become hypocritical.

Here Jesus shows that right thinking goes above and beyond all creeds and tradition. Right thinking is freedom while conditioned thinking is oppression. People are trained what to think. Is not our civilization based on conformity? Our thought is directed by those who themselves are bound to nationalistic ideas, to separation

in religion, in politics. Are we not subject to propaganda to make us think the way our leaders want us to think? Thus we are led like sheep to the slaughter.

Propaganda is not conducive to right thinking, it tells us what to think, and here Jesus with his right thinking shows the way.

Jesus was showing us that Spirit was the only Reality in man and through self-awareness we discover our conditioned thought. We discover that we are merely copying another, that we have acquired a habit of thinking which is erroneous and disastrous to ourselves and others.

Jesus was aware of himself. He had the source of Reality within him. "The Father and I are one." But he could not have reached this state unless he had first discovered the truth for himself. "Let the innocent among you throw the first stone." Anyone who is "innocent" would not cast a stone at another and those who knew they were not innocent could not do so either. "No one has condemned you, neither do I." Jesus could not condemn for that would be against all the laws of Spirit. The Spirit of God could not condemn for the Spirit being perfect could only see perfection.

Thus when we are free we see all things in their proper perspective, the relative world and the real. There is no confusion in the mind that has truly discerned all things and has "awareness" of the Spirit of God within. "He who has sent me is at my side, He has not left me alone for I always do what pleases Him." John 8: 29.

Benediction

I am that I am. I sang my song on the many branches of my Tree of Life.

My Song of Life was echoed in the green leaves, the souls who fed upon Me.

In My Garden, through centuries of time, sleeping souls
awaken unto Me.

In My Eternal concert my rhythm stirs the hearts
awaiting to hear My Voice, calling all to come into My
Cosmic Freedom.

I have heard Thy Voice in my soul, O Beloved "One," and
now I am free.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #2 (24th April 1951) in the book "Life More
Abundant."

March 1951

My dear Friends,

I am giving you a few extracts from some of the many letters received this month.

Mrs. J.S. writes, "words cannot express what I feel for the great help received from the Sanctuary. The Sanctuary Letter is a blessing to all of us. We look forward to it each month. God bless."

Mrs. F.C.S. writes, "I am writing to tell you that my son is out of hospital, a miracle indeed. There was no hope, but when we asked for his name to be put in the Sanctuary he got better, that is why I say a miracle. God bless the Sanctuary."

Mrs. L.D.M. writes, "thanks for the wonderful help. When my daughter asked for my name to be put in the Sanctuary I was so very ill. Now I am completely well again. Our doctor said it was only with the help of God that I got well. Please send us the Monthly Letter. Also send it to my sister in England, her address is enclosed. Yours gratefully."

Mr. T.S.B. writes, "your monthly letters are a great inspiration to us. Our friends come in when it arrives and we read it together. What a wonderful thing it is to have such wisdom given to us at this time. We send our love and blessings to you and long may you be spared for the great work."

Miss F.G. writes, "I am so happy, you have no idea what your Monthly Letters do to me. I have read many books but never got the satisfaction I got from your wonderful

monthly letter. Enclosed find a small donation towards your great work. I only wish I could send more.”

Dr. G.F. writes, “congratulations! Your Monthly Letters are more inspiring every month. As a doctor I find so much mental stimulation from your words and my work is better than it has ever been. Thank you for the confidence and courage you have given to me.”

THE GREAT DISCOVERY*

Most people become complicated in their superficial beliefs, beliefs in this and that, beliefs in dogma, belief in systems. All these are superficial and lead only to chaos.

Before one can grasp what I am speaking to you about you must unburden your minds of all these things, there is no other way. To make the great discovery, you must do this yourselves, I cannot do it for you although I may show you the way.

You must not twist what I say to you to suit your beliefs, your fears, your creeds. You cannot distort the Truth to suit your own ends. Truth is so immense It cannot be abased.

The Truth is the Self that is in all other selves, and on It all things depend, and from which all transformation arises.

That Self is in everyone and you must look to that Self and put everything else aside, then you will find the core of all things.

If that Self is perverted, fearful, burdened, anxious, all your creations will bear the stamp of your fears. The care and realization of this Self is more important than anything else, because the Self creates everything else.

It creates either beauty or ugliness. It creates either sorrow or everlasting happiness. It is also the creator of illusions thereby creating pain, suffering or rejoicing. If the

Self is without true understanding then there is self-expression without meaning.

If you are concerned only with things which are but the expression of the Self, if your happiness is dependent upon things, you are bound to have sorrow and conflict and you are lost in chaos.

To lead you into a better understanding of the Self I will repeat to you this saying of the Master, "hear, O Israel the Lord thy God is one Lord. You must love the Lord thy God with your whole heart, with your whole soul, with your whole mind and with your whole strength. The second one is, you must love your neighbour as yourself. There are no other commandments greater than these."

Here he tells us how to translate the Truth into our daily living. He also shows that the Truth is above Law because It is the seed of everything and from it all transformation arises.

The fulfilling of this commandment brings about perfect poise of the "Self" which is true creation, and that you must care for that "Self" that abides in everyone. This is the great individuality of the "Universal Self." The same is individualised in you and me. This is the realm which is limitless, boundless. There is no one path, no one guide for It Itself is all guides and all paths.

You can only approach It when your eyes are not blinded by tradition, by law, by convention, imposed by society, by religion or by fear.

The Universal is impersonal in nature, all abides in the Universal and the Universal abides in all and by this power we all think, "as a man thinketh in his heart so is he." It is the vehicle for expression as well as the cause of expression. The Universal is behind every created thing, every movement seen and unseen, above and below.

The most unsuspected happens because man does not realize that the Universal will create for the individual just as he thinks. It will create a negative condition as well as a positive. Our attitude then must be one of understanding, not fear nor limitation.

The next point I want to make clear to you is that the Universal is harmony and when this is really seen by the individual all fear dissolves away. The individual no longer struggles to create harmony when this is understood. Harmony is the foundation of the Universe and is Ever-present.

It will be seen that our various mental states, emotions and fears have their effect upon our mind and body and circumstances producing their own peculiar kind of trouble. We are connected through the Self with every other self and the only way to obtain true harmony is to obey the commandment of the Master, "to love God and love your neighbour."

Everyone knows how hate, anger and jealousy cause inharmonious changes in the body through chemicalization and everyone knows that harmony of thought and mind excites the healthy flow of all the secretions in the body and opens the channels so that the Life Force surges through the organism to replenish and renew the whole body.

When the recognition of the true meaning of "Life" is in the mind the body responds because the body is also mental substance that responds to vibrations.

Your thoughts are in the inner world and the effects are in the outer. The reason for this is that the physical organism is the mechanism especially adapted for the transmission of the inner or mental action into modes of external activity.

Whatever activity is created within so it must come to the outer, this is a truth that all have experienced, but few

have sense enough to discern it.

With further reference to the body which many are so much concerned with, we see that it is traversed by a network of nerves that serve as channels of communication between the Indwelling "Self" and the functions of the external organism. This is the Temple of the Living God that is built without hands. When we care for the "Self" which is in all, through understanding, harmony is established in the self.

Thought is the one mode of action throughout the Universe. All forms are the result of thought. We must realize day by day that we live, move and have our being in Him the "Universal Self" Who created us in His own image and likeness.

We must know that we create by thought from a Source that is unlimited and that only we ourselves create the limitation. The great Self in us all is constantly seeking to make Itself perfect in us and thereby eternal and free.

But if you are ignorantly concerned with the outer then you will never understand the Self. If you are constantly taken up with the shadows cast by the Self you will never realize what creates the shadows for this alone can transform all shadows.

Once you discern that the shadows are of your own making you will begin to realize that which can retransform them. You will see that this is the only thing that matters. You must seek the heart of all things, then you will not burden yourselves with the effects. It is this that everyone must concern him or herself with.

The creator is the thinker, the thought is the invisible nature of the form that manifests.

These three are one, therefore all transformation lies in the understanding of the Self. Jesus gave us the key when he said, "the Kingdom of Heaven is within you." Heaven

was the state of harmony, the innermost Spiritual, and the outer world will appear as the inner when we realize the source of our thinking. His words again, "the inner shall become the outer and the outer shall become the inner," showing that both eternally subsist in the one in perfect unity.

The nervous system out-pictures our thoughts. We produce in the body the exact replica of the dominating thought we hold.

Therefore we see that the "Self" alone gives power to any idea in the mind that may arise in reaction to the external. The "Self" alone has the power to transform all things.

The outer "self" is but the reflection of the inner "self," just as the inner "self" is the reflection of the "Universal Self."

If this understanding is lacking, the vicious circle is set in motion and we live in secondary causes not understanding their origin.

When we deeply discern what the cause of our condition is within ourselves, and the dissolving action is also within ourselves we are no longer affected by suggestion one way or another.

We shall free ourselves by "the Truth" that we are made in His image and likened that all power has been given unto us in Heaven and on earth.

Mental analysis is death, awareness is Life, mental analysis deals with the past and the future, awareness deals with the present always. This is the **great discovery**, the Truth that sets you free.

Benediction

O Eternal and only "One," I was lost in the wilderness of wrong beliefs and could not find my home in Thee.

I always kept the door of my Soul open expecting Thee to come from some external world.

At last I have found Thee arising out of the darkness of my soul to become the Star of my groping mind, calling me to recognise my home in Thee and there I found that we are one, O adorable and perfect "Love."

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #3 (25th October 1949) in the book "Developing Your Faith."

April 1951

My dear Friends,

As each month goes by new wonderful healings take place and startling things happen. The many letters received this month from all over the world reveal even greater success than the month before. Thank you for your love and co-operation, for only with your love and co-operation can this wonderful work proceed.

Here are a few extracts from the many letters received this month:

M.K. Transvaal, writes, "my mother is in perfect health today and. I feel very grateful to you."

K.E.H. Kumasi, writes, "words are not adequately strong enough to express how grateful I am to you for the great change wrought in me. It will be more than interesting to you to learn that your Monthly Letters have done the job where orthodox medical science has failed. May God bless you."

R.G.M. Bulawayo, writes, "I have to thank you for your most wonderful help to me, the rapid recovery of my limb has puzzled the hospital people when amputation was suggested. I am now so grateful to you for your wonderful help."

G.W. Zurich, Switzerland, "I do want to thank you from the bottom of my heart for your kind letter and for the precious Monthly Letters which are pearls of great price. I sent the January one on to the Statesman at Bern. May God through your letters open their eyes that they may see. God

bless you and your work in every detail and everyone connected with it."

F.C.G. London, "it is with the greatest joy that I have to tell you that my boy has completely recovered from his very serious illness, thanks to you. We were in despair when told that nothing more could be done. But immediately I cabled you I felt that God would help us. When your cable came assuring us of his recovery, from that moment he began to get better and today he is as strong and healthy as ever he was. God bless you."

YOUR PERSONAL EFFORT MUST BE FREE FROM STRUGGLE*

Struggle always results from reaction to conditions, unfulfilled desires and circumstances that surround the individual who feels the burden. The individual who is aware of lack, bound by ill-health, full of fears, is always struggling against the relative world and this is the cause of frustration because this struggle is filled with negativeness.

This is the error in the mind that is always reproducing itself. But when Truth is established the error disappears. When the mind is filled with negativeness greater burdens are created.

Personal effort must first be experienced until one sees the uselessness of struggle then the personal effort becomes free from struggle, this is action which does not result from reaction to the relative but from creative thought through understanding. It is action from within oneself.

Everything that is seen or felt is mind materialized. The question is how is mind materialized? And the answer is, by the power of thought. But again where does thought

originate? Thought originates in the consciousness. What the consciousness is aware of is automatically materialized.

The next question is the most important one. Where does man's consciousness or creative power originate? It originates in Divine Mind. It is the moving factor in Divine Mind and must be the moving factor in human mind, the two being interlocked in the manifestation; for it cannot be otherwise when Divine Mind fills all space and is all power there is, all knowledge there is.

These are profound and important statements and are the foundation of all original thinking. But thinking alone is not sufficient, there must be feeling, for this is the motive power behind thought.

When the great fundamental Truth is grasped, the consciousness—our Spiritual creative power attracts conditions which correspond to its own recognition of itself, and its recognition of itself must always be the exact reflection of its own dominant thought and feeling.

We can see clearly here why Jesus announced forgiveness of sin as the accompaniment of physical healing. By sin, in the sense we have now seen, death and all lesser evils enter into the world and our belief in this sin, is the cause and all sickness and death is the effect.

It follows that if the cause is removed so will the effect cease. The root of the tree of the belief in the non-existent is cut away so the fruit must wither. This is the simple working of cause and effect. Therefore the belief in evil, the Devil and death have their destruction in the realization of Life. For sickness and death of the body result from the imperfect realization of Life by the soul and its non-realisation of its eternal unity with its Divine Source.

So the logical conclusion we must come to is that the removal of lack, ill-health, fear and death is the removal of separation. Thus it will be seen that the ignorance of our eternal unity is our greatest sin.

“Thy sin is forgiven thee, arise and walk.” This I hope will convey to your mind the difference between reaction and pure action. Thus we cast off the burden which separation brings upon us, and we find freedom in our eternal unity.

On his return the Prodigal Son did not expect forgiveness but that he could be at least a servant in his Father’s house, and was willing to take what the Father would offer him.

But the Father saw him a long way off and came to meet him, put his arm around him and kissed him and not one word of condemnation was uttered. He became the son that was lost and now found, the son that was dead and now alive again, the son of God born of the Spirit and not subject unto flesh and blood.

The greatest antidote to any negation in your mind and body is to become aware of the Divine Presence always, so that not even for a moment can you at any time hate instead of love, or cease to look upon everything with the eye of the all-embracing Truth.

Love and pure reason are never in opposition to each other, the result is wisdom or pure action always going out from itself, never relying on or reacting to the external.

To arrive at that perfect balanced and poised Love, without fear or reaction or struggle, you must go through the attachment of Love before you can understand Love and through your experience your growth is attained.

To say that you “love” and have never experienced the surge of this blessed thing, love to you is but an illusion. For if you do not know what individual love is and recognize its limitation you will never know even a fraction of what the Love of God is.

When this Love is then turned towards the Eternal then there is the beginning of freedom and the gate to happiness

is opened. The most practical person in the world is the one who has found true values, that person is poised ready for action without struggle.

If you live in your own separate centre you will sooner or later find that the struggle is too great and you then try to find a way of escape. Only by true discernment of the cause of your struggle will your struggle cease. Then you will begin to realize the presence of wholeness, the Eternal.

I have told you before that you cannot make an image of the Eternal for the Eternal is Infinite in nature. But this Eternal can be realized for It Itself is Love, wisdom and Healing.

I have repeatedly told you that mental theories are of no fundamental importance. You only accept those because you want to support your beliefs, and I am not dealing in beliefs or theories but in the practical and actual working of the Presence of the Omnipotent Omnipresence.

By applying yourselves in this way you will find that there is a Supreme Existence which is not a mere theory. Neither is it a static or a featureless Absolute but a dynamic complete and all-embracing Presence that is ever expressing Itself, and will do so in you when you remove the barriers that hinder Its true expression.

This must be realized as now existing and not at some future time or beyond. The acceptance of this Divine Presence is the foundation of your great work in the world today, for is it not you who have been called to do this work?

Your development is taking place here and now. I know that some of you are struggling with your burdens but through your experience you will find that freedom, for you will discern why you are struggling.

If you look into your minds you will see that you have filled it with the "non-existence" instead of the "Existence,"

with the result that you are creating more of the non-existing and less of the true "Existence," thereby creating greater burdens.

The source of our being is the Eternal and as we come to know our Father in Heaven we become aware of the great inner Light for there is no darkness when the inner Light begins to shine. The Christ Consciousness becomes the outer as well as the inner, knowing that in this, all power and dominion is given. All that is dark disappears because it has no power of its own.

By making an image of the Divine you create separation. It is not what It is, but **that** It is.

By putting the Divine outside yourself you will be always looking for the Divine in the distance, Reality is here and now. In this realization your work will never cease but will expand to a more radiant form of beauty of the Eternal which becomes your personal effort in pure action.

This glorious Truth is not speculative or imaginary It is actually and eternally true. "Try me," says the Eternal, "and I will open the door of heaven and pour upon you all good things." "For all that I have is thine."

Jesus says, "cast the net on the right side of the ship and ye shall find." St. John 21: 6.

Then cast your net on the right side and you shall also find.

Benediction

O Divine "One," I lost everything while I was roaming in the darkness.

At last I saw a glimmer of the Light that lights the world and darkness began to fade away.

O Mother of Love, Thou didst stir in my heart my remembrance of Thee and as I saw in myself Thy likeness I was freed from all my illusions.

O Eternal One, when I gave up my Life I found Thee and no longer buried in separation and death, but in Thy perfect eternal bliss.

I craved for all things but found that I loved Thee more, now I shall abide with Thee always for Thou art “all there is.”

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #6 (15th November 1949) in the book “Developing Your Faith.”

May 1951

My dear Friends,

It is like a snowball increasing as it rolls along and I wish to thank you for your wonderful help and inspiration through the many letters received. I have picked a few at random from which these extracts are taken.

"My leg is now nearly normal and there is absolutely no deformity. The cure has been marvellous. I am most grateful for what you have done for me." L.R.v.G. Natal.

"Words cannot express my gratitude to you and our loving Father for the wonderful help we have received. Last week: I phoned you and asked you to help my daughter P-who was lying, seriously ill in a nursing home. Everything according to medical science went wrong and the specialists were called in. Immediately I phoned you everything went right, this greatly puzzled the specialists. God bless you and the wonderful work you are doing." B.V.M. Transvaal.

"I have never in my life experienced such happiness when my little girl recovered from a so-called incurable trouble in her spine. We all despaired of her recovery when Mr. W. called on us and told us of your wonderful work through the Sanctuary. I can tell you now that I did not believe him. But when he urged me to write you, a feeling of peace came over me. To think that in less than a week our little girl came home completely cured. How can I thank you! May God bless you and we send our united love to you, Beloved brother." A.F.C. Rhodesia.

“What a joy it is to receive your monthly letter, at first our numbers were few but now our room is filled with friends and neighbours to hear your Monthly letter read, words are totally inadequate to express the pleasure and help we get. God bless you and our love goes out to you.”
M.B.S. London.

“BE YE DOERS OF THE WORD”*

Your wealth lies in the Creative Power within and not in the things created. This is the secret of your power in a world torn with strife and confusion.

In the understanding of this great Truth and the acting on this Truth is the beginning and ending of all things. For the Creative Principle is the embodiment of all laws of Creation with a knowing how, therefore ask and ye shall receive is the natural outcome of the Creative Principle in operation. For it cannot be otherwise as we will see as we proceed with this letter.

The main theme of this letter is to be doers of the Word and not listeners

When we begin to look into the activity that takes place in the event of our acting on the Word we note that there is that eternal link we have with the Creative Principle which Jesus called the Father. Then comes the Son—the Christ—who is conscious of the Father and also conscious of the thing asked for.

Although the two are one, one is active while the other is passive until the asking causes the action to take place. Then the greater of the two becomes the actor in every case. This is the Will of God in action to fulfil your every desire.

What I also mean to do in this letter is to show you that the most important thing is not to place any limitation on

the Will of the Father. But if you do not understand the perfect Law of Liberty you will fail to see that every experience is in accordance with the Will of the Father leading to the successful fulfilment.

You should therefore look upon events as the Father revealing His Wisdom step by step according to His Will and not according to your will, for He works in mysterious ways to fulfil your asking. Therefore you must not come to any conclusion nor pin your faith upon the action of any other individual or situation but have complete dependence upon the Father Himself for He alone does the work.

To ask and believe in the name of Christ is to immediately bring into play the Creative Principle in translating into form the things asked for. Therefore the thing asked for should cease to be the paramount longing in the human heart but to know "That" which produces all things. "Hitherto have ye asked nothing in My name, ask and ye shall receive that your joy may be full." It is not the things asked for that gives joy but the knowing of the Father, Who when ye ask aright it shall be done unto you. It is your ignorance of this great Truth that deprives you of the privileges bestowed upon you by a loving Creator.

Nearly everyone is restricted by their limited understanding arising from their reaction to any environment and conditions in Life, most of us are trying to run our own lives with the result that we fail miserably. We feel that we are crippled, most people are like an engine with only one cylinder firing instead of six.

Remember the saying of the Master, "of mine own self can do nothing, it is the Father who ever remaineth within me doeth the work." Also in Proverbs 16 we read, "a man may think what he will say but at that moment the word comes from the Eternal." "Trust your affairs to the Eternal and your plans will prosper." "A man thinks out his plans

but the Eternal controls his course." "Better get wisdom than gold, better choose knowledge than silver.

Thus it is necessary to get wisdom so that you can ask aright. You will then discover from your results that it is not merely listening but really acting on the word that counts, and your experiences derived from your practice will increase your wisdom and understanding.

Thinking along these lines will prove that your thinking is God's word manifesting through you and everything that takes place is the unfoldment of the Creative Power in accordance with your desire. But your desires can only be truly fulfilled when this truth is established in you, not haphazardly but with Divine understanding. Then let your thinking (Creative ability) be towards a definite purpose.

The entire material world, including man is the manifestation of the Creative Principle becoming the things It makes. Therefore it follows that what we think and feel we create. If this was known generally man would not be controlled by circumstances and events, but would be at the helm of his own ship guiding it into port, laden with "all the good things that God has promised to those who love Him."

The Father is the Source of our Creative Power, but He cannot be more to us than we know of Him in our lives. This must not be a sanctimonious attitude of mind or a mind that is caught up in ethics, nor in virtues or their opposites. It must be a truly dynamic understanding of the Reality of His Nature. By doing so the power of our thought will produce that which we will delight in.

I have tried to make the simple Truth clear to you, of "asking and believing" knowing that the Father does the work, and produces for us what we think. At first it may seem difficult to comprehend. But when we employ the method successfully of asking and believing, knowing that the Father doeth the work, we will realize that all Creation

is working towards the fulfilment of our desires. "Therefore be ye doers of the Word."

If you examine your mind you will see if you are creating the things you desire or creating the things you do not desire, remember that your individual experience is the Will of God. To know that we can think with God and will with God is the Sceptre of Power.

If you love the created more than the Creator then no matter what you possess your mind will be negative. But if you love the Creator more than the created no matter what conditions you are in, your positive attitude will soon lift you out of these depressing circumstances into the sunlight.

To enter into the Kingdom there must be no narrow conformity. It is the sense of unity that matters most, then you can give without holding back. You cannot be happy until you make others happy.

You must be falling in love all the time with everything that lives, everything that moves or does not move for everything dwells in the Kingdom and Love is the power behind all Creation. Once you have realized this you will realize it again and again, once you have tasted this, you will never be satisfied with the transient things for you will know that which is Eternal and Ever-present, and is Creator of all.

You must learn to live, not to conform. If you look into your lives you will see there is a constant struggle to conform to this and that. All your efforts are merely to adjust your ideas, your feelings, your actions mostly to the dictates of another.

Your efforts and struggles do not lead you to understanding but make you critical, insincere and hypocritical to yourselves. You do not know what you really think, what you really feel.

Most of you are seeking security with the result that your mind is in opposition to itself, and opposites are born of illusion and one is easily caught up in the illusion of the opposites.

Then there is the search for Spiritual security and your progress is measured by the acquisition of virtues, thus virtue becomes a vice.

There are those who are spiritual and those who are not spiritual. You have division high and low, all this leads only to conflict, so the basis of your thinking is imitation. Where there is consciousness of distinction there can be no realization of that which is the living Reality and is the only Creative Power.

You create your own barriers which prevent you from creating in the present and prevents you from living in the present. You need not fight these self-created barriers, but become aware of their falseness, then you will see how your mind has been suffocated all these years, therefore incapable of true understanding.

The Simple Truth can only come through the ecstasy of Love, and when you have found It there is no doubt no more loneliness no more darkness. There will be attainment through enlightenment because you are the embodiment of all that you seek.

The wheel of birth and death has ceased to be in your Eternal Home, for you and the Creator are One.

“Know ye not I am in the Father and the Father is in me. It is the Father who ever remaineth within me is performing His own deeds.”

Benediction

O Divine Father, Thou art forever behind my desire, Thy Presence behind my thoughts.

Thou hast rent the veil that separates us and now I can speak to Thee and Thou dost speak to me.

Thou hast taught me to be confident in Thy Presence and I have lost my fears and found Thy all-conquering Power of Wisdom.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #3 (14th February 1950) in the book Developing Your Faith."

June 1951

My dear Friends,

Have you ever stopped to think how you are helping the world with your thoughts each day, no matter who or what a person is and where he belongs he receives the blessing of the Sanctuary and this is proved by the many letters we receive each month.

Here are a few extracts from these letters:

"My friend Mr. S.S. told me of your work and what you had done. I really did not believe him as it seemed to be beyond the bounds of the possible. But when I became seriously ill I got my wife to write to you when your reply came to us that I would recover by the end of the week, I did think it impossible. When the weekend came I was well. Now I know that these things are possible. God bless you." A.D.F. Cape Province.

"I wish to thank you ever so much for what you have done for my little boy, his nerves are so much better and he sleeps much better too. I am deeply grateful." B.S. Sweden.

"Some months ago you placed my mother's name on the Sanctuary healing list with the remarkable result that healing was effected immediately and has continued ever since. May your great work grow and God bless you." A.L.T. England.

"I am very glad to let you know that my wife as well as my daughter are quite free of their conditions. The help you have given is greater than I can express to you but God knows. I thank you thrice for your work and hope you will live long to carry on with your work amongst those

sufferers and those who are in need of help.” P.H. Belgian Congo.

“Since I started reading your books and also your Monthly Letters I have experienced a very big change in my life. I have learnt the secret of love which Christ revealed to those in need of the light. God bless the Sanctuary and you ever more.” J.L.L. British Guiana.

“Thank you very, very much for all your help and guidance and for the comfort and happiness which your Monthly Letter brings to me. They have been an invaluable aid to me in a very trying time and words cannot express my deep gratitude.” D.R. England.

“THE TRUTH SHALL SET YOU FREE”*

Jesus showed what was Universal in God was individual in man and as soon as we realize this the veil is lifted and the power shines from his instructions.

His words, “but anyone who drinks the water I shall give him will never thirst anymore, the water I shall give him will turn into a Spring of Living Water welling up to Eternal Life.” Yet he did not separate himself from mankind but came to reveal man as the expression of the Father and to show himself as the great example reaching the full individual expression.

You can never know Truth through an idea of Truth for Truth is not an idea. An idea of Truth is but a standardization of thought which is limitation and prevents the unfolding of the Self in Truth. You must not try to imagine what Truth is. If you say it is one flame in many lamps and so forth these are but words and you are no nearer the Truth.

You cannot imagine the inconceivable, so you must free your mind from the ideas of what Truth is, for this only

binds you, limits you, crippling your thought and wasting your energy.

If your whole structure of thought is based upon an idea of what Truth is you are only imitating and your imitation is emptiness but few see the misery of it.

It is only when you are conscious of your own bondages will you become aware of Truth. But then do not try to find out **what** It is, only know **that** It is, this will lead to freedom and the realization of the ecstasy of Life.

In this way you will become a supreme individual losing all sense of the particular. Then you are like the wind that moves, no one knoweth where it cometh or where it goeth. You are like the water that fits into every jar, you are free to fit any situation. But if your mind is burdened with the past or the future you will only find stagnation and frustration.

“The Word was in the beginning and that very Word was with God and God was that Word. Everything came to be by His hand and without Him not even one thing came to be of what was created. The Life was in Him and the Life is the Light of Man, and the same Light shines in the darkness and the darkness does not overcome it. He was the true Light which lighteth every man who came into the world. He was in the world and the world was under his hand yet the world knew him not. He came to his own and his own did not receive him. But those who received him, to them he gave power to become sons of God especially those who believed in His name. Those who are not of blood nor of the will of the flesh nor of the will of man but born of God.”

“No one has ever seen God but the first-born of God who is in the bosom of his Father, he has declared Him.”

When we consider this we enter into the realm of fact in knowing that all there is, is Infinite. Therefore all must be of the Infinite and in the Infinite there is no other Substance, Life Consciousness or Power but that which is

Infinite. Therefore all is Infinite and therefore indestructible.

Not one particle of substance we know of can be destroyed. It may change its form yet nothing is lost. Some call this change in form “decay” or “death,” but when we examine this further we see that there can be no death anywhere, it is but an idea in the mind of man. These ideas then bind you and help to create sorrow and limitation by your belief in loss so you become afraid.

When the Law of Change is not understood you create ideas which you think are true. Don't you see how you become limited and fearful, thus you no longer can be free, but have conditioned yourselves in your beliefs.

Modern Science has proved to us that there is only one substance underlying all formation whether it be mineral, vegetable, animal or man. Science has also gone on to show that all solids, fluids and vapours are but a modification of this one Substance which is invisible and of which Science says no one knows what it is.

All is acting according to definite laws which are stable and eternal, showing that there is an Infinite Intelligence underlying everything and we only know, that it is, not what it is.

Therefore you cannot say that Truth is this or that, yet we can become aware of It through discerning the relative.

“But anyone who drinks of the water I have given him will never thirst anymore.” The fact that drinking is symbolical of taking into oneself that it must flood our whole being, conveying that there is neither a beginning nor an ending in that which is ever renewing, which is ever pliable, **this is Life Itself.**

I am not trying to describe the indescribable and you would never understand even if you tried to copy it.

There is no end, so if you try to achieve an end and hold it, then you can never free yourself.

I have already stated to you if you talk of that which is within, you make it relative and if you try to imagine what it is you are lost in your own imagination, for that which you thought was within becomes an image of your own making, something apart from yourselves which is worthless.

If you examine your minds you will see now that all you had of the Truth was but an image, the whole thing is very simple yet it is extremely difficult for those who still cling to the image or idea they think is Truth.

But if you can discern all the images and ideas you hold, then you will see that they are only ideas, your own, or others whom you imitate, then you will free yourselves from them and Truth will begin to express Itself without effort, for Life Itself is free and unconditioned. You will become aware of yourself as Life, free from all ideas of what It is, or beliefs in which you have wrapped it up, thereby stifling it. You will realize that you are not separate from Life. Jesus performed all his miracles by this "awareness." "I and the Father are one."

We can further debate the matter relatively by understanding that the Infinite, being all there is, there can be no other but His Creation. Therefore He must become what He creates as He cannot create anything outside Himself, so there is the meaning of the "Word." "The Word was in the beginning and that very Word was with God and God was that Word and this same Word was made flesh. All things were made by Him and without Him was not anything made."

"This Word was the Light, that Light that shineth in the darkness and the darkness did not overcome it." This Light is the freedom of Life to all who can comprehend it. Therefore if we discern the darkness, that which hinders

the Light, we shall free the Light that is in us, we will then know that we are the Light—which the darkness cannot overcome.

This Light therefore must be realized as the fundamental Principle inherent in All. The Light lies patiently waiting recognition, but this recognition is not possible if we wrap it up in ideas, images and beliefs.

The world is ignorant of true facts so the mind of man is filled with mental concepts of what he sees or hears but when we examine these concepts we find that there is no evidence to substantiate the truth of them. Therefore the majority of people live in a world of illusion which is the cause of their feeble, inefficient and ineffectual existence.

When true understanding comes there is no uncertainty, but direct expression of Reality Itself freed from all illusion and limitation. But if you do not know the difference between the real and the relative you are lost in your own error.

We are connected to the world without by our objective consciousness, the brain is the organ of the objective world, our senses are acted upon by vibrations of light, sound, taste, smell, hearing and feeling. If we are lost in the outer world we fear, the consequences are of our own making.

But if we are aware of the Truth, our nervous system conveys constructive impulses which react upon our body and circumstances creating harmony instead of chaos, with the result that we build health and establish harmony in our surroundings which brings happiness through the expression of the Light that overcometh all things.

The Infinite has given us free will to choose, the choice is left with us to choose freedom or limitation.

Benediction

O Eternal One, Thou hast blest me with Thy light that I may put to flight the gathering gloom of ages, matured in the dark corner of the human mind.

Through the grace of Thy Light and wisdom I will dispel the accumulated error of a million years.

The vision of Thy Creation floats in my dream, and I awake to find that I and Thee are "One," O Omnipotent One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #2 (18th October 1949) in the book "Developing Your Faith."

July 1951

My dear Friends,

From twenty-six countries we have received letters this month, this is wonderful when we come to think that it is only a few years ago since the Sanctuary began, yet it has spread all over the world in this short time. And you who are helping to send forth thoughts of healing to all nations can be proud to think that all nations, no matter what nationality, are welcome in the Sanctuary.

The following are extracts from letters from some of these countries:

"My health is greatly improved, life is much fuller and happier. Long may your very good work continue." E.H.A. Scotland.

"I would like to express my gratitude to you and the Sanctuary for the wonderful help I received after the terrible accident I had been in, my recovery was so rapid, the Doctor was amazed to find me back at work after a week. We are receiving your monthly letters regularly and are sharing them with our friends. May God bless your wonderful work always." B.L.F. Australia.

"You and your Sanctuary are always in my thoughts and I cannot tell you how I look forward to those interesting letters, I always read them to my wife and no matter how often I read them I always seem to find something new, and how my wife enjoys them too. Words cannot express my gratitude to you for what you have done for us both. God bless you and your Sanctuary." C.S. Czechoslovakia.

"Words fail me, and I cannot express my gratitude and deep thankfulness for the love and compassion I have felt

so freely given through the Sanctuary to me and countless others. I am sure that the blessings of many must rest upon the work of the Sanctuary. In a world that to us here seems very insecure the Sanctuary brings security and peace and also a better understanding. I and my friends send our love and may God's blessing rest upon you and your work." E. T. China.

"I HAVE SEEN A VISION OF THY GLORY"*

The fog must be cleared from the mind before the clear vision can be seen. If you seek the psychic alone you get lost in phenomena and images. If you live in your mind alone, you become intellectual and clear vision is impossible.

Intellectuals are mostly steeped in idolatry, they can never get away from their own ideas and beliefs. You must recognise the difference between head-learning and soul wisdom and the difference between what the eye sees and the heart knows.

What most people believe to be true is often entirely false, this is the cause of much conflict and complex minds. Few can discern the false from the true for the simple reason that the intellect can never give you the knowing of the Spirit.

To change your belief from one belief to another does not free you, but makes you still a prisoner in your illusion.

If I say to you that God is Love, God is healing, God is Life, you readily accept this yet if your mind is clogged with beliefs you will never understand the wholeness of Life, the completeness of Life and the true meaning of what I say is lost.

You will see now what I am trying to show you. If you accept God is Love, God is healing etc., those are but half

truths, because you make this a belief only in your mind and that is not Truth. It may be “a truth” but it is not “the Truth” that sets you free. When you become aware of the Self the mind may be under your control, but even this control is contraction and not expansion. To be aware of the Self is but a half-truth.

If you no longer limit the “I am” to the narrow boundaries of conditions, in which you are involved, you will begin to realize Truth. This will lead you to the true nature of the Self unfettered and free. This must not be an idea of freedom but a knowing of freedom, realizing the wholeness of Life, the “One” in which all have the liberty of Life.

The old original sin of “Eve”—the soul, is the belief in evil as having a substantial originating power and the soul believes, that it is under the control of this “evil,” having its climax in death.

No destruction of Life can come from the Fountain of Life, therefore death does not exist in Life but in man’s mind. Thus fear of death has been played upon to man’s detriment throughout the centuries, and because of man’s belief in death many are led to believe that they can buy their passport into Eternal Life, and the more that they can pay the better it will be for them.

Darkness is but the absence of Light. The Truth is the Light that lighteth everyone who comes into the world.

Ignorance is the absence of wisdom, thus most people mistake the law of transition for death so you see death is a belief created in the mind and becomes the illusion, a prison of your own making.

God is “One” the only “One Life,” indivisible in nature, therefore not one part of Life can be destroyed, in fact not one particle of substance can be destroyed, it only changes its form through the law of transition.

Life, "the Presence" is never in opposition to Itself in any human being, therefore we must recognise the Self in all other selves. If we fail to do this, we lose ourselves in separation which also becomes a prison of our own making. When we feel in anyway separate from others we live in the illusion of death and this means sorrow and conflict.

Our transgression is the illusion that there can be any living originating power outside the "I am." When we see that this is impossible we realize that evil and death have no power over us. Therefore we cease to react to it, hence we are free from it.

As long as we limit the "I am" to the narrow boundaries of the relative and conditioned, we do not realize that, personified in ourselves, It must by Its very nature still be unfettered and free as acting with the "One" Creator of the Universe. Beware lest you make Him relative and lose the Reality of your own Being.

As long as we limit the "I am" we shall never get out of the fear of death which we impose upon ourselves, and this fear of death makes all our ailments gigantic in proportion to what they really are.

Our Creative Power must be God's Creative Power because there can be no other, the only difference is in the degree of recognition of this Power.

The world is praying to a God outside. It asks but receives not because it asks amiss. God is Spirit and we must worship Him in Spirit and Reality and this Reality is within us, not apart from us. Our living proves the "Presence."

To get best results all tension must be taken off the mind. Before we can transform our condition all tension must be taken off mind and body and this can only be done when we truly realize what Jesus meant when he said, "I and the Father are one." "It is the Father who ever remains within me He doeth the work."

When all strain is taken away, Nature begins to do her own work expressing Her own perfection. One should not become anxious about one's condition, nor try too hard to get well. Remember, "As a man thinketh in his heart so is he." For it is not what you want you get but what you think deeply, then realize that Divine Life fills you.

The soul is the inner vehicle of the deathless, immortal creative Spirit this is your immortality. It neither knows death nor sickness. With this realization you go from glory to glory in an eternal progression.

Every atom in your body has come from its own solution in boundless space and all will return to that solution because it is part of it, not one atom can be destroyed.

Science has proved that which we term "matter" but know very little about, is composed of atoms, and atoms are composed of electrically charged particles which derive their existence from the nucleus of the atom and science now says that this nucleus has a nucleus within itself, pointing to the fact that all must rise from that sea of intelligent energy that fills boundless space, the Absolute expressing Himself in Himself and by Himself. Thus we are made in His image and likeness.

I know that it is difficult for some to discern impersonally their own thoughts, but this must be done before harmony can be established and the "I am" must be freed from the illusion of limitation and fear.

You should under no circumstances try to banish a thought from your mind nor fear it, but quietly discern it carefully. Do not disturb your thinking but become aware of your thoughts by practice, you will be able to dissolve any idea or thought, and above all you will know what you are thinking about.

Your beliefs you will see are but an external creation of your own, or what you have conformed to through the belief of another who is also in prison. You will know that

they are not "Truth," you will readily see that the mind is steeped in illusion. You will become aware of the hindrances by confronting them, by discerning them, by penetrating them, and with your pure thinking you will free yourself from them, and by doing so you will realize that harmony, that poise, that understanding of the Indescribable.

One thing is sure, you will cease to have divisions. No longer will you have differing creeds and cults. You will no longer think in accordance with a belief that separates you from others. You will see these falsehoods for what they are, for the Presence cannot be divided against Itself.

What you must do is to discern these hindrances, but do not fight them, nor pacifically endure them but become conscious of their falseness. You can become free only by examining them with your mind utterly free from all attachment, free from prejudice, free from beliefs. There can be no comparisons because you cannot compare the Truth with the relative, for this is just further delusion.

If your mind is suffocated with demands for conformity you will be incapable of true understanding.

The Presence requires no effort, neither has It to discipline Itself into action, It Itself is pure action. In this then is freedom for the individual who realizes it. **"I have seen a vision of Thy Glory."**

Benediction

Divine Presence, Thou art the Fragrance that streams from our hearts ennobling our souls.

The stream of Thy Love Fragrance washes away all separation which has been the cause of our sorrow and conflict.

Divine love fill our consciousness with Thy Presence so that our hearts will beat with Thine, to rest in Thy

omnipresence forever and forever.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #4 (1st November 1949) in the book “Developing Your Faith.”

August 1951

My dear Friends,

The work of the Sanctuary is spreading in ever widening circles as more and more people are being brought into contact with it and realising that healing is there for the asking, which is proved to you by the following extracts from just a few of the letters that come pouring in every day in ever increasing numbers:

"I am writing this to express my complete satisfaction and appreciation of the wonderful cure which I have had through the Sanctuary. The chest complaint which I laid before you some months ago has now completely disappeared. I work for long hours now without the former weariness. God bless you and your work for humanity." S.G. Gold Coast.

"My son was desperately ill a while ago and the Sanctuary was immediately called upon. My boy is now completely cured and more than grateful to you and the Sanctuary." L.J. New Zealand.

"It is a great joy to be able to send you very good news regarding my cousin. She had been ill for a long time and the doctors intended to operate on her. From the time that her name was placed in the Register of the Sanctuary she started improving so that the doctor gave up his plan to operate. She gained weight, and was dismissed from the hospital with the assurance that she would get completely well without an operation. It is impossible for me to express my gratitude for the good work you are doing every day." G.S. Denmark.

"I am very grateful to report that the Lord has greatly blessed my husband. The operation was a success, only a scar is left and he is quite well. I wish to thank the Almighty God for his answer to all the prayers, and the grace and blessing bestowed upon us." M.K. Pretoria.

"You will be very happy to hear that the little boy whose name I sent in to you for help has improved a great deal. The change began to take place as soon as help was asked and now the nervousness has gone and he sleeps quietly and normally." B.L.T. Southern Rhodesia.

THE DEVIL*

It is impossible to read the Bible and ignore the part assigned to the Devil.

Most people are afraid of the Devil, this some unknown one that is always trying to do them harm. This Devil is depicted to exist in hell, a place having no locality but very vivid in the imagination, waiting to pitchfork you into red flames belching forth from Hell known as the bottomless pit.

What we are going to do in this letter is not to imagine the Devil but deal with him by pure reason.

There was once a little lad well advanced for his age. He was forced by his parents to go to Sunday School which he detested. He had already told his parents many times that he did not believe what the minister said. So one Sunday the minister said that the Devil lived in a bottomless pit, and this bottomless pit was filled with brimstone and fire. After the address was over the minister asked if anyone wanted to ask a question. So the little lad put up his hand, the minister, "well my little man what is your question?" And the little lad replied, "will you tell us how a bottomless pit can be filled with anything?"

This floored the minister and afterwards this "little man" was not welcome at the Sunday School, much to his delight.

The question in your minds now is, "what is meant by the 'Devil'?" And I will begin with what is self-evident, that God and the Devil must be the exact opposite to each other; whatever God is, the Devil is not.

Now since God alone "is" then the Devil "is not." Since God is "Being" the Devil is "not being." So we are met with the paradox that, though the Bible says so much about the Devil, the Devil does not exist, and it is precisely this fact of non-existence that makes up the Devil.

It is that power which in appearance is, and in reality is not, in a word it is the power of the "non-existent."

All our growth towards perfect humanity must be the recognition of that which exists and not that which is non-existent. But because man's thought conceives the non-existent and gives it a substantive power of its own, this becomes a real power to the person that believes in it.

This is the same old serpent that beguiled Eve in the Garden of Eden, the individual Life, ignorant of its true nature, "the serpent not raised up," "the son of man not raised up."

So we see that the Devil is all a product of the mind that is ignorant of the "all-existing Life" that underlies all and is ever expressing Itself through form. It is the individual Life in form, not seeing this is the cause of all confusion.

There is only one power, even that which organises the atoms into form, and that which maintains them in form in the distinct organism which seems separate, must be the mode of action of the same power. The building-up power and the disintegrating power and the holding-together power are all of the same origin, as well as the consciousness in man, which is man's own creative faculty.

The question is often asked, why need the individual die? Those who believe in the blind forces of Nature say that this is the Law of Nature, those who believe in Divine Wisdom say that it is the appointment of God. But strange as it seems both answers are wrong.

That death is the will of God is emphatically denied in the Bible, in Hebrews we are told that the Devil is the Father of death. Death is the opposite of Life, therefore does not exist. It is the individual ignorant of the principle of Life, that believes in death, so this is the non-existent that exists in the mind.

The disintegrating power at work in the form is the evolving process, the direction of the Infinite Cosmic Creation whereby all particles revert back to their own solution to be further evolved in ever-progressing forms. This is the Eternal Law of Progression of the never-ceasing and perpetually expanding individual Life.

Both the Bible and our pure reason tells us that there can only be "One" Power in the Universe which must be the building-up and this work is ceaselessly in action, therefore when the mind is not aware of the Truth of the only "One" it assumes the transition of that form to be death, "that which is not," and this is the "Devil." So the Devil is the cause of fear and death.

In all Nature we see positive and negative in action but these two are of the same source, this is the cause of all manifestation and disintegration, both forces are at work directed by the "One Intelligence." The individual not realizing this fact, affirms the non-existing to be true and for this reason the Scriptures calls it the Father of lies.

The word "Devil" means "false accuser" or "false affirmer." When the Creative Principle individualized is unaware of wholeness and affirms the non-existent, we see how this can become an impersonal power in the mind of man, still at the same time having no real existence. This is

the denial of the Spirit, the Reality, but few see the misery of it. This is the ignorant inverted thought of the "Spirit" that denies its lord.

This is the exact opposite to the Son of God in whom all things are "yes and amen," that is the Spirit of the affirmative and therefore the Spirit of Life. This is he who would destroy the power of death "the Devil" and deliver all who, through fear of death, were all their lifetime subject to bondage. In Hebrews 2: 14-15 we read thus:

(14) "For as much then as the children are partakers of flesh and blood he also himself likewise partook of the same and by his death he has destroyed him that hath the power of death, that is the Devil.

(15) "And has released them who through fear of death all their lives were subject to slavery (bondage)."

We readily see that there can be no Universal Devil in the same sense as there is a Universal God, therefore there can be no individual devils, only ignorant "Spirits," for we are all of the same Spirit and no harm can come nigh to one who realizes this Truth.

There are many more aspects of which I can speak to you, on the subject but I want to bring home to you the importance of the removal of this limitation which is self-imposed.

This must be done and can only be done by the removal of the barriers imposed upon the Self by the self. There must be a constant breaking down of all limitation made by the Devil and death till the Self arrives at the point where there are no more barriers between it and the Eternal the "Self" made immortal deathless, imperishable, everlasting, indestructible and all-abiding through understanding. The Self is perfected because of its immortality.

Wherever there is limitation, ignorance of this Truth, there is sorrow and man is always seeking a "way," this

only leads to struggle and exploitation. It is only when you recognize your struggle you will recognize your exploiters.

You are seeking that freedom of that "existence" that cannot be touched by the non-existent, this can only be done when you recognize the "non-existent" for what it is, the Satan that blinds you to that which is Real and Eternal, this is the immortality of the individual.

It is the "I"-ness in the Self which causes all these barriers which separate, which create false realities. This "I" must be made immortal, imperishable, made pure through "Wholeness."

Life fulfils Itself in freedom which is eternity. This is the ocean into which all must enter knowing that the true beginning of the Self-discipline is understanding.

Then you will know the difference between that which does exist and that which does not exist.

The Devil is dethroned never again to rise up in your mind to confuse you. "Get thee behind me, Satan." The head of the "Serpent" the deceiving element is forever crushed never to rise up again.

For if the Devil was a reality, man could not destroy him, nor could he say "Get thee behind me, Satan."

"Any realm divided against itself comes to ruin, house after house falls down; if Satan is indeed divided against himself, how can his realm stand?"

Benediction

O Mother of All Creation, All that I know is Thine.

My innermost thoughts are known to Thee because we are "One."

All the barriers between us have vanished for Thou alone dost exist and ever will.

Thou art the Christ, the Buddha, the Krishna, born in the flesh, visible and invisible, personal and impersonal.

Thy Cosmic Infinitude appears in Cosmic finitude. So do Thou appear visible and living, eternal and free, O Blessed One.

O Thou Ocean of Life, Thou hast absorbed the ripples I created in my ignorance and now I know. I am in Thee and Thou art in Me.

PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #5 (8th November 1949) in the book "Developing Your Faith."

September 1951

My dear Friends,

Time passes, we say, but in Reality there is no time. The same Power is present always. The proof of this is the hundreds of letters we receive each month from all over the world, telling the same story. Healing after healing is taking place. Here are a few of the many letters received this month.

"I am always grateful to you for the monthly letters you send to me and my friends. These letters are a blessing to me and my family and I can assure you they are a real comfort in times of distress, lack and limitation. May God bless you and increase your good works for the benefit of humanity." T.A.O. Nigeria.

"Another miracle has been brought about by the Sanctuary through your loving help and I want to tell you that my friend was saved from the operation that was booked to take place a few days after I asked so urgently for help. The specialists said that nothing but a miracle could prevent another operation which they greatly feared. But before the operation could take place the miracle occurred, and he is now back at home getting stronger every day." L. K. New Zealand.

"I have always seen what wonderful things have happened to other people, this I had the most amazing experience. When I phoned you at 9.30 that morning I could barely move for pain and had a bad cough. At 10 o'clock I had to take care of a friend's children and by 3 p.m. was absolutely free of all pain and the cough subsided

at once. So I just give thanks for my own experience of what is done by the Sanctuary.” K.D. Pretoria.

TRUTH*

No one can hate the Reality in man for God comes to us in the likeness of man, we are taught to see and love God in man. What we hate is something that surrounds and hides the real man.

What is behind the true nature of man we always love. This is the reason why we love those who have passed on with a love that holds in itself forgiveness. For we know in ourselves that we also need this forgiveness, not only forgiveness but forgetfulness of all that was unworthy of our true nature.

We find that love is more unselfish when it embraces those who are risen. The disciples loved the Master more when he had risen than they did while he was with them in the flesh.

While he was present in the flesh, Peter denied him, but when he returned to the Father, Peter would die for him.

This is all so true, but one must first go through the experience to understand it. When the realization comes that death has no power over the one that is risen there is a feeling that is blessed with the Love of God. This can only be understood when one has come to the realization that everyone must pass the same way.

The great “Truth” changes the nature of our feelings towards others but this “Truth” is here now, and when we begin to realize it, we find that our feeling towards others changes here and now. This means our freedom from the results of our own actions towards others.

Wisdom and Love are our only true guides and when we realize this Truth we see that there is no room in our lives for that which hinders our true expression. For when we discern that which hinders our true expression “we are washed by the word” which is spoken of in Ephesians 5: 26, this means the Spirit.

The Divine Spirit Itself does the cleansing. Thus we receive our daily washing as we put away from us that sense of separation from the Divine. For it is only by the retention of this separation does guilt remain in the heart.

This is why Jesus bathed the feet of his disciples. You will remember the story when Peter refused to allow the master to bathe his feet saying that he was unworthy of such an act, that the Master should lower himself to bathe his disciples feet, but Jesus made it plain that later they would understand the true meaning.

A wonderful light is thrown on this dramatic incident of the Master in Luke 12: 35-37, “keep your loins girt and your lamps lit, and be like men who are expecting their lord and master on his return from a marriage-banquet, so as to open the door for him at once, when he comes and knocks. Blessed are those servants whom the lord and master finds awake when he comes! I tell you truly, he will gird himself, make them recline at table, and come forward to wait on them.”

When we are found prepared, the Lord will gird Himself and serve us. This means that God grants our requests immediately we realize our relationship to Him. In other words, that Nature obeys us in proportion that we first realize Her and obey Her so shall She give to us all Her goods and serve us completely.

The Lord becomes our humble Servant immediately we obey Him. This can be clearly seen in all walks of Life, because the Life Principle is not something separate from ourselves but is the supporter of our individuality. The more

we understand and obey the fundamental law of "Love thy neighbour as thyself," the more fully shall we be able to make specific application upon it.

"If I wash thee not thou hast no part with me." These were the words of the Master. He spoke as the conscious mouthpiece of the Divine Spirit Itself and when seen in this light the meaning becomes clear. We are cleansed by the Spirit as we find ourselves one with the "One" in all.

Energy and matter are inseparable just as man and God are inseparable. When the most advanced Science becomes the starting point for our religious philosophy the world will come to understand that Spirit is the one and ultimate Substance underlying all things.

Truth is the search for First Cause and when we find Truth we find the Cause behind all things, thus we will have dominion over all things.

Our consciousness is the out-picturing of the Divine Consciousness. By this consciousness we think, but the majority are not aware of it and often man is unaware of the fact that he is thinking.

The asylums are full of people who have failed to discern their own thinking and have allowed their thoughts to control them.

We can dissolve all conditions in our minds and bodies by the power of the Spirit. Through Divine chemicalization all adverse conditions are dissolved away. This is the Truth that sets us free.

Truth casts out fear and all that is contrary to our true nature. If we will take time to discern our fears we will see that it is this self-created force generated by our ignorance that paralyzes our nerves, reduces the circulation of the Life's blood, affecting the entire mind and body.

Ignorance in man is his ignorance of the Truth. When Truth is realized, people act naturally, this shows that

ignorance has no principle in itself therefore we learn that it has no power of its own, only Truth has power.

In Proverbs 24: 3-5, 13-14: What builds a house is skill, it is erected by intelligence; and knowledge furnishes the rooms with all that is rare and pleasant. Wise men are better than warriors, brain is better than brawn; My son, eat honey—it is good, and honeycombs are sweet: so wisdom tastes.”

Truth must not only be established in the mind, but a knowing in the heart must be established so that it becomes habitual in your everyday life.

Idols and images are but concepts in the mind, but Truth is not a concept. Moses tells us that we must not carve any idols in the shape of anything in heaven above or on the earth below or in the sea, “ye shall not bow down to them or worship them.”

Exodus 20, verse 1, states, “God spoke these words ‘I am the Eternal, your God. You shall have no Gods but me.’” Moses knew that there was the only “One” which was the Creator of all and that any other God was a false God created in the mind of ignorant man. And any image or idol was a forgery.

Truth is all-inclusive. If there is not an all-inclusiveness then there is no Truth. When you find out that anything less is un-intelligent, thoughtless and stupid you will realize for yourself the Truth.

It is for you to discern that your beliefs have been based upon illusion. This is not so easy for the one who is influenced by beliefs based upon separation. But it is essentially simple for the one who has put aside ideas of attachment to any belief. In this way only can you come to the core of the Truth of that which is immortal in yourself and others.

You must first become a human being recognising the all-inclusiveness of all human beings, knowing that Truth is not divided in humanity but is expressing Itself as a Whole in humanity and is never in opposition to Itself. Unless you realize this you will never be able to give to the world the best that is in you.

It is not what I say or what any other person says. You must arrive at the Truth through your own discernment of what is utterly false. Neither can you compare what I have said with that which someone else has said or what you think you know, nor must you accept what I say because it coincides with your beliefs. If you do this you are not thinking intelligently. It is the core of Truth you must find and this can only be done by yourself through your own discernment and realization so that you may become "aware."

You must have no prejudices for this blinds you and leads you away from Truth. Opinions are of no value either, for you will note that this is not Truth. Truth is "knowing," awareness, freedom.

Truth means the actual realization of the Presence, "The Truth," an "awareness," that comes through discerning that which is not "Truth" and which is a hindrance to the expression of the Truth in the individual.

You must be sure that you are not deluding yourselves for it is not merely skimming the surface that leads to your final conclusion which is "awareness."

A belief is not the Presence, a belief is but an idea in your mind and the Truth is not an idea nor an image, Truth is Life, Reality, is complete in Itself. It does not need an idea for Its expression. It Itself is true expression.

The Truth is already established and every human being can be helped through It. Therefore the more you clarify your own minds the more the Truth can make Itself known through you.

Benediction

O Everlasting Truth, bless me that I may behold Thy wholeness. May the Morning Star of Thy Glory appear before me so that my eyes are opened to Thy abiding Presence in All.

At first I saw not the Spirit within their bosom, but as I discerned the falseness of my beliefs the veil fell from my eyes.

I became aware of Thy Infinite Presence everywhere and I met Thee face to face, for Thou art the Everlasting Truth.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #9 (6th December 1949) in the book "Developing Your Faith."

October 1951

My dear Friends,

Each month passes with greater results and each month more and more letters are flowing in with thanks for help received and many more requests for help which is always given without reserve.

Here are just a few extracts from the many letters received:

"I want to take this opportunity of expressing my sincere thanks for the Monthly Letters. I assure you they are most comforting and have helped my husband and myself immensely in tiding over difficulties and problems, and every new letter received puts new faith and courage into us, I find it difficult to express my gratitude adequately and do not know what I would do without them. "R.T. Queenstown.

"I cannot express my gratitude in words and money could not buy the peace and relaxation I am enjoying now." C.R.V. England.

"Thank you very much for your help and guidance and for the comfort and happiness which your monthly letters bring to me. They have been an invaluable aid to me and I have learnt the secret of love which Christ revealed to those in need of the Light. My words cannot express my deep gratitude." C.E.B. Togoland.

"Both my husband and self wish to express very deeply our heartfelt gratitude and thanks to you and the Sanctuary for your greatly needed Spiritual help during those long months for both of us, when the 'Light seemed to have failed.' I would like you to know that words written by you

to my husband during that period gave him continual renewed faith and confidence that all would be well. My recovery to many was a miracle." G. C. New Zealand.

THE WAY TO HAPPINESS AND A SUCCESSFUL LIFE IS LIVE IN THE PRESENT*

The present is the only time there is. I have so often spoken to you about this but I know that the great significance of this Truth has not fully dawned upon you.

If you are troubled with the past or if you have fears for the future you can never be 100% in the present, which is the only time there is. Action can only be done in the present and action is all that counts. Pure action is living in the present.

Some people are always harping about the "if" had been this or that, things would be better now. It is this "if" of the past that is preventing the present from being what it should be in your life.

Experience is essential to your freedom, through experience you begin to realize what lies behind the individual. Without experience you would be dormant, asleep in your limitation, yet experience without discernment and continual adjustment in the present is but a repetition of error, and this means frustration. But through continual adjustment, through experience and understanding there is freedom.

Many people rebel against their past experiences, they fight, they struggle and become emotionally upset. This is the way to frustrate the true Self in the present, preventing Reality from coming forth in the individual.

All your experiences are merged into the present when you live in the present "now" and all the force of your true nature is present only when you live in the present. For if

you live in the past or the future you live in the illusion of separation and this means struggle and disappointment.

It is the Infinite Life that is ever present in the individual, and when you become aware of this, all tension, all fear, all sense of wrongs and rights, all hate, jealousies, all things that frustrate the individual in the present is dissolved away, **this is truly freedom.**

The Infinite Life is expressing Itself in the individual in the present always, this is the secret that many people have tried to find, but failed because of conformity to some idea, to some pattern or some system.

If you try to conform to some pattern you are in limitation; and if your pattern is not unfolding then there is worry, and worry makes your work in the present a failure. How many people in the world have tried to fit their lives into a pattern built up in their own minds. To follow a pattern is to be limited.

The Infinite Mind is complete, there is no limitation, no pattern to fill, it is complete and perfect. In reality the Infinite Mind is expressing Itself, It has created the finite for the purpose.

There is really no finite, for it is the Infinite that is existing in the individual and it is the wearing down of that individual existence in the consciousness through discernment and understanding lies the purpose of the individual existence. The small "I" loses itself in the great "I am" of Life where there is no separation, no division, no distinction.

This at present in your personal state seems to be afar off but in reality it is an actual fact now, that is why the present is so important, not the past or the future.

Any great thing that was ever done by man was done when the mind was concentrated in the present with no other thought or interruption of any kind. This is the

Infinite Self giving expression to Itself through the individuals—the vehicle of expression.

You cannot separate a part from the whole, separation exists only in your individual consciousness, and this is the illusion that causes frustration. For if you feel yourself to be only a part seeking to become one with Life, the Life that is behind all invisible and visible manifestation, if you feel this Life is external to the self then there can never be a cessation of this continuous struggle that you are engaged in.

Most people are trying to picture what God is like, then He becomes an image in the mind. When this is so, there is limitation, living in the past and future, living in a mind that is crowded out with events and sorrow, pain, hates, jealousies, frustration.

When you get a glimpse of this Infinite Life, this Life in which there is no separation, no sorrow, no pain, no past, no future, no birth, no death, when you can realize this presence of the Omnipresence, then there is spontaneous action. You wear away the wall of separation that is in your own consciousness.

When there is complete realization of the ever-present there is no longer any craving, for you are everything, you are creation and the scar of individuality that was in the consciousness will have vanished. It is this scar of individuality that is in the consciousness that is the cause of all struggle, the cause of all craving, the cause of this separate existence, the cause of fear for the future, fear of memories of the past.

The only experience that is retained is that which is pleasing to the Infinite, all else dissolves away. There cannot be perfect action in the present when there is a sense of separation. This, all must learn, for it is the way to perfect happiness and success.

Perfect action, or pure action I often call it, is the result of the consciousness realizing its oneness with the Whole, understanding all external to it, the past or future, so that it becomes aware of the external as the effect and not the cause. The cause is the creativeness within and this creativeness is not separate from that within the individual.

This is often difficult for the students to grasp at first because most of their reactions are made from the external world, not knowing what it is.

Individual existence is imperfection, and this individual existence is worn down through understanding and constant adjustment. That is why it is so necessary to put off all theories.

If you are caught up in the rights and wrongs, if your mind is engaged in things external to the self, you will never know reality. But if you are only concerned with the present you will express that which is perfect, for Life knows no wrongs or rights, no birth or death, no distinction or separation, no past or future. IT IS that which Is and I am that. This is why living in the present is the secret of success and happiness. You will readily see that this cannot be reached through theories, cults, creeds, for they are the epitome of separation themselves.

So it matters little to you now what appears external to you when the present is realized, because this present is in everything, and what is always present is that which is eternal and the cause behind all manifestation, with this understanding, doubt, worry, fear disappear.

The material world is the revelation of the Creative Power, both grow out of the same source. Visible things are the representation of things invisible so both come from the same source. When you understand this you will understand the conditions that surround you, and you will no longer be afraid of them.

To realize the great Creative Law that is Ever-present and by conscious use of this Law, you can operate upon the Universal substance in co-operation with the Creator of all things. This reveals a far greater power than any material possessions external to the self can give.

When the material world appears to the onlooker as the reflection of the Spiritual world where the idea becomes materialized, the material takes on a greater significance. Where at one time material conveyed only a substance composed of atoms it now is seen as an intelligence in expression, an Intelligence that is Ever-present and responds in exact proportion in the lives of those who live in the present with the mind free from past or future.

This is pure action, an action that is the result of the release of the Absolute Life expressing itself in man.

Then man will see that he is one with the Creator and with the same process he brings forth into his life and circumstances conditions and things that he desires. But if he fails to understand these things he will eventually create a series of causes and effects and will be caught up in the illusion of his own separateness and limitation until he finds the Truth or the Ever-present,

Therefore in the present and not the past or the future lies the happiness and success of every individual.

Benediction

O Mighty one, Thou art not separate but one with me Eternally. In Thee there is no evil for the devil cannot exist in Thy omnipresence.

It was the king of illusion who sat on the throne of ignorance was the cause of ill-health, unhappiness and my soul blindness.

It was in my deepest moment of despair that I heard Thy Voice calling "Be not afraid, for I am with thee always."

Then the Light that shone from the beginning of time
blotted out all the darkness in my mind.

Now I see with clear sight, all that hinders Thy
expression. I thank Thee, O Mighty One, that Thy Light
becomes mine for evermore.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #4 *'The Surest Way to Success and Happiness is to Live in the Present Now'* (10th May 1949) in the book "Life Everlasting: 2nd Revised Edition."

November 1951

My dear Friends,

Thank you very much for the many letters received this month from all parts of the world. Perhaps you would like to know that we are sending to and receiving letters from thirty different countries. The work is spreading with great rapidity and with wonderful results.

Here are a few extracts:

"Words cannot express our heartfelt gratitude for the wonderful help the Sanctuary Letter is bringing to all of us. The whole family and many friends eagerly wait for the Letter to arrive and we read it together. There is wisdom and healing in every line. Thank God that we were directed to you. God bless you, dear friends. "M. S.

"As you know my husband was not expected to live. When I contacted you I felt that all would be well. That night a change took place and the doctors were amazed. A miracle indeed, God bless you." G. J.

"Thanks for your prompt reply to my urgent wire for help. The condition left me immediately and now I am safe and well." Y. S.

"Thank God for the Sanctuary and you. How can we ever thank you enough for the wonderful help we received during our deep sorrow. The upliftment we got from your Monthly letters is too marvellous for words. God bless you." F. M.

When I was overseas lately I came across a number of people who got your Monthly letters. I was greatly surprised and delighted to learn that so many people have contacted the Sanctuary and what a grand thing it is to

know that we of little faith can be helped. In my own case I did not believe, but after seeing the results I know now what can be done. Many blessings upon you all at the Sanctuary." H. L.W.

THE GREATEST THING IN LIFE IS TO UNDERSTAND THE LAW OF CREATION*

Just as we weave into our minds impressions and ideas from the objective world, likewise we can weave into our minds the attributes of the "Presence."

The Presence is that which "is;" It is not created by the human mind. The Presence never had a beginning therefore can never have an ending. This Presence is your creativeness within.

What we create in our minds tends to out-picture in the objective world, this is the result of our thought action, but thought itself must have an originating source, otherwise it could not exist, and the originating source is the Presence. Thus when we realise and recognise this Presence and dwell upon Its attributes of Love and Wisdom we establish them within us.

"Faith is the substance of things hoped for, the evidence of things not seen." "Faith" is that state of consciousness which has reached its own source. When this state is reached creation is automatic. Just as electricity flows through the filament in the lamp and produces a light, so does the Creative Power flow into the ideas the consciousness holds. We know electricity is a form of energy but no one can tell what it is. Neither can we tell what the Creative Power is, but we know that It is, just as we know that electricity is.

To clearly understand how the Creative Power works we must understand our relationship to this Creative Power.

Jesus compared himself as the Son of the Father. "As the Father has life in Himself so He grants the Son to have Life in himself," showing that it was the same life in both, that this same Life in the Father flowed through the Son as a means of creation.

"Whatever I see my Father do I do also." Here is the answer. The mode of action must be the same, the Son being made in the image and likeness of the Father.

Jesus brought it down so that the human mind could comprehend the meaning that there was no separation between the Father and the Son.

All the struggle we see going on in our own lives and in the lives of others is caused by a sense of separation, thus a continuous struggle is set up to bridge the gulf of separation, but when Truth is realised, the struggle ceases. "In other words take hold of the Tree of Life and it shall become a Spring of Living Water rising up to Eternal Life." But to do this we must let go of the Tree of Knowledge of Good and Evil for we cannot hold on to both. We must either cling to one and leave the other.

This world is still struggling with good and evil with the result that chaos reigns instead of peace. I am the Light of the World, he that follows me shall not walk in darkness but he shall find for himself the Light of Life." This is the great "search" we have to find for ourselves, the Light of Life, then we shall not walk in the dark any more.

The Master discovered this method by which he could use the Creative Power by understanding the Law. Want, limitation, sickness, failure and unhappiness in our daily lives are evidence of our ignorance of the Law of Life. Therefore the greatest thing in our lives is to understand the Law of Creation.

"I have come that they might have Life and that they might have it more abundantly." When we realise that our minds are the reflection of Infinite Mind then there can no

longer be need for struggle, the only condition being a sustained acceptance of the "Presence."

The secret of how the Law operates is well expressed in these words, "it is not I who doeth the work but the Father who dwelleth in me, He does the work." We must take exactly the same position, there is not one law for the Master and another for us. He showed that all are capable of using the Law, the only thing that prevents us from doing so, is our sense of separation.

When we comply with this Law of the all-originating Mind we bring about results. We must see clearly that the Life behind and within the form is formless yet it is the Creator of all form, "the Father that dwelleth in me, He does the work."

The Intelligence is the predetermined knowing of the Infinite and whatever we ask with understanding this Universal Intelligence will find ways and means to bring about any manifestation.

James says, "the double-minded creature need not think that he will get anything from the Lord." "Let him ask in faith not doubting, for he who doubts is like the waves of the sea driven with the winds and tossed."

Thought is first invisible, then it becomes visible. If our thoughts are to become visible we must know what we want. The invisible power of electricity is controlled and made visible by the use of the laws pertaining to it and millions have benefitted by it. Yet we can consciously or ignorantly violate the Law and bring about disaster. The lack of understanding of the Law governing the invisible world has the same result.

The mind must be free from past or future, free from prejudices, fears and envy or revenge. "Do not condemn lest ye be condemned." "Love thy neighbour as thyself." It is the state of mind that attracts the best in Life. It completes the circle between God and man and the Law of

Harmony operates for our benefit. In other words you are in tune with the Infinite.

To be in tune with the Infinite there is a constant flow of Divine Energy through you and this flow never ceases for a moment. As you become more aware of this so it will flow with greater power to renew the mind, body and circumstances.

If your thoughts are not in harmony with the Infinite there is a condition created known as disease and unhappiness. The physician may diagnose the case by giving it a name, thus increasing the trouble instead of eliminating it. If wisdom and love were substituted it would strengthen and nourish the soul, then the body would soon recover as the inflow of the Divine energies is re-established.

Jesus cured the sick and if people understood him they might do the same again today. What we need is the understanding of the Master and not theories or names of diseases. The Master was the oracle, Christ the Spirit of God is the Bread of Life and when eaten, the Soul and body is renewed. When this truth is revealed to man the scales fall from his eyes and he sees how he has been deceived, generation after generation, by beliefs and theories of others.

Man made in the image and likeness of God lives in a material or visible world in which he has been given dominion over all things. A world so constituted that if he understands the Law and uses it intelligently he will be lifted up to Spiritual heights yet unknown. He will expand his consciousness and practical knowledge of his oneness with the Creator of all things by the conscious use of the Creative Law within himself, and will represent to him a far greater power than mere intrinsic value of material possessions which are the expression and use of the Law of Creation.

The material world to him will not be mere "material" which is little known or understood but will represent the intelligent use of the Law of Creation situated within himself. He will see that the invisible and the visible are one and the same thing, one is the cause and the other the effect and cannot be separated, one is the expression of the other.

"God Himself has made it plain for ever since the world was created, His invisible nature, His everlasting power and Divine Being has been quite perceptible in what He has made." We must be one-pointed in regard to the Presence. We will see that this is the only Reality, all other things are relative therefore have no power of their own, and are subject unto the Will of God in man.

Freedom comes when we discern the cause within ourselves, not merely denying it. This ignorant denying has been the cause of many abandoning the very thing that would be of help to the individual sufferer. The only way is to discover the cause within ourselves and deal with it fearlessly and without struggle, then there is a clearing of the way for the Presence to operate in and through us. "As a man thinketh in his heart so is he."

"Whatever things the Son seeth the Father doing the Son doeth also in like manner." We must become aware of the Presence sufficiently so that every moment of our lives is an expression of It. This is wisdom and wisdom is pure action going out, never relying on external things, but knowing that all external things are but the effect of the cause within.

The surest way and the simplest way is to love. To understand love you must first experience it. To love intensely is to grow in Love and we must learn not to condition Love, but to free it from all entanglements. In this way the Father who ever remains within us performs His own deeds, for this is the Law of Creation.

Benediction

O Beloved Presence, I hear Thee calling to me to awake from my sleep of delusion and separateness. The Sunlight blazes forth in me yet I was blind to Its Spiritualising power and beauty, while my soul was darkened with separateness and ignorance.

Let the fragrance of Thy presence pierce through my being to overflow with Thy love for all Thy Creation.

O Beloved, I now drink of Thy Presence and Love that spreads everywhere revealing Thy everlasting nature, embracing all within Thyself, and have found myself at last in Thee and Thee in me.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #5 (17th May 1949) in the book "Life Everlasting: 2nd Revised Edition."

December 1951

My dear Friends,

Greetings, Love and Best Wishes to all at this time when Love entered the world.

Again and again the months pass and again and again we repeat the familiar stories of the wonderful results obtained through the Sanctuary. I wish to thank you all for your great help in this work, to know that with your faith and co-operation thousands are helped, most of them you have never seen or even heard of.

Here are some extracts from the hundreds of letters received during this month:

"I cannot express in words my gratitude for the wonderful help given to me during the last few days when my mother was so seriously ill. When I told the doctor I was certain she would recover, he just looked at me. Now she is up and about, as well as ever. Thanks, and that means a lot." A.L.B. New Zealand.

"Six times I have asked for help from the Sanctuary of the Silent Healing Power and each time that help has come. I think that this is the best proof of the work you are doing to help humanity. God bless you." A.G. O.F.S.

"How can I ever thank you, words fail me. What words could convey the feelings of one so happy. Your monthly letters are a joy, a guide and an ever-present reminder of the Ever-present Life. The past and future do not matter anymore for I live in the now as you have shown me and my cup is overflowing. God bless you." C.R.B. England.

"Your monthly letters are a Joy to us. They contain that which we have been seeking all our lives. My group listen

with eagerness to my reading of them each month although we have been studying Truth for many years there was always something wanting, that something has been supplied in your letters. God bless you." D.B.C. Australia.

"LOVE IS THE FOUNTAIN OF JOY IN THE HUMAN
HEART, THE COSMIC MIND IN HUMAN
CONSCIOUSNESS"*

It was just one thousand nine hundred and fifty-one years ago on the 25th of December in Bethlehem where the Love of God was born in the child called Jesus. The wise men came to do homage to this wonder child who was destined to lead the whole world into that true state of Being that would bring peace and goodwill to all men.

God so loved the world that He sent His only begotten son "Love" into the world so that all could have Eternal Life through him. "When you have seen me, you have seen the Father."

God is Love therefore Love is not relative. **It is a reality beyond analysis.** Immediately you try to analyze Love, you have lost it. Love defies analysis for the simple reason Love is beyond mind. The mind of man can become aware of Love but does not know what It is, we only know **that** It is.

When Love is in full force the self does not exist because Love swallows up the self in Its expression. This is the great Truth we must learn if we are to love and be loved.

To be truly loved there is a union in which the self disappears. You should not try to recapture those moments because you then make Love relative, just a memory. Love is always present and flows into the soul at any time the soul makes way for It. But when the self is in evidence there can be no true Love. If you want to feel the joy of Love you must lose yourself in Love.

Perhaps you think you love your wife, your husband, your children. The great test is how much self is in your Love. Do you do things for Love or do you do things because you Love? To truly Love you must become Love Itself.

Most of our troubles today arise from the fact that as a child our natural Love (God's Love), born in us died because It was never given a chance to express Itself through the ignorance of our parents, who themselves did not know how to Love. Yes, a wife or a husband may be a dutiful wife or husband and dutiful parents but have they learned the art of true Loving? Most have not, because their parents and their parent's parents did not understand what Love meant.

They thought that to Love God was a virtue but this virtue became a vice because they mostly saw evil in others. There is no Love in this kind of virtue. One may try to do good or try to be virtuous but that is not Love, that is going away from Love. Love is an inward "Unknowable virtue" that takes no cognition of any of these things, for It Itself is free, complete in all its goodness. It is like honey, it lives in its own sweetness.

True love does not bind another through possessiveness or dependence. Love is the expression of God who loves all irrespective of who or what they are. God's only concern is our happiness that is why when we seek happiness we can only get it from that which is within and not from without. When you love others, all you will be concerned with is their happiness. But how can you help others to find that happiness unless you have first found Love yourself?

Have you hamstrung yourself? Many have, for the simple reason that they although good kind and generous, do not know how to open up the flow of the Living Water of Love from within, this can only be done when the self has

disappeared. If the self is always in evidence then there can be no true Love.

Physical relationship in itself is not Love, but true Love makes physical relationship beautiful and raises it up to the Divine Nature that created us in this way. When you know this Love you are always in Love. Looking at a beautiful sunset, a lovely scene in Nature, you can only enjoy this as if you were one with each other, there is no need to talk or say a word because the self has disappeared.

Love is not a mental or a physical thing, Love is Spiritual. That is why one grows naturally in the surroundings of Love. Love is not taking, but giving in such a way that the other grows in the soil of Love in freedom.

It is just piercing the minds of those who have the welfare of children and human beings at heart that Love is the most essential thing in their lives. The cause of most delinquency is the fact that the inherent Love within has been thwarted. The world to these becomes drab indeed. We will bring our inherent beauty to the surface when we begin to love, for there is little wrong with those who truly love.

When you are Love itself you are never angry when another does something wrong, there is a friendliness that leads to the human heart, which leads to right thinking. Even the worst offenders will respond to Love and you will find that the inherent beauty within the soul will come to the surface.

To check, criticize and denounce or punish is a hindrance to the true expression of the love of God, that is within each one of us. Good citizenship is brought into being by Love and not by harshness, both in the home and in the institution.

The beautiful wife, the clever child or the brilliant husband is excellent and brings approval but that is not Love, sometimes the ugly duckling is more fortunate. Love

is expressed through the touch of the hand, the tone of the voice, the look in the eye, the smile on the face and the absence of the self. "O Love, where art thou?"

The way to make children loving is to love them selflessly, respecting them as people, as individual souls for they may be much older than you. Let them grow up with individuality. Some people smother their children with everything, doing everything for them, thus destroying their independence.

Some parents offer something in return for their obedience or for their good behaviour, thus "buying off" leads to disaster later on. When the child grows up he or she thinks that they can buy themselves out of anything and when this fails there is frustration, disappointment and misery. You must never confuse the issue, **appeasement** is not Love.

When one loves, one acts normally, when one does not love, one acts abnormally. We must look deeper than the outer self to find peace and love. Some are continually caught up in the net of a guilty conscience, think of the prodigal son, the Father never held anything against him, only his brother did that.

When you begin to realize the Truth you will begin to love your neighbour and also yourself. If you love your neighbour first, you will be better able to love yourself. But if you are always seeing the bad in your neighbour you are sure to see it also in yourself. The Master said, "take the plank out of your own eye, you hypocrite, and you may see better how to take the splinter out of your brother's eye." Live in Reality of Love more than you would do in the relative world and all will be well.

Many illnesses have their root in carrying the burden too long or too far through introspection. Love is the cure—lose yourself in Love. This Love does not mean that you only Love your wife, your husband, your children and a few

friends there must be the capacity to Love, the capacity for goodwill towards all. This is the only way that the world will change. If we hate people we will be hated, if we dislike we will be disliked, if we love we will be loved. Why not try and follow in the Master's footsteps and see what will happen, individually and collectively? The world will be made over to Love, and there will be peace and goodwill to all men.

Paul says, "Love is very patient, very kind, Love knows no Jealousy, love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, never resentful. Love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient, Love never disappears."

The Master says, "I give you a new command, to love one another—as I have loved you, you are to love one another, by this everyone will recognize that you are my disciples if you have love one for another." This is the message of the Master who was Love Itself, the blessed son of the Loving Father in whom we all live and have our Being, and who lives in all of us, always waiting patiently for us to open up to His love and beauty so that the Christ will be made manifest upon earth.

It was in Jerusalem after his resurrection that Jesus told his disciples to meet him in a spacious room they had chosen by his command. Jesus then instructed his disciples to go to a mountain he had appointed and he would meet them there. Jesus said to them, "full authority has been given to me in heaven and on earth, go and make disciples of all nations. Baptise them in the name of the Father and the Son and the Holy Spirit and teach them to obey all the commands I have laid on you that ye love one another, and at all times I will be with you to the very end of the world."

“Those who believe in the Christ and the Love of God shall heal the sick and will cause the blind to see and the deaf to hear and the lame to walk, and shall not be harmed even should they tread on deadly serpents nor burned should they pass through flames.” “The secret things that I have told you may now be told to the world, you shall make them known to the faithful, who will in turn reveal them unto others until the time will come when all the world may hear and comprehend the words of the Truth and power of the Love of God, the Christ made manifest.”

Benediction

O Infinite Love, Thy Son came and tore away the veil that hid Eternal Life and appeared in Thy Holy Temple not made with hands. When I close my eyes and seek to grasp Infinity my brain cannot fathom Thy Infinitude.

But when I open my eyes and gaze upon the Eternal Christ I behold Thy Cosmic Presence of Love. And as I hear the throb of the one Heart and feel the one Love and see the one Life in all I know now, he came to give love and to serve all. He appeared as Immortal Life to destroy death.

He came as a babe to unite parents in greater unselfish Divine Love, born in the child. He was the Fountain of Joy in human hearts, he showed the Cosmic Mind in human consciousness and as he passed beyond the Creation of time and space I found immortality in him who was once man.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #10 (4th December 1951) in the book “Life More Abundant.”

1952

January 1952

My dear Friends,

We have just passed another milestone in the never ending road of Life. Many of us will have made resolutions, yet our resolutions are useless unless we discern our thinking so as to become aware of our thoughts and feelings continuously, thus resolutions will be made only to be broken. Therefore my letter to you this month is on faith—understanding faith—for without understanding, fear will enter in with the result that the same confusion will reign again.

I want to thank you for the many wonderful letters sent in this month and the thousands of greetings received. My wish is that God will bless you all in this year of 1952 and on.

Mrs. W.S. writes, “may God bless you and keep you with us for many years to come, what you have done for me and my family, words can never express. But our hearts are full of gratitude and in our prayers we always remember you, God bless you, dear friend.”

Mr. A.S.H. writes, “many, many thanks for your prompt and efficient help. My daughter recovered immediately I got in contact with you. I do not understand your methods but one thing is sure, it is quick, efficient and sure. My wife is writing you herself to express our gratitude in more appropriate language than mine. God bless you and a thousand thanks.”

Mrs. W.J.T. writes, “your monthly letters are such a comfort and pleasure, full of wisdom and instruction. Since

we have been receiving these Letters our lives have completely changed. I cannot tell you how, but it is true. We are now a very healthy family and extremely successful in our business. All this we attribute to the Sanctuary. God bless you."

Mrs. EJ. writes, "Thank you very much for your help and guidance to attain happiness and peace in my home now which I have received through your prayers and for which I am most grateful, and which I shall never forget. Most gratefully yours."

"FAITH" IS A POWER LITTLE UNDERSTOOD BY MANKIND*

"Thy faith hath made thee whole." Luke 17: 19

To understand this wonderful tower that is available to all mankind we must first understand the origin of our thoughts and emotions and how they arise. With this understanding your faith is increased proportionately.

When we are aware of the origin of our thinking and the action of our thoughts we will know the result as well. Unfortunately most people are blind to this fact with the result that their thinking is merely imitative or reactionary, having no value as a creative force.

When Jesus said, "believe you have received and you shall have," he was speaking from direct knowledge of a science he knew to be infallible. Thinking is prayer, thinking is creative, thinking is also destructive and constructive, according to the cause of our thinking.

If your thinking is based upon lack, your positive action will be filled with aggression and depression. if your thinking is based upon craving then much the same result will be obtained. If your thinking is based upon the past and the future then there will be confusion. There are

hundreds of ways I could mention upon which your thinking is based.

Faith is the power that sustains the thought. It is concentrated attention based upon understanding. If our thought is bound or influenced by any external conditions then there cannot be pure thinking directed from an understanding consciousness.

Faith is evident when there is an understanding of the mechanism of thinking. I have so often repeated to you, unless you can discern clearly from what your thoughts arise you will be caught-up in the things that influence your thinking.

When faith is in evidence there is an awareness of power and direction of thought uninfluenced by any outside effects. The conscious awareness holds the mind directed towards the object or subject in question. In this attitude of mind, time and space are lost sight of. When we are completely aware there is attention in which there is neither time nor space.

There is but one perfect mode of action used in Creation whether it be the creation in Infinite Mind or a creation in man's mind. The mode of right action must be the same, because man's mind is the reflection of the Infinite Mind. This cannot be otherwise for the simple reason that man cannot think outside the Infinite Mind and the mechanism of the Consciousness cannot be other than the Consciousness of the Infinite manifesting in man's mind because there cannot be another Consciousness, the Infinite being infinite. Unless this is understood the thought will be a contradiction of itself.

You can be one thing or another, you can be a creative genius through faith and understanding or you can be a destroyer through ignorance or you can be an ordinary weed in the middle of the stream buffeted about from side to side. Only when you realize that you are the Ever-

present Life that gives rise to creative genius does your inspiration come, so your faith is increased accordingly.

There are a lot of giants of ignorance in the world. In the political field and in the business world we see plenty of them, but a real creative genius is rare. When you live in the Ever-present Life giving expression to It, you will have a power and faith that nothing can shake.

Everyone is born with desire for achievement because Life is always expressing Itself. Where there is Wisdom and Love there the mighty power of the Ever-present Life is revealed. Thus we are endowed with the ability to realize our unity with the Creator of all things. Therefore whatever we ask knowingly we shall receive, for this is the Law of Creation. Craving ignorantly is doubt and contradiction.

When we plant a seed in the ground we leave the rest to the Intelligence to reproduce its kind and you know that there will be an abundance. The seed is reproduced in the exact image of itself in abundance. So it is with our thought when we understand the same Law is in operation both in the seed and in man's thoughts.

Jesus said, "it is the Father who ever remains in me is performing His own deeds." when we understand this truth we will no longer put our dependence in the power of things created but upon the Power that creates. God's gift to man is "Faith." Faith is the "substance" Paul says, and the things created are the evidence of "faith." We must learn to exercise this power wisely, intelligently co-operating with the predetermined scheme of creation, knowing that our success lies in the good of all and not primarily for the self.

The Faith I am speaking about is understanding Faith and not ignorant faith. The invisible is made visible through faith which is the evidence of things not yet seen. In the lives of most, experience is bought dearly because they will not take the trouble to enquire into the how of things.

Although many have found this knowledge through experience there are many wise enough to search for this knowledge and have found it, much to their advantage and to the advantage of others, whom they are asked to help.

The Christ is the Wisdom of God born in each one of us, It is the Word of God that existed in the beginning and that same Word forever remains immortal in us, the flesh having no say in the matter, meaning that the flesh cannot bind this immortal Word, but this Word can and does rule all flesh when this Truth is understood.

Man uses the same power in creating in his own life, as the Creator uses in creating man. Yet man by his ignorance of the mechanism of that power produces confusion instead of harmony. The Law is that the seed shall produce its kind. "My word shall not return unto me void but shall accomplish that which it is sent forth to do," means that by faith in my word it will produce from the unseen to the seen in exact proportion as I think with understanding Faith.

Job said, "what I feared came upon me." This is the same law put in reverse. Therefore thinking in faith or fear amounts to the same thing. When we understand fear then we will understand faith. Yet we talk so glibly about faith, and not understanding fear we are caught up in the net of fear and our faith is wanting. "He that hath not, even that which he hath shall be taken away from him. But he that hath more shall be given unto him."

Here is here is the Law explained in a few words, when the seed is sown the Father does the work. Our work is to be aware every moment, confidently realizing our creativeness in fulfilling the great scheme of the great Architect of the Universe with love and Wisdom. Love and Wisdom have been promised to any one who asks in faith with never a doubt.

The mind that is sure in this knowledge is first of all active in the asking then becomes passive so that the work can be done. This is the link we have with the Eternal Ever-present Life expressing Itself always in the now.

The asking must be accompanied with the dominant attitude of mind that refuses to give up, refuses to fear, refuses to worry for things to come, only seeing the Creative Principle acting freely exercising its own wisdom in the manifestation of things asked for.

Thinking in faith is the evidence of that which will be produced, then the seed sown is watered by faith and understanding. The majority of people expect the worst while hoping for the best. Is this not the height of contradiction? Yet how can this be avoided? Only by understanding faith and practice, practice makes perfect. As with all great artists, understanding and practice is the foundation of this excellence. So it is with you and me. One who can practise the Truth perfectly is the greatest artist in the world. It underlies all other artistry no matter in what direction, for without Truth there is no real artistry. Therefore we must look into the perfect Law of Liberty knowing that whatever we ask shall be done unto us.

Successful experiences are not enough, for if our successes deprive us of the conscious use of faith and understanding then we are on shifting sand. We must see beyond experiences into that sure and stable state where the Father doeth the work, then only can we think constructively and create with faith and understanding.

“If any of you lack wisdom let him ask of God who gives to all men liberally and with grace and it shall be given him but let him ask with faith not doubting, for he who doubts is like the waves of the sea driven by the winds and tossed.” James 1: 5-6 (Eastern text).

Benediction

O Understanding Faith, wherever I gaze I see what Thou hast done.

Keep my mind from wandering into the bog of doubt and fear.

Train my mind to hold on to Thy invisible power and my soul to speak the word that creates out of the void.

Oh, may I ever remember his words, "thy faith hath made thee whole."

Keep alive for ever that faith that never wavers, never dies and bless me with Thy Love and Wisdom, O Eternal One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #10 (8th April 1952) in the book "The Word of Creation."

February 1952

My dear Friends,

My word does not return unto me void but accomplishes what it is sent forth to do.

This is what the Sanctuary stands for, yet to obtain the best results one must tune in to the healing for by tuning in you open yourselves up to the healing rays which are always in operation. The proof of what I have said is in the many letters I have received from all over the world. Cables and telegrams as well as letters come in daily asking for help. Immediately you ask for help and put yourself in tune the healing power rushes in.

Here are just a few extracts from the many letters received this month:

"How can I thank you, how can I be grateful enough for what you have done for us through the Sanctuary of the Silent Healing Power. My health restored, my husband now in constant employment and my children making wonderful progress and our home has been made an extremely happy one while before with my ill-health, my husband out of work and hardly enough food for the children. God bless you much for I can never repay you for what you have done for us." F.C.S.

"Thanks for your prompt reply to my asking for help. That very day I got better and the next day I was out of bed. The doctor could not believe that such a thing was possible. I am 100% well, thank you and God bless you." C.T.

“Your absent treatment is marvellous. Immediately you treated, me I felt the power rush through me. I know that I was being treated and the pain left me there and then. Your books are wonderful and your monthly letters are a guide and help in our daily living. I cannot express my thanks in words but I will pray every day to keep you long with us in your wonderful work.” J.C.S.

“Your monthly letters are the most inspiring work I have ever read. I do not know how I could have done without them. Life is now worthwhile. Enclosed find cheque to help in the work, the most practical form of gratitude. God bless you.” S.S.

“HE WILL ENJOY THE LIGHT OF LIFE”

In the past I have purposely repeated truths set in different facets so as to lead you to your own realization of the Truth Itself. The mind unfolds more easily when different facets of the Truth are shown, and by repetition the mind begins to grasp more fully.

Now most people read the Bible. Some cannot understand it, others say that it contradicts itself at every turn, and others say it is a lot of junk compiled by theologians to confuse the people and so forth. But there is no truth in any of these statements. Such remarks are made by those who do not understand the Truth. Consequently many open their mouths to show their ignorance.

I will make to you a profound statement, that is, “that the Bible is a book showing man the way of deliverance from sorrow, sickness, poverty, ignorance, uncertainty and limitation and finally death itself.”

This is a true statement and can be verified by hundreds who have come to know the truth by studying the Bible.

Truth is a way of Life that reveals the secret of perfect liberty of action that leads to the green pastures flowing with all good things and it only remains for us to partake thereof.

In St. John, Chapter 8, we read what the Master said, "I am the Light of the world. He that follows me will never walk in darkness he will enjoy the Light of Life."

The Master had already found the Light of Life and had followed It and he wanted all to share in his good fortune. He shall never again walk in darkness, but "he shall find for himself the Light of Life" (and will enjoy the Light of Life.)

The Light of Life is the truth of our Being, we will find that we ourselves are the true Light of Life, of God Himself the Eternal Creator. When we become aware of this Truth we can never again walk in darkness but will enjoy the Light of Life.

Here are some other words I want you to consider from John Chapter 5, "truly I tell you, he who listens to my word and believes Him Who sent me has Eternal Life." Could there be any clearer statement than this? And this is further confirmed by the following words: "he has already passed from death across to Life." He has already passed from the ignorant belief in death across to Life Itself to become alive forever in this realization. "For as the Father hath Life in Himself so too He has granted the son to have Life in himself."

Here we see clearly how the Master impresses his words on our minds, the great truth that it is the Father Himself that is living in the Son. Therefore we are that Life coming from Its Source. And as there can only be one Life, that same Life must be "ourselves." The proof that we are alive is proof that God is living in and through us.

This Life is not separated while It is individualized in each one of us, this is impossible for the fact that no fundamental underlying structure of the Universe can be

separate or divided in any way, and it is the fundamentals that we have to realize so that we can “enjoy the Light of Life.”

In Job 22: 25, 27 we find these words, “make the Almighty Himself your Treasure and the Almighty shall be a joy to you. When you pray He shall answer, whatever you plan shall prosper.”

Again we are urged to realize that the only Treasure is the Almighty and with Him we have everything. For this Almighty is not something that is apart from us but the very Life that makes us alive.

Here is another phase that leads us to the Truth of our Being, “the Almighty in the midst of thee is mighty.”

This statement calls us to recognise that which is in the very midst of us is mighty. There is no doubt about what the prophet meant for immediately we become aware of the Truth of our Being we are sure of the prophet’s words, they spring into Life in ourselves.

In Job we find where man at one time in ignorance of the truth is in dire trouble from every side, what he feared came upon him and when the truth dawned upon him that the Almighty in the midst of him is mighty and to make Him the great Treasure, and that this great Treasure would be a joy and whatever you ask in prayer so it would be done, there was no fear now, no doubt, no anxiety, no wavering, the prophet had found the Truth and this same Truth is for us all so that we “can enjoy the Light of Life.”

The picture is the same today. Man’s mind is the wilderness of images, ideas, where none is the Truth. Then as we begin to grasp the Truth, sometimes slowly, sometimes through adversity, or through any other avenue, we begin to reflect Reality, we begin to translate the Almighty into our daily living. God becomes the moving power in human nature. There is no mystery about this it

becomes as clear as day, as we begin to practise enjoying the Light of Life.

Again James gives us a clear picture of his version of the Truth. He definitely shows to us that God is no respecter of persons and the only way we can enjoy the Light of Life is to follow the infallible law and this is the law of action: "Greet it with great joy my brothers, when you encounter any sort of trial, sure that the sterling temper of your faith produces endurance, only let your endurance be a finished product so that you may be finished and complete with never a defect."

Here we see the prophet revealing the grand Truth of Life. When we realize that the Almighty in the midst of us is mighty we know that with Him all is possible, therefore we endure so that this power will be made perfect in and through us.

His next words are even more significant, for he warns us not to be double-minded, not to waver in our knowing of the Truth for this alone enables us to endure in the end.

So he says in these well-selected words, "whosoever of you is defective in wisdom let him ask of God who gives to all men without question or reproach and the gift will be his." Ask and the gift will be his. God gives to all without **question or reproach**. Can you see the deep meaning in this truth? Think it over well and you will see that the Law fulfils itself because God is with us not apart from us, and it could not be otherwise, if it were so, no fundamental law could ever exist as the establishment of the things seen or unseen.

Further the Apostle goes on revealing the completeness of the Law. "Only let him ask in faith with never a doubt for the doubtful man is like the surge of the sea, whirled and swayed by the wind." Here we see how the doubtful person is swayed this way, that way with every wind that blows. He is not sure of himself, there is no stability because he has

not fully realized that he can enjoy the Light of Life that can produce all things, this being with him always and never is he even separated except through his ignorance of Its Presence.

So the final statement of the Apostle strikes at the root of our ignorance, "that man need not imagine he will get anything from the Lord, double-minded creature that he is, wavering at every turn."

I have heard people say that they believed in the Lord yet they did not believe in themselves. That is easy to understand. It was only a belief they had in some outside God, some God apart from themselves. How could they believe in themselves when this state of consciousness existed?

To become the finished product is to accomplish completely by fulfilling the law of your "Being." The one Life Consciousness individualized in us is the same Creative Power underlying the Universe. Thus we are made in His image and likeness. Like unto God having power to create through the same Creative Power. But this must be realized before it becomes active in ourselves, then we can enjoy the Light of Life.

This Life is not limited because it inhabits a body. It is complete and free when realized. The flesh has no say in the matter, the flesh has no power over the Life that created it, and inhabits it for its own expression and as this Life is God and God is Life, therefore I am the Life, you are the Life. We see that consciousness of our understanding is the point through which the Almighty God expresses Himself (being the Servant of all) and is the means through which we can express the Almighty according to our awareness of our consciousness being the way of Life, then so shall this Power be manifested. There can be no other way for the Law fulfils Itself.

We have the liberty of Life to enjoy the Light of Life by being single-minded, "let your eye be single," aware of our thought action free from the net of craving for this only reveals our sense of lack and makes us double-minded.

As you become aware more and more of your true nature you will gaze upon it and bring it forth. You will say in your heart, "I do the will of my Father and the Father's Will is done in me." **I will enjoy the Light of Life.**

Benediction

O Creator of the Universe, Thy invisible Power is in everything Thou hast created.

I have now become conscious of Thy Power vested in myself. Thy Divine Nature of Love remains the foundation of all Thy Creation.

With this understanding, O Mighty One, I have come to know that Love is the healing balm for all.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours very sincerely,
M. MacDONALD-BAYNE

March 1952

My dear Friends,

The Sanctuary is proud to be of service to you all and the many letters we are receiving show how appreciative you all are of what is being done.

Here are a few extracts from the hundreds we have received this month:

"I cannot begin to tell you how grateful we all are for what you have done for us. When I look back only a few months ago and look at myself then, and now to see the contrast, one could never believe it possible. God bless you." J.C.B. Natal.

"Thanks so much for your most helpful and quick reply to my letter. The wisdom and guidance received from you in the past has led to excellent results and I know that your guidance now will be just as fruitful. Thanks is not the word that can convey what I feel towards you for all the assistance you have given me." A.R. Transvaal.

"Last week I asked that John's name be put in the Sanctuary, his condition was so severe that the doctor said it was touch and go. That very day after putting his name in the sanctuary a most marvellous thing happened. John fell into a deep, deep, sleep and slept all through the night and the following day we did not try to waken him but knew that something wonderful was happening. When he awoke at 6 p.m. the following evening he was completely well. This is truly a miracle. I can't thank you enough but I am sure God is in your work and He will reward you. Yours gratefully." C.J. Rhodesia.

“Your Monthly Letters are an inspiration to all of us. How eagerly we look forward to the familiar envelope arriving, anxious to devour its contents. We have three evenings reading and studying your wonderful letter filled with such Divine Wisdom. Each time we reread one of these wonderful letters we see a glorious new facet of Truth. This is truly the source of all happiness. May God bless you and keep you with us for a long time to come.” M.J.C. Cape.

THE MIRACLE*

The greatest thing that we can do is to free our thought-action from limitation. This is sometimes difficult to do but is by no means impossible and through it we find ourselves with a power that can overcome all things.

If we are caught up in greed, craving, envy, jealousy, belief in creeds, dogma and the like we are dependent on people and things, thus we are bound and limited. You will readily see that this is a fact and you will say, “how is it that I did not discern this before?” The reason is that you were caught up in these things and the sorrow and conflict caused by these conditions blinded you to the truth.

We cannot escape our contact with people and things and we do not want to escape, nor can we no matter how we try. But through our relation to people and things we gain experience, and as long as we do not allow our experiences to rule us, we can discern our reaction to people and things and free ourselves from the entanglements of our reactions.

The great search in the world today is for immortality. Millions follow one or other religion for this purpose, but you will readily see that no form of religion can give you the satisfaction you so eagerly desire. It is only when you realize that you are immortal that the searching ceases.

God formed man in His own image and likeness to rule and have dominion over all His creation on earth, showing that it was the Spirit of God that was the ruling factor in all things and Spirit is the consciousness in man. I want to make this statement to you, and you should always remember it: in the beginning there was only God and by Him, in Him and with Him everything has been created, and nothing came into being except by and through Him. This is the fundamental Law we must take into consideration when reading the Bible.

The next statement that I find proves our inherent power over all things is this, "let Us make man in Our own likeness to resemble Us with mastery over the fish in the sea and the birds of the air, the animals, every wild beast of the earth and every reptile that crawls on earth." "So God formed man in His own likeness and in the likeness of God He formed him male and female."

We see here that as God is infinite in nature all creation must be in Him and of Him and there can be nothing outside Him and the only likeness in which mankind can resemble God is that man has the same power inherent in him as that of God Himself, the only difference is in the degree of this power.

This power only comes into action in mankind when mankind realizes this fact. When man is aware of his God-power he has inherited by Divine right, he can use this Divine Power which has dominion over all things. Man is the master when he is aware of his true Spiritual birthright, born of the Spirit and not of flesh and blood.

The Spirit which is continually passing into manifestation is always the same Spirit, in other words the only "One." Then God makes things by becoming the things He makes, all He made He says is good. If this is so how can man say that God created evil.

The logical conclusion all thinking men and women must come to is that there cannot be anything but the Infinite and no matter how we may try to accept the theories of our theologians, we cannot when we see that it is our and their misconception of things that makes things look as evil because we have not yet come to understand the process of involution and evolution.

Therefore God has involved Himself in all His creation including man. The beginning and the end are one, for God, the only One being Omnipotent, Omniscient and Omnipresent, has created within Himself and thus is expressing Himself through all His creation including mankind. Mankind having the power to become aware of this Creative Power as the ruling factor in his own life also has power over all things less aware than himself.

As there can be only one Mind, one Substance, one Power for there can be no other, otherwise God could not be Infinite thus men not cognisant of this fact creates in himself and by himself by his wrong thinking through his misconception of the Reality of things.

The Bible is symbolic language and the symbol of Heaven and earth means the inner and the outer. Water is the symbol for the psychic substance where cause ends and effect begins, so with men, his thinking is cause and what is visible is the effect.

Therefore we have to accept the truth that Spirit "God" being the only One, is Consciousness, Intelligence and Substance, and Its pure action is wisdom love and power. With these all things are created, this is the Divine Creation in which there can be no flaw.

We are forced to accept, by reason of the fact that it could not be otherwise, that the Infinite, the Eternal One, timeless, limitless, ageless, birthless, deathless, the first and only Cause, remember has individualized Himself yet not separated in any way in Himself for this is impossible.

I will put it this way to you because I want you to think this out for yourselves.

The Infinite Mind is all there is, in which all is made in Heaven and on earth—the inner and the outer—the one cannot be separated from the other. In this Mind originates the Divine ideas which must include principles and laws to sustain them. This is the Tree of Life which we must hold on to, which will be a Spring of Living Water rising up to Eternal Life. We are in the Garden of Eden when this state of consciousness exists in us, when the soul is aware of this, and this only as the only Real.

The Tree of Knowledge of Good and Evil is where man sees things in manifestation and begins to use his intellect. He creates images and ideas in his human mind, not knowing the truth about things, and by his reaction creates in his own life and circumstances according to what he thinks and fears.

However, Science comes to our aid. It says that form in matter, that which we can see and touch, can be dissolved into its elements and disappear into the substance that fills boundless space, a substance that is without form in itself but is capable of creating form in and of itself. That the greatest potential energy is at point, and point is everywhere or can be everywhere, showing that all form begins at point and ends at point and that the greatest potential energy is at point. Yet all energy and power must be behind points

This proves again the great truth that the Father-Mother-God is the cause of all manifestation and that this Creative Power is inherent in us all, and through this inherent power in us so do we create.

This is the Divine Law of action, having all power within itself and there can be no separation in the whole of Created Life. Therefore I will venture to say that man's consciousness is the point where the Infinite Spirit or

conscious Creative Power is individualized. Individualization does not mean separation but an eternal unity with the Whole.

As there is the Principle of Law involved, the Law comes into operation and this we cannot change, being Infinite in nature. The transmission of the energy in the idea into form is the fundamental Law of the Universe. Therefore all form is but the idea translated from the formless into form, but remains in that formless substance and is the same substance modified.

Science tells us that matter or form viewed separately from energy is nothing at all, and I will go further and say energy viewed separately from

Intelligence does not exist, therefore the conclusion that we must come to is that all is within the Infinite Mind, and there is nothing outside it, and everything is of it and nothing exists except it is of this Mind Substance.

We cannot question the “WHY of God but we can, through understanding ourselves, understand the HOW” of God. The passage in Genesis relating to this Creation does not mean the body or form but the Spirit, the Creative Power, the First Cause that is behind all creation.

The Creation of all form and the whole world’s conscious relation is the result of Spirit’s one mode of action and that is thought. First we have the Spirit, the Creative Power, this Creative Power manifests the power of thought or ideas, and this thought, thinking or idea becomes form. We are the individu-alization of the Father-Mother-God, not separate but one and the same. In this realization God becomes a Reality to us, and not some relative thing apart from us.

Then the greatest miracle we can ever realize is to know that we, you and I, are the thinkers and in this way we create, that is why the Master said, “be ye perfect as your Father in Heaven is Perfect.

The only power our thought has is the power we give it, for it is our own creation. To have this perfected we are directed by the prophet to rest on the Eternal so that He shall reveal His glory and not ours. In this way we will free our thought from limitation and fear.

Benediction

Loving Father, Thou hast created the sun to give me light, and the moon to release me from the darkness, and Thou leadeth me into pastures green.

All this Thou hast done for me and more. Thou hast given me Thy Spirit to conquer all things. As Thou art so shall I be for Thou hast created me in Thy likeness.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
M. MacDONALD-BAYNE

[*](#) Digest version of Lecture #2 (9th August 1949) in the book "Developing Your Faith."

April 1952

My dear Friends,

This last month has been one with which we are very pleased, for we have received letters from thirty-two different countries in the world, some asking for help and others with thanks expressing gratitude for help received.

I wish to make it known to you that you have helped greatly in this work. When you open yourself to the Power of the Spirit you create in the ether an electro-magnetic activity which magnetizes the ether just like a radio station with the added result that these vibrations you create help others who tune in to it, therefore I say thank you, to you all who tune in at the times stated in the Particulars which are sent out when you first appeal to the Sanctuary. There is not much room for many letters today, but here are a few extracts:

From Switzerland, "your monthly letters are a God-send to us, we do not know how we ever could have been without them." M.C.

From England, "words cannot express my gratitude for the wonderful help given to us, my wife has completely recovered and my two children are now out of danger. God bless." J.C.B.

From Germany, "what wonderful truths you give us in your monthly Letters. I wish the whole world were flooded with your Divine Truth so that all could live in harmony together. God bless you and keep you long to do this wonderful work." K.L.G.

South Africa, “thank you, thank you for your immediate and wonderful help, our son has completely recovered from a severe illness which the doctor thought would be fatal. Immediately we contacted your Sanctuary our boy changed for the better and now in just over a week is up and about again. How can I thank you.” B.F.R.

WHAT OUR NEIGHBOUR MEANS TO US*

“Cast me not off in my old age, forsake me not when my powers fail.” Psa. 71: 9.

The great secret of attainment is to find the Kingdom within—the Universal Creative Consciousness—and the right use of that Consciousness. This is the only source of power and we will experience this power when we begin to think with understanding.

The individualization of the highest Universal Intelligence becomes our creative power to the corresponding degree that we recognise it and nothing else, upon this inner self we must rely and not upon another self however great. The Universal Creative Intelligence becomes individualized when it is fully realized by the individual as the only source of Life and action.

The Master said. “it is the Father who ever remains in me who is performing His own deeds.” The connecting link between the Universal and the individual is the conscious awareness of this great Truth that the Master revealed, and this Truth must be found by the individual through action, not merely through belief. The thoughts that flow from the consciousness that is feeling aware, produces results one hundredfold.

The whole Universe is made manifest in form from the formless through the direct action of thought. The basis of this perfect creation is founded on "Love." The law of permanent growth in us depends upon the Law of Love and how to express it. In other words, what profit has man if he gains the whole world and loses his own soul. Paul says, "I may distribute all I possess in charity but if I have no love I make nothing of it."

You may ask me for the rule of successful living and I will refer you to the Master's words, "thou shalt love the Lord thy God with all thy heart with all thy soul and with all thy mind." "Thou shalt love thy neighbour as thyself."

"Love thy neighbour as thyself." These words challenge us. Yet we push them aside saying it may be a virtue but it is not practical. But without the observance of this law no successful living can be attained.

Our neighbour is not only essential to us economically and socially, but is also the expression of the "One" Whole to which we all belong. If we are to accomplish successful living we must understand the joint relationship of ourselves, our neighbours and the Creative Principle that lies behind all. The consciousness of this relationship will create a new world for all to live in.

Unfortunately the motive to help serve others is not always pure, for within the desire there is hidden pride and conceit, the clamour to help is more often born of vanity. If we would help our neighbour we must know ourselves, for we are the other fellow. Outwardly we may be different but inwardly we are very much alike, driven by craving, dread and ambition.

Without knowledge of the self we will not understand the Other's needs. Without this understanding we are acting in ignorance so creating more misery for ourselves and others. If we are inwardly diseased by ignorance, ill-will, desire for conquest, full of passion and hatreds, we

will spread darkness, misery and strife. If we begin to understand ourselves and become inwardly aware of true values we will spread light and peace.

The self is a series of volumes and cannot be understood in a day. But once we begin to study we must study every word and know it from beginning to end, for the end is the beginning and the beginning is the end. If we can understand ourselves and the many paragraphs of which we are made up, then Divine Wisdom will be found.

Our dreams are made up of our inhibitions and cravings, our unfulfilled desires, our fears and all that beset our waking hours. Is it not necessary then that we become aware of our thoughts and emotions in our waking hours instead of being caught-up in them? Our sleeping hours are but the intensification of our waking hours.

The proof is found in the problem that we are unable to solve in our waking hours, yet when we sleep over it the answer is awaiting us when we wake in the morning. We see new avenues which enable us to solve the problems which seemed insurmountable.

There has been a lot of nonsense talked and written about the mystery of this phenomenon, the answer is quite plain to the one who understands the wholeness behind everything. So in this so-called sleep, the thin layer of the outer consciousness is quiet and becomes more receptive. During so-called waking hours the outer consciousness has worried over the problem and has become weary and tense. When the tension is removed the prompting of the deeper consciousness are discernible and when you wake up the problem becomes easier to solve.

So the more we are aware of our thought-feelings during the day so the mind becomes quieter. But this alertness must not only be for a few seconds or during set periods. Practice is required, for the outer consciousness is not used to such intensity of awareness. Yet through practice the

mind becomes alertly passive to receive promptings from the deeper conscious as in the waking hours. The more aware you are in the outer, so the inner co-operates with the result that there is a deeper and wider understanding of all things.

So the answer is, the more you are aware during waking hours, the less dreams there are, for dreams are but the indication of thought-feelings, actions and desires not completed, not understood. They need fresh interpretation because of frustration, some dreams are of no importance but those of importance will remain or may come up in another form yet identical in nature.

Through keen intelligence and awareness in the waking hours they will reveal their nature. But if you are too lazy to be aware and go to a dream specialist he will interpret according to his understanding which will be entirely out of line with the cause within yourself so you cause further frustration. He becomes a new priest to you and you have added another problem to the many you have.

If you become aware, even for brief moments at first they will certainly increase and this will bring a new feeling which is not the result of craving, but a feeling which is free from all personal limitation. As this gathers momentum you become more deeply aware, and this awareness will continue even while you are engaged in other things.

You will notice one thing which is all-important, that is, while you are engaged in the necessary daily duties, even though your whole attention may be concentrated upon them there is an inward awareness that continues, revealing a greater Intelligence behind all things. It reveals that which is Eternal and Ever-present. In this state of consciousness all is possible, and with your action there is no reactions. This is the freedom I want you to have.

Through this method our limited intelligence becomes unlimited, which enables us to overcome our mental and

material conditions, it enables us to manifest in the world with perfect freedom in thought-feeling-reaction, "no man is wise by himself," "of myself am nothing but with God all things are possible."

It is the **conscious realization** of this magnificent fact that enables us to transcend the limited sense of our outer consciousness and enter into the deeper consciousness to receive power, understanding and authority that is ours, waiting at times to be used when we have found the source. But the source cannot be found until we have first become deeply aware of thought-feeling-reaction to all that is external, and understand it.

As this awareness deepens we become conscious of our relationship to the Creative Principle behind all things, thereby consciously employing this Creative Principle in the great scheme of Life for the benefit of the whole. The three are "One," become one, not separate. The self, the Christ, the Father become One this is the Universal All, the son of man becomes the Son of God and enters into His eternal home partaking of all the attributes of the Universal All.

We have but to speak and He hears, the Spirit in man is not separate from the Spirit of God, therefore we all meet in the Christ that is within. Our breathing is but the expression of Him who created us and we will know that He is nearer than hands and feet.

We must cease to look upon ourselves as separate from our neighbour thereby separating ourselves mentally from the great Creative source. When we have become aware of what we are doing we will cling to true values. By then we will banish savagery and barbarism from the world. War and crime against humanity will continue until man finds the Christ within himself, wherein only is God's revelations revealed, enabling us to unite our highest mental and physical efforts for the benefit of all. In the security of the

“All” lies our own security, for there is no security in separation. There is no power in a Christ separate from man himself, it is but an image in the mind, a mere belief.

Our love for our neighbour is the Divine protection we have against all that assails us. It places us in a constructive harmonious relationship with others and with Him who created us in His own likeness. It will produce in our minds a state of certainty in the world where our individual plans are sure to prosper with the greatest possible success. “Love worketh no ill to his neighbour therefore Love is the fulfilling of the Law.”

Benediction

O Eternal and Ever-present Life, my Life is Thine and Thine is mine, I do not ask Thee for freedom from conflict and sorrow because in myself is the cause. I have now learned that ignorance has its roots in my stupid self. I now know that with Thy Ever-present Life in me I am already free because I was never bound except in my own mind.

When I see human suffering beyond human endurance I know that the realization of Thy Presence is the cure. Therefore I do not pray to Thee in separation but in unity for we are ever alive and living in Thee and Thee in us. This is the peace we can have now, individually and collectively, O Beloved One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #5 (4th March 1952) in the book “The Word of Creation.”

May 1952

My dear Friends,

The Sanctuary works twenty—four hours a day throughout the year. Right round the world people are tuning in to the healing vibrations, also right around the world people are sending out healing vibrations twenty-four hours of the day. These vibrations are like the vibrations of light that travel at the rate of 186,000 miles per second, magnetizing the ether like radio waves. You can hear radio-waves at all points of the globe at the same time. So can these healing vibrations be felt at all points of the globe at the same time.

This is why you should tune in regularly, the more regularly you tune in the better the results.

Here are a few of the many letters received this month:

"I cannot thank you in words for what you have done for us. The same day that I cabled you my husband began to get well. Although all hope had been given up for his recovery it did not shake my faith and today he is 100% again. God bless you and your wonderful work." J.C.D.

"Your monthly letters are an inspiration to us all and a guide to our lives. The happiness you have brought to our home can never be measured in words. We thank God the day we came to know about the Sanctuary." M.C.I.

"I want to tell you of my good fortune through the Sanctuary. I suffered all my life with a weakness which I was told was incurable. When Mr. Todd told me of you and the Sanctuary, I wrote to you. I received your reply assuring me that I would recover and that there was

nothing impossible. I did not really believe but put into practice what you directed me to do with the result that the weakness has completely disappeared. I would like you to make use of this letter so as to help others. God bless you.”
G.M.

WE STRUGGLE WITH BELIEFS AND GAIN NOTHING*

“Behold, God giveth to a man that is good
in His sight wisdom and knowledge.”
Eccl. 2: 26.

The appalling conditions which we are aware of in the world today have their roots in man himself. This unrest is caused by man’s desire for conquest either in the political, economic, religious or the personal field.

Certain groups and systems of thought claim that their particular panacea will solve the problems, but any limited, restricted, incomplete or sectional remedy as a solution to the complexity of Life, however rational or logical, must inevitably fail and bring in its wake other complications.

To solve any problem, struggle, suffering and misery in ourselves and in the world we must understand it, not through the limitation of any particular group, but with a free mind capable of facing the problem as an undivided whole.

First we must realize that there must be a cause for this confusion and misery not only in ourselves but also in our relationship with others. If we can understand the fundamental cause then the problem can be solved forever. Let us see how we can approach this all-engaging nightmare of existence in which we live.

When we try to solve our problem of relationship with others from the outside we soon realize that there must be a complete change in our social and economic structure. We see that there must be a complete elimination of barriers—racial, natural and economic—we must also be free from religious barriers with their separate dogmas and beliefs.

Wherever there are different groups formed, religious or otherwise, they become antagonistic to each other. We realize that all these organizations have not united men, they have separated man from man. These things happen in ourselves first then they become world domination, thus we are caught up in the result of our own causes.

If we approach the problem from without, the emphasis must be laid upon legislation and the importance of the State with its resultant dangers. We have experienced, that through the action of the State, man is sacrificed for an ideology bringing with it brutality, corruption and suppression. We must look into our minds to see how much we contribute to this state of affairs.

Strange as it may seem the majority think that through losing themselves in an ideology, in service to the State or some religious order that their sorrow, anxiety, responsibilities and conflicts will cease. Yet this can never be, for no sacrifice of the self alone to the outer can solve the problem; We only become slaves to be exploited by those who advocate this sacrifice.

When we look within we are conscious of the “I” with its personal limitation, its ambitions, hopes, fears, passions and greed. As long as the ways of the “I,” the self, are not discerned and understood, the State only becomes a means for its cunning, its self-expression, its glory which again and again bring about new chaos and misery. As a man thinketh in his heart so is he, so is civilization, for he is civilization.

When we look around in the world today do we see any leader worthy of being called a leader? Are they not all sectional or religious fanatics or politically arrogant because they represent a section of the people and must bow to their ignorance or lose their leadership in the conflict? Living in separation we create strife and ill-will and antagonism that lead to misery for all.

The desire for conquest, for approbation, for power, for gain will be sought as long as the self exists in separation. The cause of this outward manifestation of conflict is the result of the inner conflict of craving for ambition, for approbation. The worship of conquest and success is always within the mind that is ignorant of the wholeness of "Being:" craving is going away from Reality not approaching Reality.

We must understand our relationship to others, we must understand and know what our beliefs are. We must understand our desires, our cravings and without compulsion from within or without, intelligently understand ourselves, in this only lies the solution of our troubles.

It is not by mere control and introspection our understanding comes but through becoming aware of our daily thoughts and actions; becoming aware of our possessive love, our nationalistic ideas, our religious intolerance and the desire for personal advancement and continuity in separation. When we begin to understand these things there comes into being a comprehensive understanding without superiority or inferiority.

Most of us are controlled by our environment, our external burdens, our external values, our opinions. So we are kept in bondage. If the inner is the result of our outer influences we will ever bring about discord and conflict in ourselves and others and in the world, for we are the world.

No matter how orderly the outer is planned and however carefully our social and economic conditions are arranged, if the inward conflict is maintained these will be constantly disintegrated for the inner is ever overcoming the outer and not until we understand ourselves and the ways of the self can even a well-arranged social order be maintained. When we seek a solution we will find that the self is the cause and the self alone can solve the problems.

Through constant awareness of our thought and action we will free ourselves from all that hinders the true expression of the Self that underlies every other self. Then we will love completely without fear, without the thought of the self. We must not identify ourselves with family or race or creed, for as long as we are caught up in these there can be no true understanding of the Real, therefore we must become aware, discerning the ways of the self, so that we can free our thought from bondage of the unreal.

The Universe, including man, is Spiritual, harmonious and Eternal. In this is "Being" therefore the likeness between God and man is the likeness of the Creative Power inherent in God not as separate and distinct from man, but as one and the same. When we realize this we will work in accordance with the Divine Law of Love your neighbour as yourself.

When Jesus told the Scribes and Pharisees to look within themselves and see that their thoughts and actions were not in accordance with the Truth of the "One" they immediately proclaimed him against the Law. But he knew what was in the inner was manifesting in the outer, so the blind lead the blind. "The last shall be first and the first shall be last" shows us the all-inclusiveness of our Divine Nature when the illusions of separation disappears.

God is Spirit and all that He creates must be Spirit, this is the Truth that sets us free. God is "One" and not a series of One. It is man who creates this illusion in his own mind.

Human theories are totally inadequate to interpret the Divine Principle involved in the work and words of Jesus. He says with no uncertain words, "I and the Father are one." This is the leaven of Truth ever at work and must eventually destroy the entire mass of error in the world and so be eternally glorified in man's Spiritual freedom.

Yes this is the leaven of the Spirit that changes man's thought through discerning that which is opposed to it. It is said that the flesh is opposed to Spirit, this is not so, for is not the body the Temple of the Living God? It follows as night the day that freedom from all conflict is man's heritage.

As God is Omnipresent Love and is natural in man, then evil is unnatural and is opposed to the nature of God. Thus evil arises in man's mind and he gives it a Reality it does not possess.

In discerning our thoughts we see they are continually changing from sorrow to joy and joy to sorrow, from health to disease, from disease to health, from success to failure from failure to success, from fear to hope and from faith to fear. This shows man governed by his reactions to the physical senses. But man's "Being" being Divine Spirit, and it must be so, he cannot be controlled by sin and death etc., except through his own volition, his own belief in them.

Your personality is the sum total of your thoughts, actions and reactions. It is in fact a record of your thoughts and actions. If you become aware of this you can change your personality no matter what circumstances you are in. But this is not the Truth I want you to see, the Truth I want you to see is yourself free from conditioning understanding what your ideas, your beliefs, your opinions, your actions and reactions are and how they come about. Then you will find the Eternal and Ever-present Life.

This is the Divine Truth for everyone no matter how great or small, remember the first shall be last and the last

first. We use our intellect as a means of getting by in this world of ours. But with Spiritual understanding we will have more than just getting by, we will reach the highest degree of our possibilities, and our capabilities will be shown in the outer manifestation of our lives.

We will look deep into things instead of accepting the outward sense of things we will see that we cannot gather grapes from a thorn-bush nor brambles from a thistle. We will come to the true and thorough understanding of ourselves and the true value of Reality, then our purpose will be constructive and in harmony with the Whole. We will become invincible and our results will be abundant and permanent.

“I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay nor resist.” Luke 21: 15

Benediction

I lost my “Father of all” in the wastelands of beliefs and I could not find my home. Although I prayed and kept the door of my Soul open expecting Thee to enter from without yet I did not find Thee.

My groping mind was filled with fear in a world created by man. At last in the throes of despair I heard Thy Voice from within. Then I rose out of my darkness to find the Light that shone from the beginning of time. It enveloped me in Thee who art my home for ever more and I am now no longer afraid, Beloved One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #2 *'Behold God Giveth to Man that is Good in His sight Wisdom & Knowledge'* (12th February 1952) in the book "The Word of Creation."

June 1952

Dear Friends,

Prayer is asking and is effective only when you understand what the Master meant when he said, "when ye pray believe ye have received and ye shall have." This is the secret of healing, believe you have received and you shall receive.

This month has been one in which hundreds of letters have been received, relating wonderful results through the Sanctuary. Here are just a few extracts:

"I am writing to tell you of the wonderful recovery of my wife, truly a miracle after seven months of severe pain almost unbearable. When nothing more could be done for her I was told of your wonderful work and I wired you immediately. Your prompt reply by wire came at the same time the pain disappeared and this pain has not returned, this was fourteen days ago. You can imagine my rejoicing also when the doctor said the condition had disappeared, truly a miracle." G.G.

"I am grateful indeed for the help I have received from the sanctuary. Your letters are full of the glorious truth. We have read many works but your letters go to the very heart, truly a wonderful revelation. If the whole world knew what a wonderful place it would be." D.L.

"Thanks for your prayer on my behalf. The trouble has passed and all is now well. Thank you and God bless you. We pray that you may live long and do more wonderful work." S.J.

“Not long after I wrote to you for help for my mother her whole outlook underwent a change, from a morbid attitude of mind she became positive and happy with the result that her health improved. We can never thank you and the Sanctuary enough for this wonderful change? N.D.

“Your monthly letters are very beautiful and inspiring they have helped me a great deal in overcoming my problems and also understanding the problems of others. God’s blessings upon your work.” G.M.

CAUSE AND EFFECT ARE ONE*

“If anyone thirst come to me and drink—
out of his body streams of Living Water
will flow.” John 7: 37, 38.

We all generalise Life by names such as Christ, Reality, Essence, Truth, God etc. When we do so we set up in our minds different ideas of what we think Life is, but you will readily see that Life is not an idea nor an image in the mind. Life is our living, expressing Creativeness within, which is not separate from the Livingness of the Eternal Christ.

Names give a relative characterization to Life and few have become aware of this fact, therefore we will never find this Creativeness until we have discerned this clearly. Names and ideas and our beliefs change from day to day, but never this Eternal Living Creativeness which neither knows birth nor death.

When we become “aware” of ourselves as the Living Ever-present Creative Life which alone has consciousness, there is a continual unfoldment through which we continually make adjustments as we begin to understand

ourselves. We see how our thoughts and emotions arise, consequently we begin to understand ourselves.

That which creates is that which is behind all creation including man and has no beginning and no ending. All manifested substance, forms, composition, all visible things are but the expression of this Interior Creativeness and is the invisible Essence within that substance, form, composition and all visible things. Just as electricity is the invisible power in the dynamo so is Life that invisible power within us—that creativeness that has no beginning, no ending?

Yet to think about this, makes It relative—thereby we lose the awareness of It. When we discern our own creations-thoughts-emotions-effects and become aware of our own creativeness, then does the consciousness begin to know Itself, not in the knowing of what It is, but of becoming “aware” as the Creativeness behind all things, great and small.

There is “identification” not in the relative as an idea in mind but as an anterior and interior “identification” that realizes and understands what is behind all Creation and is the Creativeness within the self. Yet only when the self has disappeared can the Completeness of this “Invisible Creativeness” be realized.

Is it not so that we are caught up in our own creations, and are not aware of the Creativeness, that “Invisible Force” that holds our creations in substance, composition and form? When we are caught-up in the created then we react to the created and our thought-feeling is built up from our mental reactions to the external, so we are no longer “aware.” We become chaff that is blown about by every wind that blows.

This is the most important thing in our daily existence but few have comprehended its great significance. We must realize that the Creativeness is Ever-present and is the only

Reality. The things we see, feel, touch, are but the effects of this invisible Cause which is the sustaining power in every created thing. When our minds and thoughts become confused we will know that it is because we are not "aware." Awareness is something that each one must find out for him/herself.

Science has revealed to us that there is an invisible Substance which they have named "ether of space," and that this invisible Substance is the basis of all things visible. This Substance of Itself is not the cause of things visible, but an "Invisible Intelligence" that is creative within it.

If you become aware that it is by this "Invisible Intelligence" that you create, then whatever the consciousness is aware of so does the invisible Substance become the composition—the form, be it a thought or any other creation yet there is but one Source of Creativeness, whether your thoughts are the result of external reaction or of pure thinking. Through "awareness" this "Invisible Intelligence" becomes the hidden force behind all our creations.

Therefore form comes through an anterior and interior cause which is responsible for appearances. Now appearances are what the senses respond to and are generally taken for realities. Only the consciousness that is "aware" can see behind appearances, and there find the cause. Is it not necessary then for us to become aware of our thought-feeling-reactions to know the cause of our own misery or Joy? This all-important Truth must be realized otherwise we will still perpetuate our misery.

The stars beckon us to seek that which is beyond all appearances for herein lies the power of man, but few have grasped it and used it. "I was with Thee before the world was." Man today is impotent in a world of effects. He is torn with confusion and strife which overwhelms him and

he sees no solution because he himself is the cause. What man is, so is the world.

Man is not limited to the five senses, for what they reveal are but effects. The Intelligence has created an instrument for Its own self-expression through which intuition and clear thinking is possible, therefore not depending on what others did, said or believed, in the past. If the past prevents the expression of the Ever-present Life and Love, it must be absolutely discarded, only that which is helpful must remain, otherwise we will perpetuate the ignorance of the past to cause more misery for ourselves and others.

When we find that our troubles are created by ourselves we will soon find the solution within ourselves, certainly we will never find it external to ourselves. The cause is never separate from the effect. The effect can only be removed when the cause is revealed and the self is the cause. Unless we begin to understand ourselves, our motives, our thoughts, our reactions, we will never know the real cause, therefore we will continue to perpetuate the cause and the effect, for man thinks good and evil by the same power.

It is this deep understanding that will enable us to move onward and upward side by side with deep logical reasoning, which enables us to see further than those who attribute their knowledge to the limited sphere of the physical senses. When we become thoroughly "aware" we will have a guidance that cannot be obtained by mere groping in the mind. We will never find the secret of the Lotus-flower in the mud out of which it grows. For only by understanding the Spiritual cause that forever remains invisible to the senses, can this be comprehended through deep thoughtful contemplation.

Are we not told in St. John that we will never understand until we comprehend the mighty Truth about ourselves, that we are not the blood of man, nor the will of the flesh

(because it has none), nor the will of man but born of God? No man has ever seen God, but the Father is revealed in the Son. It was this that Jesus revealed to us. The price he paid in revealing this great Truth can never be appraised by the human mind. Only those who understand can realize that the debt humanity owes him can never be paid, except through following in his footsteps.

In plain words, the master stated to us that he was in the Father and the Father was in him, and the things he did were done by the Father who ever remained in him. It was the Father who was performing His own deeds. For when you have seen me you have seen the Father. Your Father and my Father, "Our" Father who art in heaven, and the Kingdom of Heaven is within you.

Now this has nothing to do with ethics which blinds the consciousness to the Truth of the Ever-present Life that is ever creative. I have said to you before that if we live in the past or the future we will never know the Ever-present Creative Life that is all in all. Ethics is eternally caught-up in the relative, therefore Truth can never be revealed through ethics. Those whose minds are caught-up in ethics can never know the warmth and joy that can be attained through the awareness of the Ever-present Life and Love, waiting to express Itself through the individual that is "aware."

The Ever-present Love and Wisdom is Ever-present, ever waiting to give expression through those who realize It. It is simple, unaffected, just and kind, always loving, always generous, always forgiving, never makes a vain display and does not boast. It is not easily provoked and thinks no evil. It never fails when put to the test, no matter in what situation. Its Power lies in the fact that it is Ever-present and all-knowing. It knows no opposition and is never antagonistic in any individual towards others. There is a calmness that nothing can move because It is all in All,

there is nothing outside It and all is within It and It is within all.

It goes beyond the reason of man but It is not subject to the reason of man. It is Reality Itself. It is perfect harmony and this harmony is within all. Yet It cannot express this harmony until man has subdued the noise in himself. It is the translation of this Ever-present Life in our daily living that reveals what is in our hearts.

We may have an intelligent grasp of the Truth, but unless we translate the Truth into our daily living we will be as ignorant as those who never heard of It; we will be like the man who looked into the mirror and saw a reflection of himself and immediately went away and forgot what he was like.

This likeness to our Creator is covered up with our possessions, our cravings, our antagonism. We battle, we struggle with effects unaware of the cause yet through understanding our suffering caused by our own misunderstanding will come the wisdom that will guide us to freedom.

“I will give unto him that is athirst (aware) of the Fountain of the Water of Life freely.” Rev. 21: 6.

Benediction

O Eternal Ever-present Life and Love, my inspiration is Thine.

The vast expanse of Thy Eternal Presence cannot be measured by human mind, yet my prayers will be the expression of Thy Presence, and Thy Love and Wisdom my guide.

As I know myself so do I find I am one with Thee, O Eternal One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne.

[*](#) Digest version of Lecture #7 (18th March 1952) in the book “The Word of Creation.”

July 1952

My dear Friends,

"The Sanctuary has been to me the most wonderful thing that ever came into my life. I was one of your first members and have all the Monthly letters. I have put them together into a book-folder and when I want to know anything I just turn this up and there is the answer. I can never thank you enough for all you have done for me, and I am sure that there are thousands of others as grateful as I am. May God bless and keep you with us for a long time to do your wonderful work." M.J.D. Orange Free State.

The above letter received the other day is similar to many we receive each month and I have put this one in complete to show what the Sanctuary means to a great many people all over the world. We now send the Sanctuary letter to thirty-two different countries from which we receive letters and requests for help and healing. I am grateful for the opportunity of helping all those who need my help. I will give a few extracts from letters received this month:

"Since receiving your letters I am glad to tell you that there has been a decided improvement and the pain and stiffness in my hand and fingers is disappearing. Your wonderful book "Spiritual and Mental Healing" is a great help and inspiration." E.H.A.

"It is just ten days now since I was told that nothing more could be done for me. A friend of mine Mrs. J.A.D. told me of your wonderful cures so I wrote to you, and now this is the result, completely whole again. Your work is truly

wonderful. My gratitude is beyond words. Thank you.”
L.D.T.

“I cannot convey in words how grateful I am to you for your wonderful help. I was unable to walk for over twelve months. On receipt of your letter I did what you advised and I walked right away and have done so ever since. I now walk about my farm all day. Thank God for you and your wisdom.” E.J.F.

“Your Monthly letters are a great source of wisdom and inspiration to me. No matter what the problem may be there is always a solution to be found in one or the other letter, and when tuning in to the Sanctuary there is this wonderful feeling of confidence and well-being. Thank you and God bless the Sanctuary.” J.J.K.

WITHIN MYSELF IS THE GLORY*

“And he had a name written on his
vesture and on his thigh King of Kings
and Lord of Lords.” Rev. 19: 16

As I have said before it is the invisible electricity that gives power to the dynamo. Without this invisible power there can be no movement, no power. It is the same with us, our bodies are like the dynamo, the invisible Life is the power that makes it move. Not only does Life make it move but created it for Its own self-expression. This is the Life that never dies. This is the Life that is Eternal and which alone has consciousness.

It is Life that gives us self-consciousness. But when we are not aware of this Truth we seek the expansion of the self. Do we not seek to expand the self both Spiritually and

materially for our own benefit only? So we exploit and become the exploited.

The paramount longing in the human heart is the desire for things, for Spiritual security, unaware of that which produces all things and which is resident within us, so we develop a sense of inward poverty. To cover up this inward poverty we surround ourselves with things, title and rank which we find never fills the vacuum. Thereby we develop a sense of insecurity, both spiritually and materially, so we try to buy a passport with as little as we can of our worldly goods, to some unknown destination from those who claim to know the way and have the sole right of admission. Thus, the exploiter becomes the exploited.

Is it not so that we try to make ourselves secure at the expense of our brothers and all we gain is sorrow and conflict? So we create the exploitation by which we are exploited from every side. It is only when the truth of the Ever-present Life which is the Creativeness within ourselves is realized, that we begin to understand that the cause as well as the remedy is within ourselves also.

This Ever-present Life is beyond all personal allegiances, yet it is the moving factor in the personal Life. When we come to see this clearly we will abandon the illusion of self with its past and future. We will see how magnificent we can become in the recognition of our oneness with this Ever-present Life which unites us as one great family, not only on this earth but with all inhabitants in the vast Cosmos.

Within the one mind of the Infinite all does exist at the same time. Therefore all must be moving at the same time and in the same direction. Therefore we are not separate from the furthest star but are all moving according to the Cosmic plan of perfection, even if we may think otherwise it makes no difference. Therefore to co-operate with the Divine Mind is the fulfilment of the Law. In fulfilling the

Law we naturally see that we must co-operate with each other in harmony with the whole, thus we inherit the qualities of the Divine.

When we take the broad and comprehensive view of the whole we lose the pettiness of the self and what it stands for. Unless we do this we are caught up in the narrowness of dogma, creed, selfishness, and possessiveness etc., which causes misery for the individual and for the world in which we live, for are we not the world? We condition it and ourselves.

The comprehensiveness of the Whole—The Cosmos—is beyond human conception, nevertheless it is a fact that we cannot be separated from the Whole except in the illusion of the individual mind. All great people have become great by understanding that there can be no separation. It is only when we come to discern our own limited thinking and how it arises can we get the greater view beyond our immediate surroundings.

Let us consider these interesting facts about the Cosmos, We are told that there are something like two thousand million millions of worlds visible to us from the earth, and that this is but a fraction of manifested Universe. Many of these suns and worlds are thousands of times larger than ours. Our world on which we live is but a grain of sand in the panorama of worlds. Yet we are one with the Whole. The same fundamental substance, the same mind, the same creative Spirit is the creativeness within us. How can we then, after knowing this, become petty and selfish?

Then let us lose ourselves in the Cosmos so that the Cosmos may manifest in us, this was the realization Jesus had when he said, "all power is given to me in heaven and on earth." He knew that there could be no separation between himself and the Father.

Spiritual Science has also revealed to us that there are belts of invisible matter inhabited by Spiritual Beings who were once physical beings like ourselves, Although we are (most of us) incapable of seeing these inhabitants, they are not oblivious to our existence for many are helping and guiding us even while we are not aware of it. This was revealed when Jesus went up the mountain to pray and there Moses and Elijah appeared to him and his disciples.

To get a true understanding of what is, we must get beyond narrow bigoted dogmas and creeds, ethics and the limited thought of the human mind. Some will say where is your data to explain all this. There is ample proof given by those who have experienced at least a modicum of its truth to make it evident—that there is more in heaven and on earth than man has ever dreamt of.

Scientists have told us that they are only groping in the dust, but as we progress the science of the Cosmos will reveal things that man has at present only merely thought of. There are far-reaching powers inherent in the human mind that will reveal to us that the hopes and desires of the inhabitants of the inner worlds are mainly on our behalf. At present the law of gravity, which unites all the worlds in the Universe in one grand system, separates man from his kindred Spirit in other planets, Man will one day overcome this so-called impossible barrier to make excursions to distant regions to find things out for himself.

There is a saying that, “man cannot think of anything that is impossible,” and when we look back we find that we have thought of things, and at the time we thought them impossible, but this saying has proved to be true, they **have** become possible, and we are now experiencing them yet we no longer give them a thought, only accepting the impossible as an accomplished fact.

I am giving you a vista beyond that in which the human mind is generally caught up, then the mind will not remain

stagnant in its own circumscribed orbit, but can rise above its present limited beliefs and inane thinking. Are our thoughts not mainly built up from the created, blinding us to the Creativeness that is within and which is behind all the created, the means whereby that which is known within Itself will be made known to the individual, when the individual is capable of true understanding?

Man's understanding is still in its infancy yet through the realization of our Eternal existence our faculties will expand. A few have expanded these faculties, but these few have been regarded by the masses with awe and often put to death for fear that the pet theories and religious beliefs of the blind who lead the blind would be shattered. Yet those who acclaim Bar-Abbas and put Jesus to death could not destroy that which they could not see nor understand. Nor could they dim the Light that came into the world in the beginning and is now beginning to shine brighter in the darkness of the human mind.

In our darkest hour we will see that Light for we will no longer seek the darkness that has brought ruin into the human family through separation and distrust, through the misery of mass murder, we will realize that It is the same Life, the same Consciousness that makes us aware, the same birthless and deathless Spirit unfolding the beauty of the human soul as well as the beauty of the Universe in which we live and in which we can never be separated from the Whole. My words are incapable of explaining this mighty Truth yet the Truth can be found within ourselves when the noise of the outer is quietened down.

The Infinite has revealed Himself in us and with this understanding we can reveal the Infinite. Was it not this that Jesus showed when he said in other words, "when you have seen me you have seen the Father and the deeds you see me do are the deeds of the Father who ever remains

within me.” Could there be plainer words than these to reveal the Truth?

When we begin to think clearly we will see that the whole Universe must be within the consciousness of the Infinite Supreme Architect and it must be the same Consciousness that makes us living, thinking beings made in His image and likeness.

Man has lost the power to think for himself, he accepts what the blind say and they never saw because they were blind from the beginning being caught up in differing creeds and beliefs which separate man from man and man from God through ignorance. Although man cannot be separated from God yet in his ignorance man has assumed this separation and what man thinks so is he.

Oh, could I wing my way with the swiftness of a seraph (one of the highest of angels with love as a cherubim and with knowledge) from sun to sun and from world to world until I have surveyed all the systems visible to the naked eye and at the same time gather within myself the glorious landscapes and scenes of grandeur they exhibit, and could mingle with the pure and exalted Intelligences who people these resplendent abodes and behold the humble and ardent adoration of the Almighty,—their benign and understanding deportment towards one another each esteeming the other better than himself and all united in the bonds of the purest affection without one haughty or discordant feeling, what indignation and astonishment would seize me on my return to this obscure corner of Creation. Yet within myself is this grandeur, the Consciousness of the Infinite Himself. To know this in our hearts is to live it. Can we comprehend the magnificence of this mighty Truth that the Consciousness of the Infinite Whole is within?

“He who overcomes shall inherit these things and I will be his God and he shall be my son.” Rev. 21: 7 (Eastern

text)

Benediction

O Beloved within my consciousness I can scan my Eternal Home and Thou art my Eternal Joy. I found that all my errors dissolved away when Thy Love and Wisdom became my staff.

I no longer need to probe my way in the darkness, for Thou art my Eternal Light. Yes, I was beaten by the winds of fate and drenched with the rain of misery while I wandered in the darkness of my mind.

But now the storms have abated, the rocks have disappeared from my path and I no longer stumble for I have Thy staff of Love and Wisdom.

I have seen Thee in my brother, O Beloved.

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #8 (25th March 1952) in the book "The Word of Creation."

August 1952

My dear Friends,

Thousands of people are eagerly reading the Sanctuary letters each month. The many letters we receive testify to the work that is being done all over the world. The number of countries that are now receiving the Sanctuary letter has risen to forty.

Here are a few extracts from the many letters received this month:

"Your Monthly letters are a joy and a blessing to us. In fact your letters are a guide to our lives. God bless you for your noble work." A.J.T. England.

"I wrote you on the Tuesday for help for my wife and on the Wednesday afternoon she recovered so much that she was able to get up and now is perfectly well. How wonderful is the work of the Sanctuary! We hear so much about the great work you are doing all over the country. May God spare you for many years to come to continue your good work." A.S.J. Transvaal.

"Words can never thank you enough for your help in our time of need. Everything went off as you directed. It amazes me how you knew the right thing I should do. Indeed you have Divine guidance." S.T. Australia.

"Thank you, thank you! thank you, words cannot express what I feel for the most wonderful help I have received from the Sanctuary and your Monthly letters were a God-send to me during my trouble. I do not know what I would have done without them. Yours gratefully." C.C.J. Cape Province.

"I received your kind and sympathetic letter in reply to mine. The interest you have taken in me has afforded me great comfort. Your advice I have followed with astonishing success. How can I ever thank you for your kindness. Yours." M.T.F. Germany.

TRUTH-FREEDOM IN THE CONSCIOUSNESS OF GOD, IN
THE CONSCIOUSNESS OF MAN*

"I say to you do not worry for your life,
what you will eat, and what you will
drink, nor for your body, what you will
wear. Behold, is not life much more
important than food and the body than
clothing." Matt. 6: 25 (Aramaic Version)

There is nothing more ignorant than a rigid mind with fixed ideas, a mind that says it is rubbish because it cannot understand. Most minds are filled with the ideas of others and are incapable of thinking for themselves, an understanding mind is one that is pliable, for without pliability of mind there can be no understanding.

Truth-freedom is always unfolding the consciousness that is aware of itself as the creator of thought, also the creator of conditions, and the moving power in human nature. But as man unfolds, his consciousness reveals a Divine nature, that is Eternal and Perfect and knows nothing of death, sickness or health, success or failure.

Consciousness is an awareness of "Being." When you look with your physical eyes you see an outside world, you are aware of your own physical body. When you close your eyes you do not see the physical world around you, but you can hear all the sounds of life. Still you are aware of "Being."

There are subtle states of mind that one is not physically aware of. You digest your food without knowing it, inhale and exhale their Life-giving forces that keep your body alive, pump your blood to the remotest parts of the body, eliminate the impurities from your body and maintain an even temperature winter and summer by a form of internal adjustment. Who is it that maintains your bodily health so that you can express yourself in the body?

You will say that you do not do all this consciously, but there is no one outside the body doing all these amazing things for you, then you must admit that you do them subconsciously.

There is no machine created that can match this wonderful mechanism that underlies the human organism. Since all machines, even the most intricate, are the creation of the human mind we must realize that the created can never match its creator.

As we begin to understand we will realize that the subconscious is the same consciousness that is underneath. Thus we are in constant touch with a source of inspiration, genius, intuition, and a limitless source of Love, Wisdom and Power.

But if you are caught up in ideas, images, beliefs, traditions, the consciousness is bound up in them and there is no longer any freedom, because you act and think in accordance with what you believe. Therefore anything that is fixed in the mind is binding and a prison in which we live. We may change our ideas, our beliefs but this is only substituting one prison for another.

To free ourselves, our consciousness, there must be a true discernment and understanding of what is in the mind. We must know that the ideas are just ideas, we must know what our images are and how they came about, we must know and discern our beliefs and why we believe as we do. We must also understand what rituals are, what tradition

is, then we will see that these things have nothing to do with Truth-Freedom but only limit the person that is caught up in them. Even the idea of Reality is not Reality. If we are not aware of our own conditioning we can never free ourselves from it.

Most people are unaware of "Being" the proof is in the multitudes that float in the sea of ignorance, tossed by every whim, idea or emotion and are drowned in their effects. They rush here and there to find health and happiness. The one cry is, "how can I change my environment, how can I demonstrate health, wealth, success, how can I obtain the key that opens the door to all these things?" So they rush here and there to those who claim that they can teach them. All they do is to put them on a rudderless boat still subject to the storms and waves on the sea of ignorance.

Is it not so that all those people speak of God as separate and distinct, they make their God relative, something apart from themselves?

Now matter cannot say, "I suffer, I die, I am sick, I am well, I am a failure, I am a success." It is the "physical consciousness" that is caught up in these things, **this is the error**, being unaware of "Being," so to the physical consciousness sin, suffering, death are real. But to the true sense (call it immortal or Divine the name does not matter) there is no sense of error, no error of sense, therefore It has no destructive element in It.

If truth and error commingle they produce health and sickness, good and evil, Life and death, then who can say whether truth or error is the greater?

The power to see and hear does not originate in matter, they originate in mind, otherwise there could be no understanding. It is the soul that perceives, the body is but an instrument that the soul uses for its own self-expression. If the soul is unaware of Being then it is caught up in the

error that it is the body that is subject to all manner of conditions and that the mind has no say in the matter.

The human mind makes all things start from the lowest instead of the highest. Suppose now that we reverse the process and see the formation from the source of all things, that perfect Divine Consciousness that knows no duality. So in tracing them we constantly ascend in "Infinite Being" where there can be no separation, no error, no duality. The physical consciousness, the cause of error then dissolves away and the consciousness of Reality takes its place. (He who seeks to save his life in the body will lose it, but he who gives up his life will retain it.)

When the physical consciousness gives up the delusion that there is more than one mind more than one God, then man in God's likeness will appear. This Eternal man will include all the attributes of that likeness, having dominion over all things as natural and not supernatural as we are asked to believe. Jesus never claimed any supernatural powers, all his powers were natural and these are natural in us also. "These things I do even greater things shall you do if you will but believe (if you will even understand "Me").

The physical consciousness must free itself from the bondage of a material existence; then the Spiritual or Divine principle dawns upon our consciousness thus we will have our Immortal Birth that nothing can shake. We will say with understanding, "I and the Father are one." "One!" Can you realize the meaning of this saying fully? Think deeply upon it. When this is understood the earth will be transformed and the darkness of the error of separation shall pass away.

Man will then understand that not a blade of grass, not a flower or tree or a bud blooms by its own volition, man will see that there is nothing on earth that has not its source in the Infinite "One."

We should no longer ask the question, is it our lungs, is it our heart, is it our liver etc.? We will understand that we are immortal Spirit, we are no longer mute before ignorance, neither will we mingle with error but will cast it out by the truth of our immortality.

We will then understand our psychological cravings, our demands, our conflicts, we will transcend our inner passions, our inner fears and envies. We will no longer determine to possess much or possess little, we will eliminate intelligently these demands.

We will no longer seek power nor will we be self-assertive, for there will be a peace that passes all understanding, we will have found the source of our Creative Reality, "Being" not becoming, but Being. Try to understand this fully.

We will no longer be seeking security, for in the mind that is always seeking security there is fear. It can never be joyous, it can never know

Creative Being. The very basis of our security is not in seeking but in knowing. The highest form of our thinking-feeling is knowing, not in positive aggression but in Divine comprehension, in this is the basis of our security.

When we grapple with the problems of mass murder, hunger and destruction on their own level, we only create further misery and catastrophe for we will then only be concerned with reorganisation of greed, ill-will and ignorance and there will be no end to confusion and antagonism. Neither does it help to rebel against these conditions. Neither can freedom come through trying to escape from them, for there is no escape except through understanding.

The error is in the belief that material means will eliminate material suffering. Remember our, "will to do is not wisdom." If physical consciousness is not aware of its own creation it, can never alleviate its own suffering. Evil is

not a power, it is an illusion of the senses and soon betrays its own weakness. It has no existence in the source of man, and when this is realized it will fall away for it is the mockery of man.

So we see clearly if the reformer or the contributor to the solution of the world's problems which are his own has not radically transformed himself, if he has not the inner realization of true values then what he contributes will only add to further conflict and misery.

He or she who is eager to transform the world must first understand him or her self, for are we not the world? Have we not made the world what it is? The present misery and degradation of man is brought about by man himself, and if he merely plans to reform the pattern of conflict without understanding himself he will only increase ignorance and sorrow.

If by suffering we are awakened out of our mortal dream and that which perpetuates the dream, then the less we think about material means and laws and the more thought we give to the Divine Nature of men, the sooner we will have that peace that passes all understanding. Man can only find this, so will the world, when man regenerates and adjusts his mind through understanding and awareness of his Being now, not in some "future" which is but an illusion.

"I am the Lord thy God" now and forever more.

Benediction

I shall no longer whine with complaint nor shall I say that Thou hast yoked me to the demands of the flesh.

Neither do I crave anymore for earthly comforts for they are the figments of my mortal sense, neither shall I blame any man for being busy with material things, for everyone must find his own way.

All I know is that Thou watered the yielding crops that grew without man's aid. All man did was to plant the seed and Thou, the Master Potter, moulded the earth and sprinkled it with sun and rain.

I am now content that all is mine because we are one, for Thy seed is mine and mine is Thine, O Infinite One.

MY PEACE AND MY LOVE REMAIN YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #1 *'I Say to You do not Worry for Your Life'* (5th February 1952) in the book "The Word of Creation."

September 1952

Dear friends,

This is one of the many letters I have received this month, it conveys what the Sanctuary means to thousands throughout the world.

Mr. A.J. says, "I think I have been one of the first members of the Sanctuary and I have kept intact all the Monthly Letters up to date. They are indeed a treasure and unique in the fact that there is nothing like them. They have been to me a tower of strength in times of need. The many times I have asked for help, the Sanctuary has never failed in giving 100% relief or the 100% satisfaction required.

"Our home now is a happy one, when at one time it was near breaking point. But since joining your wonderful Sanctuary my home life and my success in business have been beyond my expectations, the health of the children and of my wife has been 100% and for myself I have never felt better in my life.

"I do not know how to thank you for what you have done for us and many others whom you know nothing about. This has been accomplished by a monthly gathering of many friends to whom I read the letter. The eagerness of our group is such that not one has missed a monthly meeting for over two years now.

"My letter is a long one but I cannot let the time pass without letting you know what the Sanctuary has meant to me, my family and many of my friends. Your grateful and earnest member of the Sanctuary."

This letter I picked out of hundreds received this month, because it is such an earnest one and portrays what many other people want to say.

The Sanctuary feels more than satisfied at the results accomplished throughout the world. The work has spread now throughout forty-one different countries. Soon there will not be a part of the globe where the Sanctuary is not known, so fast is it growing. That humanity will be helped out of its misery is now never in doubt.

THE CONFLICT OF OUR THOUGHT-FEELING AND ACTION*

“With wisdom did the Eternal found the earth.” Prov. 3: 19

We cannot separate the inner from the outer or the material from the Spiritual. Is one not the product of the other? The inner becomes the outer, what is visible is but the invisible, what we create within comes to the outer. Whether we like it or not we are responsible for good or bad for they are both the expression of the inner. Only in the creation of Reality is there freedom from good or bad.

“Love worketh no ill to his neighbour, therefore Love is the fulfilling of the Law. Many people are deprived of the fulfilment, the satisfaction and the happiness they anticipate from the fulfilment of their desires. This is due to the methods they ignorantly employ, methods which interfere with the growth, development and happiness of their neighbours.

While the Law of Creation fulfilled their desires yet in their ignorance they overlooked the most necessary element of success and happiness, so all their

accomplishments were beset with difficulties. They did not realize that "Love your neighbour as yourself" was the fulfilment of the Law. In other words the first consideration in the fulfilment of desire, is your neighbour, when you think this out you will see how necessary it is.

When we take this higher law into our operations the things that beset us rearrange themselves in a wonderful way, they straighten out in the most unexpected fashion, we need not designate special ways and means. The Higher Intelligence is capable of leading us into avenues more wonderful and infinitely more satisfactory than we ourselves could have chosen. But first we must fulfil this one most important part of the bargain, "do unto others as you would have them do unto you."

When man's thought is purified through understanding of the Law of Love—to love his neighbour as himself—he will love God in a practical way, and to love God is to be lifted to the throne of wisdom and power. Yet nearly everyone is restricted by their limited understanding arising out of their reactions to conditions in Life, so they further perpetuate these conditions against which they rebel. Wrong reaction to things external limits our creative ability. "Trust your affairs to the Eternal and your plans will prosper." In the proportion that we know ourselves so shall we know God. This is not a sanctimonious attitude of mind or a mind caught up in ethics nor in virtues or opposites, for if we are caught up in these we shall never understand ourselves or Reality.

So many people become virtuous to obtain a place in heaven, so then virtue is founded on craving which becomes a vice, the "more Spiritual than thou" attitude. The Master said, "the last shall be first and the first shall be last," showing that there is no separation. The first and the last are the same, it is the one Life manifesting through all.

When we create distinction we have separation and separation leads to antagonism. Jesus is said to have associated himself with robbers and sinners. He understood them and their difficulties because he understood himself. They were more ready to receive the Truth than those in high places saturated with envy, mistrust, separation and superstition.

Scan your mental field and see how much of your thinking is influenced by your existing conditions. If you love the created more than the Creator then no matter what you possess, your mind will be negative. But if you love the Creator more than the created, no matter what condition you are in, your positive attitude will lift you out of the darkness into the Light.

If you live in the material in opposition to spiritual or you live in the Spiritual in opposition to the material, there will be no understanding and your thought-feeling and actions will be in conflict. But if you intelligently comprehend the material you will come to the Spiritual, and thereby the division between the outer and the inner ceases. There is no conflict between the inner and the outer. All this conflict arises in man's own mind through his lack of understanding, so his thought-feelings become disturbing.

If you condemn one and praise the other you no longer understand. But if you realize and discern that you are the centre of all objective and subjective existence and comprehend your reactions, your feelings, your beliefs your cravings, your fears, then you will begin to understand your self. Only when this is accomplished will there be perfect balance, creative understanding and inward peace.

If you deny the material world or if you try to escape from it, if you distort it, shaping it to your own fancies then your spiritual world will be an illusion also thus hindering the true expression of Reality. To be (Being) is to be related

to both, and understanding this relationship. but if you distort this relationship by becoming more and more self-centred, more isolated, then mental conflict will result.

When we understand our desires, our cravings, our beliefs, our superstitions or fancies, our thought-feelings and reactions we will begin to understand ourselves and that which is behind both Spiritual and material. We will see that these things do not affect the Reality in us, except we are caught up in these things.

If you are uninfluenced by these things then you will discover the Immeasurable. For it will come into being by Itself when the mind frees itself from the past, from conditioning influences which create false values. To discern, to observe, you must be detached, uninfluenced, must cease to be a slave to public opinion, tradition, propaganda, however subtle it may be. The influence of environment shapes also thought-feeling and this too must be understood. Only through freedom from all that hinders the Real can the Real be expressed.

When you are discerning your thought-feelings continuously you will realize how easily you have been persuaded to accept, to believe, to act. Is it not so that the daily newspapers, radio, cinemas, books, periodicals shape our thought-feeling? Can you say that you are capable of freeing yourself from their limiting influence?

What about the differing cults and religious thought-feelings? One person will accept this while another will accept that and by doing so create antagonisms and conflict. Can you discern clearly how this imitative acceptance is influencing and fashioning thought-feeling? In this imitative confusion there is little hope of finding the Real.

It is said that a belief in God will change the world. But we have had a belief in God for centuries, yet we have created a terrible world of strife and misery for three-

quarters of its population. Has our belief in God altered our intentions in the racial field of action? Have we not taken from the heathen races a belief to give them another belief? Yet because we do not practice what we preach the poor unfortunates who look to us for wisdom and love are sadly disillusioned.

Both the savage and the highly civilized believe in a God. But this belief has not done away with killing, oppression and exploitation. On the contrary it has added more subtle methods of destruction and persecution in the name of peace, in the name of God.

If we can put away these contending beliefs and ideologies we will be better able to bring about a deep change in our daily living, thereby bringing about the means for a better world. Human beings are more important than beliefs, differing creeds, political ideas and ideologies.

Is it not our everyday thought-feelings-actions caught up in false values that have caused all wars, strife and misery? Is it not so that we have changed little in our thoughtlessness, our exclusive nationalism, our racial and dogmatic creeds, lack of goodwill and compassion. Unless we discern this with a clear mind we will create further chaos and sorrow for ourselves and others.

Is not the Divine Truth, "Love your neighbour as yourself" our only protection? But how can we love our neighbour unless we first understand ourselves?

Is it not so that we are still the result of the past and the past is still influencing our actions? Without understanding this we only invite further disaster. Thought-feeling-action based upon the past becomes a hindrance to the expression of the Real. When our thought-feeling is anchored to the past, made dependent upon the created, the past or future, understanding of the Ever-present is not possible. What is

the use of having a belief in God unless we first understand ourselves?

Only through spontaneous flow of the Ever-present Life in the mind that has silenced the past and future can the glory of the Uncreated be known. In this alone is there true creativeness which brings goodwill, peace and brotherly love.

This spontaneous flow of the Ever-present Life must be free from the memory of the past. What I mean is this, when you see a beautiful sunset, in that moment of beauty there is a spontaneous creative inward joy, when you wish to repeat the experience through memory there is no such spontaneous creative joy. You try to imagine through memory, you try to get that same spontaneous inward joy but it is not there.

Therefore we will not build upon such a flimsy foundation as a memory, but upon the Eternal Ever-present Life. Instead then of trying to strengthen our belief, our ideologies let us become more aware of our thought-feelings, for what our thought-feelings are so is our world. Our belief in God is of little value to us, if by our thought-feelings and actions we make the world more terrible and ruthless. Harmony is the foundation of our Being and true discernment of our thought-feelings and actions will enable us to co-operate with that Divine Nature that was revealed through Jesus, our Divine Brother.

“He loveth the stranger in giving him food and raiment.” Psalm 146: 9. “If thou be wise thou shalt be wise for thyself.” Prov. 9: 12.

Benediction

O Ever-present Life, wisdom is waiting to give joyful revelation of Thy Presence.

Man's mind has been clogged with beliefs and illusions of the past and has not heard Thy Eternal Voice.

Yet Thy Love wash away all race, colour and class prejudices and in Thy Everlasting and Ever-present Wisdom we will experience that spontaneous creative joy, when our minds are freed from the burden of memory.

The paths we have trod will melt like the snow before the blazing sun of Truth, O Ever-present Life.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #6 *'Is Our Thought-Feeling and Action in Conflict with Our Belief in God?'* (11th March 1952) in the book "The Word of Creation."

October 1952

My dear Friends,

It is wonderful to hear of the many healings that take place all over the world through the Sanctuary and here are a few extracts from the many letters received this month.

"I am writing to thank you for what you have done for me. I am thankful to say that I have now no blood-pressure since writing you. A condition which I had for many years....neuritis in the breast, I tried many doctors and other methods without any result. Now since your help through the Sanctuary the whole trouble has cleared up. I am now well and my eyesight has also improved. Your lectures have given me a wonderful Spiritual uplift and I feel that I am no longer separated from the Father. I can see now how God works in and through us. Words cannot express my appreciation for all your help and healing. And now I will be able to pass on to others your wonderful truths. God bless you and your blessed work." Dr. J.C., New Zealand.

"Thank you for writing your wonderful Monthly letters, they are truly wonderful and all your books which I have are helping so many other seekers. Life is wonderful now. My health has been restored 100% and I have a solid foundation in Truth now, thanks to your precious books and Monthly Letters." H.B. New Zealand

"I never thought it possible that I would walk again. I was told that my spine was so badly injured that it would be six months before I could get out of bed. It is just 3

weeks since my name was sent in to you for healing and now I am up and about again. I cannot thank you enough for what you have done for me." A.L. South Africa.

Hundreds of similar letters come in every month and they are very much appreciated. Although they cannot all be printed, you will realize they are very important because they enable us to understand and know what the efforts of the Sanctuary are doing throughout the world. Please continue to send your letters in, although they are not all published there are many others who are benefited and inspired by these letters.

IF THE INDIVIDUAL IS SICK WHY TREAT THE BODY ALONE?*

"I come that they might have Life and
that they might have it more abundantly."
John 10: 10.

There are no conditions in the Divine creation of man. Conditions are brought about by the human mind that has nothing to do with the Creation of man. When we create conditions we begin to struggle with them, this is where we fail to see our own creation, thereby intensifying the error.

You do not struggle when you are free, you only struggle when you are imprisoned. The way to freedom is to discern the cause.

You struggle with thoughts that enter the mind when you wish to be quiet. These thoughts you think are foreign to your nature so you try to banish them, but instead of getting rid of them they worry you further because you struggle with them.

It is necessary to become aware of the movements of the mind without struggle, then they will dissolve away. If you are aggressive, quarrelsome nagging all day long, if you are jealous, envious, selfish and egotistical etc. etc., you will see that these are the false movements in which you are caught-up, thus you imprison yourself.

If there are difficulties, it is no use trying to escape from them but to face them with confidence for this is an opportunity to assert the Christ Life, yet every sensation must be dealt with carefully and not ignorantly denied, otherwise it will rise again in the nature.

Patience and understanding is the basis upon which we must act so that the Christ can speak the word of power from within. When this is done with understanding there will be an unfolding of the Real Self.

The body is for the purpose of your experiencing Life in the flesh but the flesh has no say in the matter. When the true awakening comes through understanding that which is false, the Real Self frees Itself from conditions that surround It in the flesh.

We make our limitations by clinging to the form. Spirit is Life and Life is formless and is the only Creative Power being complete whole. It is the Christ that possesses the body of flesh, when this is understood there is a renewal of the Christ Life in the body.

This is faith through knowing, not a faith in someone or something apart from yourself for when this is so, faith and fear exist side by side and this is the faith that most people have. When this faith dies, fear takes its place or vice versa, this is the see-saw of human existence, devoid of understanding.

Without knowing-understanding we react to things external to ourselves so our creative power is turned in the wrong direction, so the things you do not want but which you fear, you get. Through lack of knowing and

understanding we unconsciously use our creative power, this is probably the biggest factor for much of our unhappiness and ill-health.

The reason for this ignorant reaction is because most people believe and act in separation. Man divorces himself from his Divine inheritance because of his belief in separation. In this way he has become impotent while the outer rules him.

Life is a Spiritual force and our birth is a Spiritual fact, invisible to the mortal eyes for Christ is manifesting in the flesh.

If one is caught up in the stream of unconscious reactions in fear and anxiety this leads you away from the Christ within that is all powerful.

“Let it be quite plain that God has always been manifest in the world.” “And the Christ is the Love of God manifest in the flesh.” When we have no longer the belief in separation we will know that God is all in all, then our false beliefs and ideas will disappear and the Consciousness of the Christ within will manifest, making all things anew.

It is the state of consciousness that brings about the outward manifestation in all planes, both in the inner and the outer. When we know this we can avoid much unnecessary suffering.

Those who acquaint themselves with this understanding can specify with authority knowing that they are exercising powers bestowed upon them by the Almighty.

Recognition of the Almighty is not the recognition of something that is outside ourselves for the Almighty is not a relative thing. Even to talk about the Almighty puts Him in a relative position and this is wrong. But with understanding we can speak the word of power from within knowing that the word will not return void but will accomplish that which it is sent forth to do. If we are

dependent upon an outside source we are not using that Almighty Creative Power from within.

Around you are many people in sickness, misery and want who are followers of the personal Jesus, but they have not made the great discovery of the indwelling Christ.

There is no special state of learning required for one to renew the body and soul. For the laws of Nature, mental, spiritual and physical will serve us in exact proportion that we understand and observe them.

Love is the secret, "Do unto others as you would have them do unto you," is not a mere command but the law of Divine protection.

When the prophet said, "an eye for an eye and a tooth for a tooth" he did not mean that we must apply the Law ourselves but meant that the Law of balance would extract in exact proportion as we dealt out to others. Nature forces us into a corner where we are forced to use her laws with intelligence and understanding. If we kill a murderer do we not become murderers as well?

We must make ourselves independent of other people's efforts on our behalf. Dependence on others has been the cause of much unhappiness and disappointment, and has brought distrust and failure into many lives. We must work from the centre outwards, not from out in, "whatever I see the Father do I do likewise." This means we no longer wait for others to act for us but become creative, co-operating with the all-Creative Life.

If you are dominated by example or follow a pattern or recognise the only authority as being that of something that happened previously or be limited by existing facts you will never be really creative. You must transcend the experiences of the past and enter into the Ever-present, that realm where others fear to tread. Then you are automatically endowed with unlimited resources. Remember we cannot use the Law unless we apply it.

The true sower is one who knows himself, then his faith increases. For there is no difference in the Law that operates in the ear of corn and the Law that operates in man's consciousness, aware of the one Creative Law, yet most people have failed to see this Truth.

A well-ordered individual is one who intelligently directs his thoughts and efforts in accordance with these Laws therefore a well-ordered society rises out of individuals who understand.

When man's mind is focussed less upon the created and more upon the Creator he will not be dominated by circumstances and things. For is it not the craving for things that all the trouble is about in the world today? Man has enslaved himself by allowing effects to determine his state of mind and thus he is controlled by the effects of his own cause.

Only when man feels the thrill that comes from the self-confidence arising out of his realization of his true relationship to the Creator of all things will he free himself from himself. Man can never be really useful to his brother until he has gained this freedom.

Do not think that by giving up the little things in Life that you will succeed, little things do not matter so very much. We must see the great Vision. So many people are blinded by the small petty things that people do. If you understand yourself you will understand why they act in that way. Only little people are taken up with little things, so do not waste your time and life in trying to combat them, when the big Vision comes those things fall away and disappear into nothingness where they belong.

We must not separate heaven from earth but bring the Kingdom of Heaven on to earth. So cast out your false beliefs, your beliefs in sickness, beliefs that cause fear, belief in the power of sin, belief in false prophets who preach sin, the devil and hell. Instead lift your eyes to the

sky and as the sun rises you will see all the stars disappear, they give way and go into the background. So with us when we realize the Truth of our being. All these things dissolve away with the personal self, with all its prejudices and possessiveness. Then we shall be like Him who made us in His own likeness.

Benediction

O Mighty One, Thou art not separate but one with me Eternally. In Thee there is no evil for the devil cannot exist in Thy Omnipresence.

It was the king of illusion who sat on the throne of ignorance was the cause of ill-health, unhappiness and my soul-blindness.

It was in my deepest moment of despair that I heard Thy Voice calling "be not afraid, for I am with thee always." Then the Light that shone from the beginning of time blotted out all the darkness in my mind.

Now I see with clear sight all that hinders Thy expression. I thank Thee, O Mighty One, that Thy light becomes mine for ever more.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #3 (19th February 1952) in the book "The Word of Creation."

November 1952

My dear Friends,

Thanks for the many letters received this month. We are all beginning to realize that there is no separation. Life alone lives and the conception of ourselves as being separate from the Life of God is the root of all our troubles.

Do we not look upon our neighbour as separate from ourselves? We must seek deeper than the external and we will find that there is only one root to the Tree of Life which makes each one of us a living person. If we would bear this in mind when we tune into the Sanctuary our troubles would soon disappear.

Here are a few extracts from the many letters received this month:

"The impossible has become possible that my son was given up by all the specialists as incurable, yet when we tuned in to the Sanctuary hour for healing the miracle happened—the dead came to Life. My son is well again. How can I ever thank you enough for the wonderful truth you have shown to us. God bless you and your wonderful work." M.K. England.

"I am very confident and full of faith regarding the outcome of the examination of my niece. Ever since her name was placed in the Sanctuary she has been improving. We cannot thank you enough for the wonderful work of the Sanctuary which not only has brought relief to my niece but to countless others. Thanks for the opportunity of being able to participate in the great work through tuning in. In deep appreciation." O.B. Denmark.

“Within a few days of my asking (for) help my condition eased and now I am on the road to perfect health. Thanks for sending me the monthly letters, I pass them on to a number of people who receive a great deal of comfort from them. May God richly bless the work of the Sanctuary, the world is in great need of it. Thanking you once again.” D.B., Sydney, Australia.

I HAVE NO OTHER AUTHORITY EXCEPT HIM WHO MADE
ME*

“Since this people draw near me with their mouth,” says the Eternal,
“honouring me with their lips, while their hearts are far remote; since their religion is a mockery, a mere tradition learned by rote;...” Isaiah 29:13.

Are we not trying to rearrange the world, to rearrange its values while maintaining our own separation in nationalism, religious dogma, superstition, hatred and acquisitiveness? Is it not necessary that we eliminate first these causes within ourselves that produce conflict and misery?

If we seek Truth we must first abandon those values that are based upon ill-will, possessiveness, greed, superstition. We must first of all decline to be guided by politicians, priests and economists with their endless plans for so-called peace which leads us into destruction.

The fact remains that we have made them our leaders through ignorance of true values. Now we have to become deeply aware of the cause within ourselves, and the responsibility remains with us to remove the cause. This alone is the solution to all conflict. First of all we must

understand the cause, then the Reality that is behind all can be realized. This alone can bring peace and happiness.

In Reality alone is there enduring happiness. In Reality alone is there Creative Being. Without this inward treasure the outward can have little value to mankind. The organization of law and economic planning will ever defeat its own purpose. But when the awareness of the Real is established, the outer and the inner will cease to be separated, for we will understand that the outer is but the expression of the Inner. Our religion will no longer be lip-service but the true expression of Reality, the one and only Creative Being.

There are many who say they practise brotherly love, yet condone organized murder. We have to understand our contradictions to understand ourselves. Without self-knowledge, brotherly love is impossible. We must think out every thought-feeling, then we will understand what is in the mind. You cannot practise brotherly love if you are caught up in envy, jealousy, hate, antagonism, differing creeds, mass murder and conflict. Brotherly love only comes when all these things are cleared away through understanding oneself.

Try to understand every thought-feeling, pursue it and it will yield its meaning. Only in this way can the mind be freed from conflict. Then we will create, in co-operation with the Divine Principle, a true democracy. When the individual becomes aware that this co-operation is possible, then the mind-heart becomes passively still to receive the creative Reality that is Ever-present. This is renewal.

Renewal does not come from birth or death, the past or the future. There is no renewal in the world of opposites, only freedom from past and future brings renewal, for there can be no understanding except in the present. But if the present is burdened with the memory, regrets and

hatreds of yesterday, there can be no renewal in the present.

Our past successes or failures are the experiences we have. This must not hinder the use of our creative ability now, or the way in which we use it. Just as the growth of corn reveals itself while man sleeps, so are our thoughts revealed, and there is nothing strange about this. The great thing in man's life is to understand himself. Only when this is accomplished can pure thinking and pure action come into being. The seeds we sow in Divine Mind grow apace and produce hundredfold for our benefit.

The only authority you should recognize and the only command you allow is that of the Creative Principle of the Present within, which nothing can change. Beliefs will change, people will change, but the Presence never. In this way you increase your joy through your Creative ability in the Presence that is Ever-present. It is like the rock in the ocean, the waves beat upon it but it remains unmoved.

Most people are afraid of the evil they are always looking for and are blinded to great Divine Light of the Presence. Some become wrapped up in the evil which they make a Reality, thus so many become childishly ignorant, which leads to pettiness and narrowness. This does not give true experience, but rather a retreat from Life Itself.

You must enter the arena of Life with confidence, understanding that the Creative Principle is within. You are the navigator that sails on the sea of Life and are not affected by the waves or the surface unrest. With this understanding you are no longer caught up in external values, but are able to navigate the ocean of Life with true creative ability, dissolving all that hinders your true expression.

Your experiences must only be channels that lead to the vast ocean of Life in which you become one. Then open

your sails and let the Breath of God direct you. "Not my will but Thine be done."

The person who does not know himself and tries to convince others of the Truth is a hypocrite, but the person who has the Truth in however small a degree, like the smallest of all seeds, will grow to become a great tree and all will shelter under Its branches.

This is the state of mind that is ready for creative ideas. It understands that the things that are seen are but the product of that which is unseen. Jesus said, as the people who listen to the word and take it in "bearing fruit at the rate of thirty, sixty, and a hundredfold." (Mark 4) "Be not overcome with evil but overcome evil with good." This means directing our creative ability into constructive channels producing that which is acceptable to "Him," and that which is acceptable to Him must be of benefit to all for He is the All.

If we look to the mechanism of our bodies we will see that the brain, through the nervous system, is connected with every part of the body and controls all voluntary and involuntary activities. This mechanism responds to our thoughts and emotions, therefore there is a consciousness that traverses the whole system, out-picturing what we think and feel.

We are told that we are the microcosm of the great Macrocosm, therefore what we think and feel must affect everyone some way or another. If we can discern what we are doing we will not create conditions that adversely affect ourselves and others. The Intelligence that built the body, brain and nervous system; built it for its own self-expression. If we would remember this when we feel and think, it will be a guide to our thoughts, words and actions.

All visible forms are the result of the great invisible Creative Energy revealing the Creative Principle in action, with a little understanding we can co-operate with the

great Divine Creative Principle which created us in Its own likeness.

The use of “**our**,” this creative ability, has only been dimly understood. The greatest possibilities, more wonderful than man has dared to imagine, can be enjoyed through the conscious use of “our,” this creative ability, with understanding.

Then let us be mindful of the fact that the seeds we sow in fertile soil will be produced by the Creative Principle in the exact form of the seed itself, sometimes thirty, sometimes sixty, and sometimes hundredfold. “Even greater things than these shall ye do.”

The walls of Jericho (Ignorance) are being broken down by the truth of the Creative Power within; and with the rhythm of all in united understanding, the walls of ignorance will crumble. “Let every soul be subject unto the higher powers, for there is no power but God.” “Let the mind be in you which was also in Christ Jesus who, being in the form of God, thought it not robbery to be equal with God.” Phil. 2: 5-6.

The meaning of these words shows us that, if the individual consciousness through discovering all that which is relative (good and evil) will unite with the Universal Consciousness, that makes the individual a conscious creator, all is possible to that individual who understands this relationship. This is the faith Jesus had when he said, “know ye not I am in the Father and the Father is in me.”

Faith built upon an outside agency will be full of fear and doubt, but a “faith” that is built upon this “rock of truth” will stand against all that assails It. Therefore, true faith comes from beyond the mind, for what is in the mind is double, fear and faith are side by side, when one is up the other is down and vice versa. Therefore the thoughts created under these conditions are equally produced. Thus conflict arises in the mind that is double, the double-

minded creature that he is, he need not think he will get anything from the Lord.

There is no validity if you merely accept my statement, for such acceptance will just become another illusion of the ego, you must know for yourself, directly. The Truth of yourself cannot be realized through another however great he may be, and there is no authority that can reveal it. Truth can only be uncovered through your own understanding, and understanding comes only through self-knowledge. We have all the same problem but each one must find the answer himself.

Therefore, my words to you are only a means to direct you to the uncovering of the self and all its ways; only when this is seen and understood can there be freedom from illusion and conflict.

If you are intense in your search, you will find the right answer. Surely, each one can become aware of his own prejudices, greed, intolerance, superstitions, antagonism, beliefs, cravings, etc., in which he is caught up. You can only understand another when you have understood yourself.

Is it not so that according to your own pleasures and pains, your prejudices, your beliefs, your desires, your passing fancies, your antagonisms, that your thought is shaped and controlled. You cannot build Truth upon such a weak and changing foundation. If you are prejudiced, limited, you will find according to your conditioning. How to approach this great problem is all-important, and what is important is first to understand the self.

You will know what is your state of consciousness by your attitude towards others. If you live in Reality, you will translate Reality into your daily living and you know best yourself how far you are from fulfilling your mission on earth.

“What I yield is better than the best of gold, what I bring in is better than rare silver. I deal right fairly, justly do I act, enriching those who love me, and filling their stores full.” Prov. 8: 19-21 (Moffatt)

Benediction

O All-Prevailing One, from within my consciousness
Thou hast removed the cloud of doubt from my mind-heart.

My mind is made free with Thy Ever-Presence and my
soul purified with Thy wholeness.

Now I recognize Thee alone. Thou alone art my teacher,
my guide, my friend, my Creative Being.

O Blessed One, thank Thee for showing me the way to
Thee within.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #4 (26th February 1952) in the book “The Word of Creation.”

December 1952

Dear friends,

My very best wishes to you all for a Merry Christmas and a Bright and Happy New Year. At this time families and friends will be gathering around the dinner table. New friendships will be created and old scars will be forgotten... Or will they be forgotten?

I can remember when I was in France in the First World War, when Christmas came enemies became friends and we joined in Christmas greetings to each other. But this lasted for one day only. If this friendship can last a day it can last a lifetime if we would see the cause of our antagonism.

Is it not so that we quarrel only about that which we make up in our minds? We do not quarrel about the Truth because the Truth is in each one of us. It is the Life that is the foundation of all and makes us all brothers and sisters. In this there is Love and Freedom. What we make up in our minds creates enmity and suspicion.

If you can see what your mind is made up of, then you will understand the cause of antagonism. In Reality we have no enemies. This was the way of Life of the man whose birthday we celebrate at this time but few think of what he gave to us. He gave us a way of Life which, if followed will bring-in a world of peace, plenty and security for all, for the security of all means security for the individual.

The Eternal Love-Life alone is freedom and security and is Ever-present. Is it not our past memories that condition us? When we begin to realize that we have created

antagonism within ourselves through our own thought-feeling-reaction that enslaves us to its own creation, it will dissolve away and that which is Eternal and Ever-present will manifest its one Freedom and Love. We do not create It, It is Itself creative and we are one with It.

“I of myself an nothing it is the Spirit of the Father within me that doeth the work.”

THE WORLD IS SICK BECAUSE YOU ARE SICK WITH CONFUSION*

“.... You seek me, not because you saw the miracles, but because you ate bread and were filled. Do not work for the food which perishes, but for the food which endures unto life everlasting, which the Son of man will give you; for this one God the Father has sealed.” John 6: 26-27.

What I want to say in this letter is of a very popular and personal nature. It is one of healing, not in the sense that we generally look upon healing of our own minds and bodies, but of the nature of healing of the world which is ourselves.

When we can see that the cause of the confusion of the world is ourselves we must heal ourselves first. When we do not see the cause of confusion is ourselves then this confusion will continue to express itself upon our minds and bodies and likewise in the world.

Sickness is but the outward expression of our inner confusion. When we begin to see that the individual human mind is an expression of the Universal Divine Mind and that the individual human mind is the specialized

reproduction of the Universal Divine Mind, we see that the individual mind can give expression to the Universal, for this is exactly what takes place when the individual understands that he and she are in the Whole and the Whole is in him and her, and Its expression is Divine Wisdom, Love and Power, and this combined action produces what we call "creation" in which there is no confusion.

The Bible attributes the creation of the world to the Divine word and it therefore rightly says, "in the beginning was the Word and the Word was with God and the Word was God and without the word was not anything made that was made." This brings us to the crowning result in the manifestation of the "word of man." Man, first ignorant of his Divine nature, but nevertheless containing all the potentialities of the nature of God, "the Father having Life in Himself granted the Son to have the same Life in himself."

When man then looked outside himself for guidance he accepted this guidance and became confused by the many ideas which confronted him. But when he finds that this confusion is of the mind of man, he realizes that this confusion which existed within himself was transferred outwards into the world, the world became sick as well as himself.

Through the discovery of his true relationship to the Divine Mind he arises and "returns to the Father," thereby being a child of the Almighty he can speak "the word of power" through the Divine potentialities inherent within himself.

He may have been the prodigal son who is ignorant of this Truth or he may be the respectable brother who thought that only limited supplies were doled out to him. But as soon as the truth dawned upon him he realized the

meaning of the words, "Son, thou art ever with me and all that I have is thine."

Here we become fellow-workers with the Father of all, invited to work in harmony with one another in His vineyard, to carry on the work of the Universal "the Whole" vested in man himself. The key is found in the Master's words, "the Father worketh **hitherto**, and I work."

All that I can do in this letter is to point this out to you, but you must make your own personal application of it. For the law remains forever the same that through **action** in Divine Truth is produced the corresponding unfoldment of Truth. The Supreme Truth is reached in that final recognition of the Divine Name. "God is Love" therefore our action must be Love to express the Divine Mind in man.

Now comes the question, how can we solve the present chaos in our minds and bodies and in the world? We may solve the problem of our bodies from an external point of view temporarily, but to heal permanently we must solve the problem of our minds and our reaction in our relationship with others. If war is waging within ourselves it will eventually externalize itself in our minds, bodies and in the world, for we are the world.

War in the world is the spectacular and bloody projection of our everyday life. War is merely an outward expression of our inward state, an enlargement of our daily action. It is perhaps more bloody, more destructive, but it is the collective result of our individual thought and action. Obviously we have not discovered the cause because we have not discerned the cause within ourselves.

We are therefore responsible for war, internally and externally. If we can see what creates wars and if we are interested in stopping wars then we can begin to transform ourselves, who are the cause of the war, internally and externally.

What is it that causes this war? Craving for things, belief in either nationalism, in ideologies or in particular dogmas which create in ourselves antagonists, ill-will and all the things that set into operation the cause of strife, internally and externally.

If we had no belief but goodwill, love wisdom, which would develop brotherly consideration between us then there would be no wars inside or out.

What most cannot or will not discern is that we are fed with propaganda, we are fed with antagonistic ideas towards each other, fed on dogmas and national divisions and hatreds which breed confusion within our minds and bodies and breed discontent in families, groups and nations.

We can either pursue a path of constant conflict and continuous war within and without as the result of our everyday action, or we can discern the cause of war and "arise and return to the Father," thereby becoming a child of the Almighty and speaking the word of power through the potentialities of Love and Wisdom inherent within us, thus we have peace in and out.

Is not our action in ignorance of our Divine nature the cause of war? We desire the outward show of power, position, prestige. Are we not diseased with what we call nationalities, we all worship a flag, we are diseased with organised religion so we worship a dogma. We are diseased with greed, diseased with envy, therefore we are producing our own society which leads to our destruction of minds, bodies and circumstances through war within and without, created by ourselves.

Therefore it does not depend upon our leaders, it depends upon ourselves, but we do not seem to realize that.

If we really felt the responsibility of our own actions we could bring about an end to all this war within and without

and all the appalling misery we create for ourselves and others.

But if we are indifferent because we have three meals a day, a job, a banking account etc., we do not want to be disturbed, so we add more coals to the fire because of our action towards others. We want to maintain things as they are but there is nothing to maintain. Everything is disintegrating about us. We do not want to face the fact that we are responsible for war within and without.

We may talk about health schemes, we may talk about peace, sit around a table and discuss, yet inwardly maintain our greed, selfishness, our antagonisms, our ideas, our nationalities, our intrigues, our actions in our relationship to others. If we are bound by our beliefs, our dogmas, for which we are willing to die and destroy each other, do you think we can have peace inwardly and outwardly?

To have peace, inwardly and outwardly, we must be peaceful. To live peacefully means not to have hatreds, antagonisms, cravings. Peace is not an ideal, it is a way of Life, living in Love and Wisdom which is Eternal and Ever-present and within ourselves, by knowing that we are all working in His Vineyard and in harmony with one another.

An ideal is merely an escape, an avoidance of what **Is**, a contradiction of what **Is**, an idea prevents the direct action of what we must do is to Love and not merely have ideals but to see things as they are and act upon them by discerning the cause of all misery thereby transforming ourselves. But what are we doing? We are seeking a psychological security which does not exist, we seek it through power, position, titles, rank, all of which destroy our physical security. This is plain enough to see if you look at it through clear thinking, unattached.

Economic revolution without inward revolution is useless and meaningless. Hunger and misery are the result

of our internal action, of our mental state, our greed, envy, ill-will and possessiveness.

To put an end to these things which cause misery both internally and externally we must transform ourselves, not merely discuss peace plans, create new leagues of nations and legislation, inaugurate new health schemes and so on and so on. We will never win peace and eliminate confusion until we cease to live our stupid lives as we are doing today. As sickness increases in the individual so will it increase in the world, for the world is made up of individuals.

Others cannot bring peace, leaders cannot bring peace, what will bring peace is inward transformation and not isolation. Inward transformation is not isolation, is not withdrawal from outward action. On the contrary it is right action and right thinking and there can be no right thinking without self-knowledge. Without knowing yourself there can be no peace, inwardly or outwardly.

So when we end war and confusion within we will end war outwardly. This can only be done by putting an end to this confusion and war within. This will end only when you realize your own responsibilities, **when you realize the danger you are to yourself.**

This requires immediate action, for peace comes only within and without when we are peaceful, when we are at peace with ourselves and with others, by “loving your neighbour as yourself.”

“They that are whole do not need a physician, but they that are sick. Go ye and learn what that means! Matt. 9: 12-13.

Benediction

O Great Eternal One, Thou art whole and complete. Thou art Love, Wisdom and Power. Thou art **our** Father Who art in heaven.

Man has through his ignorance created confusion within and without, thus he creates his own hell.

As Moses lifted up the serpent in the wilderness so must the son of man be lifted up, to arise and return to Thee, O Divine One.

Then we are made whole for Thou alone art my Physician who dwells within me.

I am no longer sick, O Eternal One, neither will my world be for Thou art within me, my Beloved.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #2 (21st October 1952) in the book "The Secrets of the Science of Life."

1953

January 1953

My dear Friends,

Another year has come and gone but Life is like an ever-flowing river, as it passes it is ever-renewed, yesterday, today, Tomorrow—the same expressed in the Now—the Timeless.

Then live in the Ever-present Life which is ever-renewing Itself, then yesterday, today and tomorrow will be a joy unto you.

The year that is now past becomes just a memory, an experience. Do not let that memory or experience prevent you from living in the Ever-present Life which is Love, Wisdom and Healing. This is the secret of joyful Living.

I have space for only a few extracts from the many letters received this month, and here are a few picked up at random, the Sanctuary will help you also, “ask and you will receive.”

“I just want you to know that since you put Cyril on your Sanctuary Prayer List, there has been a wonderful improvement. He has not had any attacks of asthma since, and is now living a normal healthy and happy child’s life, the first time for many years. Thank God and thank you for your wonderful help.” E.M. Transvaal.

“Thanks indeed for your help for my friend and myself. The improvement is miraculous. In the case of my friend Madge, the doctor is astounded. God bless you in your work of healing for many years to come.” E.L. New Zealand.

“How can I thank you for your wonderful help. We were all in despair about the Life of our child. When we cabled you he was not expected to live. By the time we received your cable in reply he had recovered from the dreadful accident, and the burns had healed without even leaving a scar. Dr. McK. is a relation of ours and is writing you personally to thank you for your wonderful and prompt help. God bless you and keep you safe for many years to come.” T.L. Australia.

A PRACTICAL APPROACH TO DIVINE HEALING*

“Now is the son of man glorified and God is glorified in him.” John 13: 31

Since man’s advent upon the earth there have been men and women who had the wisdom and power to heal. Some of those healings have been so amazing that the mind of man could not comprehend them. Therefore sceptics have arisen who have made every effort to deny these amazing transformations on the ground of their apparent impossibility according to man’s understanding.

Divine healing has achieved wonders where all others methods have failed. The mind cannot penetrate into the realm of that which is beyond it, the mind can only reason on what it knows, but that which it does not know, that which is beyond reason, cannot be defined. It is in this realm that Divine healing takes place.

Now the question that comes into the individual mind is, how is this Divine Healing accomplished? How can that which is unseen accomplish such a complete and instantaneous change?

Phenomena of any kind are produced through a law that is intelligent, otherwise you could have no phenomena at all. If I have a fear of anything or if I have faith in anything there is an intelligent law that operates equally alike in both what I think in fear and what I think in faith. That is the law of thought or otherwise electro-magnetic vibration.

Truth is an exact science which has not yet been investigated by our scientists and physicists.

The evidence of chaos around us is just this: that we have failed to understand the underlying principles of Life. This tragic blunder prevents our best brains from investigating the subtle Laws inherent in man, and this includes Divine healing. Denying the existence of such laws does not eliminate the fact, that there is something in man himself that heals and sometimes instantaneously.

At times it seems that an outside agency is required to set in motion this Divine Power but this agency is not a necessity for the simple reason that this Divine Power is inherent in man himself.

The greatest healer known to man, through records handed down through the centuries, was Jesus of Nazareth and he never claimed that any power of his own was the source of his healings. His words were clear, that it was the Father who ever remained within him performed these deeds.

In speaking to his disciples he also said that some had the power of speaking in various tongues, some had the power of prophesying, some had the power of seeing and hearing, and some had the power of healing, but it was the same Spirit that was behind all, showing that no matter what gift man has, it is the one Spirit Itself that is performing these deeds.

Once we take upon ourselves the cloak of service and say to ourselves and others, I am a seer or a healer or I am a prophet, we immediately limit ourselves to the personal.

We separate ourselves from the Divine Source of all things, that is why so many people fail in this work. The self hides the Divine so the great task is to get the self out of the way.

Every human being is endowed with the power of the Spirit, for it is the Spirit that gives birth to the individual, the Spirit is birthless and deathless and it is this Spirit which is the Life in man. It is the source of ultimate knowledge, wisdom and Love.

Jesus testified that it was from this Divine Realm, this Omniscient and Omnipotent state, that "He" not the separate "self" but "He," one with the Father was performing these deeds. Now, Jesus seemed to be the outside agency to those who looked upon him as separate from God, yet he said that he was nothing by himself and this was his great power. He knew that he was not separate from this Life which was within others but one and the same, therefore he worked through the Cosmic not through the individual.

It is difficult for the mind caught up in conformity and separation to realize the Truth, but those who have contacted this Divine realm have definite proof of Its reality and can testify that it is true.

Now I am speaking in relative terms of this great wonderful Omnipresent Source of "Being," and it would seem that I am speaking of something apart and separate from myself but it is not so. I am speaking to you in relative terms only for the purpose of enabling you to find this Divine Source within yourselves.

Immediately we begin to speak about this Divine Source we make It relative, something apart and distinct from ourselves, nevertheless when the mind has quietened down there is an awareness that is not of the mind but of that which is beyond the mind, the source of everything in heaven and on earth.

I wish I could make it plainer to you. It is not an idea or an image of something that you have made up in your mind, for it cannot be made up in the mind. If it were so then it could be explained, but that which **is** cannot be explained, yet It is that which **Is** living, that which is creating, creating in you and through you. Hence the Master's words, "know ye not I am in the Father and the Father is in me," united in consciousness and creativeness, "what I see the Father do I do likewise."

Now we realize that sickness is the result of certain causes or neglect of natural Laws. This comes about through ignorance and fear, lack of Love, lack of understanding.

Sickness is just a symptom revealing that the body has lost its normal balance and natural rhythm and is struggling to regain its equilibrium, its natural harmony. So the attention of the mind has become focussed upon the condition, in other words the body is talking back to the mind so the mind is caught up in what the body is feeling. Now the mind is struggling, making a great effort to save the latter. It is precisely this struggle that is causing all the disturbances and displacement of the atoms resulting in pain and discomfort.

The mind is conscious of feeling and this feeling is registered in the mind as a disease. This disease is given a name so the mind now can hold on to it. If this name conveys to the mind that it is an incurable disease the mind accepts it. Thus man creates the burden for himself, and when he sees that he himself is the cause through ignorance of the Truth of his oneness with Spirit the burden falls away; then the Spirit-Life transforms the mind and body by its own perfect nature.

It is not until you have made contact with the Divine within by yourself or by the aid of another who is able to show you the way can true healing take place. Sometimes

the spirit is so moved within that a complete and instantaneous transformation takes place, this is Divine Healing.

What really happens in sickness is that the patient's consciousness of health has disappeared and a consciousness of ill-health has taken its place. He or she begins to lose cheerfulness, their energy lags, their vigour disappears. What fate has befallen the mighty Will that supported the body? These qualities have temporarily disappeared because the mind has fallen under a spell—"the illusion of the reality of sickness." The mind has surrendered its sovereignty to the forces of disorder and confusion.

Now, some resort to drugs etc., as the final agency for their recovery and because this recovery is not forthcoming a further acceptance of the condition is taken. But if by some means a chemical action takes place there is a change for the better? Then some believe in medicine as the means of recovery. But this causes further confusion which leads to further trouble, when the patient finds in the end that drugs are no longer any help, then there is a further depression and apprehension.

The body is not an exclusive combination of chemical reactions, it is endowed with an intelligence—a knowing-how—an amazing organisation for the maintenance of body function. It is the animating power of Life that is fundamental in producing motion and transformation.

Natural medicines such as herbs, biochemics etc., have in many cases an action upon the cell-structure that produces a chemical reaction, this produces a powerful suggestion on which the mind is induced to act. Such action in the mind will begin to reproduce a consciousness of health and restoration of the balance and harmony within the body.

But if the mind is left in this state alone without understanding the laws inherent within, the secondary state may be worse than the first.

Jesus turned round and when he saw the woman he said, "Daughter, be of good comfort, thy faith hath made thee whole," and the woman was made whole from that hour.

Benediction

O Conscious Divine Life, Thou dost directly support my brain and body.

Foods that Thou hast prepared for me we spiritualized within me into energy by Thy Cosmic Life within.

Now that I know Thy Essence is ever with me, I shall live more and more by Thy direct Cosmic Energy and less and less by food.

I am recharged with Thy Cosmic Life, O Mighty One, and now the storm of sensory disturbances has ceased to rage in my mind.

The magic wand of Thy Presence is my healing, O Blessed Divine Father of Mine.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #3 (22nd April 1952) in the book "The Secrets of the Science of Life."

February 1953

My dear friends,

In this Monthly letter there is a notice about a new book just published, "Divine Healing of Mind and Body." This inspiring and instructive work will be a guide and help to thousands of people now when individuals and nations are on the verge of destruction while Science, Philosophy, Religion, Psychology and Education are in doubt.

This book will also, give the answer which will lift the thinking of man into a realm of understanding and freedom thereby eliminating fear. The misery in the world is brought about by the individual and it is the individual who must be transformed, otherwise there is no way out of our difficulties. Our world may come toppling about our ears any day and there is no time to lose.

Man himself is responsible for his own misery and man alone can dissolve it.

This book will create great controversy among the orthodox who have put the Man of Galilee far beyond their reach. It will reveal an Ever-present Living Christ in our midst and not a figment of the imagination which most people have.

I am sorry I have not much room for extracts from the many letters, inspiring and grateful, received this month. But here is one that will help you to realize the inspiration of faith.

"It may interest you to know what happened to me on my death-bed, I may call it. A friend of mine sent me your Monthly Letter. I was so affected by it that I decided to write to you for help. I did so. The very next hour a definite

change took place and now I am restored to full health again. What I want to point out is the fact that the letter had not yet been posted to you when I felt as if my whole body was filled with a warm glow. At that moment I knew I had touched something wonderful. God bless you for your wonderful work. I know I would not be here today if my friend had not given me your Monthly Letter.” T.M.C. Cape

Remember the Sanctuary works twenty-four hours everyday.

THE SPIRIT KNOWS NEITHER SICKNESS NOR DEATH*

“Those things which are impossible to men are possible to God.” Luke 18: 27.

We see clearly that there are many causes of confusion which affect the mind and body. Confusion brings pain, suffering and weakness which are the result of our ignorance of Spiritual, mental and natural laws. Our creations to conditions and circumstances are, to a great extent, responsible for much of our own confusion which is the underlying cause of sickness.

We may not realize it but we have unconsciously prepared these conditions for which we suffer. Yet could we be aware of what we are doing we would avoid much of what is undermining our own health and happiness, as well as undermining the health of the world in which we live.

The first requirement is a way of life through true understanding of the self. Self-knowledge must come first, when we gain this understanding we will arrive at the truth that the only power we have lies in the inner self, that is our Reality.

Now this is not a self that you can look at, the self you can look at is the outer self, this self that is the result of your reactions, your fears, your emotions etc. It is the ways of this self that you must begin to understand through deep discernment. For we will never know the intricate operation of Divine Healing because of its invisible nature, it comes into operation immediately we remove the obstruction created by the self.

It is also a subjective operation and the outer is but a manifestation of it.

The Bible tells us to look at the Eternal and to realise that the Eternal is our God. Thus by knowing the Eternal to be the Living Essence of our being, which is unlimited in nature, we transcend all conditions.

Because we are always looking out through the objective self we find we are subject to all kinds of limitations, so these become suggestions which are accepted and naturally become our beliefs which are reflected outwardly.

If all our experiences are derived from the source of our limitations you can see how completely negative we can become in a world made up by ourselves, for the world we know is none other than the projection of our own thought and action.

Therefore it should not be difficult to trace the cause of our illness or our lack of harmony. Without the fundamental understanding of the underlying cause of our troubles we will never understand ourselves.

Whatever we are conscious of predetermines the predominating tone of our thought and action. By this law we externalize what we feel. When I speak of this state of consciousness I do not mean a state of consciousness of the positive self, which is the outcome of ignorance with its cravings, for as long as craving exists there will be self-contradiction and frustration.

Do we not mostly approach Life in this so-called positive state, born of ignorance which gives rise to the many miseries, brutalities and conflicts of which we know so well. We must approach Life with an understanding of the fundamental virtue of life Itself. Not a virtue that is cultivated out of the recognition of evil, for this is not virtue but ignorance.

True virtue is not the result of positive or negative action but is a state of non-duality where the mind-heart is still, then only is there virtue.

Is it not so that if you are evil and I fight you with evil it means I also become evil, however righteous I may feel?

If I am brutal and you use brutal means to overcome me then you become brutal with me. This we have done for thousands of years, yet we call ourselves virtuous.

Even within oneself, if we use violent means to overcome hate or anger or violence we are using wrong means for a right end thereby the right end ceases to be. If there is no understanding there is no transcending anger, hate, violence etc. These things must be studied to be understood. These things arise from many causes, yet without comprehending them, there is no escape from them.

We are responsible for creating our own conditions so it is more important to be concerned with our own thought and action than with the quelling of our hates etc., for right thinking puts an end to division, then Love transcends friend and enemy alike.

Divine healing goes beyond time, space or conditions where these barriers do not exist. The one who understands Divine healing can automatically use this power and influence through space without leaving the place where he stands.

To grasp this fully one must develop a highly delicate technique of awareness, by cultivating a true understanding of the fundamentals of Life. Thereby a touch of the healing hand is enough to set in motion a powerful electro-magnetic current to restore the mind and body to its natural state through contact with the Divine Source behind all Creation.

I would again remind you that you may repeat a thousand times that you are made in the image and likeness of God, yet this will not help you because the Law is, that your thought will be in accordance with the attitude you hold towards Life itself.

This must not be just an intellectual acceptance of the Truth but a state of mind where division, duality and opposites do not exist. In other words, when the mind-heart is still then only is there Reality.

Immediately we accept this grand Truth of our "Being" our sins are forgiven and we are free. Here we see that this not only applies to our inner Life but to our outer life in the body as well, and it is this that the Master saw when he said, "thy sins are forgiven thee, arise and walk."

The common error is the belief that you must think health, but as fast as you think of health you think of disease. How can there ever be an escape from this conflict of opposites? There can be no escape except through understanding the cause and not ignorantly being caught up in opposites.

Man is God materialized! This is a tremendous statement but nevertheless the truth, and when this is fully realized we are filled with the Truth of our "Being" not "becoming" but "Being" **now**.

The Son of God is the invisible man that remains Eternally within the Father. The perfect manifestation is the Holy Ghost or the Divine Creation of Man therefore man is the expression of the Conscious Spirit of God which is

Intelligence etherealized and materialized in all planes, thus giving man-woman individuality in the "One Whole." The Father has Life in Himself and He grants the son to have the same Life in himself.

It is through this realization that the locked-up faculties and power existing in every human being will manifest. The involved God-powers now existing in everyone of us will spring forth into being, for in the heart of every living soul there is the Cosmic Spirit.

It will take many generations for the awareness of this consciousness to awaken in the masses. To them the conception of the abstract which is the only Reality remains an impossibility. They cannot rise above the concrete, with the result that they continually react to the concrete and their consciousness can only give to them what they are aware of.

Unless we discern and understand the process of our thinking we will never arrive at the source of our thinking. For there we will find more powers than the entire voltage generated by the Niagara Falls and by our consciousness can magnetise any object and infuse into it subtle vibrations of any desired properties and influences.

The history of the prophets and seers of all time reveal a magic that was awe-inspiring to the masses, yet this so-called magic was but the releasing of this tremendous invisible energy through an awakened Consciousness that knows no separation or division between God and man. The feeling of this awareness was the secret of the manifestation. The manifestation was effected either by touch, by sound or by the fixed gaze.

This stream of this conscious energy is electro-magnetic in nature carried in the ether into the atoms of matter, dissolving all that is not according to the Divine design.

This Intelligent Force builds up the body from a single cell and is inherent in every part of the body. Every cell and

combination of cells is supplied with this Intelligent Force. The body is mind materialized and every cell is the result of mind in action.

We can now see how the mental state of the individual must be reflected, upon the body. Therefore “mind over matter” is not a mere saying to us who know, it is a living Law in operation.

To understand what is beyond mind we must first cleanse the mind of all that is preventing this understanding. For Reality is not of time and space and you must know it directly by yourself and not through another. It is in the present and the present is Eternal and Ever-present, and although timeless It is ever-renewing Itself in Time **that is now**. “I am that I am.”

“And Jesus said to him, “Regain your sight, your faith has made you well!”

Benediction

O Divine One, Thou art I, I am Thou, knowing knower known as one, one unbroken thrill of Eternal Living.

By Thy Eternal Presence beyond time I am forever renewed. Thy Eternal Peace calms all storms that arise in me. This is my fully conscious state beyond the limits of my mortal state, O Blessed Boundless Eternity.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #5 ‘*God Knows Neither Sickness nor Death*’ (11th November 1952) in the book “The Secrets of the Science of Life.”

March 1953

My dear Friends,

Thanks for your many letters received this month. I wish I could print more extracts. The hundreds of letters we receive from all over the world are really wonderful.

One person asks this month: Is it necessary to tune in to all the three-hourly periods, namely 6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m. 9 p.m., 12 midnight and 3 a.m.? No, that would be impossible. What is necessary is to tune in to one or two of these periods, whichever suits you best. Not only will this help you personally, but in fact helps all no matter who they may be.

The ether becomes magnetized with healing vibrations, also the healing power that works from within is given a chance to manifest.

You will never know the benefit you will receive until you tune in regularly at times to suit yourselves.

A great many letters received this month speak of the wonderful help the Monthly letters are. I am extremely glad of this and it is very encouraging to know this. Here are just a few taken at random.

“Your monthly letters have been a god-send to us all, we eagerly wait for the next Monthly Letter to come. There is harmony in the home and our business has gone forward by leaps and bounds. We attribute this to your wonderful truths. God bless you and your wonderful work.” D.C. Transvaal.

“Words cannot express my gratitude for your beautiful monthly letters. My health has been restored and my home is just Paradise, while before there was fear. The change in all of us is just too marvellous. Thank you, Thank you, are hardly the words, it is much more than that.” A.L.K. Cape

“How can I thank you for your wonderful help, I am now completely recovered. From the first day you put my name in the Sanctuary I began to get well. Your Monthly letters have been a great help, they do something to me I cannot explain, but the feeling is one of exhilaration. God bless you.” M.G.S. Natal

THE BOUNDLESS RESERVOIR OF SUPPLY*

“Teach me, Eternal, how thine orders run,
and I will Follow them step by step;...”
Psalm 119:33 (Moffatt)

It is said that prosperity is a state of mind. It is also said that poverty is a state of mind.

We hear it said also that prosperity is a dream come true and that poverty is also a dream come true.

But all this is of the mind, it is not real, it is an illusion of the mind itself, caught up in opposites. Prosperity and want, success and failure etc., are based on the values of the senses, for no one is satisfied with what they have, they always want more. This is not freedom, it is desire and when we are caught up in desire there can be no freedom.

There can only be freedom when desire has perished through understanding the self, with all its desires, hopes of becoming. Freedom alone exists in “Being” and not in becoming, when the state of “Being” is reached we have found the inner Treasure which is imperishable. You may

call it what you like but it is not a mental thing or a thought, it is a state of "Being" where you enter into that boundless reservoir of supply, and things do not matter anymore because all is yours—"what is Mine is Thine."

As long as we are seeking the values of the senses whether it be touch, taste, smell or possessions, having and not-having etc., the outer becomes more important than the inner.

Now the mere denial of the outer is not the way to the inner. You may deny the outer and withdraw from the world into a jungle or a cave and there think of God or the inner or whatever name you like to call it, but your thinking of God is still of the senses because your thought is bound up with the senses,—what you would like to feel, what you would like to be, what you would like to have,—thus you are caught up in your becoming, therefore there can be no "Being" and only in "Being" is there freedom and completion.

When you are merely speculating, caught up in desire, which is not "Being" you are caught up in confusion because you do not "know."

Millions of people have tried to solve this puzzling problem of supply and have advanced many ideas, but all lead to destruction and misery through having and not-having, and wanting and not-wanting, the me and the not-me, the mine and the not-mine.

Some have claimed that wealth is the result of hard work and planning etc. Some have offered the solution that it is fate or destiny and others have said it is pure luck. Others say that some are born to inherit wealth. Some have said that Life is a gamble and thus all are gamblers. Some say the poor are not aggressive and the rich are. Some say that the rich grasp opportunity while the poor do not.

We know that there are some who want to be materially poor and Spiritually rich, so they seclude themselves as a

means of loosening the bonds of attachment and desire from the temporary things of the world. They look upon things as a hindrance to Spiritual growth, yet their desire for Spiritual growth is just as much a hindrance as the desire for the material growth. They try to “become” through the idea that the material is a hindrance. “Becoming” and the means of “becoming” **is also an illusion.**

“Being” is a “state” now! Not in some future time, because the state of “being” is not of time but of the Timeless.

Millions of people are trying to combat “want” because want appears to them as a Reality, so they struggle hard to elevate themselves to a station of Life which they call a standard of living, and with the standard of living they face fierce competition and many insurmountable difficulties always questioning the justice of their unfortunate plight.

Their lives are a see-saw of gain and loss which leads to confusion and ultimate misery; they struggle for a result but the result does not come, they want security so they seek an end.

In Reality there is no end therefore their lives are a torture and many say it is not worth while.

Man’s external plight is a concrete expression or reflection of his internal state of mind.

We see then that wealth of itself is not the permanent possession of any individual because it is constantly shifting and changing hands.

Those, who understand, realize that wealth is not a sensate thing but a state of “Being” in the boundless reservoir of supply and have the right to the temporary possession of wealth.

There is no end to the boundless reservoir of supply, because there is no end to “Being.” Therefore they do not

seek end nor do they seek a continuity for this is also an illusion that arises when we want to “become.”

Those who understand, enjoy ownership during the span of a life-time on earth which is of a brief duration, they know that at the fateful moment of their earthly exit their material riches become the possessions of others while the boundless reservoir remains, unchanging and Eternal.

Therefore if you would be rich with contentment, seek the boundless reservoir of supply that is within the Consciousness of God and which is also within the consciousness of man himself. From this source we attract wisdom and love, which is the greatest wealth man can have and with it comes all material things as well.

In the Bible we read where Solomon asked only for wisdom and because he did not ask for wealth for himself he was granted all this as well. This is the unfailing colossal power of our magnetic attraction and not in wanting and not-wanting, having and not-having, which cause conflict and confusion in the mind.

The human mind is the manifestation of the Divine Mind and is the bridge to the boundless reservoir of supply, God and man being “one.” But this can only be realized in the state of “Being” and not in a state of “becoming,” through this link issue the tremendous electro-magnetic waves in the form of intelligent thought. It is a powerful magnet that attracts from the boundless reservoir of supply all the good things that God has prepared for those who love Him. We love God through our neighbour, by loving our neighbour as ourselves.

With this understanding we will ask and we will receive, we will seek and we shall find, we will knock and it will be opened unto us—the great storehouse of God, who has already prepared all the good things for those who Love their neighbour as themselves, and there is no limit put to what you can take.

Impatience must be guarded against, impatience shows a lack of faith and understanding. Patience and understanding are the basic factors of victory.

Transmute the energy of desire into that state of "Being" then there will be an end to the many desires which overpower the mind with duality. The wrestling with duality, having and not-having etc., will only produce failure and the opposite result.

Do not dissipate your energies with sensate values, but seek that state of "Being" which alone brings true, happy and permanent results.

When you have found the secret of opening up to the boundless storeroom of supply, all the good things that God has prepared for you will pour forth in abundance. Wisdom and Love are the great fortunes that man can inherit and with this will come all else, for they are the keys to all things above and below. Your problems are solved and the enemies of ignorance are entirely vanquished.

Thought, through its own conditioned state, can never find that which is "complete." If your thought is conditioned with opposites, how can you find that which has no opposites? When you see the false the false drops away. Then the mind is in a state of high receptivity and there is a great peace in which there is no fear.

When there is no fear there is Love, when you love you are not calculating, your whole heart, your whole being is open. But when you merely think about love or about a person whom you love your heart is empty. When there is Love then there is no fear of want, no fear of death; fear of death, fear of want is in "becoming" not in "Being." In the state of "Being" Love has no claim, has no wants, and that is the beauty of Love. Love does not claim, does not demand, and when there is love there is no want, no death because there is no fear.

Love is “Being” moment to moment. Therefore Love is its own Eternity, this is why the prophet said, the mind has not conceived the many good things that God has prepared for those that Love. Thus the great storehouse, the boundless reservoir of supply, is open to those who Love. Then “Love thy neighbour as thyself” and God who Loves all will fill your cup overflowing for all He has is thine also, “I and the Father are one.”

“Return unto thy rest, O my soul; for the Lord hath dealt bountifully with thee. For thou hast delivered my soul from death, mine eyes from tears, and my feet from falling. I will walk before the Lord in the land of the living.” (Old Version).

Benediction

O Eternal Beloved, Thy storeroom is ever open to me and now I care not what my possessions may be, for all belong to Thee.

Thou hast granted me the use of all that is Thine for Thou hast told me that all was also mine.

My state of “Being” is one with Thee and now the veil of ignorance has vanished that separated Thee from me, O Eternal Beloved.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #6 (18th November 1952) in the book “The Secrets of the Science of Life.”

April 1953

My dear Friends,

Attached to your Monthly Letter sent out last month was a special notice. This is done periodically to enable us to get a true list of all desiring this Monthly Letter.

Please do not delay in returning the slip with your name and address in block letters so that you will continue to receive your Monthly Letter.

If this slip is not returned within a reasonable period, your name will automatically be scratched from the mailing list, so please do not delay.

If you do not receive your Monthly Letters please let us know, as there are many thousands sent each month and a mistake can occur.

It is my desire that as many as possible will receive the letter because of its great value in bringing about a better understanding among the peoples of the world and assisting you personally in solving your health and other problems.

I appreciate very much the many letters received last month. Here are a few extracts:

"You will be glad to hear that Mary has completely recovered, the paralysis has disappeared. God bless you."
M.C.T. Natal

"I am writing to thank you for your wonderful help, the condition I spoke to you about when I visited you last week has been completely solved. Thanks for your wonderful wisdom." A.T. Capetown.

“I cannot thank you enough for the healing of my baby. The doctor told us that only a miracle could save it, when we wired you we were in despair, but when your reply came we felt sure that he would recover. Now the miracle has happened, our baby is completely healed. God bless you for ever.” A.C.M. Transvaal.

SLAYING THE GOLIATH OF THE SELF*

“He who receives you receives me, and he who receives me receives Him Who sent me.” Matthew 10: 40 (Moffatt)

Civilization that had given the promise to man of a healthy, happy, satisfying and full life has led him into the desert of fear and insecurity.

The present machine and power age has given to small minorities the tremendous privilege of domination of the individual which, combined with a monopolistic financial autocracy, has put in the hands of a few the power of economic life and death over whole nations. The reaction of the individual is towards the organisation of strong protective groups. Thus labour and other councils have been born, heading towards communistic ideals.

Civilization, that has given this age advanced medical scientific knowledge, is now striving to cope with an overwhelming breakdown of the health of the peoples of the world.

The storehouse of the mind of man had promised a wealth of beauty in word, thought and deed, but man has been deceived and misled and finally deserted in the wilderness of confusion.

The failure to maintain mental balance in the face of stress and strain of modern conditions is evidenced by the fact that one out of every five people enters a mental hospital as a case and the breakdowns in health are double that number.

The Spiritual aspect of human life has been broken up and confused in the clash of personalities and is perplexed with the many dogmas and creeds fighting each other in the pursuit of domination, like a raft of logs on a placid river being overwhelmed and scattered by a blast of an invisible hurricane and now caught up in a bank of mud of hate and superstition.

Civilization indeed stands accused at the bar of human suffering. Why is this, and what of the future of mankind?

The solution is not to be found through conferences, blueprints or through the substitution of new leaders for old and so on. The solution obviously lies in the creators of the problems, in the creators of the mischief, of the hate and the enormous misunderstanding that exists between human beings. The creator of this mischief, of these problems is the individual you and I and not the world as we think of it, for we are civilization, we are the world.

The world is your relationship with each other for the world is not separate from you and me. The world society is the relationship that we establish or seek to establish between one another. The world is the projection of ourselves and to understand the world we must first understand ourselves, no matter how we might try to excuse ourselves by putting the blame somewhere else the problem remains the same—the understanding of the self.

We must see clearly that the tempo of life we create mostly on the material, emotional and scientific planes has increased during the last decade. The pendulum has swung too far without the compensating balance of a developed mental and spiritual consciousness.

Thus the destructive mental outlook of the individual has become a crystallized basis for human reactions. The emotions of fear, envy, greed, selfishness and vanity, have created a confused mental condition which prohibits constructive and creative reactions. The result is the slow but sure out-picturing on the physical plane we see in the world today.

Is it not so that the mass of individuals has created higher false values of temporal and temporary things while only a few seek with ecstasy and enthusiasm the peace, love and harmony in Spiritual understanding? But Spiritual understanding only comes through the process of understanding ourselves which is not an isolating process.

To "Be" is to be related and there is no such thing as living in isolation. It is the lack of right relationship that brings about conflict, misery and strife. If we can create true relationship in however small our world may be, it will be like a wave extending outwards all the time.

If we can bring about a transformation of our relationship with one another, not a superficial, but a radical transformation, then we will begin to actively transform the world which is ourselves. But real revolution is not in accordance with any particular pattern, either of the right or the left, but a revolution of values, a revolution of values away from temporal and temporary things and the influences of environment, to values of that which is Eternal and Ever-present Reality.

To find these true values that will bring about a radical transformation and regeneration it is essential to understand ourselves. Self-knowledge is the beginning of wisdom, therefore the beginning of transformation and regeneration.

This understanding is spreading to all parts of the world, but it is not as deep as it should be to become an uplifting force. Because although most of us are discontented, our

discontent is merely a channel to bring about a certain result instead of setting us aflame causing us to question Life and the whole process of existence.

Therefore it is more important to us to find these things out for ourselves because self-knowledge cannot be given to us by another, nor is it found in any book, nor is the mere casual wish to find out about oneself of much value, there must be deep discernment of our thoughts, motives and actions.

When the fever of hate abates we will feel the strength of that which of Itself is Love, the only influence that will bring in a new world era.

Even if it only be a little pebble out of the brook of Love at first, it will slay the Goliath of world selfishness and hate. Things that appeal to the five senses-mind are not Realities, they are misleading and illusory, they are temporary and temporal and are only of value to the individual while they are the object of material and emotional desire which leads to conflict and antagonism.

The mind of man is confused with crystallised concepts, conflicts, ideas, dogmas and creeds, and nationalities that only add further distorted reactions to our experiences. From this basis springs up the race mind which breeds the seed of war.

To follow truth you cannot be tethered, therefore to know yourself there must be the awareness, the alertness of mind in which there is freedom from all beliefs and ideals, because beliefs and ideals only give you a colour preventing true perception.

To only pursue an ideal leads you away from what you are and this is but an escape. It prevents you from discovering what yourself is. If you want to know what you are, you cannot have a belief in what you are not. If I am greedy, envious, violent, merely to have an ideal of non-violence is of little value. But to know that one is greedy

and violent, to know and understand it, requires deep perception, it demands honesty and clarity of thought, in this alone there is freedom.

So the understanding of what you are, whatever it may be, ugly or beautiful, kind or unkind, the understanding of what you are without distortion is the beginning of virtue. Virtue that merely brings out respectability is not understanding and freedom.

Being virtuous and becoming virtuous are two different things. Being virtuous comes through understanding what you are, becoming virtuous is the covering up of what you are. To merely have an ideal of what you are not, is not virtue, but coming face to face with what you are is virtue. Virtue is an understanding of what you are, therefore brings freedom, while so-called virtue is illusion and bondage. If you do not know what you are, what are your hindrances to the expression of Reality, striving to become virtuous will not make you virtuous. Reality can only be found in understanding what you are, and to understand what you are brings freedom, freedom from fear of what you are or what is.

Virtue is not a matter of time. Virtue is freedom, immediate release—is this a matter of time? Are you kind, generous, affectionate through the process of time? Will you be kind the day after tomorrow? Can kindness be thought of in terms of time? Affection, mercy, generosity are the true expression of Life, they are the only solution for all our problems, but our so-called virtue cannot solve any problems, therefore there is no virtue in “becoming” only in “Being.”

Can you say that you have goodwill towards all? But goodwill is essential, otherwise we can never solve our problems. Have your politicians, your leaders, both in religion and commerce goodwill towards all? If they have not goodwill how can their followers have goodwill towards

all? Then is the use of conferences and the like, without goodwill which is real affection and without it we can never solve our problems.

So most of us, like politicians and the vast majority of humans, are unkind. They have not got the goodwill that is the only solution to all problems. Since they have not got goodwill it cannot be a mere question of time whether there will be goodwill tomorrow or ten years hence.

Now if kindness and mercy are not a matter of time, why is it that we are not kind now? If we can understand why we are not kind, this understanding being immediate, now, we shall be kind immediately, now. Then we will forget what nationality we are, to what religion we belong, what our differences are, we will immediately be generous and kind.

My intention to be kind is futile if I do not know the cause of my unkindness. Therefore I must know the whole process of my thinking, and upon what my thoughts are built. When I see the falseness of the structure, it will immediately fall away, so the study of oneself becomes more important than becoming virtuous.

The world, which is the self, can only be raised in consciousness, in the first instance, by the action of the individual. Then the seeker who seeks out his or her own hindrances, is helping humanity and will attain the Christ Consciousness now in performing a significant part in bringing nearer the Kingdom of God on Earth.

“He who loves father or mother more than me is not worthy of me; he who loves son or daughter more than me is not worthy of me...” Matthew 10: 37

Benediction

O Eternal Beloved, Thy nature is born in every soul, yet covered up with the ignorant self.

When I discern the nature of the self that covered up Thy beauty I was freed, then I found that this freedom alone was virtue.

What I thought was virtue was but an illusion in which I was bound, for there is no virtue in the self. But now, O Eternal One, I am free, through understanding myself. Without condemnation, without fear, I found freedom and Love. Then I found Thee, my Eternal Beloved.

This is my virtue, O Eternal and Ever-present One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #7 (25th November 1952) in the book "The Secrets of the Science of Life."

May 1953

My dear Friends,

Don't forget to send in your form with your name and address in block letters if you want to receive the Monthly Letters. A revised list is being compiled and if your name is not on this list you will not receive the Monthly Letter. This is the last time I will mention this to you.

Recent applications will automatically go on the revised list. But if you do not receive your Monthly Letter let us know.

Naturally I have received hundreds of letters this month, telling of the wonderful help received from the Monthly Letters and I can only print a few extracts. Here are some:

"Your Monthly Letters are a Godsend I do not know how I could exist without them." A. M. Australia.

"The great Truth revealed in your Monthly Letters have virtually raised me from the dead. God bless you and your great work." D.C.D. New Zealand.

"Words cannot thank you for what you have done for the whole family. The transformation is really a miracle, every day I thank the Almighty God for these Monthly Letters." H.G. England.

"Your Monthly Letters are to me the greatest joy, I do not know how I lived without them. In fact I did not really live until your Monthly Letters came to me." G.C.D. Ireland.

"I have been blessed indeed to receive your truly inspiring letters. My Life has completely changed. Thank God and you." A.D. Scotland.

“The pleasure your Monthly Letters give to the whole family is greater than words can describe. We look forward eagerly to the end of the month when your letter comes, then we gather round and Dad reads it to us. I am just 16 years of age and I know now that God is not some myth afar off but is my Real Self. I wish that all young people like me could have your wonderful letters.” A.R.G. South Africa.

WHAT IS AWARENESS?*

“Set your heart on the higher talents. And yet I will go on to show you a still higher path.” 1 Cor. 12: 31

The majority of people talk so ignorantly of that which is within. Do we not talk of that which is within as something that is separate from ourselves? So we create an image of that which is within. But that which is within is not an image, it is not an idea nor a belief.

Now, an image, an idea, a belief is self-created, so we create an image, an idea, or a belief in a God according to our own standards, each having a God of his own, separate and distinct from the other and certainly separate and distinct from ourselves.

Look into your minds and you will see that this is so. Then this thing within is worthless to you, it has no more power than an image, an idea, a belief which has no power of its own only the power you give to it, therefore your God is a relative God and what is relative has no power at all, therefore your God is a false God.

The prophet, seeing the truth, says, “thou shalt not have an image before me.” Therefore an image in the mind is just as false as an image of stone or wood or any other kind

of image which the majority worship at a shrine, a shrine that is outside themselves.

What I want to do in this letter is to show you the falseness of "an image, a belief or an idea" of Reality. Without this understanding there can be no love, no freedom, no relationship with one another, only an isolation which we build up through our ignorance of the truth of our "Being."

Those who are always talking about the truth and have no awareness of "Being" are in the same position as those who know nothing at all about

"truth."

It is only when we begin to know the process of thought, images and ideas do we find that which is "beyond," then you will know yourself to "Be" now. This "Being" is a continuous conscious renewal of Life Itself. When you know yourself to "Be" which is not an image of that which is within, there is "awareness."

This "awareness" is not a thought, nor an image nor an idea, it is not something apart from yourself. I cannot put it into words, to put it into words would make it relative, that is why I cannot tell you what it is, even while you are reading this you are trying to make an image of it. But if you can stop your thought-process you will find that which is beyond your thought-process, you will begin to "understand."

Your thinking or thought-process arises from memory and experience, you can only think about what you know, your experiences, your hopes, your ideas, your memories etc., but you cannot think about that which you do not know, therefore when you stop thinking and speculating about that which is beyond, "awareness" comes in the silence of the mind.

This then is the Real you, that is Eternal and Ever-present, but immediately you begin to think about it, don't you see you make it relative again? It becomes an image, an idea in the mind.

Life is serious, Life is very earnest. It is only the empty-headed and the dull at heart who are trivial and if you are bored with the serious things of Life it indicates your immaturity.

Life and death is a question with which everyone is concerned, no matter who they are, from Kings and Queens down to the most humble in the land.

One may be a high official of the church or of the nation or of the world with titles, wealth, position and a red carpet etc., but there is the inevitable end of it all—physical death. So most people are desirous of a continuity not of Life Itself but of the relative world—but physical death puts an end to it. Do you understand what I mean now by the “relative”?

Unless we can have true values we are lost in the relative, all our thought-processes will not discover the Real. So the problem is how to have continuity in spite of death.

Now you want an assurance from me! If I do not assure you, you go to someone else or to your books or to the various other forms of distraction for an escape.

This is the eternal problem that eludes the mind and because the minds of the majority are clogged with images and ideas and beliefs the awareness of Reality is submerged, so the task is to free Reality from images, ideas and beliefs that clog the mind.

These images are the prison walls that we create for ourselves. The only escape is to discern them, and all that is in the mind before we can understand what it is, but few have the capacity to do so. Yet it must be done by yourself and yourself alone before freedom comes, and when you

are free from all that hinders the expression of Reality, there is "awareness," the Real Self is **revealed through awareness**. Your Real Self is also within every other Self for there is no separation in Reality. "I am in you, you are in me and we are in the Father," "the Father and I are one."

This Wisdom can only come when the outer self has dissolved away with all its appendages of hate, envy, greed and superstition. This self is the foundation of separation which is false, having no existence in Reality.

Now, when you try to free some people they only create more images, images of themselves as this and that. It is that which creates the image that is Real. Consciousness is creative, Consciousness is cause! And Consciousness alone has awareness, but you cannot discern or analyze consciousness, it always recedes and what you are analyzing or discerning is relative.

An image has no awareness, has it? Images change, do they not? and the point is lost again! It is not by thought-process that Reality is reached but through deep discernment of that which is not Reality. Then the realization of your awareness, your Real Self, takes place. Now, do not try and make an image of it, because it is not an image. It is "Yourself," the Real you! "I am the Life," "the Father and I are one." This is not an image in my mind but a complete realization of my oneness with the Father.

When you analyze anything you create images about it, but what you analyze or create images about is relative and not Reality. Images are of the mind, but Reality is beyond mind. What is in the mind has a beginning and an ending, but Reality is Eternal and Ever-present.

Yet images do not bind you if you are ready to change them at any moment, when new knowledge comes along. But images have no power of their own but will bind you when you believe in them. Images, ideas and beliefs will die and fade away, but that which creates remains Eternally

and Ever-present. You can go on analyzing till doomsday but that will not lead to the Real, because you will be caught up in your analysis. In discerning the false we must not be caught up in that discernment but be able to stand aside and watch the process taking place.

Therefore to be aware is not to have an image of yourself but a realization of your true self and not a separate self. This comes only when you have eliminated all images, ideas and beliefs in a God outside yourselves.

Creativeness, which is myself, is never separated from the mighty Intelligence which is behind all Creation. It is my active partner with a knowing how, out-picturing what I am aware of—this is creation. Creator and creation are not separate, the cause and effect are one.

When we see the effect we know the cause and when we are aware of the cause we know what the effect is going to be.

This is the self-revealing process of Reality, it fulfils the direction of the consciousness, and the consciousness of man can be none other than the Consciousness of God, God being omnipresent and omnipotent and omniscient. Therefore the Universe is ready to fulfil what you are aware of, "whatsoever I ask of the Father He will do so unto me."

No one knows what electricity is, but we know that it is, for we see the manifestation of electricity in the form of power, also in the form of lights, millions of them in the city, but only one electricity behind them all. This electricity responds to our direction when we follow out its law of operation.

Here we see an Intelligence in action which is automatic in nature when we act on the law upon which it operates. This is the Universal Intelligence in which we exist, and we consciously or unconsciously direct this mighty power into operation, for and against us according to our understanding.

Is it not necessary then to know that which is false so that our consciousness will not be caught up in reaction to effects external to ourselves? We know that we cannot destroy matter, we also know that we cannot destroy energy, but we can direct it so that it can transform matter.

We learn that the mighty Intelligence is automatic and responds to the direction of the consciousness. When you are consciously creative the Intelligence automatically out-pictures the creation. Yet the form can be transformed through a change in consciousness in regard to it.

When awareness of the self is realized, things no longer matter very much. Conflicts which were once a reality to you no longer exist now. For the Real Self expresses itself in Love, Wisdom and Power and is capable of solving all problems.

“Love never disappears. As for prophesying, it will be superseded; as for ‘tongues’ they will cease; as for knowledge, it will be superseded. For we only know bit by bit, and we only prophesy bit by bit; but when the perfect comes, the imperfect will be superseded.” 1 Cor. 13: 8-10.

Benediction

The door opened before me because of Thy coming in the likeness of our Father. Everything shone with Life as I understood Thee, O Blessed One.

The ground on which I stood thrilled me because of Thee, and everywhere dumb Nature revealed Thy Presence, Thy touch everywhere revealed Thy Nature and I sank into Thy Perfume of Bliss, O Blessed One.

I beheld Thy Sanctuary hidden within the Silence of my Soul, and upon Thy Altar of Sacredness plays Thy Fountain of Joy, O Blessed One.

With my heart full of Love, I catch and drink Thy Living Water, then I know I need thirst no more, O Blessed One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #8 (2nd November 1952) in the book “The Secrets of the Science of Life.”

June 1953

My dear Friends,

There has been an overwhelming number of letters this month. It is really gratifying to see the thousands of people who are enjoying the Sanctuary Letter all over the world, all unknown to each other.

When I read the many letters received this month I thought what a good thing it would be if people got to know each other all round the world and the Sanctuary would be doing a great service in introducing pen friends from one country to another.

Think it over and write to me what you think about this, then we will find ways and means of putting it into operation.

I am sorry I have not the space except for about four letters this month:

From England, "your monthly letters are most inspiring. We eagerly look forward to the beginning of the month when they arrive. The health and happiness of the whole family is centred around the Monthly Letter. God bless and keep you."

From Africa, "words cannot express my feelings for the wonderful help you have given to us. There are seven in the family and the youngest is sixteen years old and a great enthusiast. God bless you and the day we were introduced to the Sanctuary. Your Monthly Letters have made a great change in everyone of us."

From Australia, "I do not know how I existed without your wonderful letters every month. My health has improved 100%. I am a Headmaster of a large school and I have put into practice what I have learnt from you and the results are astounding."

From New Zealand, "enclosed find the form for the Sanctuary Letters, they have been a God-send to me and my friends. I pass them round after I have read them and the back numbers I have put into a book when I am in doubt about anything I find the answer there. I do not know how I can ever thank you enough. God bless you."

ISOLATION IS A CAUSE OF CONFLICT

"And what I say unto you I say unto all
'watch'" Mark 13:37.

In understanding relationship which is the conduct between human beings whether intimate or foreign, whether close or far away, we will begin to understand the whole process of existence.

Our relationship at present is a process of isolation and therefore a constant conflict. By isolation I mean that we are all the time seeking security, gratification and power and where there is the desire for security, for protection, whether it be between individuals or groups or nations, there must be isolation and isolation invites conflict.

Anything that resists is bound to create conflict between itself and that which it resists, and since most of our relationship is a form of resistance we create a society which breeds conflict within and without.

So let us examine relationship as it actually works in our lives. Our actions, our thought-feelings, our motives and

intentions bring about relationship with one another whether it be an individual, groups or nations.

When we talk about independence we wave the flag with all the rest of the propaganda that makes for isolation, and unless we examine our relationship we cannot reveal ourselves to ourselves.

Now, if we examine our relationship with another we will see that it is a process of isolation, we are really not concerned with the other, though we talk a great deal about it, actually we are not concerned with the other at all.

Our relationship to another exists as long as that relationship gratifies our needs, our wishes, as long as it gives us refuge, but the moment there is a disturbance in that relationship, which produces discomfort, we discard that relationship. The fact is that our relationship exists as long as we are gratified. This may sound very harsh but is nevertheless true, for when we examine our actions and thought-feelings very closely we see how true it is, and to ignore this fact is to live in ignorance, which can never produce right relationships.

So when we look into our actions and thought-feelings we see that we are building a resistance against another. No matter how many groups you form for the advancement of man, the same conditioning exists. So we create division between us and the other, in either a psychological division, a material division, an economic division or a national or group division. As long as we live behind any of these divisions there can be no relationship with the other.

We think we are secure but our security is an illusion. Is it not because there is so much misery, war and destruction in the world, that we want to escape and live in that so-called security behind a group or a group of nations etc? So our relationship becomes a process of isolation. That is exactly what is happening throughout the world today.

Nations and groups have been formed and reformed with governments, armies etc., and we call it a brotherhood, we call it unity for world peace. This is impossible as long as we have frontiers, whether it be national, economic, religious or social, it is an obvious fact that there can be no peace.

Apparently some of you have not yet searched deep enough within your own minds to see what you are doing. You are still relying on some external group to bring about this so-called peace you so ardently seek. You are just looking outside yourselves for the answer which will never come.

If our own relationship is isolation how can there be true relationship in the world? What the individual is, so the world is.

I am writing this lesson for the express purpose of clarifying what I have said in the past and to make it clear to you that true relationship begins with you and not outside yourselves.

We isolate ourselves because we want power, individual or national. The desire for power is separation. If we dominate another, whether it be in the home or the office or in the nation, we create an established society which is based upon power which creates resistance and conflict. The very desire for power, for domination, is isolation. So we are isolating ourselves, thereby creating resistance.

I can only show you what you are doing, and if you yourselves do not see what you are doing then there is no hope for the world or the individual that is isolated. So if we want a world of peace, where there is no destruction, no appalling misery, if we want peace for the individual and the world we must understand this one fundamental question of relationship.

Let it be clear now to you all that as long as you, the individual, seeks power, however much or however little,

whether it be Prime Minister or Governor, merely employer or employee, a husband or a wife in the home, that is as long as you desire the sense of domination or compulsion, the sense of holding power, surely you are bound to create a society which is the result of an isolating process that begets resistance, and where there is resistance there can be no relationship.

This false sense of the self is the factor No. 1 in the process of separation, which breeds isolation. Isolation begets resistance and resistance begets strife and misery. A person who is kindly and understanding has no sense of domination. Therefore such a person is not bound to any nationality, to any group, for as long as you have separation in relationship, in individuals, in nations or groups, there is bound to be resistance and this leads to conflict and misery. I hope that your mind is capable of grasping what I am saying, for without understanding this you will continue to perpetuate your misery.

Any person or group or nation or group of nations who seek power as a form of self-protection, even protection from that which they call God, is still caught up in the isolating process. Isolation then produces resistance and conflict which leads to further destruction and not to peace.

It is obvious to you then, I hope, that as long as relationship is based upon power, domination, there must be the process of isolation which immediately invites conflict. Therefore there is no such thing as living in isolation. No country, no people, no individual can live in isolation. Yet because we seek to dominate in so many different ways, we breed isolation.

If we identify ourselves with any group, whether it be religious or national, we build a wall against the other. When we build a wall against something that something is constantly beating against our wall, and when we resist

something it indicates that we are in conflict. Jesus said, "resist not evil."

So unless we understand our relationship with others we will never know ourselves and by not knowing the self we live in ignorance. Therefore an individual who identifies himself with groups, with nations, and talks about brotherhood is a liar for he is living in a state of contradiction.

That is why it is very important for those who wish to create a new culture, a new society, a new state, first to understand themselves. To understand oneself with the various inward movements and fluctuations we will understand the motives, the intentions, the perils that are hidden, and only in that understanding is there transformation and regeneration.

We shall only create a new culture, a new society, which will not be based on conflict, when we understand ourselves. If this has not sunk deep into your minds it is useless to look to someone outside, some outside means to bring it about. For without understanding oneself in relationship with another, and the ways of one's mind and heart, merely to establish or depend upon an outside group or system, which is a mere cunning formula, has very little meaning or value.

True relationship is immediate transformation, and only in this way can we bring about a fundamental basis for peace and understanding in the world. This will come only when the walls of isolation are destroyed, and this can take place only within individuals understanding themselves.

I have taken this whole letter to explain this most important question which I hope you will now all understand. Then do not rely on any outside power to transform the world, for it cannot be done until the individual himself or herself is transformed through understanding the self and the ways of the self.

“You must love the Lord your God with your whole heart, with your whole soul, with your whole mind, and with your whole strength.” “You must love your neighbour as yourself. There is no other command greater than these.” St. Mark 12: 30-31.

Benediction

O Beloved Wholeness, Thou art one. Thou art alone living in each individual.

In Thee there is no division, no separation. This is Peace, Love and Wisdom for all.

Yet in the mind of man the seed of dissension has arisen through desire for the power of the self.

In ignorance man has pursued a state of isolation and separation which is contrary to Thy Will.

O Beloved wholeness, Thou didst send Thy son into the world to show the way but man nailed him to a tree.

This sin has dogged man ever since and not until Thy Will, O Holy One, is made clear to the ignorant man will he ever be free of confusion and conflict through isolation and separation.

Yet the words of Thy son are still heard by those who have ears to hear. May it be possible, O Mighty One, that Thy will be on earth as it is done in heaven.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

July 1953

My dear Friends,

Self-knowledge is the beginning of wisdom, therefore the beginning of transformation of the individual, consequently the transformation of the world.

This understanding is spreading all over the world through the Sanctuary Letters. The proof of this is the hundreds of letters we receive every month.

The mind of man is confused with ideas, with dogmas, with creeds, and nationalities. From this, you will see, springs the separation that breeds the seed of war.

I was particularly pleased to receive so many letters this month which spoke of this.

Here are just a few extracts to show how the mind of man is turning towards the Truth that sets man free:

"Your Monthly Letters are a wonderful help to us, they have given us a new outlook, where before we were prejudiced against other nationalities and sectarian religion, but now this has passed away and how happy we are, freed from this stupid conditioning." M.R. South Africa.

"The enlightenment we have received through the Sanctuary Letter has not only brought us many friends, but old enmities have passed away. God bless you for the wonderful work you are doing for humanity." T.S.B. England.

"I cannot express myself in words in thanking you for the work you are doing to bring about a better understanding between the many different peoples and religions in the world. We have a group and I read the

letter each month. Our group is made up of different nationalities. The most important thing in the world, which is human relationship, is being revealed in these Letters and is a great and wonderful thing. We all send you our love and best wishes for your continued work for humanity." I.M.G. Switzerland.

TRANSFORMATION WITHIN IS THE SALVATION OF THE RACE*

"He said to them, 'and who do you say I am?' So Simon Peter replied, 'you are the Christ, the Son of the Living God.' Jesus answered him, 'you are a blessed man, Simon Barjona, for it was my Father in heaven, not flesh and blood, that revealed this to you.'" Matthew 16: 15-17.

It is more important to experience what is said in these Letters than to discuss merely on the verbal level. What we are aiming at is to experience in the deeper strata of consciousness rather than to superficially discuss whether ideas themselves are true or not, for ideas will not transform the self nor will they bring peace and harmony.

Ideas will never transform the self or the world. Outward transformation comes only when there is an inward transformation through experience. To merely try to eliminate from our minds, bodies and circumstances adverse conditions without inward transformation is useless. Is it not the general practice to try and place health, happiness and abundance in the place of ill-health, unhappiness and lack? But this is living in opposites, reverting from one to the other.

When you switch the electricity on you expect the light, so it is with the Life within, we do not create the light, the light is the electricity, so is Life the light in man. We do not create Life, Life **is** and it is to experience Life that is essential, and not the placing of a positive in the place of a negative which is merely a conflict of opposites.

Therefore it is not a superficial change that is needed but a radical transformation which is so essential in the individual and the world, which is rapidly disintegrating. Unless there is this profound experiencing of Life Itself there can be no awareness. Without awareness our minds are bound by the paralyzing suggestions that come to us from the crude thinking of the race, suggestions that are accepted and acted upon without question. Are we not subject to these paralyzing suggestions continuously? We accept without question and act on these suggestions with disastrous results.

Impressions of fear, worry, disability and infirmity are given to us daily, the effects are sufficient to cause much sickness, misery and unhappiness. But if we can be wide awake we can discern our thinking and thereby transform the inner. But to try and think the opposite while we accept these suggestions is pure ignorance.

The Ever-present Reality is always present and It Itself is expressing Itself, therefore there is no need to cause a conflict and confusion of opposites, but this truth has not yet penetrated the consciousness of man.

Modern Science has revealed that light and sound are simply different intensities of motion, so are the thoughts of mankind different intensities of motion, self-created. To merely separate man from his thought is useless for man and his thought are one, man's thoughts are the result of his own experiences, his beliefs and the acceptance of external suggestions.

When man transforms himself his thoughts will be in accordance with that transformation. Therefore transformation is our first line of defence.

Matter is mind materialized, mind-substance is the basis of everything you see and feel and what you see are merely effects. Cause is within, yet the majority are reacting to effects everyday of their lives. When this is so there is ignorance of the cause. Thus we are caught up in effects because we are not wide awake, we are not discerning what our thoughts and reactions are.

Is it not so that we look to action according to a particular formula, a theory? One pattern of action here and another there, so we choose the one which suits us because of suggestions that come from without. There can be no transformation within when this conditioning exists, so we act according to the pattern laid down that suits us according to our ideals, which are generally a protection for the self. So we are faced with the problem of killing our brother in the name of religion, of peace, of a country and so on. We will not find the answer in further conflicting and opposing forces.

The true answer is not to be found in the dualistic pattern of thought. We kill because our property, our safety, our prestige is threatened, as with individuals so with groups and with nations. To be free from violence and non-violence there must be freedom from acquitiveness, ill-will and the rest. Because we do not go into the problem deep enough we are satisfied with reform, with alterations, within the pattern of duality. So within the pattern we try to bring about a modification, a change, so we manoeuvre to a better position, to a more advantageous point for ourselves. Change within the pattern only creates further confusion and pain and further disintegration.

We must go beyond the pattern of duality to solve the problem of opposites. Within the pattern there is no truth,

however much we may try to capture it. If we seek Truth in the pattern we will be led to too many delusions.

We must go beyond the pattern of opposites, of the I and not-I, the possessor and the possessed for beyond and above the endless conflict of duality and opposites lies truth and creative understanding.

This is to be experienced, not to be speculated upon, not to be formulated, but to discern through deep awareness these dualistic hindrances. Thus we can experience and not merely make it an intellectual argument.

The judge is as guilty as the accused! Each one of us has built up this civilization, each one has contributed towards its misery, each one of us is responsible for its actions. Are we not each one of us the outcome of each other's actions and reactions? What we see is the collective result of our thoughts and actions, following a pattern in opposition to another.

No person or group or nation is separated from another, we are all inter-related, we are one, whether we acknowledge it or not. **We separate ourselves to condemn or to praise.**

The power to oppress is evil, and every group which is large and well-organised becomes a potential evil. By shouting loudly enough about the evil of others we overlook our own and the greatest evil is to kill another. When we allow such an evil, we let loose countless minor disasters. Is it not a fact that we do not condemn war, but those who are cruel in war? But war is the foundation of cruelty.

In most individuals there is confusion, there is misery, there is struggle between good and evil, not only in the individual but in the world which is the extension of the individual. Therefore no one is secure in the dualistic pattern. The important thing then is to find out our relationship to the whole confusion, chaos and misery.

Is it not so that most of us desire the good and hate the evil? Yet hating the evil does not dissolve the evil, but gives it a power that it does not possess. The Eternal or whatever name you like to call It—God, Truth etc.,—is the only power there is. All philosophers all religions have proclaimed it so, yet have they found It? It cannot be found in a pattern, in a creed or a book, or through another's belief.

I want to show you the absurdity of those beliefs. A child is affected by its parents belief in sickness, in dogma, in death which is real to them. This belief is the enemy to health and happiness as slavery is to freedom, for man's belief in slavery and disease is colossal.

When people are sick I find them deep in the belief of their disease. When I show them the error and convince them that it has no power of its own they learn the truth and are free, for the Divine Intelligence is always in operation. When we realize that, we die into Life and not into death, struggle ceases.

A belief in disease is like any other belief, so we accept the belief of another, the blind lead the blind and we all fall into the ditch. A religious belief in some outside God is the hardest to eliminate, because it is an inherited belief. When we see how our beliefs come about we will discard them.

The self desires continuity so the self accepts any belief that will promise him this. But it is not the continuity of Life he seeks but the continuity of the self. When we discern the ways of the self and what it is made up of, we will find that it is but an illusion.

When the illusion dissolves there is true continuity of Life in wholeness and oneness, and not in separation.

When we abandon the pursuits of the self then we will find that which is beyond, and that which is beyond is Love, and Love is Eternal. Then take hold of the Tree of Life which is your salvation. Salvation is through Love alone for God is Love and Love is God, and this is what we have to

experience, not merely speculating about Love. “Unless ye are born again, this time of Spirit and water you will not enter the Kingdom of Heaven.”

This **is** transformation within.

“This people honours me with their lips, but their heart is far away from me; vain is their worship of me, for the doctrines they teach are but human precepts.” Matt. 15: 8-9.

Benediction

O Eternal One, I know that Thou art I and I am Thee and Thou alone dost exist now and ever will.

Thou dost impersonally exist in every soul as Love and Wisdom.

I behold Thee as Christ. I behold Thee as Krishna, in the babe Thou art there.

In all nations alike, dark and fair, Thou art there hidden in the Temple of Love.

In the Sea of Cosmic Infinitude so do Thou appear unto me, visible and living, for Thou art the Ocean of Life, O Beloved Eternal One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #10 (23rd June 1953) in the book “Wisdom is the Fountain of Life.”

August 1953

My dear Friends,

Last month I gave you a few extracts of letters showing how a better understanding of the peoples of the world is fostered through the Sanctuary Letters.

I was particularly pleased to see also this month hundreds of letters coming in expressing the same words.

It is impossible to gauge the tremendous help that can be given through these letters and through groups working for this purpose. Indeed I just received a letter from a group that call themselves the Bayne group in British Guiana.

Many other letters received reveal a constant harmonious effect through groups forming and reading the Monthly Letters to all who wish to hear the good news of the Oneness of Life and the falseness of separation.

I have not much space in this letter this month for extracts but here is one that I thought was typical of many received this month:

“We the Bayne Study Group send to you a small birthday present, we know you will not measure the material value of it but the love of grateful hearts from whom it was sent. May all blessings be on you and the Sanctuary.” Bayne Study Group per W.A.M. Charlestown, Demarara, British Guiana.

Another extract: “I am sure that the wonderful seeds of harmony you are sowing among the different peoples of the world are finding fertile soil. We are indeed grateful for the

harmony you have created in our home and among our friends who gather to read your Monthly Letters. Your letters have truly opened our eyes to all that is false, and that is all we have to see. For the Truth is Ever-present, only blinded by our stupid false thinking, living in separation. Grateful thanks." A.M.J. Ceylon.

THY KINGDOM IS WITHIN*

"Honouring me with their lips, while their hearts are far remote; since their religion is a mockery, a mere tradition learned by rote;...." Isaiah 29: 13.

We are not aware of the fact that by our conceptions, ideas, opinions, beliefs we build a wall around ourselves, which prevents the expression of Reality.

It is easy to see how one is conditioned by listening to what another says. By their condemning, their blaming, their convictions, their wants, their cravings people reveal the self-created prison in which they live. We will also realize how we are trapped by habit, by environment.

But to be free from habit and environment surely all we have to do is to understand the trap of habit and environment, by discerning the superficiality and futility of one's thought-feeling-reaction.

Most people make an image of Reality and at the same time condition themselves by their habits and environment, so they are still trapped in spite of their belief.

Is it not so that most of us talk about God as if He were separate from ourselves, we look for God away in the distance?

It is the recognition of the Divine in man's own consciousness that makes God a living Reality now. But before this realization comes we must give up following another, we must be aware moment to moment of our own conscious thinking and the influence of the unconscious with all its accumulations. When this is understood we will know how we are conditioned. Through this self-knowledge, this conditioning ceases and when our conditioning ceases there is Reality.

When our conditioning ceases, God begins to work in us and that work never ceases but goes on expanding into more and more radiant forms of beauty. The unhindered expression of Reality is Love, Wisdom and Power, and is beyond time and space—the deathless and birthless being a never-ending expansion from within.

This is the glorious truth which is not an imaginary thing but an actual Living of Life Itself. It is the Father who ever remaineth within me is performing His own deeds.

The germ of the new heaven and new earth is maturing and is now only waiting as St. Paul says, "for the manifestation of the sons of God to follow up the principle of evolution into a further expansion of the glory yet to be revealed."

Man's true state is realized through the truth of his being now, firstly in the individual and then in the race.

It is in the understanding of relationship without condemning or identifying ourselves with something or merely using our relationship as a means of escape from ourselves that reveals our "Being."

Relationship is a mirror in which I can see myself, but to see myself directly is very unpleasant so I try to avoid it. But without relationship there can be no Life for nothing can exist in isolation. Yet all our efforts are towards becoming isolated, herein lies the conflict.

Relationship for most people is a process of self-isolation, self-enclosure, which breeds friction, and with friction comes pain, suffering, unhappiness, so we want to run away. We want to follow someone else to find release. We try to live in the shadow of another or in a monastery or a philosophy etc., which further conditions us.

These things are all the same because they are merely escapes, because we want to avoid seeing the cause which is ourselves. But the very running away only creates further misery and confusion.

Our relationship is the mirror in which we can see ourselves clearly. To see clearly there must be no condemnation, acceptance, resistance, justification or identification.

Only when we are simply and freely aware, without conditioning, can we observe not only the superficial reactions of the mind but also the deep hidden reactions, then there is spontaneous release. But if the mind is conditioned, shaped and bound there can be no spontaneity; therefore no perception of the cause of conflict.

We now see that no one outside ourselves can give us freedom from conflict and confusion. We try to hide behind a screen of words, follow a religion, lose ourselves in a book etc., only to get lost in a maze of ideas of another.

It is only when we become aware of the process of our thinking and that from which it arises, is it possible to understand and be free from that friction which we seek to avoid.

Much of man's fears are formed by his lack of understanding of the materialized world that surrounds him. It is not the phenomena of the world that we must ponder over but the power that lies behind these phenomena. For this will bring us to the indwelling Life—

the Presence of the Divine Consciousness which is the cause of all perfect objective phenomena.

The cause behind form is more important than the form itself. The indwelling Life Intelligence is the power behind all things, seen or unseen. This Ever-present Divine Intelligence comes into Being immediately we become unconditioned.

When Solomon asked only for wisdom he did not condition himself and in his freedom all else was granted unto him. For surely the Divine is all there is, "all that is thine is Mine and all that is Mine is thine."

Immediately you become aware moment to moment, the Indwelling Life, the Spiritual energies, begin to work outwardly, expressing themselves in mind, body and circumstances.

Conditions are created by man himself through not understanding himself. He misinterprets what the senses reveal so he reacts, conditioning himself, and his thoughts, being the expression of his beliefs and ideas, his conditioning leads him away from Reality.

The Cosmic Wholeness which occupies every atom of space is ready to move through us when we free ourselves from our own conditioning. The fullness of Its ever-increasing abundance is our complete joy of Living.

All is mind and within mind all matter and form is but a manifestation of mind. A free unconditioned Consciousness is Divine, therefore Divine Consciousness is the moving factor in man. Hence the Father doeth the work.

Without knowing yourself, merely to concentrate, to conform to a pattern, to follow a system or to try and quiet the mind through discipline only leads to further confusion. But when we begin to see the ways of our own thought, without identification as when you are observing a bird or somebody else, then in that awareness the responses of

your conditioned state come to light. In that spontaneity there is the discovery of yourself and the more you are aware of the ways of the self without justification, without condemning, the more there is freedom and in this freedom there is Reality.

In this conscious creative state sin and death are dissolved away, and Life and immortality is brought to light in this Life here and now.

There is only "One" and there can be none other but "He" and to love Him with all our heart we must of necessity first love our neighbour.

This is infinitely more beneficial to us than all our prayers, offerings and sacrifices.

The offering of prayers year after year has never taken the sense of error out of the world. If the teachings of Jesus had not been mutilated to suit the dogmatists and separatists, man would have freed himself long ago from imitation and belief, which is causing so much separation and strife in the world today. Good prayers are our acts, false prayers are our words, "By their fruit ye shall know them."

It is not all those who say, "Lord, Lord," shall enter the Kingdom, the Kingdom of Truth within, which is free from all conditioning. It is not those who say, "I see" but those who do, so that the world will be wiser for the transformation. It is easier for a camel to pass through the eye of a needle than for one who is only learned in worldly knowledge to embrace the Truth of the Living Christ.

It is this great Truth that we must see. It is not an intellectual reaction that is required, but action so that transformation can take place immediately. Unless we can see that we are lost in a host of images that mean nothing, we will continue to be lost in images and ideas which blind us to Reality, so the blind lead the blind and they all fall into the ditch.

When freedom is obtained you understand, you think purely and move fearlessly even in the world of shadows. There is no more hindrance when you know all your accumulations are but memories. The Word that was in the beginning is now, and is made manifest in the flesh. The flesh has no say in the matter, so the Word remains immortal.

The Consciousness of the Divine moves in the individual and just as the planets are planned by the great Architect of the Universe, so the same activity is moving man and there is nothing to fear. Man creates his own fears and hopes through his ignorance of the Truth of his Being.

In this discovery we find that there is only "One Being" and there is none other, therefore this "Being" must be our Being for there can be none other. Therefore I am and you are the same Being. There can be no isolation in Reality. "The Kingdom is within you."

"Honour conferred upon a fool is like a bag of gems laid on heap of stones." Prov. 26: 8 (Moffatt)

Benediction

O Eternal One, I was made for Thee alone;

My hands made to serve Thee, Thy Love and Wisdom expressing Thy Nature everywhere;

My eyes to see Thy beauty with flawless perception of Thy creation;

My ears to hear Thy Divine melodies flowing through all hearts in adoration of Thy Presence;

My lips made to express Thy Divine inspiration and kiss the mouth that holds Thy Love entwined;

My heart made to respond to Thy call alone, that leaps from the hearts of all in need of Thy Love;

And now may my soul become the Spring of Living Water from which all who seek may drink of Thy Everlasting Love and Wisdom, O Eternal One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #9 (16th June 1953) in the book “Wisdom is the Fountain of Life.”

September 1953

My dear Friends,

It is evident that when we take the Greater Vision away from the limited self and its desires, there is a foundation for true healing.

When we think of others more than ourselves the Mighty Intelligence that moves in all of us seems to take a hand in our personal lives. This is natural because is it not the same Life that is manifesting as a whole everywhere?

This thought is pregnant with wisdom and its application will bring about benefit not only to the world but also to ourselves, for are we not the world?

Here are a few extracts from the many letters received this month:

"I am deeply grateful to you for your wonderful Monthly Letters. I look forward eagerly to them and when I read them I hand them round to my friends. They have created a deep impression on everyone who has read them." C. S. New Zealand.

"The greatest thing in my life was when I contacted the Sanctuary of the Silent Healing Power. Prior to this I was a dejected irritable person. Now my life has changed and I have many friends. My health has improved so much that my wife says she is thankful for your Spiritual help." A. J. C. Holland.

"Every day I give thanks for your words of wisdom expressed in the Monthly Letters, words cannot express my

appreciation of the help you have given to me. May God bless you and your wonderful work." N. C. E. Transvaal.

"I need scarcely tell you how much I feel your letters have and do benefit me in so many different ways and I always welcome their arrival and enjoy reading them and lending them to those I feel will appreciate and benefit from them also. I always carry one in my handbag for perusal in waiting rooms and on short journeys." A. M. H. Australia.

THE UNKNOWN CANNOT BE KNOWN. WHAT IS KNOWN
IS NOT THE UNKNOWN*

"For I have given you an example, that ye should do as I have done to you." St. John
13: 15.

When we rebel against effects we only increase their intensity without gaining any understanding or relief. The most destructive conditioning today is brought about through the battle between individuals one way or another.

In every nation, in every group there is a conception of Reality which they call God. But is this not just an intellectual approach to Reality? Most people are discussing Reality so as to find out what Reality is, hence we have so many different philosophies, so many different religions.

The mind cannot comprehend Reality but we can translate Reality into our daily living by understanding that the only way we can approach Reality is by affection and Love, then we find ourselves giving expression to Reality Itself, thus we translate Reality into our everyday Life.

Most people are trying to corner a bit of Reality for their health and success. If they succeed they say they are expressing Reality, but when they find that it does not work there is frustration. This is not expressing Reality, it is mere suggestion in opposition to another suggestion or idea that is held hidden in the mind and according to the dominant idea so will be manifested.

We must realize that there is only one way to express Reality and that is through Love and affection, then there is no frustration, no opposition, for Reality can only express Itself through Love and affection. But this affection does not mean that you merely love God with the idea that you can get what you want. It means that you must love your neighbour because Reality cannot express Itself except through loving your neighbour.

Is it not a fact today that people are seeking the Love of God, but hate their enemies? They pray to God for peace, but they are preparing for war. They want success and happiness at the expense of their neighbour, but they are really cheating themselves.

If you look into your own mind you will see that this is but a subtle form of suggestion, which is deeply rooted in your conditioning. So your inward poverty makes you look to the external. While you merely discuss Reality, you are not translating Reality into your daily living, you are merely expressing the self.

If you look into your minds you will see how you have been discussing Reality as an idea, so the idea in your mind becomes to you the Truth when it is only an idea of the Truth and is not the Truth.

But when we see that our idea is but an imitation, a mental conception, it dies away and Life becomes a Reality to us, not as an idea or a mental formulation but as an actual Livingness, giving expression to Itself in Love and affection. As long as we have only a mental image of Reality

we will never give expression to Reality in loving our neighbour as ourselves.

We must realize that we do not live by ourselves, it is Reality that lives, therefore It is the foundation of our Being. When we have found the source within we no longer look outside ourselves, neither do we build an intellectual conception on the authority of another. Neither will we try to corner Reality to gain health and success for we will know that Reality is all, thus the inner will become the outer.

The surface consciousness is generally reacting to the external, and gives names to the things it sees, but the name is not the thing itself. We see shape and form but we do not know the substance, therefore we do not understand what we see.

The statement that all is mind, that matter is mind materialized has not been realized sufficiently to see what is behind the form and shape. When this is realized as a "fact" and not an idea of a fact we will cease to make ideas about it.

Man has split the atom, created great flying ships, has measured the distance between the planets and is on the way to the moon, yet this will not bring happiness and peace to the world for only the translation of Reality into our daily living can do that.

We must discern from where our thought arises. If thought arises from things around us, or from our conditioning, then our thoughts must cease to be before the unknown comes into being. The source of our Being is God, then we will know that the Father is in our consciousness and our consciousness is the means through which the Father manifests. "It is the Father that doeth the work."

We must not lose ourselves in philosophies, in questioning others on that which can only be realized by oneself. If I begin to philosophise to you on the wonders of

Reality you would only build up an idea of Reality in your mind. But if you know that you are building up an idea of Reality and know that Reality is not an idea, then you will realize Reality by your living in the Presence, in the Ever-present, then you will be translating Reality into your daily living.

God is Unknown and cannot be known, the moment you think you know God, it is not God you know but an idea of God—a projected mental image which hinders the discovery of the Unknown.

Beliefs are a process of the mind and are born of the known. If you merely say “God is the Unknown” so you create an idea of the Unknown. But your mental creation of the Unknown is not the Unknown.

The man who accumulates wealth, builds temples, organises religions, the bishops, the cardinals, the preachers as well as the man who drops the bombs say God is their companion, surely their belief is but a form of self-expansion. It is their own conceit. Those who have conditioned their minds to a particular pattern which they call their religion, can never realize the Ultimate Reality which is Love and affection.

For the Unknown to be, the mind must be completely emptied, so the important thing is not what you believe or disbelieve or what your activities are, but to understand the whole process, the whole content of yourself, and that means being aware from moment to moment without any sense of accumulation.

Only when the mind is utterly silent without any sense of acceptance or rejection, without resistance, condemning or blaming, and without any sense of accumulation—when the self has died, then only is there that which is Real.

The word is not important any more, for there is a state of creativeness which is not an idea or a word nor the expression of the Self. Then you will know what **is**, what is

Indescribable. A description of the Indescribable is merely a cultivation of memory. To verbalize the Indescribable is to put It into time and that which is of time cannot be the Timeless.

This knowing is not the result of the known, but knowing that the known is not the Unknown. It is not obtained through reason, for It is beyond reason but It does not run contrary to reason. It is not obtained through space or time factor, because It is Ever-present in Its own Eternity. Therefore every moment all Life is concentrated at any point in Its Omnipresence that you may choose to realize.

Realizing is not knowing what It is, but knowing that It is. You do not create Reality. Reality created you within Itself and Itself is Eternally present. "I am in the Father and the Father is in me."

Divine Reason helps towards this Divine Realization, we reason towards the Ultimate, then reason ceases to be because it can go no further. It knows it can never know and at that moment there is Reality.

Science has shown us that solid substance can be changed to liquids and liquid into gases and gases into a more rarefied substance we call ether and vice versa, but the energy is still the same, there is nothing lost and nothing is gained, just a change in the polarity of ether atoms.

At present we are consciously reacting to the physical, yet consciousness can react to the finer states of matter which is mind modified. There is but one substance out of which everything is made and this substance interpenetrates everything and although it is invisible to us it is the basis of every visible form.

It is the Unmanifest that gives rise to the manifest. In other words the Invisible gives rise to the visible and Life the Unknowable is the Creativeness within, that creates but still remains the uncreated.

If we seek to corner Reality for our own welfare we will become antagonistic to others and this leads to frustration.

It is always the "I" that stands in the way, where there is Love the "I" dissolves away and Wholeness-Reality comes into Being. Then all power is given unto me in heaven and on earth.

"Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?" St. Luke 12; 20.

Benediction

O Great Eternal Reality, when I spoke of Thee my mind made up a conception of Thee.

When I saw that my conception was my own creation it dissolved away.

When I knew that the known could not possibly be the Unknown, my mind ceased to formulate.

Then my mind became silent and free, and there didst Thou reveal Thyself in all Thy glory. Thy glory even before the world was and in the Silence beyond Time I knew that we were one, O Great Eternal Reality.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #8 (9th June 1953) in the book "Wisdom is the Fountain of Life."

October 1953

My dear Friends,

Here is a letter received this month which I am repeating in full to you for it is just what I would like to say yet I would prefer another to say it.

“My dear friend, I am so glad that you call us my dear friends for that is just what we are and I thus can speak for all those who receive your Monthly Letters. Your Monthly Letters carry a wonderful message to the world. I often think that if millions of these letters could be printed in different languages all over the world, the world would change overnight. I would like to feel that our group of enthusiasts is perhaps the most ardent workers for the day when this wisdom will sweep the world. Your letters give us such wonderful encouragement, the Truth revealed is so startling because it is so Real. For when we see the false it will fall away and that which is true Being always present will take Its place. This is the great beauty of your teaching, we do not have to struggle, we just see the false, it drops from us and there is the Real which we do not create. This is truly beautiful. God bless you for your wonderful help to us all personally and for the help you have given to the group, also for the help you are giving to others. Our love and best wishes go out to you and the Sanctuary.” S.C.D. England.

I thought that this letter was one that you all would like to read and I have repeated it in full instead of taking an extract from it.

An extract from another letter: "I have received your Monthly letters for three years now. Words cannot express my gratitude for the help you have given to me and mine. When we ask for help it is immediately given. Often I feel as if you were in the room listening to my cry for help. May God bless you always." F.S. South Africa.

THERE IS NO DEAD AMONG THE LIVING*

"Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee, leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift."

Matthew 5: 23-24.

We have already begun to know that 90% of our mental life is under the surface. What we hear, see etc., through the senses is absorbed into the mind, then it is either accepted, rejected or becomes rearranged with other impressions previously received.

It is quite easy to see if you are wide awake, what the individual mind is made up of, the mind of most people is a conglomeration of ideas which become the fixed expression of the mind. Now according to what your mind is made up of so you will accept or reject, so you are just reacting automatically without understanding.

A great deal of our mental make-up is hereditary, we follow tradition, a belief in religion, belief in death, hell and the devil. We follow a pattern made for us, so we are imitators and not thinkers. We conform, we believe, we

follow, we become mere mental robots without understanding.

If you are born into a European family you will probably follow the Christian religion. Now this religion is subdivided into the many different dogmas, each claiming that theirs is the true path, so you generally follow the one your parents followed, you are conditioned before you are even born. The same applies to the Hindu and the Mohammedan. So our outlook is more or less the result of imitations which we have inherited from past generations. So we are caught-up in the confusion of our forefathers, we think we know but we don't know.

The conditions existing today are caused by the ignorance of yesterday, and the generation to come will follow in our footsteps and will inherit our mistakes. Unless we begin to think clearly for ourselves now, we will perpetuate the ignorance and confusion of the past, so will the next generation do the same, if our transformation does not take place now. The great thing is, how can we make the world a better place to live in? We can only do this by seeing the cause of our confusion today.

We have a great deal of knowledge, but what we need is more wisdom, unless we see that knowledge and wisdom are **not** the same we will never progress.

Knowledge, being experience and memory can never bring wisdom into being. Wisdom is from moment to moment, whereas knowledge can never be free from the past, from time. Wisdom is free from Time. Knowledge is accumulation which is binding, wisdom is immediate and is free from accumulation and is not binding.

Knowledge deals with facts, Wisdom is beyond facts. Wisdom is creative, knowledge is created. Knowledge is of the mind, Wisdom is of the Spirit. Spirit is now, It is Eternal. Knowledge is bit by bit. Wisdom frees us from the conditioning process of knowledge.

Knowledge cannot free us, nor will it free the generations to come. We should know now that knowledge cannot save us, only wisdom can. Unless we discern the difference between knowledge and wisdom, we will never realize the one Life that is present everywhere. It is all Wisdom and Intelligence there is, and It is not divided, It is not isolating while knowledge is.

The great hindrance in Life is holding on to old fixed ideas, which have long outlived their usefulness. As we begin to understand, we will discard all ideas that are isolating and destroying. We will discard the ideas of separate beliefs, of limited science, the belief in the power of man as a separate entity. The belief that God inflicts man with all kinds of disease, that God punishes man and that there is a hell and a devil and all the stupid contraptions built up in the ignorant mind must be discarded.

Have we not held fast to the fixed ideas of the past and perpetuated the errors that burden us? Are we to pass this burden on to the next generation? We will do so, unless we begin to think for ourselves now and not follow blind fools.

Wrong thinking will never bring about right thinking. We have accepted the psychological junk that security is based upon, the expansion of the self. This only separates man from man and limits his achievements. It makes us fearful of another, it breaks down our health and sends thousands into mental homes.

The Universal Mind is impersonal, undisturbed, fearless. It is Love, Intelligence and Wisdom. The Universal Mind is the only mind there is, there can be no other, It being Universal. To possess the qualities of the Universal we must discern that which is hindering Its expression in us.

We are the receivers, the Universal Mind is the transmitter, when we understand this we see why silence gives us tremendous power. When we are Universal the

Universal can work through us and this can be immediate when we see that which is hindering It.

We can only realize the power of the Silence when the Silence is reached. But the Silence is not reached through dreaming, nor is it reached by concentration on an idea to the exclusion of all else. It comes into being through awareness of what is preventing the Silence now. For only through awareness does the Universal function.

Practice is the thing that enables us to be proficient in the art of awareness, Living and acting. In us the Spirit of God is individualized and we must seek the law of Causation by ourselves, for by no other means can it be found. Then we will know that we are the cause of all the effects we produce, hence the necessity of understanding the cause.

Are we not conditioned by our past, by conformity, by desire for our advancement, by the subtle accumulation of power? And though we may be outwardly active we are inwardly dead.

So we seek continuity, so we are caught-up in Time. What is Time, anyhow? There is chronological time and there is also another time,—the psychological process of continuity. We want to continue, and in the very desire to continue we create the process of time and the fear of not continuing. It is the fear of not continuing that we are afraid of.

After all, what is it that continues? If we live from moment to moment we will know death, for we die each moment to live each moment and knowing death we shall know Life, because the two are not very different. If we do not know how to live, we are afraid of death. But if we know how to live, there is no death.

Most people do not know how to live so they look upon death as a negation of Life, therefore they are afraid of

death. But if we understand what living is we shall know death in the very process of living.

The difficulty is for us to die to all things that we have accumulated, to yesterday. It is only when we die from moment to moment to the things of yesterday, and understand the whole significance of continuity, that there is the Unknown, that which continues can never know the Unknown, for that which continues is the known. But if you die to the known the Unknown will reveal Itself and has no continuity, for continuity means a beginning and an ending, but that which is beyond time has no beginning or ending.

Most people live only in the known, therefore yesterday and tomorrow become more important than the Ever-present. But the Ever-present is the Eternal, therefore we must die to the known to realize the Unknown. It is the known that wants continuity.

The moment that is past must come to an end before the renewal takes place. It is the dying to the known that reveals the Unknown, so death and Life are in the same cup.

Some say they have overcome death, but surely everything that has to be overcome must be overcome again and again. When you conquer your enemy you have to conquer him again and again, that is why wars continue. The moment you vanquish one, there is another to be vanquished, so that which is overcome can never be understood.

Overcoming is merely a form of suppression and that which is suppressed, whether it be internal or external, can never be understood. The overcoming of a fear is merely the postponing of that fear, so it is with the fear of death.

So we try all the tricks of the mind to hypnotise the mind. If we look at this closely we will see that they are but ways of the self. So we pray in the hope that we shall get a place in heaven, this is merely a process of thinking, which

is conditioning us to time. We fear our own thoughts, so we fear the thought of death.

Fear exists only in relation to something! We are afraid of not becoming, we are afraid of the unknown, of death. Can such a fear be overcome by determination, by a conclusion by choice? Obviously not. So fear can never be overcome by any form of discipline. Mere suppression or substitution only creates resistance.

Freedom from fear cannot be attained through mere intellectual or verbal explanation. We are afraid of a fact or an idea about a fact. Are we afraid of the thing as it is or are we afraid of what we think it is? Are we afraid of the fact of death or the idea of death? Fact is one thing and idea is another.

I am afraid of the idea not of the fact. When I am in complete communion with the fact, there is no fear. But as long as I only have an opinion, a theory about the fact, I am not sure, so my doubt creates fear. How can there be fear of a fact when I am face to face with the fact, in direct communication with it. I can look at it, observe it, therefore there is no fear of the fact. What causes fear is my apprehension about the fact, what the fact might be or do.

There can be freedom from fear only when there is self-knowledge. For self-knowledge is the beginning of wisdom, which is the ending of fear.

“And he saith unto them, why are ye fearful, O ye of little faith? And then he arose, and rebuked the winds and the sea; and there was a great calm.” Matthew 8: 26.

Benediction

O Ever-present Eternal Being, when I speculated about Life I was afraid. But then, O Eternal One, my fear disappeared when I knew I was life.

I knew my Living was from moment to moment in the Ever-present and the past died at that moment. This, I know, was death. Death was the end of the moment, while Life renewed Itself Eternally.

O Great One, I thank thee for revealing Thyself to me, then all fear disappeared.

Now I know the meaning of the words, "follow me, let the dead bury their dead," O Mighty Eternal Father of Mine.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #7 (26th May 1953) in the book "Wisdom is the Fountain of Life."

November 1953

My dear friends,

Christmas is upon us once more and this reminds us of a child that was born nearly two thousand years ago, a child that was destined to become a world leader and the kind of leader we are looking for now, to lead us out of our difficulties.

Yet to know that that Leader is still with us in the Ever-present is the secret of our faith. The Mighty Power that was expressed through the man of Galilee is the same Power now, Eternal and Ever-present.

God does not change, only man changes and it is his lack of understanding of that which is preventing that same Mighty Power from manifesting now that is holding man from solving all his difficulties.

If you will study this carefully you will find the ways and means of solving all your problems, for man—the self—is the problem, there is no other problem.

A number of letters received this month have been of grateful thanks for healing received through the Sanctuary. Here are just a few extracts:

“My father has been desperately ill for several months. Nothing we could do seemed to alleviate his suffering. Then a friend of mine, who receives your monthly letters, gave me some to read. I immediately wrote to you for help and to our great surprise and joy my father recovered miraculously. Please accept my grateful thanks for a wonderful healing.” A. McK. Transvaal, South Africa.

"I cannot thank you enough for your instantaneous help. My sister, as you know, met with an accident and was seriously injured. The doctor said amputation would be necessary. After wiring you we received your comforting letter stating that the healing power was in operation and amputation would not be necessary. When I went to the hospital yesterday the doctor said that there was such a remarkable improvement now that amputation would not be necessary. How can we thank you, for words fail. God bless you and the work of the Sanctuary for this wonderful healing." T.S. Cape Province.

REACTION IS NOT ACTION*

"How hard is it for them that trust in riches to enter Into the Kingdom of God."
Mark 10: 24.

We cannot live by ourselves, for the self is not Life, the self is a bundle of reactions, thoughts, emotions, beliefs etc. We repeat the word "God" but God is not the word "God," the self is merely fed on words which condition it. "It is the letter that killeth."

The conditions which prevail in us are the result of home, business, social environment and beliefs. All these you will see, if you begin to enquire, are but the result of hereditary tendencies with countless thousands of impressions, ideas and prejudices. Most of this is received from opinions, suggestions and statements of those who are caught-up in the false and are ignorant of the Truth, and we accept what they say without consideration or examination.

But when we are awake, alert, we begin to question the opinions of others and when we begin to search their

statements we find that they are speaking from ignorance and imitation and not from Truth. Yet this is not sufficient, we must question our own thought-feeling-reaction to see where it is moving and what is the motive behind it.

Ideas presented to the conscious mind are received and passed on to the subconscious. Immediately they are accepted or rejected, not because you reason about them but because they are accepted or rejected, according to your beliefs or ideas, but this is not understanding and that is why there is so much confusion in the world today. But few want to see it because a belief or an ideal is a reality to most people.

It is only when we see what our minds are made-up of, do we see how stupid we are. We begin to see how our antagonism arises and how conflict and war come about. It is all a matter of our mental make-up and how we are conditioned.

Not only do we have war in the external but this confusion causes war in the internal. These mental impulses are taken up by the sympathetic nervous system and passed on to the physical body. We **are** today, because of our thought-feeling of yesterday.

Is it not so that the self is a bundle of hates, envies, likes, and dislikes, condemning, blaming, accepting and rejecting, without reason, just because of our mental make-up? So in our ignorance we call it "Reality," when all the time it is but an illusion of the mind. It is only when we begin to see this illusion that we begin to realize the Real which is never antagonistic, never envious, never condemning or blaming, accepting or rejecting.

Constantly understanding what is in the mind enables us to free ourselves from all that hinders the Truth from manifesting.

The Truth is Love-Wisdom and not merely the words "love" and "Wisdom." Love-Wisdom comes into being when

we dissolve all that hinders It. It comes into being when we understand ourselves and our mental make-up.

So it is necessary to enquire into the whole process of words and this is very pertinent and requires a conscious alertness for enquiring, For instance, some leader, religious or political, makes a statement and without thinking you agree, then you wave flags or you fight. But you have not examined what was said, and since you have not examined what was said you become an imitator or objector. You merely react. So you are conditioned through your reaction.

What you have to discover is, what is the cause of your conditioning, then the mind begins to free itself from its conditioning. In this alone can Truth be realized.

Once the mind begins to understand the false, the false will be seen instantly and it then dissolves into nothingness where it belongs, for Truth alone has Its own Eternity. I have repeated many times that error has no principle, has nothing to stand upon, has no foundation, it only exists in the mind that is ignorant of its nature.

So with most people in the world today, they want to bridge the unbridgeable, they want to serve both truth and error. They pray to God while steeped in error. They want Reality, yet still cling to the illusion of error. It cannot be done, there is no Truth in ignorance. God is not divided.

Truth is action, error is "reaction." We all know reaction but very few know "action," for action only comes when we understand that the word "God" is not God, that a name for a thing is not the thing itself. Action can only be done in the present, never in the past or the future.

There is a conscious awareness of the Eternal Truth when there is a constant awareness that discerns the false. It was this that Jesus meant when he said, "watch and pray."

We must ever be on the watch for the false that seeps our health, strength and happiness. If we are careless and accept the false we have only ourselves to blame. Whatever our mind accepts, without consideration or examination, so do we condition ourselves and we will surely out-picture that conditioning. How necessary then it is for us to be wide awake and alert, to “watch and pray.”

Our wellbeing exists in that foundation which is happiness, health and abundance—the Ever-present. When we do not eat of the Tree of Knowledge of Good and Evil we take hold of the Tree of Life which is Eternal. The Tree of Knowledge of Good and Evil is of man’s own growing and dies with the self, for the self must die before the greater Self comes into being, for when we cling to Life we have to deny the self. By so doing, our right thinking produces what we delight in. This is “action.”

We do not have to seek out Reality, It comes directly, silently and the mind that is capable of receiving Reality is blessed. Therefore health, happiness and abundance are not created, they are always existing in the present. To live in the present, which is action, with no past or future which is “reaction,” this is living in the abundant **now** which alone is Reality.

It is widely recognised by those who know, that Invisible matter can be condensed into a solid mass by mind action, that it undergoes chemical changes as a result of mental changes. So when considering the cause and cure of any disease, whether it be of mind or body, we must bear in mind that matter is plastic to our thoughts.

By complete understanding of our mental processes we will be able to dissolve away any condition that is the result of error.

There is a great difference between words and action. There is what I call verbal appreciation and then there is real understanding. We all verbally appreciate that Love,

Affection, Goodwill is the only solution, the only way out of the mess we are in today, and because you are thoughtful you will agree, but why don't you act? For the simple reason that verbal response is identified with the intellectual response and it is only superficial.

Intellectually you have grasped the idea and it remains in the intellectual level, so there is a division between the idea and action that cannot be bridged. This is why the cultivation of ideas merely creates counter-ideas. Although ideas may bring about a revolution it will not be a real transformation of the individual and therefore of society because you merely react, but do not act.

If we dwell in the intellectual level we merely create ideas, but this is not action, it is merely reaction. We must examine ourselves to see if we are merely fed on words, we will say that the Bible says this, the Gita says that. If those words only produce ideas they will never produce action, that is why we have this gap which we cannot bridge. The gap between words and action cannot be bridged, we must realize that we are merely reacting.

As long as we are fed on words we will merely react. Therefore we must empty ourselves of words, which means we will empty ourselves of imitation. Words are merely imitative, thus we live in the intellectual level which is based on imitation. So intellectually we are incapable of action, we merely have ideas which only create reaction.

When we begin to see clearly this fact we will act without reaction, we will be transformed, and only in the transformation of the individual is there Peace, Love and Goodwill, and not in ideals or words. Therefore Love is not a word, or an idea, is it? Love and Goodwill, are not words nor ideas, but you are satisfied with the word because it gives you a sensation. You are psychologically affected and this response you call understanding? What a travesty of the Truth!

Jesus said, "it is the letter that killeth." What a wonderful Truth, but few comprehend it.

It is only when you become "**aware,**" that you know that you are on the intellectual level by discerning your thought-feeling-reaction. If my words only create in you a mental reaction, an imitative response, in accordance with your ideas, then I have spoken in vain. But if it makes you enquire into your whole intellectual process and see what it is, then this will lead to action and action alone will bring into being the Omnipresence of the Omniscient Omnipotence which is the Life within each one, which is Love and Wisdom, the True Reality.

"And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, thou shalt love thy neighbour as thyself. There is none other commandment greater than these." Mark 12: 30-31.

Benediction

O Great Omnipresence of Love, Thou art beyond mental ideas, Thou art Real, not merely a word or an idea.

When I read of Thy beauty and perfection I compared it with my own conception and lost Thy Ever-present Loveliness.

But when I saw how I had made just an idea of Thee, my idea dissolved away and there Thou didst reveal Thyself.

Now I know my intellect is incapable of knowing Thy Love, for Love is not made up in the mind.

Now, Thou art my sculptor, my awareness the chisel to cut away the false. Henceforth I will "watch and pray" so that Thy beauty alone shall shine from me, O Great Omnipresence of Love.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #6 (19th May 1953) in the book “Wisdom is the Fountain of Life.”

December 1953

My dear Friends,

Let the New Year be a truly creative one for yourself and others.

There is a renewal of resolutions every year, but what is the use of resolutions when they cannot be carried out? The only way that this can be done is to discern the necessity of a resolution, unless this is done resolutions are made to be broken.

The mind of man is the gateway to the dammed-up reservoir of Life's tremendous Forces, yet man seems impotent to bring into effect these Forces for the benefit of mankind because he does not discern the cause of his misery. Therefore he makes fresh resolutions every year to make the New Year better than the one that is past.

But in this way man is living in the past and the future, disregarding the NOW which is the only time. Because man has failed to see this, he is seeking a way outside himself to release the Creative Power so that It can work for him. But this cannot be done. The great secret is to learn how to cleanse the mind of all that is preventing Life's renewing process in your everyday living. When this is done, resolutions are unnecessary. In fact they become a hindrance.

Man does not create this mighty Intelligent Creative Force. But this Creative Force works for him when he knows that it is Ever-present and that which is preventing

Its expression is his own stupidity in not recognising that Love and Goodwill are the keys to all true Creative Power in man.

Self-knowledge is the beginning of wisdom and wisdom is the beginning of man's inner transformation; what the inner is so the outer shall be.

Man does not create the things that are Eternal and True, they come into operation when we discern that which is preventing their expression.

Therefore the solving of all problems in the world is not by means of meetings and councils but through wisdom, goodwill and understanding.

My earnest desire is that you be truly creative in the year 1954. This lies within yourself and not outside you.

PEACE COMES WHEN WE OURSELVES ARE PEACEFUL*

“To get wisdom is better than gold, to get understanding is to be chosen rather than silver.” Prov. 16: 16.

The Bible is a book that most people take as a guide and consult it to find an answer to their problems. The answer to our problems is not outside ourselves, it is within ourselves, although the Bible does help us to see the way when we begin to understand ourselves, it is still outside ourselves. Jesus said, “ye read the Scriptures and ye think ye have Eternal Life?”

In the first book of Genesis there is a statement which the prophet who wrote it knew what he was talking about. He shows that God saw that His work was good. The Divine could see no flaw anywhere and this Perfect Creation includes man.

There can be no flaw in the Divine Mind which includes man, but as soon as man descends into the intellectual, he creates out of his own very limited understanding the errors that create havoc in his life.

This world of error is man's conception of things which is quite different to the Divine Creation. If man can see for himself the falseness of his own conceptions he would not hold on to them.

If man then cannot see the falseness of his own creation how can he ever reach that which is Divine? Man's conceptions are the result of his ignorance and because he does not know what is false, he cannot realize what is true. Thus the misdirection of his creative power of thought produces for him corresponding results which he calls reality. In fact there is nothing real about it (at) all, for Reality is harmony while man creates the reverse because he does not know what is false.

Man now asks, how can we solve the present crisis in the world? Is there anything that the individual can do to stop bloodshed and misery taking place?

What man sees in the world is just the result of his own everyday life. It is the outward expression of man's inward state. So man is responsible for the misery. If then man is responsible, it also rests with man to put an end to all the misery.

Man misdirects his thought-power and because he is caught-up in his own action and reaction he fails to see the Truth of the Divine Nature of things.

Man's intellectual nature being steeped in error he sees evil as a power in the world. So he immediately tries to stamp it out with the result that he creates more evil within himself.

If you kill a murderer do you not become a murderer too? If it is evil to kill then you are evil even if you condone

it, although you do not actually take part in the killing, you are still responsible.

If we are interested in creating things to kill others, we cannot complain if we get killed ourselves. We do not get what we want, but how we act determines what we get. Our actions are none other than our own thought projection—the projection of ourselves. How then can we stop all this misery unless we transform ourselves?

The intellectual error is, that there is a power called evil opposing good. So we out-picture the error which results in the destruction of mind, body and circumstances.

What is our deepest thought? Is it not a belief in something that we are afraid of? So man's conception brings forth his misconception with the result that he destroys himself.

What is it then that causes all this strife and misery in the world? It cannot be anything outside man himself for what is outside man has no power of its own. It is man's action and reaction that operates from within himself, that causes all the strife and misery. Therefore man is the cause, no matter how we try to put the blame somewhere else. We are only trying to escape the issue, that we ourselves are the cause.

We have different religions, different political views. We have different nationalities, different ideologies. We try to impose our views upon others, we give ourselves an exalted status because of our nationalities, our position. We all have a different approach to God, and because of all this we have no goodwill towards each other. Do you not think now that is very foolish?

Because of our ignorance we are unable to think for ourselves. So we are fed on beliefs, ideas, dogmas, nationalism etc. Therefore we breed discontent, which leads to conflict.

As human beings we must either pursue a path of constant and continuous conflict, which is the result of our everyday action, or else see the cause of all this misery and turn our backs upon it. If we had no beliefs but goodwill, love and consideration between us there would be no war, no strife, no misery.

Mind and matter are passive in nature, matter being a grosser form of mind in which form takes place in the physical plane through the agency of thought-action. If we can see from whence our thought-action arises we can dissolve it, then the Divine Creator would manifest because It **is**, we do not have to create It.

What we create is the evil that arises out of our ignorance of the Truth of our Being. Therefore evil does not oppose good for when we get rid of one we get rid of the other, they are both intellectual creations of man's mind. What is unpleasant for him he calls evil and what is pleasant he calls good. But in the Divine Creation there is neither. If we have good we must have evil, then we live in the world of opposites which is of our own making and thus we become confused.

When we reach a true state of understanding we will see the cause. We will no longer be blind to the causes in operation for we will not be caught-up in them. Then we will know the meaning of, "as a man thinketh in his heart so is he."

We will then see that the great diseases, the great evils in the world today are desire for power, position, prestige, the worship of different flags and the worship of different religions, the worship of different dogmas, all these lead to war and misery. If we are smitten with any of those diseases we build a society which will end in destruction. So you see, it depends upon us, but no one seems to realize it.

Is it not a fact that most people look to a leader, a new president, a Stalin or a Churchill and all the rest for a solution? But it does not depend upon others, it depends upon ourselves. If once we felt the responsibility of our own actions how quickly we would bring to an end all this appalling misery, but, you see, we are indifferent because we do not want to be disturbed.

What is the use of having peace talks and the like, if we the cause of this misery, do not transform ourselves through understanding the cause?

Man must be created in God because there is nothing outside Him. Therefore man must be created out of the substance of God because there is nothing else. Divine Intelligence being perfect must reflect its own perfection and this is the only Reality.

An error has no power of its own and when corrected disappears into nothingness. When we see the error we can correct it and it dissolves away, and what is left is that which always is, which reflects its own perfection.

When we see that we have brought about our own misery by our beliefs etc., we will let them drop away from us, then we will become aware of our true nature and our limitations, our confusion will disappear.

When we begin to understand the mechanism of our thought, our reactions etc., we will see how we have reacted to error and by doing so have established error in our lives, the great prizes are awarded to those who can discern all this. We must be one-pointed in regard to Life Itself which is man's creativeness.

When the sun's rays pass through a magnifying glass and are focussed one-pointedly on an object it will dissolve it away. So it is with the discernment of our thought-action and reaction, brought about through our beliefs etc. We will see the cause is within ourselves and not outside us. We will realize that our Creative Power is one with the

Creative Power of the Universe, then it is, "Thy Will be done, not mine, O Lord."

If we can see that that which we formulate in our own minds is not Reality then Reality will reveal itself. But before we can break down this confusion we must become aware of it and know what it is and how it comes about.

If we isolate ourselves from one another through our beliefs, our creeds, our nationalities, our ideologies, we can never have true relationship which is freedom. We must become aware of this isolation to break it down. No matter how we try to escape from the misery we cannot do so without understanding it. We can never escape from the confusion and misery until we understand it from every angle, then we will see that we ourselves are the cause.

All the revolution we see going on in the outer is utterly useless unless the inward revolution has first taken place, to rely on others is utterly futile. What will bring peace in mind, body and circumstances is inward transformation. This will lead to outer transformation and there is no other way.

Peace will come when we ourselves are peaceful and not before.

"When a man's ways please the Lord he makes even his enemies to be at peace with him." Prov. 16: 7.

Benediction

O Blessed Peace, if Thou art always present why dost Thou hide Thy face?

Thou didst answer me in the silence of my mind when all the noise of the outer died down.

Yet I did not heed Thy words, given by the Master of Masters, when he said, "the Kingdom of Heaven is within you."

It was only when I discerned my mental make-up that I saw the error of my ways.

Now, O Blessed Peace, I have dissolved all that hold Thee from me and I found how true Thy words were, "Peace will come when thou art peaceful and not before."

Now I am one with Thee, O Blessed Peace.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #3 (28th April 1953) in the book "Wisdom is the Fountain of Life."

1954

January 1954

My dear Friends,

I wish to take this opportunity of thanking the thousands of people all over the world who sent their love and good wishes during the festive season.

With these wishes were hundreds of letters telling me how they have been helped through the Sanctuary, and I am going to give you a few extracts which I will pick out at random. I regret that I cannot repeat all these wonderful results.

E.B.L., England: "My husband wrote to you to ask for help when I was ill from a seizure. You kindly put me on your Sanctuary list and told me to tune in at twelve o'clock daily. I am writing to tell you that I am quite well and I have now the use of my limbs again. All my life I have been very fearful and have always had poor health. Now I can truly say all my fears have gone and I am feeling strong for the first time in my life, and life is worth living at 60 years of age. Indeed it is truly wonderful. God bless you and keep you for many years to come to help suffering humanity."

P.G.S. of Southern Rhodesia: "The latest X-rays show that my husband is now completely healed. How can I thank you for your help. It is truly wonderful that we can resume our normal life together. With renewed thanks and God bless you."

H.G.H., England: "I wish to express my heartfelt wishes to you, my dear friend. Space cannot stop this thankfulness from reaching you. Thank God for the knowledge of words written and postal amenities which knit hearts everywhere

on Christmas Day. My thoughts will be of you and your love for humanity. God bless you."

L.S.D., South Africa: "Words cannot express my feelings for the wonderful help given to me. I do not know how I can thank you enough. God bless you. I had a wonderful experience after I wrote to you. I felt drowsy and relaxed and my troubles disappeared. I enjoy your Monthly Letters and I know now that there is no separation and this gives me great courage. I have also read your book 'Divine Healing of Mind and Body' and in my opinion it is the best book of the year."

WISDOM IS THE FOUNTAIN OF LIFE*

"The lips of the wise spread knowledge;
not so the minds of fools." Prov. 15: 7.

Electricity must exist first before we can have electric lights. We see the light but fail to realize that that light could not be, if electricity did not exist first. What we know about electricity even now with our vast modern knowledge on the subject is but a fraction of what can yet be known about it.

Light is the manifestation of electricity, just as man is the manifestation of Life, as there is but one electric power behind all the lights in the city so there is but one Life behind all mankind. There can be no flaw in the Life just as there can be no flaw in the electricity, so the Real in man is the Life, just as the real in the light is the electricity. Few ever think of this Truth because they are caught-up in their own conditioning which prevents understanding.

Electricity is not affected when the globe breaks or the motor goes out of order. Neither is Life affected when the

body is out of order.

The Consciousness in man is not the result of evolution nor is it reaction to things external, it is the essential awareness of Life Itself. Man is essentially Spiritual and is now in Reality, this is his true nature, but he does not realize it because he fails to discern what is false.

Now, we know that matter in itself is powerless and we know that matter is ether modified, and ether is mind substance modified. Thought enters into mind-substance and is out-pictured in form, first in mind-substance then in ether and finally in matter. In other words, our thoughts become objectified in the physical.

Thought can arise from our reaction to the external and can create havoc in our lives when we do not understand how it originates. When our thought is reproduced in our bodies and environment we become anxious because we do not know the cause.

In the world today people are following the tradition of the past without thinking for themselves, therefore repeating the errors of the past and religiously holding on to them. We wrangle and fight over our various beliefs, so the world goes on suffering the result. It is only when we realize that we are the world and we ourselves are the cause of our suffering do we begin to think for ourselves and see the false which man himself has created.

When we look into the matter freely, without prejudice, we realize that all our struggle is over our beliefs in one thing or another, whether it is religious, political or material; it is a matter of belief. Now when the beliefs cause all this struggle, would it not be a wise thing to see what a belief really is, so that we can then discard this slavery?

Beliefs which make man blind to his relationship with his fellowmen are very strong. Man, being ignorant of the true state of his being, is led by leaders who are caught-up

in similar beliefs, so man follows like sheep to the slaughter because he will not discern the false.

Man lacks the true understanding of the true fundamentals of Life which is Love and Wisdom, only because he will not discern the false.

When all the carnage of death and misery dies down the victors think they can help the vanquished by sending them food and clothes. But does this fill the empty hearts? The world can only be helped out of the misery by knowing the cause of the misery.

People are looking for a great leader that will lead them out of their misery. Why do we want a leader? Is it not because we are confused and do not know the way ourselves? Is it not because we are ignorant that we want a leader? If we knew we would not need a leader and it is because we do not know that we want to be led.

The Christ is the true man and he can only be realized when the false is understood. Man will kill his brother and himself before he will give up the slavery of belief. Belief in a disease of the body will not be given up until man destroys the body, even though he knows that fighting it will bring about his destruction.

A belief is a disease like any other disease, it separates man from man and man from God. Man puts his confidence in his leaders steeped in error as he is himself steeped in error, the blind lead the blind and they all fall into the slough.

There is the leader and the follower, is not this inequality the result of ignorance? Does not the division of man deny the Real? Is not this domination and submission of man the outcome of ignorance and thoughtlessness?

Is not our social structure built upon division, the one who is supposed to know and the one who is not supposed to know? This social pattern breeds endless opposition and

sets man against man, and there is no end to the conflict within this pattern and only when thought-feeling transcends this total ignorance will man find the way to freedom for himself.

In ignorance we live in a competitive mentality, we try to grasp Reality through accomplishment, we create the high and the low, the leader and the follower, we think of Reality as a reward for righteousness, we think it can be attained through time and we maintain a constant division, the high and the low, the successful and the failures etc., etc.

The wise do not think of men in terms of division, the foolish are caught-up in the social and religious division of man, but those who are conscious of this division know it to be false and stupid and therefore it drops from them. The wise see that the misery in the world is caused by division of man into various groups, the ignorant perpetuate this misery.

We must be aware of this division of man in all planes of existence,—religious, national, social political and material. The division of man in any sphere is the result of ignorance, which breeds dependence and fear. Fear prevents understanding and puts an end to communion, to true relationship. It is a living death.

Is it not a fact that you turn to others for guidance because of your inward poverty, you turn to books, to pictures, to leaders to strengthen you? Yet you are ever in hunger, ever seeking, but never finding. In the Creative Being of Reality alone is there the cessation of conflict and sorrow, and Reality comes into being when we have discerned all that is false.

But separation and strife will ever be maintained as long as there is a “becoming.” This craving to become is born of ignorance, for the present is the Eternal. The Ever-present is the only Reality, only in the “oneness” of Reality is there

completeness. This is Creative Being and there is no other but the "One."

Only in right means can Reality be discovered for the means is the end. The means and the end are inseparable, wrong means will never end in right means. Only through self-knowledge is there the discovery of the Real. It does not lie through another. No one can lead you to it, none can deliver you from your own sorrow. The authority of another is binding; only in utter freedom from all authority, from all that is false is the Supreme to be found.

To be free we must live in time, timelessly. Then the Divine man will appear for he is here now in the Ever-present Life through which the Infinite is operating.

It is only when we understand the false do we realize the perfect Spiritual state of man. It comes forth of its own free will when there is no hindrance through separation in man's mind. Made in the image and likeness of God we are as we really are.

We free ourselves through the recognition of this truth, for when we discern all limitation, all separation, all sickness, all burdens, they fall away from us, they are of man's own creation. Take hold of the Tree of Life and it will be a Spring of Living Water rising up to Eternal Life.

Personalities are but the projection of man himself and are not real. The Master said, "I am the Life, the Father and I are one." "It is the Father who ever remaineth within me He is performing His own deeds." The Master showed to mankind by example, man's Divinity and Eternal Existence in the Ever-present Life.

It is Life alone in each one of us that lives, this is the one Life, and Life is God. Then let us be silent before the Almighty and we will create no more sorrow and conflict, for Wisdom is the Fountain of Life.

“Put not your trust in princes, in a son of man, in whom there is no help. When his breath departs he returns to his earth; on that very day his plans perish,” Psalm 146: 3-4.

Benediction

O Eternal Ever-present “One,” Thou art alone living and loving and there is none other but Thee. All live because Thy Life lives in them.

At first I was blind to Thy Presence and looked outside for guidance. In my ignorance I followed a belief created by man and kindled by hate.

Yet I found others with different beliefs which separated man from man and was confused.

It was only when I saw the falseness of all beliefs made by man did I find Thee, O Beloved “One.” Now I am free for I know that we are One and I am one with all, to “Love my neighbour as myself” is to live in Thee.

In my freedom I have found joy and peace beyond understanding through Thy Love, O Blessed Eternal “One.”

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #5 (12th May 1953) in the book “Wisdom is the Fountain of Life.”

February 1954

My dear friends,

The months come round so fast and the amount of work done each month is amazing. When I read the many letters that you send in, telling me of the wonderful results obtained, I know that there is an Intelligence at work everywhere otherwise no results would be possible.

We begin to realize this grand Truth that God being Infinite must be everywhere and there can be nowhere where He is not and all must be within Him for there cannot be anything without Him, He being Infinite in nature.

I was struck by the many letters this month which stated how you look forward to the Monthly Letters and how after receiving them everything seems bright and Life is no longer a drudgery.

God to me is not some abstract Being away in the distance somewhere, unknown, but is the very Livingness of which "I AM" and that being so, I am always one with Him, and what I ask knowing that He is everywhere and in you and me at the same time, I shall receive, for He does the work.

I have written two new books recently both of which will be available very soon, one is "Your Life Renewed Every Day" and the other is "Beyond the Himalayas," the book that I promised I would write relating my experiences with the Masters in Tibet. When these books are ready an announcement will be made in the Sanctuary Letter.

Now that I have written at such length there is very little space left for extracts from letters received this month. Here are just a few:

“We eagerly await your Monthly Letter. It is such a joy and comfort to us for the remainder of the month. In fact we read it several times. God bless you for your wonderful inspiration.” S.R.

“My dear friend, I know that I can call you my friend for you are truly a friend to us all. Your words of wisdom in your Monthly Letters are beyond comparison and such a help in our daily living. God bless you.” G.B.

WHAT WE KNOW IS RELATIVE, THE UNKNOWN IS
REALITY*

“Make Love your aim, and than set your
heart on spiritual gifts.” 1 Cor. 14: 1.

Are we not continually striving for an intellectual conception of the Truth, so that we can come to a conclusion? If we come to a conclusion we will never understand, for conclusions are a hindrance to understanding.

To reach that which is Real—the Uncreated, which alone is Creative, we must first put away all knowledge, all conditioned memory, all conclusions. In this alone is there freedom from the conditioning of the past, from beliefs, ideas etc. We can never realize the Timeless through time.

Can the mind ever be free from conditioning, from influence, from imitation? It can only be free from this conditioning through understanding what this conditioning is. Thought, which is a result, cannot understand that which is not a result.

It is because thought cannot understand that we come to conclusions, thus we build a wall around ourselves. If we can understand what knowledge is, what thought is, we will not be bound by it, nor shall we come to conclusions that prevent understanding.

It is comparatively easy to renounce the physical, the things of the world, but it is much more difficult for the intellectual to put away his creations of the mind.

But without the abandonment of these mental creations, can the Real which is beyond and above all creations of the mind, be experienced? Unless we can put away all our speculative thinking about Reality we will never realize Reality. Reality is only experienced when the mind is in perfect repose, when all thinking has ceased to be.

The perfect reflection can only be seen upon the lake when there is perfect calm on the surface, so it is with the mind, the mind must cease to create out of its own accumulations so that that which is Uncreated— Love-Wisdom, which alone is Creative, will be experienced.

We now see that accumulation and conclusions do not make for wisdom but only sustain the stupid self. A mind weighed down with accumulated formulations is incapable of following the swift movement of Life, is incapable of deep pliable awareness of its own stupidity. But once the awareness of the false comes to such a mind it begins to free itself, and in this freedom there is silence and in this silent tranquillity the Real is.

When we realize what knowledge is we will see that it is imperfect. Paul says, "for our knowledge is imperfect and our prophesying is imperfect, but when the Perfect comes the imperfect will pass away."

If we look into our minds we will see that it is only the relative which we can think about. We can have ideas about Reality, but that is not Reality. In the process of our knowledge we can understand the relative. In

understanding the relative we are able to discern that which is preventing our experiencing of Reality.

We have classified the mind into an arrangement which psychologists have promulgated, so we accept what they say without due examination from our own experience. What we believe to be true we accept, and our conclusions are the acceptance of our beliefs. We can see clearly now that even our conclusions regarding the relative are limiting our knowledge of the relative.

We have been told that the mind is divided into various compartments. The major compartments are the conscious mind and the subconscious mind. In our investigations we can only investigate the relative and not the Reality, but in our investigations we can to a great extent acquire a working knowledge that is not imitative, but, in a sense, free so that new knowledge can be dealt with without prejudice.

Now what I say I do not ask you to accept rigidly, but examine carefully according to your own experience. Nor do I want you to repeat what I say as absolute fact, because our knowledge is limited. There can be no finality as regards knowledge, knowledge of today is always giving way to new knowledge of tomorrow, so the mind must be kept pliable, free from rigidity and imitation.

The conscious and subconscious minds are not really separate, the one is active the other passive. What we believe consciously is accepted by the subconscious. In the subconscious is the mechanism that controls the body function through the nervous system. The brain is the root of the nervous system, the brain is also the physical instrument of the mind with conscious and subconscious activity.

Thoughts then become actions in the body through chemicalization. We have had the experience of our thoughts influencing the tissue structure, this we have

proved to ourselves as well as through independent experiments in the research laboratories.

With this understanding we know that the mind has no power of its own because it is relative. But this belief in the power of the mind has crept into the various philosophies and psychological writings, with the result that the acceptance of this belief has prevented many ardent students from going further. That is why I say that to accept a belief of another you become an imitator which prevents the acquisition of new knowledge.

Matter has no power of its own because it is mind in a grosser form. Mind and matter are not separated, they are interchangeable. Mind is a substance in which our thoughts manifest.

Thought, to be really creative, must be free from conditioning, that is, it must be free from its own ignorance, it must be free from its own experience, its conditioned memory, free from prejudice and all that conditions it.

Thought can arise from our reactions to things and people, from limited knowledge, from beliefs, from conclusions, from fear etc. If we can discern from where it arises and how it is influenced we can free it. If we do not understand this we are led into many difficulties of our own making.

Mind is passive in nature, it accepts and reflects what the consciousness feels. Thought is the projection of that feeling, that is why we suffer from our own thoughts. So mind becomes form when thought and feeling are infused into it.

Creative thought is the Universal Intelligence in action, free from conditioning, this is Love and Wisdom. Love-Wisdom is above mind, yet mind is the instrument through which It is expressed. It comes into operation when the mind is at peace, when there is perfect stillness. This

stillness is not obtained by controlling our thinking, but through the discernment of what we are thinking and how we are thinking, what our thoughts are and how they arise, when we see the false it dies, in the death of the false there is Life, Love and Wisdom.

The mind is like the ground, when we plant a seed the Intelligence produces its kind. It is our false beliefs that prevent the Real from flourishing, these beliefs are like weeds that choke the Real. Thoughts are seeds in the plane of mind reproducing their kind.

Now thought of itself is not creative, it is the consciousness that is creative. Just as mind is not creative, yet it is the means through which creation takes place.

When we understand anything it no longer troubles us. It is only when we do not understand that thought rises again and again to confront us.

The Christ is the Wisdom of God in man, the Word that was in the beginning, the Word that was with God, and that Word was God. No one can take this Wisdom away from man, man is blinded for a time through the ignorance of his own accumulations, which burden that true expression of the Christ.

When man begins to understand himself, his confusion disappears and his confidence returns. Then he becomes really creative, with the result that he accomplishes all, through the realization of his true Spiritual nature, free from acquisitiveness and superstition.

To serve is to receive, not that we serve to receive for this would mean separation. To know that we are one with Reality can only be experienced when we know that which is not Reality. When the mind is free then the Infinite is realized, manifesting in Its own creation.

When the eliminating process of our bodies is clogged we get sick, so it is with the mind. There must be freedom

of the incoming and the outgoing.

Through the tranquillity of the mind the Consciousness of Reality becomes man's creativeness—the channel for the expression of the Whole. It was this that the Master knew when he said, “when you have seen me you have seen the Father.”

Silence comes when the false has dissolved away. In this quietness and peace the Infinite Intelligence moves silently in Its own Creativeness. Wisdom-Love creates its own perfect state of happiness, for it is joy Itself, we come into our inheritance. “Son, thou art ever with me, what I have is thine also.”

We see then what we must do, we must give up our limitations, our enslavement, our self-pity. We will no longer believe in them. We do not put something else in their place as we are told to do by those who are ignorant of the Truth, for we would only be substituting one error for another. We will dissolve these things away through understanding discernment, then the Eternal Truth—The Ever-present—takes their place. There is no struggle to hold on to an idea, for we know that an idea is just another formulation of the mind. The Timeless is Ever-present in the Now, we do not create It.

We do not have to hold on to the “idea” of our Divine Nature, we know we are Divine. No matter what difficulties we have created through erroneous thinking of the past. We are no longer conditioned because we understand how we have been conditioned, and in this understanding comes its dissolution.

“He has no fear of evil tidings, he trusts the Eternal with a steady heart.” Psalm 112: 7.

Benediction

O Divine Beloved, Thou remained patiently within while I clung to all that was false.

As I ignorantly followed a pattern made by others I could not think for myself.

In the past, I was caught-up in the ideas of good and evil and reached the depth of despair.

On realizing Thy Omnipresence I saw the false was made up in my own mind. Then Thy Love and Wisdom revealed that I was one with Thee.

Henceforth, I shall watch and pray that Thy beauty alone shall shine in me, O Divinely Beloved.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #2 (21st April 1953) in the book "Wisdom is the Fountain of Life."

March 1954

My dear friends,

This month there has been a number of letters asking for enlightenment. This is a good sign because it shows that people are beginning to think and not merely have emotional reactions.

Most people are conditioned by their fixed ideas, not knowing whether they are true or not because they do not know what an idea is. When we know how a belief or an idea arises we see that it is mental and not Spiritual. It is only when we free ourselves from these limitations that we become Spiritual.

The Spiritual side of our nature we do not create, we only create the mental side. These beliefs and ideas whether they be religious or otherwise are of the mind and only create separation. Love-Life that created the body existed before the body was created and will exist after the body has dissolved into the Substance out of which it has been created. We do not create the body, we only destroy it by our ignorance. The True thing we do not create, we only create the false which we think is true. So we quarrel over the false, our ideas, our images, our beliefs, our ideologies. We only quarrel over the things we create, we do not quarrel over the things which we do not create.

Therefore to discern what is in the mind is of great importance to free ourselves from confusion so that that which is Real, that which is Eternal and Ever-present will manifest.

What the inner is so shall the outer be. If the inner is fed on ignorance, ill-will, antagonism, so will the outer reflect

what the mind is, for mind and body are interlocked. But if we see what the mind is made up of and know it to be our own creation, the result of our experiences, our memories, our beliefs, our fears and hates etc., these will drop from us and only then that which is Eternal, that which existed before the body was created, will become the inner and the outer shall reflect the Real, the Christ in man.

I have not left room for any letters this month but will give a few extracts next month from the many received asking for enlightenment.

THY WILL NOT MINE*

“The wind blows where it wills, you can hear its sound, but you never know where it has come from or where it goes; it is the same with everyone who is born of the Spirit.” John 3: 8.

Recently I took a look at some books on Truth, I wanted to see what the writers had to say. Everyone of them tried to explain the Truth and each had a different idea.

One said that his purpose was to reach God, all the time he was really going away from God into a maze of ideas which he formulated in his own mind. So in the end he tried to explain what God was from his own experiences.

After all, most of us are seeking a way of Life, a way of conduct. So we either look to others, to the past, or we try to find a mode of behaviour through our own experiences. But are not our experiences conditioned by the past? Therefore our pattern is conditioned by the past!

No matter how great our experiences are, they are conditioned by the past and any new experiences must only

strengthen the past. If we look to another or to the past are we not forcing the extraordinary vitality of Life into a mould, a particular shape, and thereby lose the richness of Life Itself?

So we must find out clearly what we mean by a purpose. If my purpose is to reach God, I must know God, I must have the measure and depth of God, but this is impossible.

If my mind is caught-up in my experiences of the past or what I have heard from others, can I find Reality by this means? Can I know what Reality is when all I have is an idea, a belief, an experience, a memory which I call Reality? I think not.

Reality is Unknown. How can the mind that is caught-up find Reality? If my mind is clouded and burdened with the known it can only measure according to its conditioning, its own limitation, and therefore can never know the Unknown.

I can never reach the Unknown if my mind is conditioned through an idea of what Reality is. My Reality will still conform to my idea. But Reality does not conform to any idea or belief. If I free my mind from the past, from ideas and beliefs and desires that condition it, through discerning clearly that the purpose I had was measured according to the dictates of my conditioning, then discernment will lead to freedom and in freedom alone is Reality.

To find out the purpose of Life the mind must be free of measurement otherwise you can only project your own want. Your desire creates the purpose but that is not the purpose of Life.

Then it is obvious that the first thing to do is to free the mind from its own conditioning. That very freedom itself is the purpose, because it is only in freedom that one can discover the Truth of anything.

So the first requisite is freedom and not seeking a purpose of Life. But freedom only comes when we can discern what we have made up in our minds, our ideas, our beliefs, our experiences, our memories of the past, our antagonisms, our hates, our jealousies, our greeds, our craving and all the complications we create through our reaction to people and things. If Life is surrounded by all these, then we will be giving expression to them and not to Reality.

But when we have discerned that which is preventing the expression of Reality we will free ourselves. Then Life's Creativeness—Its own Self-expression—Love and Wisdom will be our experience.

Therefore it is of no value to enquire into the purpose of Life if we are not capable of understanding ourselves. Only in my relationship with others will I understand my relationship to others, to ideas, to things. How can I go further if I do not understand this?

I must understand Life around me and in me, otherwise my search becomes merely an escape from everyday action. As most of us do not understand our everyday actions and reactions Life becomes a drudgery, pain, suffering, anxiety and we pray to God for an escape from it, so what we really want is a drug to put us to sleep so that we do not feel the aches and pains of Life.

We have an ideal, a pattern which we want to follow. Surely that is only conformity, the mind seeks to be secure in order not to be disturbed, such a mind is dead.
Awareness is Life.

Real happiness comes with understanding. If I have a true understanding of my relationship with others and with things, out of that understanding comes joy. Then Life Itself is a joy, a richness and with that richness one can go further. But without that foundation you cannot build.

Happiness comes easily when there is no friction either in us or about us, and friction ceases only when there is understanding of things in their proper place and of their right values.

To know this you must find out the working of your own mind first. For if you do not know your own mind how can you discover the right value of anything? With this understanding there is confidence. It is the lack of confidence that causes confusion.

The more imitative we are the less confidence we have, for we have made Life into a copybook.

From early childhood we have been told what to do, we follow a tradition, a way of life laid down for us to imitate. Only when you have seen the stupidity of this can you have the confidence to find out for yourself. Then you will gain that extraordinary inward certainty to know what is Truth and what is not.

This confidence comes not from knowing what others say, but from knowing your own thoughts and feelings and what is happening in yourself and around you. When we know our own thoughts, feelings, experiences, memories, their truth, their falsehood, their significance, their absurdity, then we can clear up the whole field of confusion which is ourselves. With the end of this confusion comes confidence and freedom and in this freedom is Reality Itself. It is no longer an idea or a formulation of the mind but the Truth Itself freed from all illusions.

Is it not because we are confused that we want a leader? But can there ever be right leadership? What we should be doing is to help each other to understand the confusion that exists in the mind-heart, with this understanding comes freedom and truth.

It is only when we do not want to understand confusion that we run away from it, and turn to a leader or someone even more confused than ourselves to lead us. If we are

trying to find an answer then we will be caught-up in the confusion. Only when we can look at that confusion without trying to find a way out of it can we understand how to clear it up. Then we will be as free as the air. We will love. We will not follow, we will not need any leaders. Then will come a society that will lead to permanent peace, through love and understanding.

Let us look at the world today, people are not seeking the Truth, they are only trying to find a way out of their difficulties, and that is the misery of it all. We want leaders to direct us, to pull us along, to force us, to make us conform, which inevitably leads to destruction and greater suffering.

We refuse to see the cause of suffering which is happening before our eyes. So we want a right leader to put us right. Is this not the height of immaturity? For there is no such thing as a right leader. Does not leadership denote a deterioration of society. A leader in society is a destructive element.

The world is on the verge of a catastrophe and is rapidly disintegrating and merely to find another leader—a new President, a new Churchill or a new Stalin, a different god and so on—is utterly useless because, being confused, we can only choose according to the conditioning of our own minds, which are confused. What we have to do is to clear out our own confusion through understanding it so that confusion may be set aside. When we understand ourselves then we will begin to see clearly.

Without self-knowledge we will be eternally caught-up in confusion therefore it is most important at this time that the individual begins with him/ herself and the moment we understand confusion we will be free from it.

Therefore it is not an escape from confusion we need but the understanding of the cause of confusion which is ourselves.

John 15: 5 and 10, "I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing.)

"If you keep my commands, you will remain within my love, just as I have kept my Father's commands and remain within his love."

Benediction

O Eternal One, Thou alone art Life Ever-present everywhere ever expressing Thyself in all Thy creation.

O Mighty One, I searched in vain in the highways and the by-ways and could not find Thee until I dissolved my own creations.

Then, O Benign One, I felt Thy Presence and knew Thy Love and Wisdom was also mine. Now I know the meaning of the words, "a branch cannot bear fruit unless it abides on the vine," O Divine One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #1 (14th April 1953) in the book "Wisdom is the Fountain of Life."

April 1954

My dear Friends,

In Reality there is no such thing as a stranger. We are strangers to each other because we are conditioned by our religions, our nationalities, our groups, our societies. It is these false things that make us strangers. When all these things are understood we see how false they are, then we find that Livingness that we have in common with one another. When this is found then we are no longer strangers.

Revival of ignorance will not help the world, only by seeing the things that are making us strangers to one another will help the world, for the world is the people. We make the world what it is.

The cause of the strife that is happening all over the world today is deeply rooted in ourselves and not until we see that we are the cause will transformation take place, for what we are within so will the outer be.

This month I have had a host of letters of gratitude for help given by the Sanctuary in all sorts of troubles, from sickness, loss of dear ones to domestic upheavals etc. Here are just a few extracts:-

"I am amazed at the complete recovery of our son Jim. Only a few days ago we were told that he could not live. A friend of ours a Mr. S. . , told us about the Sanctuary. When I wrote to you I was in a dreadful state of mind. I received your reply saying that our son would get well. At first I could not believe it but when I went to the hospital that

very day our boy was well on the way to recovery. God bless you for your wonderful deed.” S.G. Transvaal.

“The impossible has happened again. You will remember I wrote to you telling that that big project was off. You wrote me saying that the project would be reconsidered and finalized satisfactorily. I did not believe you. I could not see how it could happen, but it did happen. What I want to know now is how do you do it or how did you know? Puzzled but extremely grateful.” McK. Cape.

“How can I ever thank you for your wonderful help. Our home life is now very happy, my husband has completely changed. His drinking habits have stopped entirely and now he is the lovely person he always was. God bless you.” T.J. Southern Rhodesia.

WE GIVE EXPRESSION TO THE ABSOLUTE THROUGH FREEDOM*

“Take dross from silver, and the silver shines out pure;...” Prov. 25: 4.

When we are caught-up in our own creations we lose our creativeness. Real Creativeness is feeling the Omnipresence within. Although we live in the manifested world, the realization of the Eternal Presence within makes all things relative.

The majority of people know only the objective world, a world that formulates laws, regulations, creeds, dogmas, etc., that cause separation. These people are not aware of the “One” Life that is Creative yet formless, a Life that is Eternal and Ever-present in Its Omnipresence. It is this one Life that we must realize, a Life that is free from all conditioning and which is our Life.

When we are aware of the “One” Life which is also our Life, service becomes a joy for then we will be expressing Life —translating Life into our daily living. Without this we will be continually expressing our conditioning and from which there is no escape except through understanding how it comes about. When we understand our conditioning and how it comes about, it falls away from us, then freedom comes.

Freedom is living in the Ever-present. This is living in Reality and not being caught-up in the past, or the future, or the relative world, which we think is real, when it is but the manifestation that has no creativeness of its own.

When Jesus said, “Lazarus, come forth,” he was speaking from the Ever-present Life in which there could be no limitation. If we do not understand this we will be limited by the physical form in which we exist temporarily.

As Jesus spoke from the unlimited state of his own consciousness, we must do the same, realizing the Ever-present Eternal Life now, moment to moment, I am the Life not in the past or in the future but now in the Ever-presence.

When we are caught-up in the past, in the future, in opposites, in good and evil, which we think are realities, while in themselves they are nothing but the product of our own minds, in reaction to our own conditioning, we live in limitation and confusion.

Life alone is Creative and to “Be” “I am” is to create, “becoming” can never be creative. Unless we understand this we will forever live in limitation, in opposites. When we are caught-up in our ignorance we lose the creativeness that can speak the word, “Lazarus, come forth.”

When we have discerned all these hindrances there will arise an awareness which is an expression of Reality Itself. Then we will know that there is no such thing as limitation in Reality, but Reality expressing Itself in which there is no

limitation. When we experience this we will know the meaning of, "When you have seen me, you have seen the Father."

In my world of form, Reality breathes without limitation. But if I am caught-up in the form this is my limitation. Jesus said, "the flesh has no say in the matter." This we find to be true when we are not limited by the form in which we exist.

The Absolute to me is no longer some remote abstraction but the Livingness of which "I am." There is no separation between that which is manifest and the Unmanifested—the Uncreated, yet the Uncreated is alone Creative, this is "I am that I am."

The Created cannot speak for itself for it has no say in the matter. When you have found this out from within yourself then you are free. It cannot be my word or a word of another, for then it would be but a belief and this is but a mental formulation, you can never experience Truth through an image or a belief.

Creativeness is within all of us and we all are expressing our Creativeness in different ways. Yet It is the same Creativeness. There can be no other for there is only "One." But if we are caught-up in the creation we are no longer Creative, so we crave and we desire, we covet our neighbour's goods. We battle, we struggle, we create strife, conflict and misery.

If we could but realize that we can give shape to creative ideas in which there is no separation, no limitation, for that which is working in us is that which is manifesting in the manifested Universe, then we would be free.

Life remains Itself, no matter in what form it is expressing Itself. When this is understood to the full, the release of the Creativeness from within takes place and finds full expression in form. The form is the Living

Energy in manifestation. Pluck a flower and It is there. In a handful of earth you hold it in your hand. The world about us is no longer a prison-house, the air, the sky reveal Its Presence.

Reality has ceased to become a stranger, something afar off, for we become conscious of Its Presence from which we cannot be separated.

Although we are discussing on the intellectual level it is most essential that we experience what is said, for it to merely remain on the intellectual level is of little value. We must experience in the deeper state of consciousness a Livingness that is not a limitation or a mental formulation, this comes as we clear the mind of all hindrances and this is done automatically as we see what is false, what the mind is made up of.

When we see that our mental formulations regarding matter are problematical we will cease to regard solidity as something to be carried, something to stumble over. When we realize that it is the manifestation of the Unmanifest we will free ourselves from these mental formulations that burden and limit us. We will know freedom in a free Universe when formerly there was nothing but burdens and limitations.

We can reach that state of consciousness of the Master in which the Creative Life works with effortless spontaneity to achieve the perfection of which It Itself is.

We will realize that the "One Life" is creating within us, with that effortless perfection as it is manifesting throughout the whole Universe, for there can be no separation between the Life in us and the Life that is Universal in Its Omnipresence. Wherever there is perfection there the Absolute has found release through the mind that has been freed from its own conditioning. The Absolute has found release through Its own Creation,

the Creator and His Creation become one as they always were from the very beginning.

When the mind is freed from its own conditioning, its beliefs, its images, its ideas etc., there comes a Silence beyond time in which you become conscious of the Truth of your "Being." Then there is freedom and in this freedom there is the releasing of the Creative Energy in all Its own perfection. "It is the Father who ever remaineth within me, He is performing His own deeds."

In great works, in the arts and crafts, in commerce and industry, there is the hand of genius, with freedom and experience we co-operate with the Creative Genius that which is Life's expression and which amazes all who look upon it. This is the Creativeness within being given free expression through an unconditioned mind. The Unmanifested—the Uncreated Life manifesting in us is given release through freedom, and only through freedom is this realized.

Let us understand this clearly that man and not God made yesterday and tomorrow. God is the Ever-present Life and to live in the Ever-present Life is freedom. The Spirit of God is the Christ in mankind and is the Ever-present Life that knows no past or future being Ever-present and Eternal.

The Christ, the only begotten Son of the Father, that exists in the whole of humanity and does not age nor die, ageing and dying are man's mental conditioning. When you have discovered this through your awareness moment to moment the Eternal Christ is revealed. "As ye know me as I am so shall you be." The same Christ two thousand years ago is the same Christ today.

This Truth does not exist in the conditioned mind, yet all must come to the same state as Jesus did in revealing the Christ of God. But it cannot be done while man is caught-up in his different beliefs, in his enmity, his antagonisms.

While man conforms to a ritual, to a pattern, he will be conditioned and all he can do is to express his conditioning. Not until he frees himself from his conditioning can he find the Truth that sets him free.

Man is still eating of the fruit of the Tree of Knowledge of Good and Evil. Not until he becomes aware of what he is doing to himself will he cease eating the fruit of ignorance and cling to the Tree of Life which alone is his salvation.

Man must become aware of his oneness with the Ever-present Reality and not something afar off which he can never reach. Man must become aware of the Christ filling the whole Consciousness, then we will cease to be at war with ourselves and others.

Through our true relationship with one another we will find peace and happiness. In the personal sense there is always pain and conflict. Yet through discerning thoroughly this limitation we will find the unlimited, the Beloved within ourselves. Then our affection becomes free from attachment, free from possessiveness and glorious in Its expression, for we will know our neighbour as ourselves. "Whatsoever you do unto the least of these so you do unto me."

"That which is born of the flesh is flesh, that which is born of the Spirit is Spirit." John 3: 6.

Benediction

O Ever-present Life, Thou alone art Creative. Thou canst not be antagonistic to Thine own Creation in any form.

It was the illusion of separation in my mind while in ignorance of our oneness that created my fear and loneliness.

This illusion of separation was the cause of ill-health, unhappiness and sense of lack.

But in my despair I dimly heard Thy Silent Voice say,
“remove from your mind all that hinders My expression in
you and We will be one as We always were one.”

Then Thy Light that shone from the beginning shone in
every corner of my being. Henceforth, Beloved One, there
shall be no more darkness for I shall live in Thy Presence
forever, O Eternal Creative One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #2 (9th February 1954) in the book “The Spring of
Living Water.”

May 1954

My dear Friends,

“Your Life Renewed Every Day,” is the greatest tonic in the world. This little book I have just published is meant to cleanse the mind of all that is preventing Life’s renewing process in your everyday living and should be read in a way that enables the reader to understand the self which is the hindrance to Life’s true expression.

It will be seen that this Life Intelligence is not released through an idea of It nor what the mind makes up in regard to It. It is when the mind is freed from its own fabrication can this all-knowing Creative Power express Itself.

When the mind is confused with ideas it is like the turbulent sea. Only when this turmoil ceases does there come a silence that is not created and in this Silence only is the Creative Power realized.

The Ever-present Intelligence that built the body, the brain and the nervous system through which It expresses Itself, existed before It created the body and will exist in the Ever-present after the body has dissolved into the Universal Substance out of which it was created.

The past and the future are merely memories and ideas which exist but in the mind and can never reveal the Ever-present Reality.

Therefore self-knowledge is the beginning of wisdom and inner transformation. Transformation comes into operation without effort or struggle. It is the natural outcome of the dissolving of the false. Neither can Reality

be experienced through an idea of It. It is only when ideas cease to be that we experience that which is beyond ideas.

I hope this little book will be of great benefit to you in your daily living, renewing your life every day. I should like to hear from you how this book has helped you every day. You can have an autographed copy, if you so desire, when ordering your copy.

I want to thank you for the many letters received this month. I regret that there is no room in this letter to reprint any.

THERE CAN BE NO PERFECT ACTION WHERE THERE IS
A SENSE OF SEPARATION*

“My teaching is not my own but his who sent me.” John 5: 16 (Moffatt)

The present is the only time there is, I have often written to you about this, but I know that the great significance of this truth has not fully dawned upon you.

Starting from the beginning, all know that there is but “One” God and there is none other beside Him, there is no other “Being,” no other force. There is but one “Being” and this “Being” is our “Being.”

It must be so, for it cannot be anything else. If there is but one “Being” then we are that “Being,” therefore that Being must be you and me for there is only “One.”

If you are troubled with the past or have fears for the future you are not “Being” now. “Being” exists only in the present, which is the only time there is. You can think only in the present, you cannot think in the past or in the future. You can think about the past or think about the future, but is this not conditioned thinking? For the past and the future

can only be in the mind. Pure thinking is creating in the present, not thinking about the past or the future.

Some people are always harping upon the, "if it had been this or that, things would be different now." It is this "if" of the past that is preventing the present from being what it should be in your life.

You cannot call the Infinite good in the sense that there is evil. Good and evil cannot exist as opposing each other, they exist as opposites only in the mind.

There is no such thing as a negative power which is not of the one All-Originating Power. The negative power does not oppose the All-Originating Power, but is a complement of it just as the North Pole and South Pole are inter-related to one another to create attraction, the one force creates them both. It is the same in the atom, the electron is the product of the proton.

Similarly, Life is a higher form of action. All energy is the same mode of manifestation of the "One." It is always making something and in so doing it may unmake something else. What is known as negative force is the operation of the Cosmic Law of transition from one form to the other. When we understand this we see within ourselves the same Law in operation.

In the ordinary sense in the mind of man, good is that which gives pleasure, bad is that which gives pain, whether outwardly or inwardly, whether inside or outside the skin. That is a fact, is it not?

Pleasure is what you want, so obviously you call it good. What you do not want you call bad. Don't let us fool ourselves and spin a lot of words about good and evil or God and the Devil. If God is, the Devil cannot be, therefore it is the non-existence of the Devil that makes up the Devil. God being Infinite there can be none other than He.

Experience is essential to your freedom. Through experience you begin to realize what is behind the individual. Without experience you would be dormant, asleep in your limitation; yet experience without discernment and continual adjustment in the present is but a repetition of error, which brings frustration and misery. But through continual adjustment, through experience and understanding, there is freedom.

We say we do not want war, but we encourage all that breeds war. Being conditioned we create a society after our own likeness and having created such a society it turns and exploits us, so it is again the vicious circle. There can only be a sane society when we ourselves are sane, and this goes for all governments and councils, national and international.

You may laugh, but we are insane! For all are not clear thinking human beings, we are unbalanced therefore our society is unbalanced. The whole world is caught-up in the appalling catastrophe of antagonism and conflict that leads to war and destruction and we are the same.

A sane person does not want to break it up, he sees the cause of antagonism and conflict, and begins to dissolve it, first in himself. Not until he dissolves it in himself can he help others to do so. To say it is my country and I must protect it, is not finding the cause but adding to the conflict.

Therefore it is not a new plan or a new council we require to make us sane, but to know what we are in ourselves. What the matter with us is, that we are caught-up in imitation. We wave flags, we listen to speeches which have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.

Many people rebel against past experiences; they fight, they struggle and become emotionally upset, this is the way

to frustrate the present so they become confused. If you are not confused you are tranquil, and you will not wait for another to tell you what to do, you will immediately dissolve the cause within yourself.

When we are confused in mind, we are confused in body. Most of our illnesses come from confusion of the mind in one way or another, the body is but the mind materialized.

When we succumb to conditioning we call the result bad or evil, so we create further conditioning and we resist the good. We create opposites within ourselves through misunderstanding the Oneness of the Spirit in Its complete expression. When we understand the cause of our conditioning it dissolves away and immediately we are free of opposites.

When all our experiences are dissolved in the present by living in the Presence now, all the forces of our true nature, made in His likeness, come into being. When we live in the past or the future we live in the illusion of separation, and this means struggle and disappointment.

It is the Infinite Life that is always present and is the only power there is, It is Ever-present in the individual and is not separated in another. When this is known through experience and is not merely an intellectual idea, all fear, all sense of right and wrong, all hates, all that frustrates you in the present is dissolved away. **This is freedom.**

To attain freedom you must see clearly and very definitely what is false, so that it drops away. To discern what is false you must examine deeply and observe everything that you are doing, thinking and feeling. Out of that you will not only discover what is false, but out of that will come a new vitality, a new energy that will make all things anew in mind, body and circumstances.

If you conform to a pattern you will be in limitation, and if your pattern is not unfolding there is frustration and failure. The Infinite Mind is complete Being now, in which

there is no limitation, no pattern to fill; this Being must be our Being, there is none other.

In Reality there is no finite being as most people think. There is but "One" Being. We must wear down our individual existence in the consciousness through discernment of the false and that which in the mind separates us from Infinity. In this understanding only lies the purpose of our individual existence. The small "I" loses Itself in the great "I am" and I become "I am that I am," the drop becomes the ocean where there is no separation, no division, no distinction.

All great things that have ever been done by man were done when only the present existed, with nothing to interrupt the Infinite having full expression through the individual that is in no way separate from the whole.

Your whole being is Life's expression. You do not identify yourself with Infinite Life for you are Infinite Life. To identify yourself with Infinite Life you put Life apart from you. It only becomes an idea which is not Reality. The Creator and His creation are "One."

While seeking to "become," there can never be a cessation of this continuous struggle to "become," living apart from Infinity which is an impossibility, for there is no separation in Reality.

When the "I" loses itself in Infinity there is no sorrow, no pain, no past, no future, no good, no evil, no birth, no death, there is only the presence of the Omnipresence in spontaneous action. The wall of separation has worn away through the discernment of your own formulations. When this is complete there is no longer any craving for the Spiritual or the material, for the scar of individuality in the Consciousness has ceased to be.

It is the scar of individuality in the Consciousness that is the cause of all struggle, the cause of all craving, the cause of this separate existence, the cause of fear, the cause of

hate, the cause of past memories and future hopes and despair.

There can be no perfect action where there is a sense of separation. It is the same mind working through the individual, the same mind that shaped the Universe before it came into Being. There is no difference in kind or quality, for it is the same and there can be no other. With this understanding our thoughts will become the product of that which was in the beginning and will take form and shape as did the Universe, for It is the Father who ever remains within me is performing His own deeds.

“Truly, truly I tell you, he who listens to my word and believes him who sent me, has eternal Life; he will incur no sentence of judgment, he has already passed from death across to Life.” John 5: 24 (Moffatt).

Benediction

O Infinite Being, I was lost in my finite self seeking Thee afar off. While I was seeking to “become,” a never ceasing struggle blinded me to Thy Presence.

I gave up the struggle, and, O Infinite Father of Mine, Thou revealed to me that we were one.

Then Thy Peace came in me and in that Peace Thou didst work in and through me.

And as Thou didst fashion the Universe within Thy Being so didst Thou express Thy Self as my Being.

O Mighty One, I am no longer afraid for I see myself as my brother and my sister, for there is but “One,” and now my joy is complete, O Wondrous One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,

Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #3 (16th February 1954) in the book “The Spring of Living Water.”

June 1954

My dear Friends,

Thanks for your many letters received this month. Here are a few extracts that I know will interest you:

Mrs. J.C.D. writes, "your wonderful help in time of need is too astonishing. Our son Jim who was seriously injured in a motor accident has made a marvellous recovery. Words cannot express our gratitude to you and the Sanctuary. God bless."

Mrs. M.L. writes, "when my husband was taken to hospital I wrote to you for help. When he was operated upon the doctor found that he had cancer in the spleen and pancreas. As there was nothing that could be done I again communicated with you and now there has been a most astounding recovery. My husband is completely well and is picking up weight. This has baffled the doctors who say it is a miracle. God bless you and your work."

Miss D.B. writes, "how can I ever thank you enough for your help. When I came up to Johannesburg I could not find employment after several weeks search. A friend of mine told me how you had helped her and sent in my name. With the result that I was offered a position of the very kind that I wanted with good salary and prospects. Enclosed find a contribution to help your wonderful work on."

Mr. R.P. writes, "I am sorry that I delayed so long in writing to you but it was not for lack of appreciation. I feel now that I can write with complete assurance to tell you

that not only have I completely recovered my health and self-confidence but my whole family life and circumstances have changed. Our business is on its feet again and doing well and the relationship between the different members of my family, where there was strife and discord, is now harmonious and peaceful. We all study the Monthly Letter together with other friends of ours and wonderful are the results.

CREATIVENESS ONLY EXISTS IN THE PRESENT*

“I will speak out what has been hidden
since the Foundation of the world.” Matt.
13: 35 (Moffatt)

Experience is related to the past whether it is pleasing or not pleasing, but experience is not creative. That which is of the past is not creative, only in the present are we creative.

I am not saying that experience is unnecessary, but to depend on our experiences, on our memories, as a guide is denying the Ever-present Creative Intelligence.

Experience through a sense of separation is not the way to true expression. What I call right action is not the result of the past. Right action is an expression of the Ever-present where there is no sense of right or wrong. It is an action that is not the result of the past, the future or the external. It is only when you understand what is the past, the future or the external can right action come. If you do not understand this, your action will arise from your conditioning and not from the Ever-present Intelligence in which there is no memory, no fear, no separation.

Spontaneous action is the Intelligence expressing Itself through the individual that is free from effects of the past, free from fear, free from opposites that distort the true expression of the Christ of God in man.

If you will understand the man of Galilee you will discern the fact that he only acted from the Ever-present and not from the past nor from memory or fear, for he knew no fear, no separation, because he lived in the Ever-present.

You will probably say, as a means of escape, that he was different, but he himself said, "the things I do, greater things shall you do, if you will but believe" (understand). He never acted from effects.

The Ever-present is not an effect or a result of something else. You cannot say that the Ever-present is the result of the past because the Ever-present knows no past being Eternal and timeless. It is only when we live in time that there is the past and the future.

Living in the Ever-present there is neither the forgiver nor the forgiven for in the Ever-present Love-Life there is neither right nor wrong, it is only in your mind that this exists.

The Ever-present is Eternal Love. To talk of forgiving is when there is the injured and injurer. Perfect Love-Life knows none of these for there is no intention to hurt.

If we were in perfect Love there would be no intention to hurt, would there? If there is no intention to hurt there is no need for forgiveness. It is only when you live in separation that this occurs, when you live in the past, in the future and when you react to effects, living in time.

Individual existence is imperfection! And this individual existence is worn down through understanding, constant awareness and adjustment. That is why it is necessary to put aside all theories. Through theories your mind is always

engaged with the external and can never find Reality, only when the mind is tranquil can Reality be found.

If you are caught-up in right and wrong you can never find Reality that knows no right nor wrong, knows no past, no future, no separation, no fear, no birth, no death.

When you are concerned only with the present, the past and the future are dissolved away, in that perfect Love-Life that is Ever-present, in which there is no distinction, no high, no low, no friend, no foe, no forgiver or forgiven, for we are one. This is the great Truth that all seek but cannot find.

I AM THAT I AM is living in the Present and is the secret of happiness because all that is thine is mine, and all that is mine is thine.

You will see that this cannot be reached through theories, cults, creeds etc., for they are the epitome of separation. You will also realize that it matters little whether the self exists or not, for when the "I" realizes the great I AM then separation no longer exists. With this realization, struggle ceases as freedom is reached.

So it matters little to you now what appears external to you when the present is realized, because in the present is everything. Cause and effect are understood and with this understanding doubt, worry and fear disappear.

The material world is the revelation of the Creative Power. Visible things are the representation of the invisible, when you understand this you will understand the cause of the relative world around you and you will no longer be afraid. For the same Creative Power that formed the Universe is within all of us, when this is known, we realize, "it is the Father who ever remains within me is performing His own deeds."

It is when we react to the external in our ignorance that we create fear and condition ourselves. We crave, we divide

ourselves into groups, into nationalities. We are caught-up in our antagonism so we create strife, war and misery. Yes, we condition ourselves through our ignorance, we live in the past, in the future, we live in separation, so we fear death.

We are inwardly poor so we desire to achieve, so we are afraid. We try to conquer and what we conquer we have to conquer again and again. Fear comes to an end only through understanding.

We are afraid of death because we are in the bondage of time. It is because we are dead that we fear death, the Living do not fear death. The dead are burdened with the past, by memory, by time, the Living Present is the Eternal. The self weaves the net of time and thought is caught-up in it.

The insufficiency of the self in separation, with its aching emptiness is the cause of fear of death and of life. Is this fear not always with you in your activities, in your pleasures, in your pains? Being dead you seek Life, but Life is not found through the continuity of the self. The self, the maker of time, must yield to the Timeless.

If death is a great problem for you it cannot be solved through explanations. You do not transcend fear through the study of explanations, the fear of death does not come to an end through a belief, for belief is within the net of the self. The very noise of the self prevents its dissolution. We consult, analyze, pray, this incessant activity and noise of the self hinders the bliss of the Real. The noise can only produce more noise, and there is no understanding.

Understanding comes when the whole being is deeply and silently aware, a silent awareness that is not compelled nor induced. In this active stillness the Ever-present is revealed and fear ceases to be. In this tranquillity death is dissolved in Life.

To be conscious of the great Ever-present we operate upon the Universal Substance as one with the Creator of all things. This reveals a greater power than any material possessions, external to the self can give. It was through this means that Jesus changed the water into wine and fed the multitude, which the uninitiated think is a fairy tale only fit for children.

When the material world appears to the onlooker as the reflection of the Spiritual, the material takes on a greater significance. Where at one time the material conveyed only a substance comprised of atoms, it is now seen as an Intelligence in expression, an Intelligence that is Ever-present and responds in exact proportion in the lives of those who live in the present with the mind freed from past or future.

Creativeness exists in the present only and is released through the mind that is free from conditioning. The visible expression is the result of the Absolute Life being given free expression through the individual.

When man begins to see that he is one with the Creator of all things, then through man will come forth into his own life that which will be a joy unto him. But if he fails to understand this he will eventually create in his ignorance a chain of causes and effects that will bring conflict and misery.

Like a vicious circle he will be caught-up in the illusion of his separateness and limitation. Not until he is led to the Truth of the Ever-present Omnipresence will he be free. Therefore in the present and not in the past or the future lies the happiness and success of every individual.

As long as thought-feeling is identifying itself with the memories of yesterday it will ever be in conflict and sorrow and can never experience the Real.

The Real is not the continuation of identifying memory, for this is but a limiting and enclosing process. It is to this

accumulation that one must die before the Real can be experienced, and the Real can only be experienced in the Ever-present with no memory of rights or wrongs.

To live in the Ever-present there can be no time, no past, no future. But most people want a past and a future, a past that they can look at with pride or apprehension, and a future which they can look at with hope or despair. This is living in opposites which can only cause confusion.

Therefore it is logically true as well as necessary for true happiness, to live only in the present which is perfect Love, loving your neighbour as yourself, then all else will be added unto you for this is the kingdom of God.

Matthew 16: 5, 8-10, "when the disciples reached the opposite side they found they had forgotten to bring any bread When Jesus noted this he said, 'how little trust you have in me! Why all this talk, because you have brought no bread? Do you not understand even yet? Do you not remember the five loaves of the five thousand, and how many baskets you took up? And the seven loaves of the four thousand, and how many large baskets you took up?'"

Benediction

O Eternal Ever-present Presence, I lived in the illusion of my separateness until I found that we were 'One.'

My body made from the dust of eternity is scattered again to become Infinite once more.

My soul's mortal garment becomes immortal for there is nothing apart from Thee.

My body dust commingles with the dust of Thy feet and my soul merges into Thy Spirit to become the diadem of Thy heart.

My Life is Thy Cosmic Life, my breath Thy Cosmic Breath, my mind becomes Thy Mind, my will becomes Thy Will.

My hands become Thy Mighty Hand, my feet walk in Thy ways, my brain the instrument of Thy thought, my love Thy Love, to love my neighbour as myself.

After my sojourn in delusion, I come to rest in Thy bosom for evermore, O Eternal Ever-present Presence.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #4 (23rd February 1954) in the book “The Spring of Living Water.”

July 1954

My dear Friends,

In the next few Monthly Letters I am going to answer your letters in a way that all will benefit. I have in the past merely reproduced extracts from letters, now I feel that if I answer them in this way I will be doing more good to all those who write to me.

I: Perfect expression is always assured when Love rules, free from possessiveness, envy or hate. This is the wonderful truth, never a word out of place. As we think, so we speak and our words go forth to reproduce their effects. Therefore to express Love we must discern our thought-feeling-reaction at the moment, then we will know what they are and by doing so they will fall away, and Love, which is real will express Itself, therefore not one word will be out of place.

II: Abundance is the Law of the Universe, the vast scheme of the Universe is lavish. Wherever we look the process of creating and recreating is ever in operation. We must realize the Universality of all Substance that underlies all things. The Consciousness is the Active Principle which sets cause into motion, thus we are related to all we see, feel and desire.

You will notice that the mind is dual, having and not-having, success and failure, likes and dislikes. If your consciousness is caught-up in a mind that is double there can be no Creativeness.

III: The first thing to do with a sick person is to make him believe that he will get well. Negative conditions have no power except the power the self gives to them and the self is but a bundle of memories, experiences, wants, desires etc., etc., therefore has a beginning and an ending. But Reality, that which built the body, has no beginning or ending and existed before the body and the self came into being and will exist after all these things dissolve away. Therefore healing comes not from the mind of man but from God Who is Eternal.

WHY DO WE STRUGGLE?*

“Peace I leave to you, my peace I give to you; I give it not as the world gives its ‘Peace!’ Let not your hearts be disquieted or timid.” John 14: 27

When we begin to discern the activities of the mind, we find that there is a continuous struggle with opposites which means only one thing—frustration.

With most there is a continuous struggle through reactions to conditions and circumstances that surround them. This is common in all shades of life, the rich, the poor, the educated and the uneducated, the great and the small.

We have the idea of health but struggle with ill-health, we have the idea of plenty but struggle with lack. We hold the idea of success while we struggle with failure. We hold the idea of freedom while we struggle with our conditioning, we hold the idea of good while we struggle with evil.

While this conflict goes on, we create a greater burden. When one struggle is over another begins, our minds are filled with the effects of our struggle and therefore are incapable of true direction. How can this turmoil come to an end? That is the question. But the answer does not come because we are caught up in the struggle.

When we rebel against anything we struggle, do we not? So we react to our conditioning because we are conditioned. Nothing external to us has any power of its own. So the trouble lies within ourselves. We have lost our God-given power of dominion.

On the other hand, if we understood the cause we would not rebel but work from within to remove the cause. The cause can only be removed when we understand ourselves, our cravings, our desires, our antagonisms, our greed, our jealousies etc., etc., and how they come about.

The Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like, in the Presence; and the Presence is the only Reality, and all there is. Then how do these things come into being? When this is known struggle ceases.

The problem is then ourselves. But how can we dispense with this self that is the cause of all this misery? We can only do this by seeing how false the self is, with all its make-up which is illusionary. It is the illusion of the self that must be dissolved through deep discernment of what it is.

When this is accomplished the self dissolves away and we learn the art of pure action from within, which sets in action ways and means without struggle, knowing that there is no opposing force, no other power, therefore the law fulfils itself according to our understanding.

Pure action alone brings results without struggle, while reaction to things external is always a degree of misunderstanding. When we discover that we are always

fighting reactions without understanding what they are, we will begin to wake up to what we are doing, otherwise we hold on to them. This happens whether they are pleasurable or painful.

We generally accept the pleasant and deny the unpleasant. There is very little difference between the one who is seeking pleasure through God (?) and the one who is seeking pleasure through sensate desires. Are they not both seeking pleasure through different planes of consciousness? The one seeks gratification through God (?) and the other seeks gratification through sensate things.

The so-called Spiritual person says, I do not like theatres, cinemas, physical adornment etc., and follows his ideal. He denies the worldly pleasures and follows his ideal that gives him pleasure. But the so-called Spiritual man is also seeking pleasure, as does the man who seeks pleasure through the sensate things.

Both are stupid because they are the cause of struggle and misery, not only within but without. While the one pursues the materialistic struggle, the other follows his belief, a struggle between good and evil and other beliefs. To him terms become very important. "Your God" and "my God," "your ceremonies" and "my ceremonies." "I am a Christian," "you are a Jew," "I am a Mohammedan" and "you are an infidel." Just as one creates havoc in the world so does the other. In fact the so-called Spiritual man does more harm.

It is easier to deal with the sensate desires in which one is pursuing pleasure, than one who is pursuing pleasure through ideation. The latter is much more dangerous, because he is pursuing his pleasure through his ideas that divide men more than things divide men.

The Left and the Right are pursuing ideas, not things. If they were pursuing things it would be much easier to come to terms. It is because his ideas are more important than

things, and his belief is superior to yours and so on, that he lives in separation. The system becomes more important than the distribution of things. It is not things that are dividing men but ideas.

There is sufficient scientific skill in the world to produce food and things for everybody. But the ideas of nationalities such as the English, the American, the Chinese, the Russians and the many different racial antagonisms are preventing man from making plans for world distribution. Therefore the struggle and misery in the world is increased.

When I begin to understand the material I can proceed step by step to the deeper things. There I can find out what is Real and what is false. But when I assume I am different because of my nationality, because of my belief, I will dwell in the illusion of separation which brings struggle and misery into the world.

It is only when I come to that point where I can find out the significance of Life, what it really means to love my neighbour as myself and not a dictionary meaning, not a theological or a philosophical meaning for me to follow, when we come to that point we can discuss the dreams of our ideals with goodwill. Therefore the understanding of what is true and what is false gives freedom and therefore happiness.

It is only when we reach the source of our Creativeness that we can sleep at night undisturbed by our success or failure, our pleasures or pains, by our differences etc., we will sleep peacefully understanding the Law of Creation, and while we sleep the "Lord" is preparing the way. The Higher Intelligence will be active in our affairs.

At first you will perhaps not find immediate results, but to be assured that the Presence is always immediately present is sufficient. One must be careful not to make the mind unstable by the conflict of opposites. "Thy faith hath

made thee whole," the master said. It is this understanding faith that you must have, then the Infinite Life will be given free expression.

When you understand that it is the Father who is ever working in you, you will know that results are assured. "Whatsoever I see the Father doing so I do in like manner." If you can understand this then there is pure action, which is creative.

It is difficult for the one who is conditioned to discern the difference between pure action and reaction. We must understand that all things external are relative, and what is relative has no power of its own except the power we give to it. Remember that struggling brings frustration and fear.

When we fear, our faith is on the same yardstick. We measure them both by our success and failures so we fail to see the faith that the Master meant, which was the Father within us. We create ignorantly in fear and faith. What we think in fear and think in faith we equally produce because we live in opposites. So there is continual struggle with opposites.

When we are ignorant of the Truth of our Being we hang on the pendulum of both fear and faith, we swing backwards and forwards according to our reactions. But when we know our oneness, our "Being," we see that these impostors are but reactions to our feelings—our state of mind. Therefore we understand the cause of our struggle and our struggle ceases.

Within the Presence (the Life) there is everything, therefore the "Presence" (the Life) creates by becoming the things It makes. "I am the Life." "When you have seen me you have seen the Father." This is not merely an idea, but an experience we have when we are "Being" and not becoming.

"The greatest amongst you is the Servant of all." When the Master said this to his disciples, he had been explaining

the law. The Servant was the Presence that knows all things, and is the Creativeness in man. You will see that this Creativeness can only come into being when you love your neighbour as yourself, for the Creativeness of the Presence is in your neighbour too.

If we condition ourselves by hate, by jealousy, by fear, etc., we will express our conditioning.

The great Truth should be our experience, as it was with the Master, "I and the Father are one." It made him the greatest figure of all time and it can do the same for us, he told us that the things he did, greater things would we do if we would but believe (understand).

The transforming power is within all of us. It transforms our thinking. Our thoughts are turned into projectiles of Love, our faith moving mountains. As we discern all that hinders the "Presence" in us we will give up the struggle. Then the Creative Power of Love will create that which is acceptable to Him who created us in His own image and likeness, then you will be the Son of God,—son of man.

John 18: 37, "so you are a King?" said Pilate. "You!" "Certainly," said Jesus, "I am a king. This is why I was born, this is why I came into the world, to bear testimony to the truth. Everyone who belongs to the truth listens to my voice."

Benediction

O Son of Man, awaken to the Presence that is Eternal and Ever-present within you.

Then, O Son of Man, there will be no more struggle, for Love shall fill your heart.

The Son of Man becomes the Son of God when he loves his neighbour as himself.

The Divine Design within is waiting to express Itself when you see the false you alone have created.

Then you will be the Son of God, O Son of Man.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #5 (2nd March 1954) in the book "The Spring of Living Water."

August 1954

My dear Friends,

I am glad to see that you have responded so well to my answering your letters in the way I did last month. It is my desire that the Sanctuary will be a help to all, no matter where or what they are. The Sanctuary is impersonal. There is neither high nor low, good nor bad where the Sanctuary is concerned, neither is there colour or creed, all are one in the Sanctuary.

I: Law of Life is no respecter of persons. It is in constant operation and relentlessly brings to each individual exactly what he creates for whatsoever a man soweth that shall he reap.

II: There are certain qualities which we can acquire through understanding ourselves. When we see what we are doing, then only will a change come.

These qualities come to us when we see how we are responsible for our conditioning and environment. Have you a mental attitude or are you interfering, are you a gossip, whispering stories about another which you know are not true? Even if they are true, you are destroying yourself by repeating them.

III: Your mental attitude is the general tone of your thinking. Check up on your thinking. Check up on your thought first before you speak the spoken word. Never write a word that you would not like to express. A good exercise is to sit quietly and look on your thinking for a

short while each day for a week. This is your world within and it will shortly out-picture itself. Then you realize that a change of mind is essential. To become aware of your thought-feeling-reaction is most necessary if you are to revitalize your life now.

You will be surprised when you really examine your thinking courageously, regardless of how good or bad your thoughts may be, you will know what you are and knowing what you are is the first step to freedom. It is better to know what you are now than to let that self play havoc in the future.

FREEDOM COMES THROUGH THE NOTHINGNESS OF THE SELF*

“The Father said to him My son, you and I
are always together, all I have is yours.”
Luke 15: 31

Love is dynamic! It is Creative without the necessity of an object. It is immortal, It is Life and Life is Creative and Formless yet all forms are created by It and with It, and there is nowhere where it is not.

Life is not divided nor is It in one and not in another, It is in all and It is the same Life. To understand creation we must understand form and through form we arrive at the source of Creation, because we are Creation in form and through form we gain experience to enable us to realize that the Life in form is the same Life that is formless. The Life in the mortal is the same Life, Eternal and immortal.

Life and Love are synonymous because Love and Life are one. We can be sentimental over Love, but that is not Love. The idea of loving everybody has very little meaning

if you do not know how to love **one**. The moment there is complete Love, there is complete communion with another. There is no special way to love, there is no pattern to follow. If you follow a pattern then there is no Love.

The idea of Cosmic Love, loving mankind while there is antagonism, animosity and separation, is just talk to cover up the lack of Love for another. It is an easy escape for the reformer, for the moralist and the righteous. How can they love humanity when they cannot love another, for is not one the

Whole?

To realize Love-Life It must be stripped of all personal whims, personal viewpoints. You must not be caught-up in the opinion of what It is or what it is not.

When you hate, you find hating painful so you say you must love those you hate, thus you create duality, and because you refuse to understand the full significance of hate, you pursue its opposite. You want to transform hate into Love. You try to become loving, while you refuse to understand hate. This pursuit of an ideal implies the conflict of opposites, the Idea of something which you are not.

You are hateful so you want to become loving which you are not. You hold an ideal of Love yet you are caught-up in hate. When you understand what you are actually now, your mind cannot be distracted by an ideal. Your mind must be free and concentrated and not thinking in terms of your ideal.

The pursuit of an ideal implies the conflict of opposites, the ideal is something which you are not. You are hateful and you want to become that which is your ideal. Your ideal is an example to follow which means imitation so your ideal is brought about by not understanding. When you understand, you no longer want an ideal, you no longer

want to copy nor imitate, which is not thinking—understanding but merely a desire to become an ideal.

In your daily life you are full of ideals which means you are not thinking—understanding but merely imitating. In your desire to become there is imitation and therefore there is no thinking, feeling, living—therefore idealists are the most stupid, thoughtless, brutal and ruthless people. Their systems are more important than people.

Hitler was said to be an idealist. In yourself you can see the Truth of this when you pursue an ideal. When you have an ideal of a perfect State either the Right or the left, you see how ruthless you are bound to be, in achieving your ideal. The ideal, the example is the authority whether it is imposed by another or by yourself inwardly, thus there is a cessation of thinking—understanding, so there is fear.

The greatest ideal you can have is but a limitation. Freedom comes as your consciousness becomes wider through understanding what is hindering Reality from expressing Itself. Reality expresses Itself in proportion to your understanding the false. Then the Life-Love-Reality expresses Itself in Its Wholeness which is beyond the comprehension of the mind of man.

When man only creates an idea of Love, while still maintaining his hates, his antagonisms, his greeds and the like he lives in opposites which is frustration. Our social structure, our education and all our relationships are based upon imitation. Our judgment, our thought are based upon avoiding the understanding of what is false.

Look at what is happening in society, corruption, degradation and so on. Why do we not tackle all this falsehood directly instead of saying that through an ideal we will become marvellous.

When you understand the false you live dangerously, sailing the uncharted seas, being very alert and awake all the time. When you are alert and awake, you are

intelligent, you are not exploited by others, nor do you want to exploit others, you cannot be exploited except you belong to the same club.

Reality expresses itself through the mind that is free. The great Truth is the greatest in the smallest and the smallest in the greatest, the drop and the ocean is one and the same. To feel superior you call yourself a name because you feel the sense of inferiority. So you want to become superior. Superiority is the ideal you want to become, so the more you want to become, the greater the conflict, which is thoughtless, is it not?

When we do not understand, we feel inferior to something, do we not? We want to 'become' because the whole of society is based on becoming something. As long as you are 'becoming' you must be inferior, for there is always the you and the other. If you know the self to be a nobody you will understand that 'becoming' is an illusion. When you accept that you are nothing it is really wonderful. Then you will know what it means to love. You are Love, you are Life, you are Creative.

The reward for this understanding is beyond price and cannot be classified with any effort to 'become.' The awareness and mental poise resulting from our understanding is permanently established in us, for nothing in heaven and on earth can deprive us of our birthright. I and the Father are one, through which all is possible to the one who understands the false and dissolves it, then the Real takes its place.

Jesus did not want to become something. He said, "I of my own self am nothing, it is the Father who ever remains within me He is performing His own deeds." Paul never expressed a greater truth when he said, "let the mind be in us that was in Jesus Christ." But before we can have such a mind we must become humble in knowing that the self is nothing.

The fact is that **you are nobody**. Then why not start from there and face facts directly without trying to become somebody? To face your nothingness means to be humble, and to Love. It means that you have no resistance to anyone, no barrier between you and the other, then there is freedom. In Freedom the Real is.

A person who is arrogant can never find humility however hard he may try to become humble. A person who does not recognise his nothingness, but pursues ideas is like a man who, without even knowing how to sow, ploughs and ploughs and never sows. Behind all his knowledge, behind all his degrees, titles and possessions there is nothing. When you really acknowledge that you are nothing you **are everything** because you know what Love is.

You want to know how to Love? If your Love is the opposite of hate, ill-will, it is no longer Love. Then your Love is just an ideal, an imitation, and the person who imitates cannot know Love.

If you are seeking how to Love, you do not know Love. You do not want to acknowledge that you lack Love, so you have an ideal to become loving. You are deceiving yourselves and cheating others. But if you understand the whole significance of "becoming" it drops away. Then the feeling of nothingness is not the end, it is the beginning of liberation.

If your Life is filled with fears apprehension and conflict it is because you want to become something. If you are stupid, cunning, arrogant, a liar, be aware of it, this is most essential. To acknowledge and live with what you are is a most difficult thing. But out of that will come real Love because it sweeps away all hypocrisy

Yes, you may have read many books telling you how to become, but you are still as far away as ever till you know yourself. If I could blaze this truth in letters of fire across

the heavens I would do so, so important is the realization of this great Truth. Trying to become is an illusion.

Many who write books on Truth have not yet found the simple Truth themselves that they are nothing and when you are nothing you are free.

If you love **one completely**, you will love the Whole because one is the Whole.

Now, you want to know what will happen when you feel you are the Whole? Feeling as the Whole comes later. But first you know you are **nothing** and you are not concerned with what will come after. If you are concerned with what is beyond the nothingness of the self it shows that you are frightened of being nothing.

“Being nothing,” then Life is extraordinarily beautiful. Then you will “Be” all there is. The mind is afraid of being nothing, that is, having no security. Yet out of nothingness comes Creativeness, because you are free. Then you begin to create, then there is Reality, God or whatever you like to call It.

All ideals are tomfoolery and are of no significance to the thoughtful person. When you set them aside you will find a beautiful and indescribable Love that is not yours or mine but that which is Eternal and Ever-present in Its own Eternity.

“Do you not believe that I am in the Father and the Father is in me? The words I speak to you all I do not speak of my own accord; it is the Father who remains ever in me, who is performing his own deeds.” John 14: 10.

Benediction

O Eternal Love, I thought I knew Thee through my ideal. Little did I know how far I was from Thee. While I hated those who had no ideals.

In my ignorance I held ideals yet I lived in their opposites.

When I understood that I was the creator of them both and saw myself as I really was, full of antagonisms and hate, then transformation took place.

Then I knew I was nobody and my struggle to 'become' ceased. I really loved because I was free.

When I loved completely, O Adorable Love, I knew I was all and I became Love, one with Thee, O Eternal Love.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #6 (9th March 1954) in the book "The Spring of Living Water."

September 1954

Thank you, my dear friends, for all the lovely letters received this month. Now I know that I am doing that which is for the good of the majority.

I: The same Life in the Father is the same Life in the son. The least you do unto one of these so you have done unto me.

Give Spiritual bread to those who are hungry. Who are you that you should say, "you have done wrong." Did Jesus chastise the woman? No, he said, "go now in peace and sin no more. Thy sins are forgiven thee." Whosoever drinketh the water of the fountain of Love shall never thirst anymore because it is the well of Living Water springing up to Eternal Life.

II: Our freedom comes through understanding ourselves. To merely say that you are one with God is but an idea in the mind, while you retain all your prejudices, your hates, which is yourself. Therefore take a look at yourself, this alone can free you.

You do not create the Real, the Real comes into being when you understand what you are and when you see what you are, you will not condemn another. Jesus said, "condemn not lest ye be condemned."

III: If you do not know the difference between the Real and the false then you are caught-up in the error.

Remember, you alone create the false, the Real you do not create. It existed before you were born.

The great Truth is that everything now is complete, we partake daily of this completion, which most can only partake of a crumb at a time. Remember you live and move

and have your being in Him because being Infinite there is no outside Him and being Infinite there is nowhere where He is not.

When you know that the self alone is preventing this true expression your freedom will come and not before.

TO BE FREE YOU MUST SET OTHERS FREE TOO*

John 14: 7, "if you knew me you would know my Father too, you know him now and you have seen him." "I and the Father are one."

Much of the teaching today, in fact most of what you hear and read place the emphasis on controlling your thoughts. Is this not living in conflict? Controlling your thinking is contraction. One may control ones thoughts, yet remain in limitation and separation. Unless you can discern what your thoughts are and how they arise you only put your freedom further away.

Does not most of the Truth literature you read give you instruction on how to make your demonstrations on the physical plane? There is much of this misleading material written and spoken by those who know nothing about themselves. Yet they expound ways and means of how to get things. The advocating of the so-called Spiritual Teaching is a worthless imitation of the Real.

Only when you can discern the false from the Real will you free yourselves from that which is deceiving millions through this senseless nonsense.

The world is full of these ignorant people who boast of their manifestation as a proof of the Truth, but let them lose all their possessions and see where they stand. Their

foundation is laid upon shifting sands of craving. Then they will tell you that they do not believe in a God any more, they say a God of Love could not do a thing like that to me.

Their belief in their outside God destroys the experiencing of Reality. It is most difficult for people to think this way because of their conditioning, and their belief gives them a sense of satisfaction.

If they do not find satisfaction in things, in beliefs, they create the super idea of a God. But is their God not a self-made God which they have fabricated in the mind?

But if we would really experience the Unknowable which is not of time, we would not cling to a belief which is but a self-projected image.

Anything that is named is not Real, it is the outcome of memory, of conditioning, and if it is of time then it is still part of the mind for the mind is the result of the past, of the various influences, religions, social and educational environment.

If we understand the conditioning in which we live and the influences in which we are caught-up, that understanding brings about a tranquillity of the mind. Mind is not made still by force, nor can it be made still through control. If your mind could be made still in this way it would be a dead mind.

When you try to make your mind still through discipline it may be superficially still but at the same time it is in a state of agitation like a child put in a corner.

Only when we understand the whole process of belief, and the search for permanency, when we understand this whole process fully then the mind is quiet. You do not have to make it quiet. You are the mind, you are the thinker as well as the thought. When you try to separate yourself from your thought, you then try to control your thought, it is this that leads to illusion and fear.

We think we understand people by giving them a name, a German, a Jew, a Russian, an Englishman, a Hindu and so on. But if I do not call you by a name I am not prejudiced, then I can look more closely, and by doing so can understand you. Is it not so that you are already prejudiced when you hear the words Russian, German, Jew, English, Afrikaans and so on? When you understand your prejudice then it drops away and true relationship comes into being.

If you have a belief, are you not prejudiced against another belief no matter how you try to hide the fact? But when you begin to read your mind with all its influences you will see what lies behind your belief. Then you will begin to understand, not only yourself but you will also begin to understand the other.

So to help another I must see the other not belonging to this nationality or belief or to this or that, but to see him as he is, free. For if I am myself caught-up in my own petty narrowness, in my nationality, my belief, my society and ridiculous superstitions, my own nonsense, I see him only through my own conditioning.

To understand one another we must look at each other free from all this stupid nonsense. Then we will have relationship with the other, then only can we help one another. And this requires an awakened consciousness.

An awakened consciousness is a consciousness, that is aware of the false, aware of that which is hiding the Real. We do not create the Real, the Real is experienced only when we understand that which is not real, and how it comes into being. Not until we have a true recognition of this can we expect to have the Power, Wisdom and Love of Reality. When this is reached we realize that there is no limitation, only an expanding in Infinity in which we exist.

A God that is separate from yourself is no God at all. Yet the majority of people, including your religious teachers, are merely at this stage. This is the thing that eludes the

intellectuals. Their God is a God they want to comprehend intellectually. So it is just an image, an idol, a creation of the mind. So the Reality of the teaching of Jesus is submerged in a sea of sanctimonious formalities that hide the Real. That is why many churches today are but semipolitical institutions teaching separation, distrust and antagonism. They condemn Sunday sport but engage in the diabolical sport of fostering antagonisms and hatreds. How is it possible to have peace when man's religious life is saturated with suspicion and superstition?

Matter, we find, is energy solidified in form. Energy is the Intelligence in action and Consciousness is the Director. Our relation to the Universal Mind is as ice is to water and water is to steam, therefore there is no separation anywhere. The invisible is not separated from the visible, the ice is the water as water is the ice, and water is to steam as steam is to water. With this understanding we realize the Truth of what Jesus said, "All power is given unto me in heaven and on earth."

When we understand the cause of our limitations, our feeble efforts will be dropped. Then the consciousness of Life with thought, its messenger, will be seen clothed in form. It will not be seen as something outside Reality but in Reality Itself. "When you have seen me you have seen the Father."

We must think for ourselves and not allow others to do our thinking for us. But this is what others do not want us to do. As long as you are prevented from thinking for yourself you will be dominated by others.

The Infinite and His thought are one. In this way the world system is kept in operation. This is Universal Mind in action, and is the Mind that supplies the power to our minds when we dissolve our sense of separation. As electricity supplies the power to the dynamo so does the

Universal Mind supply the power to the mind of man. The switch is the consciousness that is aware.

We are not separated, and in that knowing so does the power act accordingly in the mind of man, and when we realize this we dispense with limitation because we know how we have limited ourselves.

Man is created by God, therefore God and man are one, for there is no outside of God. He could not create anything outside Himself, being Infinite in Nature.

“Do you now know that you are God’s sanctuary and that the Spirit of God is His Home in you?” 1 Cor. 3: 16.

The question that arises is: Can we live without an idea? We can understand this when we understand what an idea is. Surely you have learned by now the process of ideas and how they come into being? They are temporary and changeable and pass away because you know what they are. It is only that which you “do not know” that is Real and stable, Eternal and Ever-present.

What I am telling you is, that without knowing yourself there can be no real experiencing of the Real. It is not that you must substitute one belief for another or become an atheist, which is but another form of belief. To understand the whole process of believing is the beginning of wisdom.

Nothing can lead you to the Truth except the understanding of yourself. When you are beginning to see that which is false you are beginning to see that which is true, and that which is true has no division.

There are two sides to a coin, one is the head and the other the tail, both are on the same coin. Good and evil is the same, you cannot separate them, they are both in the mind at the same time, are they not? When you desire the good you fear the evil. When you understand this they both drop from you, and Reality, which is not of the mind, but which is Love, Wisdom and Power, comes into being.

“He who possesses my commands and obeys them is he who loves me, and he who loves me will be loved by my Father and I will love him and appear to him.” John 14: 21 (Moffatt).

Benediction

O Wisdom, Thou art my guide. O Love, Thou art my life.
Only when I began to see the false did I begin to see the true.

When I accepted what others said I lost the power to think.

When I believed as I did, I did not know why I believed.

So I was caught-up in the net of my own conditioning.

O Wonderful Wisdom, as I opened my self to Thee so didst Thou reveal myself to myself.

O Wonderful Love, Thou didst flood my heart with Thy sweetness and I saw the beauty of Thy holiness.

Now, O Wisdom, I see my brother stripped of all conditioning as I myself have been freed.

Now O Love, my nature Thou hast made complete with Thy Sweet Holiness, O Divine “ONE.”

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #7 (16th March 1954) in the book “The Spring of Living Water.”

October 1954

My dear Friends,

The membership of the Sanctuary is increasing every day and every day more and more letters are received from people who are being helped through this medium, not only physically, but also in their relationship to others through understanding themselves by discerning their own thought-feeling-reactions.

We cannot escape our relationship to people and things. Through them we gain experience but we only begin to know ourselves when we discern our thoughts and reactions. For freedom is a state of consciousness, an awareness of unlimited Reality in which we live and move and have our being and in which everyone is the same.

There is a sense of freedom with the study of Science of this new age, and many people all over the world are beginning to question separation and religion as it is taught today. For there can only be one religion, the Fatherhood of God and the Brotherhood of man in the light of our new knowledge. If this fundamental truth is rejected then there can be only sorrow and conflict for the world.

There are some who think they live a Spiritual life, so they despise the materialist. Are we not all materialistic in one sense or another? Do not think that by giving names such as "material" or "spiritual" we are going to solve the problem. By labelling this group or that group, this person or that person, we are not going to find the truth. Many

people who profess God are unkind to others, this can never be Truth. On the other hand if a person has real affection, loves people, is impersonal in thought and action, he is often looked upon as **not** Spiritual, yet this person is much nearer the mark than one who professes to love God and is unkind to others. We show our love for God by our affection for our fellows.

To be aware of the "Presence" and being that "Presence" which is never antagonistic, never separated, is the essential thing, and knowing that understanding and love are its highest achievements in human life.

IS OUR CIVILIZATION CRUMBLING?*

"A man's ways seem all right to himself
but the Eternal has the verdict on his
life." Prov. 16: 2.

Truth is not created in man's mind, what is created in the mind is but an idea of Truth according to man's conditioning. What the individual does is to create a civilization that dominates him.

It is the self that causes all the misery in the world. Is it not the self that has ambitions to attract social distinction and accumulate power? The individual has his own social distinctions which result in ruthless competition in every way of life.

Do we not divide ourselves into groups with social standards which only bring sorrow and conflict, without understanding, so the rot sets in. As long as we hold on to our separate groups, our divisions, we will fail to build a lasting civilization.

When civilization is built upon the false foundation of division it cannot last, it must decay and pass away. Have we not seen similar civilizations come and go for that very reason? And is not ours fast crumbling about us at this very hour?

There **is** a solid foundation based upon unity, not so-called unity which we speak about, for that is merely an escape from seeing why we are not united. We hold an ideal of unity while we still hold fast to our divisions and separations. We refuse to give up our creeds and nationalities, our political differences, because we will not discern the falseness of them all, they are but the expression of our own conditioning in which we are bound.

You can only help by understanding the cause and that is by understanding yourself, who is the cause of the rot. Whatever you understand of yourself for the time being that is Truth, that is freedom. By understanding the self you can see the false and when you see the false, no matter in what measure, great or small, it is revealing the Truth. For the Truth is not made up, the Truth does not condition you. You can discover how you are conditioned only in your relationship with one another.

As I talk to you, you listen, but how do you listen? If you are prejudiced, that is you listen, conditioned by your own background, with all your condemnation, prejudices for or against what I say, then you are not listening. If you merely lap up what I say you are not listening, you are merely accepting what I say because it suits your conditioning, then there is no relationship. But if you listen to find out about yourself, to discover yourself, then there is Truth.

I cannot tell you what Truth is, neither can anyone else. The one who says he knows, does not know. But when one knows the self and its ways then the Truth that is Eternal and Ever-present comes into being in you without effort or struggle. How is it possible for individuals to co-operate

and work together if they cannot see the falseness of their beliefs, their divisions and all the creations of the mind, good or bad.

Now the majority of people will say that you must meditate to find this peace, to find freedom-Reality. Meditation is important, so we must find out what is right meditation. If we do not know what is right meditation there is no self-knowledge, and without knowing yourself meditation has no meaning.

To sit in a corner or walk about in the garden and try to meditate on unity has no meaning. Unity will merely be to you an idea. But there can be no transformation of the self through an idea. You are merely concentrating on an idea which is exclusion, and exclusion is not freedom.

As long as we retain our conceptions of individuality with its selfishness there can be no release from the conflict either in or out. Right meditation is first to find out what the false things are. We must also find out what we call meditation.

Are you trying to quieten your mind through concentration? This is generally mistaken for meditation. Do you repeat certain phrases in the hope that you will acquire meditation? This is just a form of self-hypnosis. It is merely a trick of the mind in which there is no understanding.

Meditation is not devotion to an idea, because things of the mind are idolatrous, the worship of an idol or statue is idolatrous and silly superstition. In fact all things of the mind are idolatrous. To be devoted to an idea, a picture, is not meditation, it is merely an escape from oneself. It is perhaps a comforting escape, but it is still an escape without understanding.

Are we not Spiritual slaves? We have followed, imitated, set up authorities while tradition, beliefs, divisions in society, in nationalities, have bound the mind. In thought

and emotion the individual has merely conformed, while in his world of action he has built for himself a false security and in pursuing his own security he has no security.

Most people are constantly striving to become virtuous through discipline, but this is not meditation. They are caught-up in the process which denies understanding, they struggle with the belief in sin which has no existence outside themselves. God is not sinful, man alone is caught-up in his own sin created within himself.

In seeking freedom-self-knowledge we cannot be enclosed by belief, nor hedged by an organised religion or society. When we see that self-knowledge is the beginning of meditation the problem becomes extremely interesting and vital. If there is no self-knowledge we may practise meditation and still be attached to our ideas, our beliefs, our division, our delusions. True meditation is a means through which you end these false things, so without self-knowledge there is no meditation.

True meditation then is self-knowledge by which not only does the outer layer of the mind become quiet but also the different layers of the hidden mind are revealed. When this takes place the whole content of the mind is revealed. So the mind becomes extremely quiet, the mind is not **made** quiet, nor is it compelled to be quiet, but there is a Silence that really comes into being and is not named. But this Silence is not a Christian silence or a Hindu silence or a Jewish silence. For if you can follow a path, your mind will never be silent. Therefore if we wish to find Reality we must abandon our conditioning, our background completely. In this alone shall we find our true relationship with one another. We will find that there is only "One" and in that "One" there is all and all is in that "One."

At present, is not the heart of everyone kept burning with hatreds and prejudices between one religion and another, between one nation and another, between one

group and another, between one person and another, with the result that man is caught-up in hatreds and separation through ignorance of that which is false.

In John 15: 5 (Moffatt) we read what Jesus says, "I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing.)"

Here we see what Jesus meant, only upon the true foundation of the "One" Life can we bear rich fruit. "I am the true vine," not only does one nation hang upon the vine but all branches, all nations, all people, draw their Life from It. Nothing can exist apart from the one Life, all existence comes from the one Tree of Life which is our salvation.

Therefore we must see how security cannot be built upon division, why one group fights against another group, we will see why the present structure crumbles, and all our achievements without understanding, are but empty heights in a human progress in which we find no happiness. It is inevitable that this structure will crumble because it is not built upon the Truth of the One in all and all in One. Then a new structure will arise based upon Reality through self-knowledge, with a Universal basis and not a political one.

We cannot have affection for one another when we live in separation, in perpetuating our separate religions, our separate nationalities, our separate ideals, which create antagonisms and which lead to war, destruction and misery.

Transformation and salvation must surely come only with self-knowledge and not with ideas. Therefore it is necessary to understand oneself before we can bring about transformation inwardly and outwardly.

We must become conscious of the Presence which is never antagonistic to Itself in any individual, nor is It in opposition to Itself in any individual or group.

We must discern how and why we have been caught-up in race thought, in nationalities, in creeds, in politics, disease, ignorance and death. We will see how we have permitted these falsities to rule us, and how we have been incapable of thinking for ourselves. We merely imitated and followed, led to destruction and not to freedom.

What applies to the individual applies to civilization, they are one and the same. What the individual is, so is civilization. Our true happiness is built only upon the Presence that is Ever- present and Eternal and not upon ideas, imitations, conformity or tradition, which is perpetuating the misery of our civilization and which is the essence of its decay.

Mark 3: 24-26 (Moffatt), "if a realm is divided against itself, that realm cannot stand: if a household is divided against itself, that household cannot stand: and if Satan (of the self) has risen against himself and is divided, he cannot stand, he comes to an end."

Benediction

O Eternal One, Thou alone art the foundation of our Living.

In my ignorance I held an ideal while unaware of my conditioning, so my conflict remained.

My meditation on Thee was an illusion for I did not know myself.

But when I understood myself my mind revealed all that I had created therein and my conflict ceased.

In the cessation of turmoil the quiet of Thy Eternal Peace was reached and there Thou didst reveal Thyself to me as "One" and "One" only. Then I knew how false was all that separated me from my Brother and Thee, O Eternal "One."

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

[*](#) Digest version of Lecture #8 (23rd March 1954) in the book “The Spring of Living Water.”

November 1954

My dear Friends,

There have been many letters of appreciation of the method used in the last few Monthly Letters of replying to questions from readers, but also there have been letters from readers who have missed the extracts taken from letters describing the wonderful work being done through the Sanctuary not only on the plane of physical healing but also in human relations, domestic adjustments, and the business world. Here are therefore a few extracts:-

"I would like you to know that since asking for help through the Sanctuary for my school the friction that existed among some of my colleagues has completely disappeared. Now there is harmony and peace resulting in better school work and a much better relationship between the teachers and the children. Mere words cannot express my gratitude for this wonderful help, God bless you."
M.D.G. Cape.

"My heartfelt thanks go to you and the Sanctuary for the wonderful help given to my daughter. The doctors were quite sure that a normal birth was not possible and feared complications. She has since been delivered of a most beautiful normal baby in a completely normal and easy birth. Truly a miracle!" R.B. New Zealand.

"My son had a dreadful accident and there was hardly a part of him that was whole, there was just no hope. My niece sent his name to you to place in the Sanctuary Register and since then he has made a recovery which seemed impossible. How can I ever, as a mother, thank you

and the Sanctuary for giving my son back to me. May your work continue to be blessed so that many may know healing." A.F. Rhodesia.

"For some time now I have been receiving your Monthly Letters and have been reading your books and I would like to thank you for the help they have brought me. My English is not good enough to express my thank you, but it comes from my heart." H.de L. France.

"Your new book 'Beyond the Himalayas' has been a revelation which I could not take in in one reading. I know I shall read this book over and over again and in that reading I can feel my whole life changing. Thank you for sharing your wonderful experiences with us." R.T. Scotland.

TRUTH IS AND IS NOW*

John 4: 13-14, "anyone who drinks this water will be thirsty again, but anyone who drinks the water that I shall give him will never thirst any more; the water that I shall give him will turn into a spring of water welling up to life eternal." (Moffatt)

When we understand that the material things are made out of a combination of ether and thought and that the world we live in is not separated from our thoughts, for we live amongst our thoughts and emotions, we can see clearly that denying the things that are harmful does not alter them. Only by understanding the cause can we be free.

We have been told that nervous conditions exist because we do not control the mind, but in our endeavour to control the mind we are not understanding, we are merely holding

the mind in subjection which brings suppression which is the cause of nervousness through fear.

Fear comes through not understanding the cause of our thought-reaction. Is it not so that you try to control your mind because you are afraid of what your thoughts will produce? What is required is an understanding and pliable mind so that there will be an immediate discernment of right values.

Controlling the mind is an unnecessary effort which brings fear and limitation, because the mind is dominated by the idea of an escape from the conditioning which you fear. What happens is when an idea comes into your mind you want to brush it aside so as to escape from its influence. But how can you escape from its influence when it remains because it is not understood.

When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking but are caught-up in a useless struggle that can never be creative.

When ideas come into your mind you should know them for what they are, then you will not fight them or struggle with them. You will look at them and discern their value. This is the true function of the mind and with this function developed there is no struggle, no fear, no limitation and therefore no effort to hide away something that does not suit you. Realize that you and your thoughts are one.

A mind that is of value is one in which there is no conflict, no strain, and where there is no such struggle there is peace. You do not create peace, immediately the turmoil ceases there is peace.

Mental alertness through understanding our thoughts, our mental activity should be cultivated in our everyday life, not merely at specific times for analysis, but to be

aware always in the present, then you will know what is happening. Anything that is contrary to your happiness and the happiness of your fellows would then be abandoned in the now.

Your own health, success, happiness is secured through co-operation and understanding your fellows, and this can only be done when you understand yourself. Self-knowledge is the gateway to wisdom and truth.

True Being **is**, and comes when we discern the false, then there is no need to imitate, to conform, when you know the false. For when you know the false you will know what is true. But if you crave to be something, Spiritual or otherwise, you will pursue your craving which will lead to frustration, sorrow and conflict.

Some think they can find the happy medium, a balance between good and evil, your mind then becomes a centre of conflict. The mind is free only through understanding that good and evil grow on the same tree, have the same root and this is in man's mind only. Discern what is made up in the mind and see that it has no foundation apart from man's mind, therefore it has no foundation in Truth. Truth is not made up in the mind, **Truth is and is now**.

Truth knows nothing of good or evil, past or future. Truth is the living expression of Life Itself every moment, moment to moment, in which there is no separation, no death, being Eternal. In this ecstasy there is Infinite Love and Wisdom. Your actions then will be in accordance with your living in the present always and the reward for such action is phenomenal.

With this serenity there is joy of living, there is no need of control or analysis because you are aware every moment, thus you free yourself from all the virtues you think you should have or not have, which fill you with conflict through strain and fear.

When you are free from all that bundle of virtues then there is no fear, no opposites, there is just Love and Wisdom, and in Reality that is all there is, to be truly creative.

As long as you are caught-up in false values of right and wrong, east and west, there can be no realization of the one Life in which there is no division, no time, no distinction, no opposites. When you grasp the true meaning of this, then your action will be pure action in accordance with your realization of the One and One only, then there is no reaction.

If you are continually occupied with the self where there is attraction, repulsion and continual struggle, then the Life that is free cannot be realized. You put yourself in a cage which separates you from others and there is no relationship which brings true happiness.

It is a true fact that your thought is limited by the lack of understanding of your true Being now. To understand that which is limitless, unconditioned, your mind must not be burdened by the thoughts of the self.

When your mind is burdened with the conflict of ethics you cannot realize the truth of your Being. But if your mind is no longer bound by ethics, by virtues, by distinctions, by separation, by divisions then you will comprehend what I mean by spontaneous action, free from reaction, free from Time, free from separateness, in which there is no opposition. "My word shall not return unto me void, but will accomplish that which it is sent forth to do."

In Reality there is only the present. In man's mind is the past or future. Therefore to understand we can only do so in the present, not in the past or future. Therefore this understanding cannot be postponed. Only when we free ourselves from false values shall we be enlightened. This requires discernment, in the present, of our motives, thoughts and reactions which are of the mind. Then we will

readily see that ignorance is not the absence of learning but the confusion and conflict of values.

Are you confused wondering what is right or wrong? Are you continually caught up in this conflict? Are you an imitator, trying to mould your life after a pattern? Have you created an image of what you think Reality should be, and are you carefully fashioning yourself after it? And thereby losing the substance of Reality?

If you imitate, by what means can you realize this enduring happiness of the Ever-present Life? Life is Ever-present, Life is not separation but is unbounded unity, you cannot understand this while the mind is occupied with distinction, division, separation; only by seeing the false can you realize the true.

Is it not so that only when you are inwardly poor that you set up an authority and worship it? You want to lean on someone because you are unequal to the task, you want to shelter in the comfort of an idea. This is not Reality, it is but an illusion.

Life is Real, Life is the only Reality, It is complete in Itself expressing Itself freely when the "individual self" becomes nothing. You can never know what It is but you will know that It is Real, and your mind will no longer be agitated by the worship of virtues and the horror of sin. Nor will you follow in the narrow path of ethics which prevents your understanding.

When you mould yourself after a pattern, there is fear. To be without fear you must know yourself to Be, understanding your vanities, jealousies, envies, cravings, longing, hopes, regrets and fears. Fear disappears when you seek understanding from the illusion of time.

If we can perceive our own emptiness and understand it, then we can dissolve the cause of our emptiness, then there will be true understanding of Life in the present which is Eternal. Then the ever-expanding consciousness will always

be the Reality, while all external to Itself can be discerned with wisdom.

It is the one Infinite Life that is ever expressing Itself in Love and Wisdom. Only when you limit Its action through narrow bigoted beliefs do you prevent Its freedom in your own life here and now. This separation in the mind of man is surely coming to an end.

John 10: 34-36 Jesus answered, "is it not written in your Law, 'I said, you are gods?' If the Law said that they were gods, to whom the word of God came—and scripture cannot be broken—do you mean to tell me, whom the Father consecrated and sent into the world, 'you are blaspheming,' because I said, 'I am God's Son'?"

Benediction

Beloved Life, Thou art Real to those who lose themselves in Thee.

When I expressed my individual self I did not know Thee for I was caught-up in the worship of virtue and the horror of sin and was full of fear.

When I perceived I was following a narrow path of ethics, a path that led to emptiness, then from within me Thy Silent Voice spoke in the very depth of my Being,

"I am and I am the only One, there is none other beside Me. I live only in the present which is Eternal, there is no other time, and thou art one with Me. It is I who live, you live in Me and I live in you. Seek not virtue or reward, then My Wisdom and Love will be yours."

I thank Thee, O Beloved "One," I know now that Life alone is Real.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #9 *'Making My Cosmic Forces Your Own'* (30th March 1954) in the book "The Spring of Living Water."

December 1954

A CHRISTMAS MEDITATION

On Bethlehem Hill the shepherds gathered the flocks together, the lambs bleated for their mothers, the night was still and the stars shone overhead. The shepherds looked up to see a star much brighter than all the others. A child was born in the dead of night.

It had been prophesied that a child would be born to show the way to the Light that would dispel the darkness of the night of man's ignorance.

Hearts were filled with a longing for peace, for the world was cruel and hard. There was no hope left; what hope there had been had been destroyed by hatred, war and strife.

So He came that men might live and know the Truth—the Love of the Living God.

The Bible is rich in Divine promises of salvation. "Behold, thy salvation cometh," says Isaiah. "I will show him my salvation," wrote the Psalmist. "Now is the day of salvation," says Paul.

What is salvation? Salvation is not limited to some bliss in the hereafter, it is not limited to some future time.

Salvation is now at this very moment and the process is easy. Then we see how the Satan of the self separates man from man, at that moment the Christ is waiting to enter the heart—the Christ that liveth in every soul that lives.

Our sins we impose upon ourselves and the moment we recognise how erroneous our thinking and actions are, they fall away from us, and at that moment salvation is at hand. It was this that the Man of Galilee made plain to us: "At this very hour you will be in paradise with me."

God has promised His salvation now; Not tomorrow or some time in the future. And He fulfils His promise instantly you make a place in your heart for Him. "Rise up now and be free." "Take up your bed and walk."

"Fear ye not, stand still, and see the salvation of the Lord which He will shew to you today." Exodus 14: 13.

Forgiveness is free. "It shall be remembered no more against thee." Granting forgiveness to some and not to others is not forgiveness. Forgiveness must be complete otherwise there is no forgiveness. Forgiveness must be within and not without, otherwise how can we expect forgiveness unless we are free ourselves by complete forgiveness of the whole world.

The Christ Spirit is within and is the very Spirit of forgiveness that can say at the hour of greatest trial and pain: "Forgive them for they know not what they do."

We must banish from our hearts every iota of resentment towards any person or state of affairs. Only then are we filled with that sense of freedom that enables that surging impulse of Spiritual energy to fill our Being as we free ourselves through forgiveness. When you are no longer the central figure in forgiving, when there is no longer you and the other, only then is there freedom in forgiveness.

To measure up to the Divine standard, our forgiveness must be full and complete and it is at this time that the wonder of a forgiving heart is born on Christmas Day. To remember those words that fell from his lips, "Father, forgive them for they know not what they do," revealed the Love of God.

With this comforting Presence of the Father, my Father, your Father within me and you, we will never be depressed or cast down by any inharmonious situation that involves us or our loved ones. I turn to my Father, your Father, and see that the Christ Spirit is born again in me and you. Thus I am comforted by His love and you know that that Love is for you also.

Behold I am the Son of God. I am not subject to any weakness of the mind or body for I know that my Father's Life is my Life, His Love my Love. Then I share His deep everlasting Love towards all. I set everyone free by His Love as I free myself by his enduring Love.

God's help is always at hand, He responds immediately you make a place for Him, your receptive state permits the flow of His Wisdom and Love to fill you to overflowing. You are no longer impeded or frustrated by conditions for you have seen the Light of the World, that Light that lighteth all who come into the world.

"Draw nigh to God and He shall exalt you," says James. In the 91st Psalm we read these words: "I will set him on high because he hath known my name."

Exaltation is a state of Being we attain through true meditation, a meditation that frees us from the self.

"I of mine own self am nothing, it is the Spirit of the Father within that doeth these things." Therefore we know the answer to every problem when the self has died in the Life of the Father. By this we increase our faith so that nothing is impossible to us when we are one with Him.

It is this that we see in the life of Him who came that Christmas Day, and because we are not separate from him, what is his is ours also.

Say in your heart: "I am filled with Thy Presence, direct every action that I may become the channel for Thy perfect expression. My Father and I are one and He is within me.

He is mighty, His pure Love animates all Creation. His Love is expressed through every action of mine for He is forever true and everlasting."

"I shall put my spirit in you, and ye shall live," Ezekiel 37: 14.

At this time of the year there is the desire to give. There are some who possess much and there are those who do not possess much material means. Yet there are countless ways of helping, blessing, serving and spreading Love and cheer without giving a single material gift, and much of this is more beneficial, for it is the Christ way of giving—the giving and sharing of the inner Spiritual gift of Love and service. These gifts are permanently helpful to all.

There is no limit to our capacity for giving spiritually, for God gives to us abundantly according to the blessings we bestow on others.

We have often heard the words, "I like to be in her or his presence, I feel so at peace." "I feel rested, I feel renewed." "There is something about that person that is filled with the Spirit that makes the world look good after all."

Thus Love, Peace, encouragement, is sharing the gifts of God and through the heart and soul God speaks and acts, He Loves and blesses.

The Spirit within, when freed through Love, is continually giving out the blessings of God to all who come nigh.

Your particular gift may be comforting the sorrowing, encouraging the disheartened, sharing the burden of another, giving a smile or a kiss, speaking a prayer of abundance, doing a service whenever the opportunity arises. This you will do for your own happiness and for the blessings of others.

Jesus did not keep great material wealth at hand to share with others, but those whose lives he touched could

not be more greatly enriched if he had been possessed of several fortunes to share with them.

In all our giving at this time and even throughout the year it is to give lovingly of the Christ-self that blesses and encourages others, for thus we emulate the Christ in our giving, and we have the joy of knowing that out of all the gifts we can offer we have given the best that can be given.

Paul says, "faith is the substance of things hoped for, the evidence of things not seen." This is seen where the Christ-self is freed from the bondage of the personal self that hides It. Then faith has tremendous power, and is equal to every demand that I make upon it.

Faith is always active where there is Love, Peace, Wisdom, joy, courage, strength and all the qualities of the Christ-self within, and as you receive Christ so shall you walk with him in Love and Faith that comes from knowing all that is false. "Let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God." 1 John 4: 7.

"I will be with thee: I will not fail thee, nor forsake thee. Be strong and of a good courage." Josh. 1: 5-6.

Then do what it says in Hebrews 10: 22: "Draw near with a true heart."

How shall we know that our heart is true? Only by seeing the false that we have accumulated through the self and when this is seen free from fear, condemnation or criticism, then in this freedom we will find that which is true in our own hearts. Therefore my prayer for today is the joy that comes from the knowing of the birth of the Christ in all who can look at the Cross and be free; the Cross that holds within it the bondage of the self. Yes, I may be crucified upon it but in that crucifixion I am freed through the Christ that dwells within.

In the past I have declared my faith in God, I have acknowledged Him as the Source of all good things. Nevertheless I now see that I have had merely a limited conception of God, I have pictured Him far away beyond my immediate reach. But now I find that in my own heart He dwells, He is the Christ that liveth forever. I now see that I can never be separated from Him for I am His Son. Now I rejoice in the greatest gift that can ever be bestowed upon man, "my Father and I are one."

Today, this Christmas Day, let the world rejoice that the Christ is born, Christ born in me, in you, born in every heart. The Livingness of God, the Perfectness of Himself is embodied in all that He has created. In my heart, in your heart and in the heart of all there is that Christ, and when freed from the bondage of the self a new world will arise not in time, but now! Immediately! For "I and the Father are one."

So let the Sons of God—the sons of men—greet each other this day with joy and love because we are all filled with that Holy Presence, the babe in swaddling clothes, for such as these make up the Kingdom of Heaven. Unless we become as little children we shall not enter therein, only when the self dies the Christ lives.

We will have found the Christ, the Holy Child—the symbol of the Divine Perfection—dwelling in our hearts as our Divine nature is revealed in our gifts of Love to one another. What greater joy could the world have this day than the gift of Divine Love in the hearts of all who live on earth.

What greater joy can we have than when we can say the Christ liveth in the hearts of all men this very day. We stand on the threshold of the New Year with our hearts and minds filled with Love—the solvent for all problems great and small. For this is the only way, and as Love enfolds us we are more like Him who made us in His own likeness.

Therefore bless each day of the New Year with words of Love and Peace to all men of every land. Comfort those who are not yet free. Bid them look within to the Christ that liveth now, and gives healing to every heart. Then your own life will be rich and free. "I will walk with Thee, my joy shall never cease, my spirit uplifted for I know Thy holy peace."

"I am the way, the truth and the Life." John 14: 6.

Benediction

O Divine Father, Thou lovest all Thy children and each is my brother and sister.

Teach me to love and serve as Thou dost love and serve all.

Then I will find my happiness in the joy that Thou hast in Thy Love, Divine Father of Mine.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

1955

January 1955

My dear Friends,

All those members who have studied my new book "Beyond the Himalayas" will now realize the importance of tuning in to the Sanctuary as often as possible, whether help is needed for themselves or others. The more people tune in to the Sanctuary the greater the electro-magnetic activity which magnetizes the ether and the more ectoplasmic material there is for use by the Spiritual Forces to help those who are in need. The grateful thanks of the Sanctuary go out to those who are helping so greatly in this work and may they be spurred on to greater efforts on behalf of suffering humanity.

Here are a few extracts from letters received during this month:-

"Your Monthly Letters are a wonderful help and inspiration to us. More and more of our friends are getting to know about this Truth through the change they see taking place in our own lives and the peace and harmony that exists in our home now in contrast to the previous bickering, petty irritations and in-harmony. Many thanks and may God bless you and your grand work." Ceylon T.S.

"I lost my faith in orthodox religion a long time ago and have travelled a long and weary road in search of Truth. First, your books and now your Monthly Letters are filling the teachings of the Master with beauty, depth and power. I sent in the name of a little girl who was threatened with blindness, to the Sanctuary for aid and now much to the

parents joy, she is making steady progress. Wonderful is the work of the Sanctuary." R.L. Switzerland.

"As soon as I received the doctor's verdict that an immediate operation was necessary I sent in my name to the Sanctuary and I was not afraid. I am quite sure that the hands of the surgeons were guided. It was a wonderful success and my rapid recovery has mystified them all. Thank you from the bottom of my heart. God bless the work of the Sanctuary." B.K. Cape.

GOD, MAN AND THE UNIVERSE ARE ONE*

The great latent desire in every soul is to give expression to that Infinite Creative Power from within. This desire is often clouded with ignorance because few know how to give expression to this mighty Power that is latent within all.

Now the failure with most people to accomplish this all-important and essential thing is because they look to some power that is separate from themselves, not realizing that the Creative Power is the Life Force within, which has the power to direct the Intelligence, which is behind all things in heaven and on earth.

Life alone having Consciousness is the consciousness in man. Life, having Intelligence or knowing how, is released only when the Consciousness in man becomes aware of the Truth that God, man and the Universe are one and not separate.

The Law of Life is that full recognition must be given to It and It alone as the creativeness in man; the self which is the hindrance to Life's full expression must be dealt with through understanding of the self and how the self prevents the expression of Life by not living in the present.

Therefore by being conscious in the consciousness of Life Itself continually in the present we can express Life with effect and accuracy in any direction, provided we know this one Supreme Law of Life that God man and the Universe are one **now**, not in some future time as some think, for if you are not now you will never be.

Jesus said, "it is the Father who ever remaineth within me, He does the work." Now there is more to this than is seen on the surface. If we look at the feats of the Master we see the conscious direction of a power that is miraculous, yet it is not miraculous when we understand the Laws pertaining to the expressing of the Life Jesus called the Father, for he lived in that Life always in the present.

The Life Jesus called the Father was the Life that he was himself and could not be an idea or a memory. He said "I am the Life, the Father and I are one," this could not be a product of mind but an actual consciousness of Life Itself. Therefore God, man and the Universe are one and the same. It was this that Jesus understood perfectly.

There existed in the East great sages thousands of years ago who founded a school of wisdom known as the Wisdom of the Ancients. The great sages of Persia, the Magi, were a branch of this school. At the same time there was a branch in ancient Egypt known as the therapists of Ancient Egypt.

These schools were founded by great sages and their work was secret and sacred. They had contact with sages who had passed from the earth and these sages revealed the truth, that God, Man and the Universe were one, and this included the practical application of God's Creative Power in man and legends tell us of these wondrous works, done with this understanding.

These schools existed for many years before and after Jesus came, they became extinct as dogmatic religion came

into force and history tells us how many of the books and records of these schools were burnt by order of King Constantine. Nevertheless, the Truth still intact, was kept alive in the Himalayas.

To know this Truth, is the greatest treasure in the world; every soul is trying to find it one way or another, either consciously or unconsciously; Each one is trying to express the Creative Power but with little success because the Law is not understood.

What is keeping people ignorant of this wisdom today is that God is presented to most children and adults as some person outside themselves whom they have to worship in ignorance. God is represented as an old man with a long white beard and flowing robes to hide his body. All those stupid versions should have been relegated to the wastepaper basket long ago.

Is it any wonder that we have sceptics, scoffers of spiritual truths in our midst when we are asked to accept such rubbish or be damned to a place called hell.

When we begin to know the Truth about God, man and the Universe we see that they are not separated but are one whole. Therefore hell is an imaginary place in man's own mind.

But as there can be no place where God is not present, always we see that these stupid statements are made by ignorant minds who have not the ability to think, so perpetuate a lot of nonsense which the unthinking accept as true, the blind lead the blind and they all fall into the ditch.

Heaven is a state of consciousness acquired through the understanding of the oneness of all things. God, man and the Universe being one, the Universe gives rise to the individual and the individual, that understands, gives expression to the Universal. Heaven is a state of consciousness that is aware of Wholeness, oneness, where

separation does not exist, the unity of God and man as one and the same.

It was this wisdom that the ancients knew and practised, it was the same wisdom that Jesus gave expression to. This wisdom can also be yours and there is not anything that can compare with it. It is more precious than all the rubies and fine gold, the prophet tells us, and when we know it, we know that it is so.

What is wrong with most people is that they are ruled by what has been told to them by others who do not know themselves. Few people use their Divine gift of reason inherent in all, their minds being full of concepts they are thus giving expression only to memories and ideas instead of living in God now, and knowing that it is God who is living in them now.

Most people say that they believe in God but do not know where He is. Now how can they be sure of such a God? When I ask these people where God is, they look up into the sky and say up there somewhere. Fortunately the present generation is not so gullible as their parents were, they want to think things out for themselves and this is the beginning of the revolution.

Most people are slaves to tradition in thought and religion with the result that the world is still perpetuating its ignorance. Young people, if they are at all alive, are full of revolutionary ideas. They must be, otherwise they are already old. The old are those who want to settle back, they want security in their souls, in their work. They want certainty in ideas, in relationship, in things.

If you are young there is a spirit of enquiry which makes you want to know the truth of anything, of any political action, left or right, of any religion whether east or west. But if you are bound by tradition or what another says, you will never be generators of the world, or creators of a new civilization expressing the Truth.

What is essential for old and young is to live fully and completely. To live fully and completely there must be freedom which is not the acceptance of any authority. There can be freedom only when there is virtue. But virtue is not imitation, virtue is not ethics. Virtue is creativeness. Creative living comes only through freedom, which itself is virtue. Virtue cannot be cultivated and that which is cultivated is not virtue nor does it come through practice. Virtue comes through freedom and freedom comes through understanding.

Maturity does not come with age, maturity comes with understanding, there can be no understanding when we seek an ideal. There can only be understanding when we ardently enquire.

Merely passing examinations is not education, any fool can pass examinations, it only requires a certain type of mind. But to earnestly enquire, to search out Life, and understand the whole basis of existence requires a keen alert mind, a mind that is pliable.

The mind that is forced to conform becomes impliable and thus the whole of our society is based upon compulsion; through compulsion there can be no understanding, however subtle that compulsion may be.

Wisdom creates confidence and extraordinary pliability of mind and this is not for the exclusive few. All can acquire it through resistance to conformity, through resistance to tradition, through deep enquiry. This will lead to love and affection.

When you love someone there is neither high nor low, there is no difference, there is just love and affection. This extraordinary flame is free from opinion, free from tradition, free from conformity for Love does not conform, It Itself is the extraordinary flame and which in itself is its own Eternity Ever-present, Love is not a memory or an idea, it is not a concept, but a living expression of Itself.

A lot of old people will say, "I have had experience" but the trouble is they cannot keep their eyes off it, so they turn around and walk back through Life instead of going forward.

Is the world not suffering today from chills, fevers, panics, and booms, wars and rumours of wars. The world has a temperature, it is up and down like the waves of the sea. What is wrong with the world is that which is wrong with man himself for he is the world.

Is it not so that our conferences all end in nought because we have not discovered the cause is within ourselves. We must stop groaning about the miserable state of the world and act individually and collectively in our relationship to one another as sons of God. When we operate upon this Law, our troubles and worries will change into opportunities for true creativeness and creative living.

The road ahead will no longer be clouded in mist for the Creative Power will manifest its own Divine Nature when man realizes that God, man and the Universe are one. When this is understood we can say in our hearts with confidence, "Lead Kindly Light amidst the encircling gloom, lead Thou me on. I do not want to see, each step enough for me, Lead Thou me on." Then the Consciousness of the individual mind will be one with the Creative Consciousness of the Universe. Here alone lies the Spirit of Power, the Creative Power in man. "He who has ears to hear, let him hear...."

"Choose instruction rather than silver and knowledge rather than rare gold, for wisdom is better than riches, no treasure is equal to her.

Benediction**

"I am that I am."

On the many branches of My Tree of Life I have sung this Song in the hearts of men.

As My song was echoed in the green leaves—the souls who heard Me realize; their Oneness with My Life. Then My Life alone was food to them.

Yet through the centuries of time My Timeless state remains; that is why sleeping souls in the world of time can still awaken unto Me.

The rhythm of My Song stirs the hearts awaiting to hear My Voice calling, “Come into My cosmic Freedom.”

‘So I arose and went.’

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #5 (13th May 1954) in the book “The Spring of Living Water.”

** The above Benediction comes from L4 (4th May 1954) in the book “The Spring of Living Water.”

February 1955

My dear Friends,

Hundreds of letters are received from all over the world asking for help and giving thanks for help received through the Sanctuary of the Silent Healing Power. Here is one received this month, I would like to answer it here and now. It reads: "In your wonderful Monthly Letters we note that people all over the world ask and receive help. Would it be asking too much if you would give us some idea of how many countries the Sanctuary is operating in? My whole family has benefited so much by tuning in at the Sanctuary hours that we have been free from illness ever since and we have all experienced the joy of Living" C.H.G. Northern Ireland.

I am pleased to have the opportunity of answering this letter here, because it will give you all some idea of the scope of the Sanctuary work. Here are some of the countries in which the Sanctuary is operating:—America, Australia, Belgian Congo, Belgium, Bavaria, British Guiana, Canada, Ceylon, Channel Islands, Cyprus, Czechoslovakia, Denmark, Ireland, England, France, Germany, Gold Coast, Holland, India, Italy, Jamaica, Japan, Mauritius, Malaya, Northern Ireland, New Zealand, Nigeria, Nyasaland, Egypt, Scotland, Southern Rhodesia, Northern Rhodesia, Sweden, South Africa, Isle of Man, Tasmania, Tanganyika, Trinidad, South West Africa, Switzerland.

You must not try to give this Angelic Power a mental form nor add anything to it, but remain calm, composed, unexcited, impersonal. It certainly means not only a presence but “The Presence.” You need not try to define it or turn it into an image of The Presence for this Presence in Its nature is “Infinite.” What it has to manifest of Itself or out of Itself It will do inevitably by Its own power, when there is a sustained acceptance by you. Many feel the thrill of the Mighty Healing Power pouring through them, and this of itself is ample reward as It leaves Its Presence with you. It is impossible to imagine the great benefits you yourself will derive, for it fulfils every personal need as well.

Although this Angelic Power is permanently active, there are times when man can be more receptive. The most positive time of the day is 12 o’clock noon, when the sun is at its meridian, and every three hours afterwards are suitable times, such as 12 noon, 3 p.m., 6 p.m., 9 p.m., 12 midnight, 3 a.m., 6 a.m., 9 a.m., and so round the clock daily. It is not necessary for you to engage in all these times—the time most suitable to you for a few minutes wherever you may be, is all that is necessary.

Anyone who would like the Particulars of how to tune in to the Sanctuary need only ask and these will be sent by return post. [*](#)

LOVE AND WISDOM ARE THE FOUNDATION OF OUR SECURITY*

“A new commandment I give unto you
that ye love one another; as I have loved
you that ye also love One another? John
13: 34.

We have become aware of the invisible power of man's conscious concentrated thought-waves, how they can be hurled with terrific force into the ether to magnetize it and how this creative power can deeply affect people and things. Now we come to the effect of man's unconscious thought, how it affects himself and others.

The same law applies,—according to the state of consciousness so is the effect of man's thought, the ignorant think unconsciously while the wise think consciously. Again I must remind you that unconscious and conscious reaction to people, things and conditions and the tone of your thinking make up your magnetic aura which has great influence on those with whom you come in contact. This we will call the unconscious radiation of our thought influence.

There is a complex combination of thought currents which produce the unconscious transmission of the magnetic influence. While one person will attract and create harmony, another may create the reverse. While one will unconsciously express healing and comfort, the other may unconsciously do the opposite. The question is how is one to protect oneself against the negative influence of a negative mind. The answer is, become aware of our reaction to people and things. This simple statement carries with it great significance.

The atmosphere of a city is impregnated with the quality of the thoughts of the people who live in it. The unwary are caught-up in it, therefore a knowledge of the law of electromagnetic thought-waves is very essential wherever you live.

But the intellect of man will yet be forced into avenues towards the cause of things, and will no longer be caught-up in the effects of things. Just as electricity and magnetism have been harnessed for the benefit of mankind so will the scientific laws of mind and the creative power of

thought and sound be harnessed. They have an Eternal existence because they are the basic principles upon which the Universe is built and are still the basic principles on which Life exists. The Word that was in the beginning carries the essentials of creation.

As science progresses and each new discovery of atomic energy is followed up, including all that is found in the relative world, the cause will be found within man himself. This is a profound statement, nevertheless true, for science is pointing this way. Science will prove that the inner and the outer are one and that there is no effect without cause. The study of the Cosmic Ray will unfold the great Law of the Creative Power of thought.

When Science comes to acknowledge the existence of an invisible Universe it will extend its investigation into the world of cause and the study of the powerful properties of mental energies and thought-power. Again I have to remind you that the Master Jesus was the greatest scientist the world has ever known. Yet his discoveries have never been followed up in a scientific way, although his sayings have been made the basis of the greatest religion of our modern age.

Yet no religion or philosophy can ever endure unless its claims are based upon a firm scientific basis of truth in the most practical way. The results will no doubt be painful to many adherents and will shatter their coveted delusions, nevertheless unless this is accomplished such a religion or philosophy is doomed. The time is coming fast for this to be done, Truth-Science and religion must walk hand in hand.

Therefore all philosophy or religion must follow the true path of concentrating on the study of mankind and not merely be caught-up in ethics, for ethics will never reveal that which is fundamental in man but only creates duality of mind, and Reality can never be found in duality.

Only through the world of cause can effects be understood, and only that which is within man himself can guide him to the world of cause.

Then he will find that the electro-magnetic wave is the secondary cause behind all Creation which uses the boundless ocean of ether as the basis of all phenomena, which respond to the powerful generator of thought. We will then have a glimpse of the reason why, although the real why will always be locked up in the Unknowable who is the first Cause of all things, yet is all things.

The only ethics man will then know to be true is "Love" and "Wisdom," then man will be true to himself, consequently he cannot be false to any man, for knowledge will show him the true path to freedom. When thought, the greatest of all forces, is revealed the only effective means for security will be love and Wisdom, otherwise the misuse of this great power would destroy man himself.

The scientists of today are perturbed, unless a proper control of atomic energy is devised man might destroy himself. So were the ancient scientists, who were well acquainted with the science of thought which is behind the atom, careful lest the uninitiated would gain the secret to this vast power.

Therefore Love and Wisdom will be the fundamental ethics upon which humanity has any hope of survival, and not merely words without meaning. Only those who have seen behind the scenes can lead man to freedom and ultimate good.

When you acquire a clear, logical and scientific understanding of the power of thought it reveals to you the great secrets of existence. Jesus, knowing this science, never condemned anyone but forgave even those who crucified him. He was aware of the power of his thought which he demonstrated on the fig tree that did not bear

fruit. By his word he withdrew the life from the tree. To use this law indiscriminately would do untold harm.

This knowledge transmitted to you thrusts upon you also a great responsibility and you cannot afford to disregard these words of mine. No individual can ever escape from the consequences of his own creation. As you measure out to others so will it be measured out to you again.

It is extremely difficult to break the habit of past thinking formed by years of ignorant unconscious reactions. Yes, truly we are born in the ignorance of past generations. But if you will discern your thoughts and your reactions to things and people as I have taught you in the past, it will not be difficult for you to check these thoughts which cause havoc in yourself and others around you. Jesus gave us the key to our safety, "love our neighbour as yourself." "As the Father hath loved me so have I loved you: continue ye in my love." John 15: 9.

Also read again the Sermon on the Mount and there you will find the security of man, and the only security man has.**

Man ignorantly weaves the path of his life here by the mixed colours of his thoughts. Yet man knowingly can check accidents and calamities by the mighty power of his conscious concentrated thought. His thought will stand in the way and dam up the destructive avalanche of a thought-world overwhelming mankind, so strong is the power of a concentrated thought-wave projected into the ether.

Man's greatest protection is his own thought. It is his greatest friend and his greatest enemy according to his own choice. So is man's speech a blessing or a curse to him, thought and speech are united in their action and create attraction and repulsion. The wise are wise unto themselves, to attract good and repulse all that is undesirable.

When you have gained the art of discerning your thoughts you can select the thought you want to express. Care and attention to what I have said is most essential if you would become a world builder, not only for your own good but for the good of all humanity.

Everything can be accomplished in the way I have shown you, mere words loosely spoken are trash. Wisdom is choosing your thoughts and words and is the key to a successful life.

“Peace I leave with you; my own peace I give you; not as the world gives, I give to you. Let not your heart be troubled, and do not be afraid.” John 14: 27.

Benediction

O Thou of Wisdom and Love, Thy nature Thou hast given unto me that I may walk in Thy ways.

Even though I was born in ignorance Thou hast shown me the way to Thy glory.

It was through Thy Son Jesus I saw the Light. Thank Thee, O Blessed One, for sending him into the world to be a light unto men.

Grant me the understanding to guide others into the ways of Truth and Freedom through Wisdom and Love, O Mighty One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,

A handwritten signature in cursive script, appearing to read "M. MacDonald".

So ends the Sanctuary of the Silent Healing Power Newsletters. Murdo was on his final tour in England where he gave a series of lectures before passing through transition in London on 26th February 1955.

[*](#) Digest version of Lecture #6 (20th May 1954) in the book "The Word of Creation."

SERMON ON THE MOUNT

**MATTHEW
CHAPTER 5-7**

**(King James Version
Moffatt Translation
and
Ancient Eastern Text)**

MATTHEW Chapter 5-7
(KING JAMES VERSION)

5:3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

5:4 Blessed are they that mourn: for they shall be comforted.

5: 5 Blessed are the meek: for they shall inherit the earth.

5:6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

5: 7 Blessed are the merciful: for they shall obtain mercy.

5:8 Blessed are the pure in heart: for they shall see God.

5: 9 Blessed are the peacemakers: for they shall be called the children of God.

5:10 Blessed are they which are persecuted for righteousness sake: for theirs is the kingdom of heaven.

5:11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

5:12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

5:13 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.

5:14 Ye are the light of the world. A city that is set on an hill cannot be hid.

5:15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

5:16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

5:17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.

5:18 For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

5:19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven.

5:20 For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

5:21 Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: **5:22** But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca,,¹ shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.

5: 23 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; **5:24** Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

5:25 Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary

deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.

5:26 Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing.

5:27 Ye have heard that it was said by them of old time, Thou shalt not commit adultery:

5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

5:29 And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

5:30 And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

5:31 It hath been said, Whosoever shall put away his wife, let him give her a writing of divorcement:

5:32 But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.

5:33 Again, ye have heard that it hath been said by them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: **5:34** But I say unto you, Swear not at all; neither by heaven; for it is God's throne:

5:35 Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King.

5:36 Neither shalt thou swear by thy head, because thou canst not make one hair white or black.

5:37 But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.

5:38 Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth:

5:39 But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

5:40 And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also.

5:41 And whosoever shall compel thee to go a mile, go with him twain.

5: 42 Give to him that asketh thee, and from him that would borrow of thee turn not thou away.

5:43 Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.

5:44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; **5:45** That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

5:46 For if ye love them which love you, what reward have ye? do not even the publicans the same?

5:47 And if ye salute your brethren only, what do ye more than others? do not even the publicans so?

5:48 Be ye therefore perfect, even as your Father which is in heaven is perfect.

6:1 Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.

6:2 Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, they have their reward.

6:3 But when thou doest alms, let not thy left hand know what thy right hand doeth:

6:4 That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.

6:5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

6:6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

6:7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

6:8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

6:9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

6:10 Thy kingdom come. Thy will be done in earth, as it is in heaven.

6:11 Give us this day our daily bread.

6:12 And forgive us our debts, as we forgive our debtors.

6:13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

6:14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:

6:15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

6:16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

6:17 But thou, when thou fastest, anoint thine head, and wash thy face;

6:18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

6:19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: **6:20** But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: **6:21** For where your treasure is, there will your heart be also.

6:22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

6:23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

6:24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

6:26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

6:27 Which of you by taking thought can add one cubit unto his stature?

6:28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: **6:29** And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

6:30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

6:32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

6:34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

7:1 Judge not, that ye be not judged.

7:2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

7:3 And why beholdest thou the mote that is in thy Brother's eye, but considerest not the beam that is in thine own eye?

7:4 Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye?

7:5 Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

7:6 Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

7:7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

7:8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

7:9 Or what man is there of you, whom if his son ask bread, will he give him a stone?

7:10 Or if he ask a fish, will he give him a serpent?

7:11 If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

7:12 Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.

7:13 Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: **7:14** Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

7:15 Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.

7:16 Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?

7:17 Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.

7:18 A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit.

7:19 Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.

7: 20 Wherefore by their fruits ye shall know them.

7:21 Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

7:22 Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?

7:23 And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

7:24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: **7:25** And the rain

descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.

7:26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: **7:27** And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

MATTHEW Chapter 5-7
(MOFFATT TRANSLATION)

5:

3 Blessed are those who feel poor in spirit! The Realm of Heaven is theirs.

4 Blessed are the mourners! they will be consoled.

5 Blessed are *the humble!* they *will inherit the earth.*

6 Blessed are those who hunger and thirst for goodness! they will be satisfied.

7 Blessed are the merciful! they will find mercy.

8 Blessed are the pure in heart! they will see God.

9 Blessed are the peacemakers! they will be ranked sons of God.

10 Blessed are those who been persecuted for the sake of goodness! the Realm of Heaven is theirs.

11 Blessed are you when men denounce you and persecute you and utter all manner of evil against you for my sake; **12** Rejoice and exult in it, for your reward is rich in heaven; that is how they persecuted the prophets before you.

13 You are the salt of the earth. But if the salt become insipid, what can make it salt again? After that it is fit for nothing, fit only to be flung outside and trodden under foot.

14 You are the light of the world. A town on the top of a hill cannot be hidden.

15 Nor do men light a lamp to put it under a bowl; they put it on a stand, and it shines for all in the house.

16 So your light is to shine before men, that they may see the good you do and glorify your Father in heaven.

17 Never imagine I have come to destroy the law or the prophets; I have not come to destroy but to fulfil.

18 (I tell you truly, till heaven and earth pass away, not an iota, not a comma, will pass from the Law until it is all in force.

19 Therefore whoever relaxes a single one of these commands, were it even one of the least, and teaches men so, he will be ranked least in the Realm of heaven; but will be ranked great in the Realm of heaven.) **20** For I tell you, unless your goodness excels that of the scribes and Pharisees, you will never get into the Realm of heaven.

21 You have heard how the men of old were told '*Murder not*: whoever murders shall come up for sentence, **22** Whoever maligns his brother shall come before the Sanhedrin, whoever curses his brother shall go to the fire of Gehenna.'² But I tell you, whoever is angry with his brother without cause will be sentenced by God.

23 So if you remember, even when offering your gift at the altar, that your brother has any grievance against you, **24** Leave your gift at the very altar and go away; first be reconciled to your brother, then come back and offer your gift.

25 Be quick and make terms with your opponent, so long as you and he are on the way to court, in case he hands you over to the judge, and the judge to the jailer, and you are thrown into prison; **26** Truly I tell you, you will never get out till you pay the last halfpenny of your debt.

27 You have heard how it used to be said, *Do not commit adultery*.

28 But I tell you, anyone who even looks with lust at a woman has committed adultery with her already in his heart.

29 If your right eye is a hindrance to you, pluck it out and throw it away: better to have all your body thrown into Gehenna.

30 And if your right hand is a hindrance to you, cut it off and throw it away: better for you to lose one of your members than to have all your body thrown into Gehenna.

31 It used to be said, *whoever divorces his wife, must give her a divorce-certificate.*

32 But I tell you, anyone who divorces his wife for any reason except un-chastity makes her an adulteress; and whoever marries a divorced woman commits adultery.

33 Once again, you have heard how the men of old were told, 'you *must not forswear yourself*, but *discharge your vows to the Lord.*'

34 But I tell you, you must not swear any oath, neither by *heaven, for it is the throne of God*, **35** Nor by *earth*, for it is *the footstool of his feet*, nor by Jerusalem, for it is *the city of the great King*; **36** Nor shall you swear by your head, for you cannot make a single hair white or black.

37 Let what you say be simply 'yes' or 'no;' whatever goes beyond that springs from evil.

38 You have heard the saying, *An eye for an eye, and a tooth for a tooth:*

39 But I tell you, you are not to resist an injury: whoever strikes you on the right cheek, turn the other to him as well; **40** whoever wants to sue you for your shirt, let him have your coat as well;

41 whoever forces you to go one mile, go two miles with him;

42 give to the man who begs from you, and turn not away from him who wants to borrow.

43 You have heard the saying, ' *You must love your neighbour* and hate your enemy.'

44 But I tell you, love your enemies and pray for those who persecute you,

45 That you may be sons of your Father in heaven: he makes his sun rise on the evil and the good, and sends rain on the just and the unjust.

46 For if you love only those who love you, what reward do you get for that? Do not the very tax gatherers do as much?

47 and if you only salute your friends, what is special about that? do not the very pagans do as much?

48 *You must be perfect* as your heavenly father is perfect.

6:

1 Take care not to practice your charity before men in order to be noticed; otherwise you get no reward from your Father in heaven. No, **2** When you give alms, make no flourish of trumpets like the hypocrites in the synagogues and the streets, so as to win applause from men; I tell you truly, they do get their reward.

3 When give alms, never let your left hand know what your right hand is doing,

4 so as to keep your alms secret; then your Father who sees what is secret will reward you openly.

5 Also, when you pray, you must not be like the hypocrites, for they like to stand and pray in the synagogues and at the street-corners, so as to be seen by men; I tell you truly, they do get their reward.

6 When you pray, *go into your room and shut the door, pray* to your Father who is in secret, and your Father who sees what is secret will reward you.

7 Do not pray by idle rote like pagans, for they suppose they will be heard the more they say; **8** You must not copy them; your Father knows your needs before you ask him.

9 Let this be how you pray: 'our Father in heaven, thy name be revered,

10 thy Reign begin, thy will be done on earth as in heaven!

11 Give us to-day our bread for the morrow,

12 and forgive our debts as we ourselves have forgiven our debtors,

13 and lead us not into temptation but deliver us from evil.'

14 For if you forgive men their trespasses, your heavenly Father will also forgive you:

15 but if you do not forgive men, your Father will not forgive your trespasses either.

16 When you fast, do not look gloomy like the hypocrites, for they look woebegone to let men see that they are fasting; I tell you truly, they do get their reward.

17 No, when you are fasting, anoint your head and wash your face,

18 so that your fast may be seen not by men but by your Father who is in secret, and your Father who sees what is secret will reward you.

19 Store up no treasures for yourselves on earth, where moth and rust corrode, where thieves break in and steal: **20** store up treasures for yourselves in heaven, where neither moth nor rust corrode, where thieves do not break in and steal.

21 For where your treasure lies, your heart will lie there too.

22 The eye is the lamp of the body: so, if your Eye is generous, the whole of your body will be illuminated, **23** But if your Eye is selfish, the whole of your body will be darkened. And if your very light turns dark, then—what a darkness it is!

24 No one can serve two masters: either he will hate one and love the other, or else he will stand by the one and despise the other—you cannot serve both God and mammon.

25 Therefore I tell you, never trouble about what you are to eat or drink in life, nor about what you are to put on

your body; surely life means more than food, surely the body means more than clothes!

26 Look at the wild birds; they sow not, they reap not, they gather nothing in granaries, and yet your heavenly Father feeds them. Are you not worth more than birds?

27 Which of you add an ell³ to his height by troubling about it?

28 And why should you trouble over clothing? Look how the lilies of the field; they neither toil nor spin, **29** and yet, I tell you, even Solomon in all his grandeur was never robed like one of them.

30 Now if God so clothes the grass of the field which blooms to-day and is thrown to-morrow into the furnace, will not he much more clothe you? O men, how little you trust him!

31 Do not be troubled, then, and cry, 'What are we to eat?' or 'what are we to drink?' or 'how are we to be clothed?'

32 (pagans make all that their aim in life) for well your heavenly Father knows you need all that.

33 Seek God's Realm and his goodness, and all that will be yours over and above.

34 So never be troubled about to-morrow; to-morrow will take care of itself. The day's own trouble is enough for the day.

7:

1 Judge not, that you may not be judged yourselves;

2 for as you judge, so you will be judged, and the measure you deal out to others will be dealt out to yourselves.

3 Why note the splinter in your brother's eye, and fail to see the plank in your own eye?

4 How can you say to your brother, 'Let me take out the splinter from your eye,' when there lies the plank in

your own eye?

5 You hypocrite! Take the plank out of your own eye first, and then you will see properly how to take the splinter out of your brother's eye.

6 Never give dogs what is sacred, and never throw pearls before swine, in case they trample them under foot and turn to gore you.

7 Ask and the gift will be yours, seek and you will find, knock and the door will open to you; **8** for every one who asks receives, the seeker finds, the door is opened to anyone who knocks.

9 Why, which of you, when asked by his son for a loaf, will hand him a stone?

10 Or, if he asks a fish, will you hand him a serpent?

11 Well, if for all your evil you know to give your children what is good, how much more will your Father in heaven give good to those who ask him?

12 Well then, whatever you would have men do to you, do just the same to them; that is the meaning of the Law and the prophets.

13 Enter by the narrow gate: for the gate is broad and the road is wide that leads to destruction, and many enter that way.

14 But the road that leads to life is both narrow and close, and there are few who find it.

15 Beware of false prophets; they come to you with the garb of sheep but at the heart they are ravenous wolves.

16 You will know them by their fruit; does one gather grapes from thorns or figs from thistles? No, **17** every good tree bears sound fruit, but a rotten tree bear bad fruit;

18 a good tree cannot bear bad fruit, and a rotten tree cannot bear sound fruit.

19 Any tree that does not produce sound fruit will be cut down and thrown into the fire.

20 So you will know them by their fruit.

21 It is not everyone that says to me, 'Lord, Lord!' who will get into the Realm of heaven, but he who does the will of my Father in heaven.

22 Many will say to me at that Day, 'Lord, Lord, did we not prophesy in your name? did we not cast out demons in your name? did we not perform many miracles in your name?'

23 Then I will declare to them, 'I never knew you; *depart from my presence, you workers of iniquity.*'

24 Now, everyone who listens to these words of mine and acts upon them will be like a sensible man, who built his house on rock.

25 Down came the rain, floods arose, winds blew and beat upon that house, but it did not fall, for it was founded upon rock.

26 And everyone who listens to these words of mine and does not act upon them will be like a stupid man, who built his house on sand.

27 Down came the rain, floods rose, winds blew and beat upon that house, till down it fell—and mighty was the crash!"

MATTHEW Chapter 5-7
(FROM THE ANCIENT EASTERN TEXT)

5:

3 Blessed are humble,⁴ for theirs is the kingdom of Heaven.

4 Blessed are they who mourn, for they shall be comforted.

5 Blessed are the meek, for they shall inherit the earth.

6 Blessed are those who hunger and thirst for justice, for they shall be well satisfied.

7 Blessed are the merciful, for they shall have mercy.

8 Blessed are the pure in heart, for they shall see God.

9 Blessed are the peacemakers, for they shall be called sons of God.

10 Blessed are those who been persecuted for the sake of justice, for theirs is the kingdom of Heaven.

11 Blessed are you when men reproach you and persecute you and speak against you every kind of evil, falsely, for my sake, **12** Then be glad and rejoice, for your reward is increased in heaven; for in this very manner they persecuted the prophets who were before you.

13 You are indeed the salt of the earth; but if the salt should lose its savor, with what could it be salted? It would not be worth anything but to be thrown outside and to be trodden down by men.

14 You are indeed the light of the world; a city that is built upon a mountain cannot be hidden.

15 Nor do they light a lamp and put it under a basket, but on a lamp stand, so that it gives light to all who are in

the house.

16 Let your light so shine before men that they may see your good works and glorify your Father in heaven.

17 Do not suppose that I have come to weaken the law or the prophets; I have not come to weaken, but to fulfil.

18 For truly I say to you, Until heaven and earth pass away, not even a yoth⁵ or a dash shall pass from the Law until all of it is fulfilled.

19 Whoever therefore tries to weaken even one of the least of these commandments, and teaches men so, he shall be called the least in the kingdom of heaven; but anyone who observes and teaches them shall be called great in the kingdom of heaven.

20 For I say to you that unless your righteousness exceeds that of the scribes and Pharisees, you shall not enter the kingdom of heaven.

21 You have heard that it was said to those who were before you, you shall not kill, and whoever kills is guilty before the court.

22 But I say to you that whoever becomes angry with his brother for no reason is guilty before the court; and whoever should say to his brother, Raca (which means, I spit on you) is guilty before the congregation; and whoever says to his brother, you are effeminate,⁶ is condemned to hell fire.

23 If it should happen therefore that while you are presenting your offering upon the altar, and right there you remember that your brother has any grievance against you,

24 Leave your offering there upon the altar, and first go and make peace with your brother, and then come back and present your offering.

25 Try to get reconciled with your accuser promptly, while you are going on the road with him; for your accuser might surrender you to the judge, and the judge would commit you to the jailer, and you would be cast into prison.

26 Truly I say to you that you would never come out thence until you had paid the last cent.

27 You have heard that it is said, You shall not commit adultery.

28 But I say to you that whoever looks at a woman with lust, has already committed adultery with her in his heart.

29 If your right eye should cause you to stumble, pluck it out and throw it away from you;⁷ for it is better for you to lose one of your members, and not have all your body fall into hell.

30 And if your right hand should cause you to stumble, cut it off and throw it away from you;⁸ for it is better for you to lose one of your members, and not have all your body fall into hell.

31 It has been said that whoever divorces his wife, must give her the divorce papers.

32 But I say to you that whoever divorces his wife, except for fornication, causes her to commit adultery; and whoever marries a woman who is separated but not divorced, commits adultery.

33 Again you have heard that it was said to them who were before you, that you shall not lie in your oaths, but entrust your oaths to the Lord.

34 But I say to you, never swear; neither by heaven, because it is God's throne;

35 Nor by the earth, for it is a stool under his feet; nor by Jerusalem, for it is the city of the great King.

36 Neither shall you swear by your own head, because you cannot create in it a single black or white hair.

37 But let your words be yes, yes, and no, no; for anything which adds to these is a deception.

38 You have heard that it is said, An eye for an eye, and a tooth for a tooth.

39 But I say to you that you should not resist evil; but whoever strikes you on your right cheek, turn to him the other also.⁹

40 And if anyone wishes to sue you at the court and take away your shirt, let him have your robe also.

41 Whoever compels you to carry a burden for a mile, go with him two.

42 Whoever asks from you, give him; and whoever wishes to borrow from you, do not refuse him.

43 You have heard that it is said, Be kind to your friend, and hate your enemy.

44 But I say to you, Love your enemies, bless anyone who curses you, do good to anyone who hates you, and pray for those who carry you away by force and persecute you, **45** So that you may become sons of your Father who is in heaven, who causes his sun to shine upon the good and the bad, and who pours down his rain upon the just and the unjust.

46 For if you love only those who love you, what reward will you have? Do not even the very tax collectors¹⁰ do the same thing?

47 And if you salute only your brothers, what is it more that you do? Do not even tax collectors do the same thing?

48 Therefore become perfect, just as your Father in heaven is perfect.

6:

1 Be careful concerning your alms, not do to them in the presence of men, merely that they may see them; otherwise you have no reward with your Father in heaven.

2 Therefore when you give alms, do not blow a trumpet before you, just as the hypocrites do in the synagogues and in the market places, so that they may be

glorified by men. Truly I say to you that they have already received their reward.

3 But when you give alms, let not your left hand know what your right hand is doing,

4 So that your alms may be done secretly, and your Father who sees in secret, shall himself reward you openly.

5 And when you pray, do not be like the hypocrites, who like to pray, standing in the synagogues and at the street corners, so that they may be seen by men. Truly I say to that they have already received their reward.

6 But as for you, when you pray, enter into your inner chamber and lock your door, pray to your Father who is in secret, and your Father who sees in secret shall himself reward you openly.

7 And when you pray, do not repeat your words like the pagans, for they think that because of much talking they will be heard.

8 Do not be like them, for your Father knows what you need, before you ask him;

9 Therefore pray in this manner: Our Father in heaven, hallowed be thy name.

10 Thy kingdom come. Thy will be done, as in heaven so on earth.

11 Give us bread for our needs from day to day.

12 And forgive us our offences, as we have forgiven our offenders.

13 And do not let us enter into temptation, but deliver us from evil.^{[11](#)} For thine is the kingdom and the power and the glory for ever and ever. Amen.

14 For if you forgive men their faults, your Father in heaven will also forgive you.

15 But if you do not forgive men, neither will your Father forgive even your faults.

16 When you fast, do not look sad like the hypocrites; for they disfigure their faces, so that it may appear to men that they are fasting. Truly I say to you, that they have already received their reward.

17 But as for you, when you fast, wash your face and anoint your head,

18 So that it may not appear to men that you are fasting, but to your Father who is in secret; and your Father who sees in secret will reward you.

19 Do not lay up for yourselves treasures buried in the ground, a place where rust and moth destroy and where thieves break through and steal.

20 But lay up for yourselves a treasure in heaven, where neither rust nor moth destroys and where thieves do not break through and steal.

21 For where your treasure is, there also is your heart.

22 The eye is the lamp of the body; if therefore your eye be bright, your whole body is also lighted.

23 But if your eye is diseased, your whole body will be dark. If therefore the light that is in you is darkness, how much greater will be your darkness.

24 No man can serve two masters; for either he will hate the one and love the other; or he will honour one and despise the other. You cannot serve God and mammon (wealth).

25 For this reason, I say to you, Do not worry for your life, what you will eat or and what you will drink, nor for your body, what you will wear. Behold, is not life much more important than food, and the body than clothing?

26 Observe the birds of the sky, for they do not sow, neither do they harvest nor gather into barns, and yet your Father in heaven feeds them. Are you not much important than they?

27 Who is among you who by worrying can add one cubit to his statute?

28 Why do you worry about clothing? Observe the wild flowers, how they grow; they do not get tired out, nor do they spin.

29 But I say to you that Solomon with all of his glory was arrayed like one of them.

30 Now if God clothes in such fashion the grass of the field, which today is and tomorrow falls into the fireplace, is he not much more mindful of you, O you of little faith?

31 Therefore do not worry or say, What will we eat, or what will we drink, or with what will we be clothed?

32 For worldly people seek after all these things. Your Father in heaven knows that all of these things are also necessary for you.

33 But seek first the kingdom of God and his righteousness, and all these things shall be added to you.

34 Therefore do not worry about tomorrow; for tomorrow will look after itself. Sufficient for each day is its own trouble.

7:

1 Judge not, that you may not be judged.

2 For with the same judgment that you judge, you will be judged, and with the same measure which you measure, it will be measured to you.

3 Why do you see the splinter which is in your brother's eye, and do not feel the beam which is in your own eye?

4 Or how can you say to your brother, Let me take out the splinter from your eye, and behold there is a beam in your own eye?

5 O hypocrites, first take out the beam from your own eye, and then you will see clearly to get out the splinter out from your brother's eye.

6 Do not give holy things to the dogs; and do not throw your pearls¹² before swine, for they might tread them with their feet, and then turn and rend you.

7 Ask, and it shall be given to you; seek, and you shall find; knock and it shall be opened to you.

8 For whoever asks, receives; and he who seeks, finds; and to who knocks, the door is opened.

9 Or who is the man among you, who when his son asks him for bread, will hand him a stone?

10 Or if he should ask him for fish, will he hand him a snake?

11 If therefore you who err, know how to give good gifts to your sons, how much more will your Father in heaven give good things to those who ask him?

12 Whatever you wish men do to you, do likewise also for them; for this the Law and the prophets.

13 Enter in through the narrow door, for wide is the door and broad is the road which leads to destruction, and many are those who travel on it.

14 O how narrow is the door and how difficult is the road which leads to life, and few are those who are found on it.

15 Be careful of false prophets who come to you in lamb's clothing, but within they are ravening wolves.

16 You will know them by their fruits. Do they gather grapes from thorns or figs from thistles?

17 So every good tree bears sound fruit; but a bad tree bears bad

18 A good tree cannot bear bad fruit, neither can a bad tree bear good fruit.

19 Every tree which does not bear good fruit will be cut down and cast into the fire.

20 Thus by their fruit you will know them.

21 It is not everyone who merely says to me, My Lord, my Lord, who will get into the kingdom of heaven, but he who does the will of my Father in heaven.

22 A great many will say to me at in that day, My Lord, my Lord, did we not prophesy in your name and in your name cast out devils and in your name do many wonders?

23 Then I will declare to them, I have never known you; keep away from me, O you that work iniquity.

24 Therefore whoever hears these words of mine, and does them, he is like a wise man, who built his house upon a rock.

25 And the rain fell and the rivers overflowed and the winds blew and beat upon that house; but it did not fall, because its foundations were laid upon a rock.

26 And whoever hears these words of mine, and does them not, is like a foolish man who built his house upon sand.

27 And the rain fell and the rivers overflowed and the winds blew and beat upon that house; and it fell, and its fall was great.

Murdo MacDonald-Bayne's Version of the Masters Daily Prayer

Our Father in Heaven, Thy Name is hallowed, Thy Kingdom come.

Let Thy Will be done, as in Heaven so on earth.

Give us bread for our needs from day to day.

And forgive us our offences as we forgive our offenders.

And do not let us enter into temptation but deliver us from error.

Because Thine is the Kingdom and the Power and the Glory
For ever and ever.

Amen.

NOTES:

1. *Raca*. Is an Aramaic transliteration for "Reka," a term expressing contempt, scorn, or disdain. The Greek word "Rhaka" means empty, vain or worthless one, signifying a lack of intellect (i.e imbecile or blockhead). The Jews used it as a word of contempt. It is derived from a root meaning, "to spit."
2. *Gehenna* is a transliteration from Aramaic form of the Hebrew ge-hinnom, "Valley of Hinnom." A deep, narrow glen to the south of Jerusalem, where idolatrous Jews offered their children in sacrifice to Molech (2 Chronicles 28:3; 33:6; Jeremiah 7:31; 19:2-6). This valley afterwards became the common receptacle for all the refuse of the city. Here the dead bodies of animals and of criminals, and all kinds of filth, were cast and consumed by fires kept always burning. It is in the process of time became the image of the place of everlasting destruction (Hell, Hades etc).
3. *Ell*. A Cubit. 1 ell (Hebrew: *Amah*) = 48.0-57.6 cm (18.9-22.7 inches).
4. Aramaic, *poor in pride; unassuming*.
5. *Yoth*. ['] Is the smallest letter in Aramaic and Hebrew.
6. Aramaic, *brutish; abnormal*.
7. Aramaic idiom: *stop envying*.
8. An Aramaic idiom, meaning *stop stealing*.
9. "Turn your cheek" is an Aramaic idiom meaning, "Do not start a quarrel or a fight."
10. Synonym: *custom officers*.
11. Wrong, wickedness, error.
12. *Do not speak words of wisdom to fools*.



DR. MURDO MACDONALD-BAYNE M.C., PH.D., D.D. (1887 -1955)



Dr. Murdo MacDonald-Bayne M.C., Ph.D., D.D.

Founder of the College of Universal Science and author of *"Divine Healing Of Mind and Body."* Murdo was born in Scotland in 1887 and served in the Great War (WW1) where he was awarded the Military Cross. He writes from practical experience having travelled the world several times healing thousands of people of all kinds of diseases and teaching the Truth of the Law of Being to many thousands more.

According to Murdo he had studied and gained experience in many lands and had spent long periods with the true Masters of the Tibetan Himalayas, where he received the true enlightenment essential for the writing of *The Higher Power You Can Use* and *I Am The Life*, the pinnacle of the Truth. From 1944 'Dr. Mac' as he was affectionately known, resided in South Africa where he gave weekly lectures, some of which, over a four year period, were sound recorded. During a visit to England he passed over, suddenly in London, February 1955. His writings, then as now, still have a powerful inspirational and healing influence on those who seek the Truth.

SANCTUARY OF THE SILENT HEALING POWER

From November 1947 to February 1955 Murdo MacDonald-Bayne mailed out to the general public, not only in South Africa but worldwide, the monthly newsletters known under the title "SANCTUARY OF THE SILENT HEALING POWER."

These newsletters comprised a summary of readers letters, an essay, a benediction, thanks for donations, a list of books for sale and later, details of his weekly Lectures given in Johannesburg and Pretoria.

A great number of these essays (mostly from February 1950) were a compendium or 'Reader's Digest' version of the Lecture Notes as given out to Murdo's selected students in South Africa.

It is therefore to be noted that these Newsletter essays even on their own are still very inspirational and full of wisdom. In themselves they form a great introduction to the teachings of Murdo MacDonald-Bayne.



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